

## Acne How It Affects You & Home Remedies

One common skin condition affecting the face is acne. Acne is oftentimes associated with pimples. Acne is a disorder due to some kind of imbalance in the hormones and other chemicals on the skin's oil glands. The damages that acne produces on the skin usually lead to blocked pores. The blocked pores, plus the eruption of lesions is usually referred to as pimples. Sometimes, the follicles or pores on the skin surface get blocked. The sebum or oil that abates to the surface is blocked. This blockage provides the environment for bacteria to multiply. When a trapped sebum and bacteria stay below the skin surface, a whitehead is formed. On the other hand, when the trapped sebum and bacteria partially open the surface, they turn black due to melanin. Blackheads can last for a long time because the contents very slowly drain to the surface. Acne, blackheads, whiteheads, and pimples are all related in the sense that the latter three are caused by the acne itself. Acne vulgaris is the most common type of acne. The acne lesions include blackheads and whiteheads. Acne Rosacea is similar to acne vulgaris. This form of acne is distinguished by a redness coupled with pimples and skin blemishes. The term "Rosacea" comes from "rose", which implies red. There are other forms of severe acne but these are very rare. Acne, more than a painful disease, is actually more of a disfiguring disease that affects many persons psychologically. The reason for this is that acne causes one's face to appear not so attractive. Many young people, especially young women, are very much conscious about their face. Thus, they take every precaution to avoid even the slightest skin blemish or pimple. Most men, on the other hand, usually have no psychological problems resulting from acne or pimples. Since acne is sometimes caused by some hormonal or chemical imbalance, it is best to treat the body that will enable its various hormonal systems to function properly. Reducing stress by taking the proper amount of rest helps in the reduction of acne related disorders. It is important to take in vitamins and minerals that stabilizes the body's hormonal system. These vitamins and minerals include amino acids, fatty acids, phytochemicals and other minerals that include calcium, iron, magnesium, potassium, silica and iodine. A lack of iodine and silica may cause hair loss. Since the skin (and definitely even the skin on the face) all contain hair as some sort of protection for the skin, it is important to take care of even the minutest hair in the body, even those that are found and not visible on the face.

## About the Author

Construction law, engineering law, architecture law, infrastructure law reports on construction disputes, claims, litigation, arbitration, mediation.

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