



Acne Treating Guide

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Now... Go ahead and READ it from cover to cover and find how to get the skin you've always wanted!

What is acne

With all this talk about acne, we might as well try to define the condition a bit. Acne is the commonly used name for pores clogged by sebum (also known as whiteheads and blackheads), pimples, nodules or cysts that can appear on the face, neck, shoulders, chest, back, upper arms and upper legs.



Most teenagers and a good number of adults suffer from acne for more or less extended periods of time. The condition is not confined to any age group, race, or sex. It affects hundreds of millions of people across the world. The biggest problems with acne are the unpleasant look of pimples and the scars they may leave behind.

Types of Acne

Although pimples are by far the most common form of acne and the one most people are likely to encounter or suffer from, you should know that there are other forms as well. The simplest form is acne vulgaris, which features only comedones, the simplest of lesions. Lesions are small patches of skin affected by acne, although the term "lesion" is not restricted to the changes produced by acne in skin tissues. Acne lesions are the external form of comedones, the sebaceous follicles plugged by excess sebum.

Comedones – known as blackheads and whiteheads, depending on whether the pore is open or not. Blackheads are pores whose distended openings are blocked by a mixture of keratin and sebum that is blackened at the surface. Whiteheads are closed pores filled with the secretion of the sebaceous gland that swells underneath the tissue.

Papules – The papule is a small, solid usually inflammatory elevation of the skin that does not contain pus. Very small papules can also appear in clusters, due to the tissue's response to acne.

Pustules – Pustules are small inflamed elevations of the skin that are filled with pus. The pus is a combination of bacteria, white blood cells and dead skin cells. Pustules are usually formed around sebaceous follicles and hair.

Maculae – A macula is a red spot on the skin left behind by an acne lesion. Maculae are flat, red and stand out against the surrounding skin. A group of maculae gives the face an inflamed aspect.

Nodules – The nodule is a solid lesion, one of the most painful lesions caused by acne. Nodules tend to extend into the deeper layers of the skin and are known to lead to tissue destruction. They can be very painful to remove and leave scars behind. Nodular acne is a severe form of acne that is treated only with isotretinoin.

Causes of acne

Hormones: The number one cause of acne is the production of sex hormones, known as androgen that begins at puberty. This is why majority of acne sufferers are adolescents and teens. Hormones are responsible for then acne flare-ups during menstruation and pregnancy.



When the sebaceous gland is stimulated by androgens, it produces extra sebum. In its journey up the follicle toward the surface, the sebum mixes with common skin bacteria and dead skin cells that have been shed from the lining of the follicle. While this process is normal, the presence of extra sebum in the follicle increases the chances of clogging — and acne.

Stress: can also cause the production of hormones, such as cortisol, which can aggravate acne. Stress brings upon different hormone levels. With hormone changes the body prompts the skins oil glands to enlarge, secreting more oil. Which causes white heads, black heads and pimples.

Oily or heavy make up: Heavy make-up clogs the pores and oily make-ups add more oil, which only adds to the problem if oily skin already exists. Cosmetics, especially certain moisturizers, foundations and pomades contain lanolin, petrolatum, vegetable oils, butyl stearate, lauryl alcohol and oleic acid.

Certain medications and steroids: Vitamins are good for your body, But an excess of vitamins B1, B6 and B12 can cause acne flare-ups. These vitamins are good for the skin, but avoid overuse.

Diets: For some people, a diet that is high in refined carbohydrates and sugars can actually aggravate their acne.

Over abrasive cleansing: Harsh exfoliators can damage skin and spread infections.

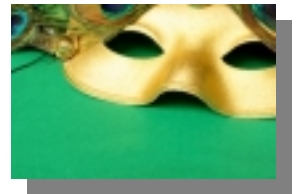
Picking and squeezing: This can actually send the infection deeper into the skin and can cause scarring.

Environmental irritants: such as high humidity and pollution. High humidity actually causes swelling of skin. Pollution is of course is a big cause for clogging your pores.

Genes: Family members who are also acne sufferers. Acne is inherited and severe cases known as cystic acne usually come from heredity.

Acne Myths

Try asking people advice regarding your acne and chances are, they would tell you that it is due to your poor hygiene, poor diet or that you are in love.



However, skin experts are actually dismissing those as nothing but myths. The best way to cope with your acne problem is to educate yourself and it is with this purpose that we decided to list here the common acne myths that people often encounter.

Acne is not caused by a poor hygiene. Many people believe that acne is caused by poor hygiene; therefore they tend to over-wash their skin. However, washing too frequently and too aggressively can strip the skin of its natural lipids, damaging the skin's natural barrier function. In response, the follicle will produce excess sebum and possibly additional breakouts. So unless you get yourself dirty on regular basis (like a mechanic, perhaps), do not over-wash your face.

Acne is caused by certain foods. The common misconception is that eating junk food will lead to or worsen an acne condition. Scientific studies have shown that diet has little to no effect on acne. This varies depending on the person. While eating healthy and balanced diet is encouraged for our health, there is really no scientific evidence that connects certain foods to acne. If you are one of those who are affected by certain foods, it is always wise to avoid them.

You can outgrow your acne. It is much more sensible to treat your acne immediately to avoid emotional stress and permanent scarring.

Acne is just a little problem, no need to overreact. It is embarrassing to have acne, thus can affect our confidence and esteem. It may even affect our social relation and job performance.

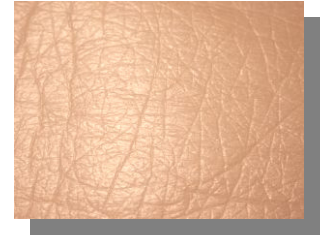
Acne is just a cosmetic disease. Heavy and oily make up may contribute to acne build up. However, cosmetics labeled non-comedogenic or non-acnegenic might actually contain benzoyl peroxide and salicylic acid that may help to fight acne.

Stress can cause acne. While over stress may actually produce hormones that can aggravate acne; normal, everyday stress does not really trigger acne.

Getting a tan would clear up acne. While sun exposure may dry out existing acne, it will not prevent new ones from forming. It can also over dry the skin thus sebaceous glands will produce more oil that will ultimately worsen your condition. It will also increase your risk of skin cancer and wrinkles.

Finding your skin type

Knowing what type of skin you have is important for your health care. Your protection depends on accurate information, which is the basis of correct decisions. Skin type determines which makeup, sunscreen and soap you can use and how much you need to help your biggest organ.



Normal Skin: This is considered the standard type of skin that we all should have. Normal skin is soft, elastic and firm to the touch. The pores are small to medium in size. It needs no special care, unless exposed to hazardous environment factors.

Oily Skin: Nothing says I'm a teenager better than oily skin and pimples. This type of skin has a shiny look and is firmer than normal skin. Pores are larger and more visible and pimples are far more likely to appear, due to the excess oil produced by glands.

Dry Skin: Firmer than normal skin, but not as elastic. Dry skin is a lot less likely to develop pimples because the secretion of oil is lower than normal. However, the drawback is that dry skin wrinkles sooner. Keep in mind that dry skin can be caused by certain factors. If your skin type is not dry, but you do feel your skin is tight (especially facial skin) and lacking in moisture, then try to identify the source of this change. Soaps, certain types of heating, prolonged exposure to wind, insufficient water consumption and certain disorders can dry your skin.

Sensitive Skin: If you burn easily in the sun and wind, if cosmetics have always given you rashes and if your skin is irritated by almost anything, then it belongs to the sensitive type. You are far more prone to experience the adverse effects of exposure to the environment than other people.

Combination Skin: This is the strangest type of skin. Combination Skin means that different parts of the same person's skin belong to different types. A common pattern for CS is the "T-Zone", where the forehead, nose and chin form a "T"-shaped zone of oily skin, while the cheeks are normal or dry.

And since we've been discussing skin issues, let me throw in a couple of skin care pointers. As many of you know, the best skin care products are based on Aloe Vera. This plant has been used since the ancient times and its beneficial effects are well-documented. Herbalists have discovered a long time ago that the juice of fresh Aloe Vera can easily soothe and cure burns and other skin lesions. The high number of minerals, vitamins and amino acids contained by the plant makes it perfect for treating various skin issues.

Aloe Vera is, of course, the darling of the skin care market. Well-known skin care products and systems contain generous amounts of Aloe Vera juice.

How to Properly Wash Your Face

Face washing is often the core of beautiful face. Before you apply all those cosmetics or medications for your acne, experts always tell you to wash your face.

Cleaning is essential in maintaining beautiful and healthy skin. And since we always want to put our "best face forward," here are several tips that we compiled on how to properly wash your face.



Remove every trace of make-up/cosmetic on your face. Use cotton ball and moisturizing cream to avoid damaging your skin.

Use lukewarm water. Avoid using too hot and too cold water that can dry out your skin. This will also open the pores for deeper cleansing.

Avoid strong or harsh soaps/ cleansers. Strong soaps can dry your skin and strip off natural lipids. Choose soap that are mild if you prefer soap, or you can always choose cleansers that are soap- free, non- comedogenic, and mild like Cetaphil, Burt Bee's or Neutrogena.

Massage face by gently rotating upwards your middle ring and pinky fingers. Remember that hard rubbing will actually do more harm than good. Rinse face well to remove all residue of soap or cleanser. Residues left behind can actually clog your pores. Facial cleansers can leave an invisible residue behind which can clog your pores. Rinse three times, then rinse again.

Pat dry with soft, non- abrasive towel. Never ever rub your face.

Use an alcohol- free toner on your face. It should make your face feel smooth and refreshed. Astringents and toners with glycolic or alpha hydroxy acids work the best for toning the face. These acids actually can reduce the pore size, and help avoid ingrown hairs. They are aggressive and have quick results. Remember to look for a product that is not photosensitive (sensitive to light).

Finish off with moisturizer to replenish the natural oils that has been lost. Moisturizing is a necessity. Again, the product with the least amount of chemical additives is the best. Always use a light moisturizer on your face after cleansing. For an intensive moisture treatment use pure vitamin E, or aloe vera oil. It is available in liquid form, or just break open a capsule and apply the oil directly to the skin.

Those are eight simple steps that would help you keep your face clean and beautiful.

Start today for a more refreshed and beautiful you.

Face Washing Don'ts

Here are several things that one should avoid when washing their faces. Remember that it is our aim to make your skin healthier and beautiful.



Do not wash face too often. Washing your face doesn't mean you have to wash it every hour of the day... Experts recommend ONLY two or three times per day. Frequent washing may dry out your skin thus increasing your risk to irritations that may even cause acne. Moreover, if the skin is too dry, your glands will produce more oil to compensate for this loss. This means that the risk of getting too much sebum also increases.

Do not use harsh soaps and cleansers. Never use bar soaps or bar cleansers. The ingredients that keep these soaps and cleansers in bar form can clog your pores and irritate your skin... plus, they can help foster breakouts. Harsh soap and cleansers can strip off the skin's natural lipids thus irritate your skin. Choose cleansers that are mild and non-comedogenic, hypo-allergenic, and soap-free. There are several products like this in the market like Cetaphil, Burt Bee's or Neutrogena. Dilute your cleanser with enough water when you wash... The less concentrated your cleanser, the gentler it will be.

Do not use too much cleanser. Even if you are using mild cleansers, it is best to dilute it with water (a palmful will be sufficient). The less concentrated your cleanser, the gentler it will be for your face.

Do not use cleansers containing alcohol. Alcohol will upset your face's natural pH level, thus causing irritation. Using toners and astringents may feel wonderful... but over-using these will irritate your skin! Do not just use products. Instead, know your skin type. For dry skin, look for products with cocoa butter or glycerin. For oily skin, look for products with benzoyl peroxide, citric acid or salicylic acid. For sensitive skin, look for aloe vera, almond oil or chamomile.

Do not under rinse. Residues left behind can actually clog your pores. Facial cleansers can leave an invisible residue behind which can clog your pores. Rinse three times, then rinse again! Do not exfoliate often. Removing dead skin cells can make your skin less dull but you should not overdo it or you will injure your skin. Too much scrubbing will make your skin dull and flaky. Avoid abrasive facial pads and grainy facial scrubs.

Remember, in everything that you do, simplicity and moderation is often that key. Do not abuse your skin. Go easy and gentle. And put your best face forward.

Getting Rid Of Dark Spots on Your Skin

People want smooth, clear and even complexion. Naturally, nobody wants their skin to be synonymous to a Dalmatian...unless they are trying to set a trend on that, to which I very much doubt if it would work.

The sad truth is, even with regular cleansing, some people still develop dark spots, also called hyper-pigmentation by dermatologists. It is characterized by pockets of discolored skin that remain even after pimples or skin bumps have disappeared. Hyper-pigmentation can be caused by many factors that can be external or internal. Among internal factors, we have certain illness such as Edison's disease and some hepatic problems. If someone is taking too much iron, for instance, it can cause darker areas on the skin. Hormonal changes during pregnancy or menopause also have a role to play. The deficit of certain vitamins and minerals such as calcium and vitamins A, E and B also can cause hyper-pigmentation.

The common culprit is the increase in melanin that occurs after skin is inflamed or irritated, or too much exposure to the sun. People with darker skin tones such as South Asians and Latinos are more likely to face this kind of problem.

While persistent dark spots can be remedied at home, health experts advise people to FIRST check with a dermatologist to make sure that the spot is harmless and can be left alone in place. After that, there are simple ways to effectively eliminate dark spots in your skin. For some, simply applying creams and sun block might work. For others, they might require skin peelings. No matter what, it is best to consult with your dermatologists.

Here are simple tips on how to get rid of those persistent dark spots. Use sunscreen daily with SPF 15 or higher. It is always wise to block the sun that darkens our skin. This will also minimize our risk of acquiring skin cancers. Do not pick your pimples or zits since it will result to scarring.

Pick up a product that contains mild hydroquinone since it is the main ingredient in most skin bleaches. If you cannot tolerate hydroquinone, try skin brighteners. Hydroquinone is usually used with glycolic acid and tretinoin.

Always remember that skin bleaching is not instant. It may take you three months to a year to fade the darkened skin depending on the type of your skin tone. Moreover, try not to abuse skin. If you have persistent skin problems like acne that leave scars, treat them immediately and stop the cycle.

Remember, prevention is always better than cure.

Skin Care Tips

Be Gentle

The first thing to remember is that you have to be gentle with your face. Don't wash your face with hot or cold water. Use lukewarm water and a mild cleanser twice a day and after your workout at the gym, in case you do work out. Avoid regular soap and other such products that are filled with harsh chemicals. If you are not familiar with cleansers, ask a doctor for advice.



Wash you face gently and rinse thoroughly. Pad you face dry and avoid scrubbing. Scrubbing could open a thousand invisible lesions in your skin that are the perfect breeding grounds for bacteria.

Keep Your Hands Away from Your Skin

Although it is against your instincts, you must learn to keep your hands away from pimples and other lesions. Squeezing pimples is a bad idea, unless performed under sterile conditions by a doctor.

For the Guys

If you have to shave, then be very careful about it. Run a test on yourself and see if which type of razor is better for you. I'd say that electric razors are the thing to use if you suffer from acne, but each man knows better what works in his case. Shave gently and avoid opening up existing lesions.

For the Girls

Cosmetics are one of the minor roots of acne. If you're going through an acne treatment, then choose only oil-free cosmetics or else the good effect is wasted. You should also run tests on yourself and see which cosmetics do not clog your pores. Watch out for side-effects if you use products whose labels say "designed not to clog pores".

Stay out of the Sun

Yes, a suntan would look lovely on you, but you should learn to do without for a while. The risks of sun exposure are not acceptable when you realize that the sun does not cure acne. UV rays simply dry the outer layers of your skin and cause it to peel away. However, once you are away from the sun, acne will return. Prolonged exposure will also make you a certain candidate for skin cancer.

Skin free from acne scars

Many people suffering from acne are familiar with the problem of acne scars. While acne is enough of a problem on its own, the issue of more or less permanent scars makes everything even more complicated. Pimples are a tempting target for squeezing or picking open in what may be seen as a futile attempt to get rid of them. However, squeezing and picking is exactly what you should refrain from doing because it will only make everything worse.



I know that you heard this advice a million times, but do try to keep your hands away from your face. For one thing, your hands have a lot of germs and bacteria, mainly because the hands are the most exposed part of the body, the limbs with which you grab and use all manner of not very clean objects. This means that bringing your hands in contact with your face skin is guaranteed to transfer a load of germs and bacteria from the hand to the face. Worse, all these germs and bacteria are transferred exactly in the area where your squeezing is opening a breach in the skin. In other words, you are bringing the enemy right to the gate.

Depending on the type of acne you are suffering from and on your face skin type, pimples that have been picked or squeezed open can turn to scars, leaving an unpleasantly looking skin behind. While squeezing pimples is not a good idea, but tolerable within certain bounds, you should absolutely refrain from trying to remove scars yourself. This is definitely a job for a trained physician who uses the right tools for the job. Tampering with scars will make matters worse. If you feel you cannot live with them, then make an appointment with a dermatologist and have them removed.

Alternatively, you could try to buy an acne treatment in order to keep your skin clear and prevent pimples from even forming. The best anti-acne system around is the ClearPores system. Featuring deep facial and body washes, herbal pills and a protection cream, ClearPores makes sure your pores are clean of grime and sebum and that bacteria don't get the chance to start multiplying in a clogged sebaceous follicle. This system is the absolute best at stopping acne from being a problem.

Best Skin Diet for Healthy Skin

"You are what you eat." Does it sound familiar? You probably have heard of it. And yes, it is true. What you eat affects how well you are and how you look- today and for the years to come.

Balanced diet is needed for optimal health and well-being; as well as having a healthy skin. However, balanced diet is primarily set to prevent malnutrition and vitamin/ mineral deficiencies.



The aim of this article is to provide tips that will help you achieve the skin you have always longed for.

Choose foods rich in vitamin A. Naturally occurring vitamin A or retinol is commonly found in fish oils, dairy products and liver. Vitamin A found in plants is called beta-carotene and is commonly found in yellow/ orange fruits and vegetables like carrot and cantaloupe. This is essential for the maintenance and healing of epithelial tissues, with skin being the largest expanse of epithelial tissues we have. This diet includes plenty of dark orange (carrots, sweet potatoes, winter squash) and dark green (broccoli, spinach, kale) vegetables -- all of which are high in vitamin A.

Choose foods with plenty of B vitamins like B-2 and B-3. These foods convert calories into energy for metabolism and are components of enzymes that maintain normal skin function. The best sources for these are green leafy vegetables, lean meats, eggs, avocados, fish, brewer's yeast, whole grains and peanuts.

Vitamin C for collagen maintenance. Best sources are citrus fruits and juices, slow cantaloupe, strawberries, tomato sweet peppers and green peas.

Vitamin E to protect your cells against free radicals. This is a powerful antioxidant that helps slow the aging of skin cells and promote healthy skin. A powerful antioxidant, it protects your cells against the effects of free radicals, which are potentially damaging by-products of the body's metabolism. Foods rich in vitamin E include almonds, hazelnuts, sunflower seeds, broccoli, wheat germ, peanuts and vegetable oils.

Zinc is for boosting the immune system and promoting optimum health. Zinc can be found in eggs, seafood, turkey, pork, whole grains, nuts and mushrooms. This trace mineral helps maintain collagen and elastin fibers that give skin its firmness, helping to prevent sagging and wrinkles. It also links together amino acids that are needed for the formation of collagen -- essential in wound healing.

Selenium is a mineral antioxidant that will help minimized the damage of ultraviolet lights. Researches show that it might even aid in skin cancer prevention. Good sources of selenium include tuna, wheat germ, sesame seeds, nuts, broccoli, Brussels sprouts, mushroom and whole grains.

Different Acne treatments

Skin experts and practitioners recommend several natural acne treatments.

Wash your face twice a day with gentle and unperfumed cleanser. Avoid using soaps as they contain harsh chemicals and ingredients that can damage your skin.

Avoid touching your face. Stop putting your hands by your face! I am often guilty of this resting my hand on the side of my head while reading. Also rubbing or bracing your chin is another common problem when thinking.

Avoid rubbing, touching, or scratching your skin with your hands. Your hands contain a lot of bacteria that can cause acne flare-ups. It is probably one of the most difficult things to avoid since much of the hand to face contact throughout the day we are unconscious of but try Make it a habit.

Avoid the temptation to pick, prick and squeeze your acne. This will send the infection deeper into the skin and can cause severe scarring.

For mild to moderate acne, you can use over-the-counter topical ointments, solutions, lotions or gels that contain benzoyl peroxide, salicylic acid or azelaic acid as an alternative to benzoyl peroxide. Benzoyl peroxide is best at killing P. acnes and may reduce oil production. Resorcinol, salicylic acid, and sulfur help break down blackheads and whiteheads. Salicylic acid also helps cut down the shedding of cells lining the follicles of the oil glands.

Topical antibiotic solutions and lotions can also be applied.

Tea tree oil is a natural antibiotic and antibacterial agent and has a drying effect on the skin. It keeps the P. Acnes bacteria at bay along with decreasing facial oiliness, which makes this oil a worthwhile investment.

Sulfur helps to heal existing blemishes by unblocking pores.

Alpha or Beta Hydroxy Acids (AHA or BHA) works by keeping the skin exfoliated. Glycolic acid, the most well known of the bunch is a useful adjuvant therapy for mild acne. Mandelic acid, a lesser known one, but one that combines the keratolytic properties of glycolic acid, with natural antibacterial properties that help reduce the presence of P. acnes, may be considered a more effective alpha hydroxy acid in treating acne lesions. It is also much less irritating than glycolic acid, a factor that may be very important to those with sensitive skin who are unable to use other agents such as Retin-A, benzoyl peroxide, sulfur, or salicylic acid.

These treatments are usually effective for mild to moderate acne problems only and the effectiveness usually takes several weeks or some months.

Home remedies for acne – are they worth it?

The bigger a problem is, the more people are going to look for a solution. This improvised saying is an accurate description of the host of remedies, cures and treatments for acne available on the market today. From exfoliation and the classic antibiotics and bactericidals and on to hormonal treatments, retinoids, phototherapy and laser, the list is very long. The average customer looking for a cure to his or her acne problem is likely to be confused by this cornucopia of treatments, all of which are 100% guaranteed to put an end to acne once and for all.



One of the new additions to the overall effort is the idea of treating acne with a combination of healthy food and vitamins. Although the use of certain foods to cure various conditions is by no means a new idea, the concept that food alone could be used to cure acne is an interesting new twist. The cornerstone of this approach is the attempt to avoid treated food, fat and sugar in order to focus on fresh vegetables, fruits and water. The underlying assumption is that heavily processed food and fat-rich food are bad for the body and the source of acne and other conditions. Skin problems are considered to be a side effect of processed food consumption.

However, things are not that simple. This approach is a good idea only for the people whose acne outbreaks are caused or worsened by hormones and other substances found in red meat and processed food. It would be hard to argue that all the various types of acne have only one source and that source is nothing else but food. Moreover, people respond in different ways to different foods. Banning one type of food may work for some people, but not for others. A healthy diet is good for everybody, but it simply can't cure acne on its own, especially the severe cases. What the skin needs is a product that clears pores and kills bacteria, thus preventing hair follicles from clogging and turning into pimples. This is what you should be looking for if you want to get rid of those ugly pimples.

Useful Resources

[MyAcneSolution](#) - A very useful personal webpage of a webdesign student who suffered from acne for 14 years and how she got rid of her acne and Back Acne.

[SkinProductReview](#) - Provide reviews of the best acne products available in the market.

[ClearPores](#) - Official ClearPores Website, A complete natural approach to treating the acne from inside and outside – One of the best solutions in market for your acne problems.