

Hormones and Adult Acne

Are you experiencing problems with hormones and adult acne? Hormones and adult acne can be an annoyance but there are things you can do to alleviate the situation.

Acne is a hormonal problem. Hormones and adult acne have to do with the maturation of our oil glands. Hormones and adult acne make sense in that way which is why children don't usually have acne.

Hormones and adult acne occur at different times as we mature and there are things that can make the acne even worse. Often we experience hormones and adult acne working against us because of puberty or the use of certain birth control pills. Other things that can set off cases of hormones and adult acne are pregnancy or menopause.

Hormones and adult acne problems are not limited to women. Males can also be affected by hormones and adult acne. This is because acne can be caused by the androgens that are male hormones everyone has.

Hormones and adult acne act up together when the oil surplus created by the androgens clog up our hair follicles. This is where the bacteria grow and we then see acne flourish.

You can work through hormones and adult acne by keeping your skin clean and watching what you eat. Sometimes hormones and adult acne are even worse when we eat things high in fat and sugar. Putting a limit on caffeine may also help deal with the problems caused by hormones and adult acne.

There are many products on the market that may assist you when you are trying to cope with hormones and adult acne. You could also talk to your doctor or dermatologist if hormones and adult acne are problematic for you.

About the Author

Natural Remedies for Rheumatoid Arthritis. Natural Remedies for Rheumatoid Arthritis. Rheumatoid arthritis is an inflammatory condition.

Source: <http://www.productsherbal.com>