

Get The Cold Hard Facts About Acne And Its Treatment

While it's easy to find acne treatments, finding the just the right treatment or treatment product for you is very important. I've learned a lot over the years, as a registered nurse, about acne, acne scars, and acne treatments. Natural treatment methods are always a better choice for acne due to less exposure to drugs and chemical-laden acne products, if possible. Several factors have been suggested to influence acne including diet, menstruation, sweating, UV radiation, stress, and occupation. The most common type of acne is acne vulgaris. Acne is the most common skin disease. Most pimples are found on the face, neck, back, chest, and shoulders. Acne will affect almost every person at some stage of their life. Understanding that hormones may have some influence on the cause of acne needs to be considered. The cause of acne is really unknown. Doctors think certain factors might cause or contribute to acne including hormone increases in teenage years, hormone changes in pregnancy, starting or stopping birth control pills, heredity, medicines and greasy make-up. The liver sluffs off toxins from bad foods, drinks, drugs and chemicals and sends them through your skin resulting in skin eruptions, acne, pimples and other skin disorders. You want to avoid squeezing, pinching, or picking your pimples because it can cause scars or dark spots on the skin. Use coconut oil; it just takes motivation, a willingness to try it, and diligent application of coconut oil several times a day and at bedtime to see its benefits. Try not to touch your skin to eliminate possible contamination. Shave carefully and try both electric and safety razors to see which works best for you. Besides acne, if you also have eczema or dry skin, coconut oil will treat those skin conditions too. Choose your makeup carefully, it should be oil free. And never underestimate the healing, restorative power of a good night's sleep. Acne scars are an ongoing reminder of a common skin condition that can cause embarrassment and social isolation. See your skin doctor, dermatologist or dermatological surgeon for the best acne scar treatment for you. Healed acne leaves scars in some people however, and it isn't easy to predict who will end up with scars after an acne outbreak and who won't. Besides external acne treatment it's best to work from the inside out too. People with skin disorders such as acne, rosacea, and psoriasis often suffer from constipation. Some alternative doctors recommend eating raw cloves of garlic daily for acne. Whether you eat a natural diet with living fruits and vegetables or eat dead junk food, what you eat may have a direct or indirect affect on the male hormones which may play a part in acne. The two most common, sluggish, digestion culprits that affect your skin are not enough water and not enough fiber. Drink plenty of water, a minimum of a quart a day. Good skin is often a reflection of a good digestive system. Unclean skin favors the development of pathogenic organisms - the dead cells that continually slough off of the epidermis mix with the secretions of the sweat and sebaceous glands and the dust found on the skin to form a filthy layer on its surface. The skin must be regularly cleaned or it'll become cracked or inflamed. You should see the results of your acne home treatment remedies with improved skin within just a few days. Pick 2-3 home remedies or natural treatments and try them out on your skin carefully. With cheap, safe, simple, natural, effective, alternative home treatments for acne and pimples, your skin should be well on its way to recovery.

About the Author

Information regarding digestive health and causes, diagnosis and treatment.

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