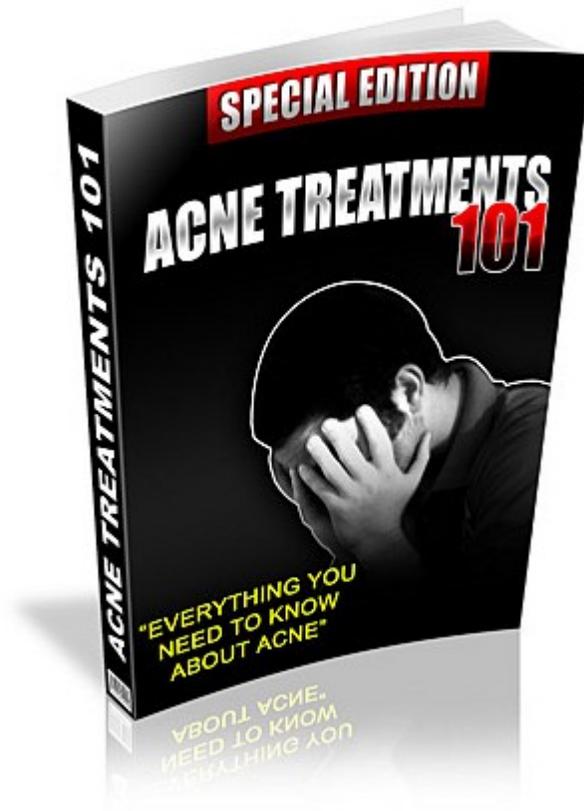


# Acne 101: All You Need To Know



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Acne Blog

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## Chapter 1 - Introduction

If you are like most people, you break out. Your skin gets blemishes, pimples and blackheads that make you feel unattractive and self-conscious. Although acne problems usually start when someone is a pre-teenager or a teenager, they can occur at any time during your life. Adult acne can start in the late teens or early 20s and can go on throughout the 20s. Some people still get a pimple or two even as they get into their 40s. For some, dealing with acne becomes a way of life.

Today, acne is believed to be caused by hormonal fluctuations. This is why so many pubescent boys and girls are afflicted. Women who have babies, go on birth control pills or go off birth control pills experience acne. In some cases, being pregnant can clear up the acne and in others, it can make someone who never experienced acne get pimples.

For very troublesome acne, an endocrinologist should be consulted. This is a doctor who specializes in hormones. However, hormone therapy is very controversial and may lead to other, more serious complications. It is thought that acne is the result of an imbalance of testosterone. This can be balanced with estrogen but this can cause worse effects than the acne and would never be recommended for young people who are experiencing stubborn pimples.

Although medical science scoffs at the idea of foods and topical products causing acne, we all know that we are what we eat and that acne can be related to the massive consumption of certain foods. We also know that acne most often appears in the "t" zone of the face,

which is the forehead, nose and chin areas, traditionally the most oily of all of the skin on the face. I can also appear on the back and rest of the body.

People have wrestled with how to treat acne for hundreds of years. Lately, there have been some new products introduced on the market that have sounded promising. Most of them are a combination of age old products that have been used for years to treat the skin. Most treatment of acne today includes topical treatment of the skin. Hormonal treatment is very rare although there are still many doctors who will prescribe a special acne diet.

This book will help you find both natural solutions to acne and also teach you how you can keep your skin looking clearer. It will also go into the psychological aspects of acne and what you should and shouldn't do when you do break out.

If you are one of the majority who have been plagued with acne, read this book before you go out and buy any products that may end up letting you down with their promise of a false "cure."

## Chapter 2 - Myths About Acne

Throughout the years, there have been plenty of myths about acne as well as acne treatments. Acne was allegedly caused by chocolate or not washing your face. Treatments for acne ranged from steaming your face to actually popping the pimples on your face. Other treatments, such as those used in the East involving plants, were somewhat effective.

Most dermatologists will tell you that acne is a cause of hormonal fluctuations. This is normal in puberty and can continue until the late teens. As young people get older, their acne usually begins to clear up although some may continue struggling with this problem into early adulthood.

Acne is not caused by eating chocolate. It is not cured by having sex (a popular myth teenaged boys would tell teenaged girls). It is the body's response to changing hormone. The glands begin to secrete more oil and pores on the face get clogged. When this happens, they can get infected. The result is the pimple.

While most young adults struggle with some pimples throughout their lives, others have a mass of pimples that can appear anywhere - including the face, neck, back or the rest of the body. They are most common on the face although some people get them on the back or chest. It is important to realize that most topical remedies that are sold today are for acne that is mild to moderate. Severe acne usually requires treatment by a dermatologist or, in some cases, an endocrinologist.

Mild to moderate acne can be treated by a number of home remedies as well as over the counter and prescriptive remedies, most of which are topical solutions. There are certain vitamins and supplements that you can take that will help clear your skin. It is important for you to realize that acne is something that comes from within your skin rather than on the outside, although environmental factors do figure in to the shape of your skin.

Acne will eventually clear up on its own. But this can take a while and may not be until you are well into adulthood. Another myth about acne is that it is only a problem that effects young people. This is false. Adults are often plagued with acne that gets set on in mid life. Women who are going through pre-menopause often complain of breaking out with acne, although this is not as severe as it is when you are younger.

Some of the most common myths about acne are as follows:

### **It is brought on by stress**

While stress can play havoc within every part of your body and can make your acne worse, stress itself does not bring on acne. Acne is usually brought on by a hormone fluctuation. It is very common, in women, to get a pimple when they menstruate, even as they become older adults. Stress alone will not bring on acne.

### **It is brought on by chocolate**

Chocolate is supposed to calm you down. At least, dark chocolate is supposed to have a calming effect. While chocolate is high in sugar and fats, it does not bring on acne. The old myth of telling people who are breaking out to stay away from chocolate because it causes acne is just that - a myth.

### **It is brought on by not being clean**

This is a myth in that most people who have acne wash their face repeatedly. Oily skin will not be washed away with soap and water and neither will acne. This is a hurtful myth for those who suffer from acne as it implies that they are somehow at fault for being unclean. It is not true.

### **It only happens to teenagers**

Many acne cases affect adults. As a matter of fact, more adults see a dermatologist about acne problems than teenagers. The teenage years are when most people first fall prey to acne.

### **It clears up when you take birth control pills**

Not necessarily. Some women report that their acne got worse after they started on birth control pills and some state that their acne got better and cleared up. Each woman is different with this regard. While birth control pills regulate the hormone levels, they do not necessarily clear up acne.

### **You break out worse when you are pregnant**

Not true. Some women who are plagued with acne all of their lives find their skin clears up upon pregnancy. This is thought to be due to the estrogen that is being generated. However, not all women who are pregnant get clear skin. And some women do report that they actually broke out for the first time when they got pregnant.

### **Sex clears up acne**

This is an old line used by many teenaged boys about acne. There is no indication that sex either clears up acne or allows someone to break out.

### **The sun will make it worse**

Contrary to that opinion, which was stated even by medical doctors in the 1980s, the sun is very likely to make the acne clear up. This is why many dermatologists use light therapy for their acne patients. Although dermatologists are fully aware of the harmful rays of the sun and the risk of skin cancer, the light therapy boxes that they use control the exposure enough to clear up the skin, without over exposing the skin.

### **Steam your face to get rid of acne**

Facial steamers used to open up the pores and cleanse the skin. They do not get rid of acne. Even facial steamers that used medicated creams to rid someone of acne were of no use.

## **Toothpaste will clear up acne**

A popular new myth is that toothpaste will clear up acne. Not true. Toothpaste will tingle and has properties that will dry the skin out, but the acne will not clear up any faster using toothpaste on your skin as it will on its own.

There are many myths about acne and acne treatments. If you suffer from acne and are looking for the right answers, it is important to know about the myths. Unfortunately, there are plenty of people out there who will prey upon someone who has acne as a way to make money. Some medications and over the counter treatments do not work.

This book will tell you what does work and how you can help heal your acne.

## Chapter 3 - The Acne Diet

Does fast food contribute to acne? Is eating greasy hamburgers and French fries bad for your skin? Of course! Have you ever heard “you are what you eat?” When you eat only junk food, the first place it will appear is on your skin.

Your skin is your body’s largest organ. When you feed yourself junk all of the time, it’s going to show up somewhere. Your face is a good bet of where it will show up first.

But, you are probably thinking, didn’t you say that chocolate didn’t contribute to acne? Didn’t you say that acne was due to hormonal fluctuations and not because of what we eat?

While this book maintains that acne is the cause of hormone fluctuations, it can be aggravated by a number of different other conditions. One of them being the food that you eat. While chocolate is not contributory towards acne, a diet of fast food all of the time will not play well upon your skin.

If you want to clear your skin, start from the inside out. The first thing that you want to do is eat a proper diet. A proper diet is common sense. It consists of all the foods that you have heard are good for you, including plenty of fruits and vegetables. These foods have the antioxidants in them to give your immune system a boost.

Acne is the result of hormonal secretions that cause oily skin and allow pores to get clogged with bacteria. When the skin is under attack, the

reaction is to break out to fight the bacteria. And what system of your body is in charge of fighting off bacteria and viruses? That's right, your immune system. So any boost to the immune system is a fight against acne.

In addition to a diet rich in fruits and vegetables, you should also stay away from foods that are loaded with simple carbohydrates or are high in fat. This would include sweets, cakes, cookies, candy, sugar laced drinks and most fast foods. If you have a diet of McDonald's and sweets, it is not only going to show up on your waste line, it will also show up on your skin.

Chocolate is one food that is high in sugar and fat. However, unlike most simple carbohydrates, chocolate actually has some nutritional value. It has beta carotene that will give you a mental boost. There are also indications that dark chocolate, when eaten in moderation, can help stave off high blood pressure. Chocolate is not the acne culprit that it was once thought to be. In fact, this is the one simple carbohydrate that you should eat in moderation.

Foods that are high in sugars such as cookies and cakes should be avoided when you are on the acne diet. If you are trying to lose weight, this diet can help you do that. If you are not trying to lose weight, you will find yourself in better shape and maybe eating a bit more of the right foods.

Simple carbohydrates have no nutritional value whatsoever. They are simply absorbed and stored as fat before the body can have time to absorb any nutrients. They are a waste of calories. If you have a

sweet tooth, try some fruit instead. Fruits have antioxidant properties that are stored in the body and take a longer time to break down. For this reason, you are better off to have complex carbohydrates, as found in fruits and vegetables, than simple carbohydrates, as found in cakes, cookies and sweets.

You are what you drink, too. That means that you should avoid soft drinks laced with sugar as well. These will only add unwanted pounds to your frame. Drink water to hydrate your skin and plenty of it. At least 6 glasses of water each day should be consumed when you are on the acne diet.

Avoid fried foods. They are high in saturated fats and are not good for you. This means that fast foods such as burgers and fries should be out of the question. Try foods that are healthier for you. If you have to eat out at lunchtime, look for a subway. Eating processed meats is not, contrary to popular belief, any way to diet, but this is a better option than a burger and fries.

Pizza is okay if it is not one that is soaked with oil. You know the type of pizzas that come soaked with oil on the top? Avoid those. Eat pizzas that do not have that glaze over them. This is saturated fat and is no good for your skin. Pizza and the ingredients in pizza all have nutritional value. Tomatoes are good for you and so are most of the toppings. Cheese is high in fat but also an excellent source of calcium. The acne diet is not about losing weight but about eating foods that will help your skin. If you do get one of those pizzas that have greasy looking top, simply blot up the oil with a paper napkin before consumption. Try not to eat too much pizza on the acne diet,

but you can have it once in a while.

Avoid alcohol while on the acne diet. Alcohol is another empty calorie food that has no benefits, although red wine has proven to be of some benefit to the circulatory system. If you have to drink, drink a dry red wine.

So, in order to succeed at the acne diet, you should have plenty of the following foods:

- Fruits
- Vegetables
- Whole grains
- Dairy products
- Meats and proteins

You should, in turn, avoid the following foods:

- Fried foods
- Foods high in sugar such as cakes, cookies, ice cream, candy
- Soft drinks
- Alcohol
- Foods high in fat

And drink 6 glasses of water a day.

By avoid, this does not mean that you can never have these foods, but you are better off to avoid them while you are trying to clear up your acne. The foods in the first list will help your skin look better and will

also give you more energy and make you feel better

If you are overweight, this can be a great diet for you to follow that will allow you to take off some weight. This is not a secret diet, it is basic common sense when it comes to eating. Too many people are rushed all of the time and find no time to eat properly. This can end up coming out on your skin. You need those healthy foods to be able to boost that immune system and fight off bad bacteria.

As far as caffeine goes, have some if it makes you feel better. If you want that boost in the morning, though, you can get it with green tea. Green tea, unsweetened, can be a way to get your metabolism going early in the day and is great to drink while watching your diet or just to add more antioxidants to your body as green tea is loaded with them. Many people successfully diet using green tea.

Remember that you are what you eat and that sooner or later, it will show up on your waist line as well as your face. Try the acne diet for a week and you will notice a difference in your skin.

## **Chapter 4 - Vitamins and Natural Ingested Acne Cures**

Some vitamin supplements as well as well as some herbals are naturally good for the skin. While following your acne skin care Regimenn, you should also incorporate some herbal supplement, health foods and vitamins into your diet plan. These include:

### **Vitamin E**

You can take a supplement of vitamin E for your skin. Vitamin E is good for keeping you skin looking young and fighting off aging. It is also beneficial for your hair and nails. You can find Vitamin E supplements at your local drug store or even a health food store. You can generally get a better deal if you go to the drugstore for Vitamin E supplements.

### **Mangosteen Juice**

Not a very well known juice, but one that has benefits for the skin as it is loaded with antioxidants. Mangosteen is not to be confused with a Mango. It is considered to be one of the super fruits and grows in Southeast Asia, where it is used for healing purposes. This ingredient will help you really boost your antioxidants and will begin to show up on your skin. You can find Mangosteen juice in certain health foods stores across the country or even online.

## **Acai Juice**

Acai is another super fruit and has about 10 times more antioxidants than blueberries, which are considered to be one of the fruits with the most antioxidants. The acai fruit grows in South America and cannot be shipped to the United States because it does not have a long shelf life. You can, however, buy acai juice and reap the benefits of the antioxidants that are contained in this juice. Again, you will find acai juice in your local health food store or even in some upscale grocery stores.

## **Vitamin B5**

This is a popular vitamin touted as an acne cure, but it will not cure acne on its own. As a supplement, however, it does benefit your skin and is well worth taking. When combined with a good acne diet as well as other treatments that you will read about in this book, Vitamin B5 can work wonders to help with your acne.

## **Vitamin A**

Vitamin A is also good for the skin. It will not hurt you to take a Vitamin A supplement if you are suffering from acne. This is a vitamin that is often found in carrots. It is good for your hair and your eyes as well.

## **Zinc**

Zinc is said to be a cure for acne, although there is no proof of this.

When combined with other nutrients and vitamins, however, it can benefit your skin and is an essential mineral that you need to maintain good health.

### **Multi Vitamin**

If you dislike taking supplements, take a good multivitamin to treat your acne. Make sure that it has the supplements that are listed here. A good multivitamin can help you stay healthier and also make your immune system stronger.

While none of the above supplements in themselves, will magically cure acne, despite what you may see online, they will, when combined, with other supplements and a good healthy diet, work to fight off your acne.

## **Chapter 5 - Aromatherapy For Acne Treatment**

Aromatherapy is an ancient healing art that has been used for centuries to treat mild conditions. Today aromatherapy is used to treat stress as well as other medical conditions that are common but not serious. Mild depression and anxiety can also benefit from aromatherapy treatment.

Aromatherapy uses essential oils that are derived from plants. The plants that are used vary. There are hundreds of different essential oils that are used today in aromatherapy treatment.

One way that aromatherapy works is that it is absorbed into the skin where it goes into the bloodstream and begins its healing process. Aromatherapy is also absorbed into the lungs in the same way. However, when you are using aromatherapy for acne treatment, you are going to have to use a topical solution.

Essential oils, with the exception of lavender, cannot be applied directly to the skin. They should always be diluted with a carrier oil. A carrier oil can be olive oil, vegetable oil or apricot kernel oil, to name a few. When blended together, they make a relaxing and effective treatment.

The idea of applying more oil to your probably already oily skin is something that you are most likely wary of doing. If so, relax. Aromatherapy will not harm your skin. It will be a useful treatment, however, that you can do at home or go to a certified aromatherapy practitioner.

Here is a recipe that you can use to treat your acne using aromatherapy:

- 1 Ounce of Carrier Oil (this can be vegetable oil or a store bought carrier oil such as apricot kernel)
- 7 drops of lavender essential oil
- 5 drops of tea tree oil
- 5 drops of bergamot oil
- 3 drops of geranium oil

Mix all of the oils together by gently blending them in a glass bottle. You should get a sterile bottle with a cork top to store your aromatherapy mixtures. Once the mixture is thoroughly mixed, you can apply it to your face, neck, back or chest with a sterile gauze or cotton ball. You are better off to use a sterile gauze. You can leave this on overnight and then wash it off in the morning.

One thing that you should know about using bergamot is that it is photosensitive. You should avoid going in the sun for 12 hours after you have rinsed off this solution to avoid a rash. You can skip bergamot in the recipe by adding more lavender and tea tree oil. The ratio should be 20 drops to one ounce of carrier oil.

Although bergamot is photosensitive, it is the most beneficial ingredient used in aromatherapy for acne. You will find that many treatments for acne are also photosensitive.

Will you see results right away? Contrary to what you see on

television about products that supposedly cure acne overnight, nothing works that fast. You will notice a change in your skin, however. You can use this treatment once a week to treat acne.

If you are pregnant or nursing a child, you should ask your doctor before starting any aromatherapy treatment. Most aromatherapy treatments are okay to use just about any time, but you should always consult with a physician before starting any new treatments.

Aromatherapy can be one of many ways that you can treat acne at home. You can also go to a salon or alternative healer who specializes in aromatherapy to treat different ailments for treatment, although it will cost you more money.

You are better off to try the aromatherapy treatment at home. Essential oils can be purchased online, as well as other aromatherapy supplies, for a fraction of what it would cost you to get treated in a salon. You can also purchase essential oils in some health food stores.

Make sure that you get 100 percent pure essential oils or else the aromatherapy is pointless. The way that this works is to use the healing properties of the plants that are absorbed into your skin. Although bergamot may be photo toxic, it does work to treat acne.

Lavender oil is the safest of all the essential oils and will never hurt you. It can be used directly on the skin, although the benefits of lavender oil alone on the skin to treat acne have not been determined.

Try aromatherapy on your skin to treat acne and see how your skin

reacts. You may want to try just a portion of the skin at one time to test it out and make sure that you have no adverse reaction to the remedy.

## **Chapter 6 - Acne Treatments In Your Refrigerator**

You may be surprised to learn that you have the benefits of some acne treatments right in your own refrigerator. Some products that can be used to treat acne are right under your very nose in your refrigerator and pantry. Years ago, people went to the refrigerator to use products on their hair to make it more shiny and manageable. This included mayonnaise, beer and eggs - all of which were used on the hair. They worked well, but then companies came out with conditioners and treatments that all mimicked the natural products. The refrigerator hair care gave way to hair care sold in salons, made with chemicals, that cost a lot more money.

Some of the products in your refrigerator have been used for years to make hair shiny, treat acne and also for hygiene purposes. Some that you can use to treat acne are as follows:

### **Egg Masque**

Take an egg white and beat it until it gets foamy. Apply it to your face and allow it to harden. This is a very effective facial masque that will draw out the oil in your skin. The egg mask should be left on for about 15 minutes before it gets hard and tightens up the skin. Not only is this remedy excellent at fighting acne, but it also works well to fight aging.

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After you wash your face from the egg masque, you will feel that your skin is very tight and that the oil seems to be removed. This will last for a while but it can be beneficial at ridding your skin of excess oil that contributes to acne.

### **Oatmeal Masque**

Okay, so you don't have oatmeal in your refrigerator - but it is still in the kitchen so it counts as a treatment, You can mix up oatmeal so that it forms a paste and apply it to your face. Be sure to use the oatmeal that has no sugar in it as sugar will only irritate your face. Allow the oatmeal to dry and harden before rinsing off with cold water. This will draw out the bacteria in the pores that are affected by the acne.

### **Plain Yogurt Masque**

Plain yogurt has a lot of different uses but have you ever thought of it as a facial masque? This can be used as is to make a facial masque. Simply apply some to your face and allow it to dry. Then rinse clean. The yogurt has live cultures that will draw out the bacteria from the skin and allow your skin to feel fresh.

### **Cucumber Peel Treatment**

You have probably heard about cucumber peels being used to revive tired eyes, but did you know that you can also use them to also soothe your skin as well? Cucumber is very soothing and has qualities that can reduce swelling and inflammation, both of which you have when

you have acne. Simply put a cucumber slice on the affected area and relax. Of course, you will have to be laying down to do this. While you are proceeding with the cucumber slices on your face, you can also use them on your eyes to relieve tired eyes. It takes about 10 minutes for the cucumber healing to work and you will feel refreshed after you remove these from your face.

### **Balsamic Vinegar**

Dab a bit of balsamic vinegar on affected areas of the face to dry up a pimple. It will have a bit of a sting to it, but the acidity of the vinegar will work to dry up the pimple and draw out the bacteria.

### **Lemon Juice**

Just as you used the balsamic vinegar, you can also use lemon or lime juice in the same manner. A little dab will do you here, you do not have to overdo it. You may prefer the lemon juice over the balsamic vinegar as the vinegar has a pungent odor. You can do this before bed to dry up red pimples.

Your refrigerator is not just a place to store food, but remedies. Most foods have more than one duty when it comes to good skin and hair. Eating the right foods is one thing - putting the right foods directly on your skin doubles your ability to cure your acne.

## **Chapter 7 - Acne Cures In Your Medicine Cabinet**

Some of the best ways to treat and cure acne are found right in your medicine cabinet. These are old remedies that have been used for a long time and still work. They are now re-packaged under different names and sold for a lot more money than 79 cents a bottle. Some of the best acne treatments are:

### **Deodorant Soap**

Washing your face at least twice a day is crucial to treating acne. There are plenty of facial scrubs on the market that will work to help you have clear skin. Good deodorant soap is always advised against by those in the cosmetics line who say that it will dry out your skin. Few things work as well as good deodorant soap.

Washing your face with strong soap will work to make sure that it stays dry. It will remove the oil from your skin and keep your skin a bit more taut. Deodorant soap makes you feel clean all over and smells nice. You will feel fresh and so will your face when you wash with deodorant soap.

### **Witch Hazel**

Witch Hazel is sold in drugstores everywhere for about 79 cents a bottle. It is the most effective astringent that there is. If you have

oily skin, this will work well as an astringent to clear up blemishes and blackheads that are caused by too much oil and clogged pores.

Apply witch hazel as an astringent to close your pores after you have washed your face. It will tingle a bit but it will effectively dry out any excess oil on your face. Witch Hazel is a strong astringent to use and works best for those with oily skin as it tends to make the skin much drier. If you have dry skin, you should avoid Witch Hazel as it will tend to make your skin drier.

## **Peroxide**

Benzyl Peroxide is about 79 cents a bottle and is usually sold right next to the Witch Hazel. Peroxide is a miracle potion. It is used for just about anything and is the primary component of "oxy wash" which has made it's "inventor" a fortune. Peroxide can be used in the laundry, as a disinfectant when cleaning and even as part of oral hygiene. It is also the primary ingredient in most acne remedies. You will not get any better than 100 percent benzyl peroxide. Most acne remedies only have from 5 to 10 percent.

Peroxide is strong so you want to put it only where the pimple exists. It will start working right away to dry up the pimple. You will notice a difference in the morning. The only drawback with using peroxide is that it is very strong. It can end up drying your face out so much that it looks as if it has been burnt.

This solution can also sting. It will get to the root of the acne and kill the bacteria in one fell swoop. Use a little bit applied with a cotton

swab on the pimples and watch them disappear. This is the primary ingredient of the "miracle" cures that you are seeing on television. This is the primary ingredient in Oxyclean and other products that have been sold throughout the ages to make someone who knows a bit about peroxide and a whole lot about marketing a lot of money.

### **Rubbing Alcohol**

This can sometimes be confused with Witch Hazel and costs...yes, once again, 79 cents a bottle. Rubbing alcohol is one of those things that everyone used to have around the house but no longer has. Like iodine. It is the primary ingredient in Witch Hazel but is a lot stronger. It will work in a pinch to dry up some oily skin and is best used on areas of the body such as the back and chest as an astringent, rather than the face. Rubbing alcohol is the main ingredient in many items, including most colognes and aftershaves. It works very quickly to close the pores, which is what you want to do when you are ready to face the day.

## **Chapter 8 - Store Bought Topical Solutions**

In addition to the tried and true methods that have been around forever, lurking in your medicine cabinet or in your kitchen, there are also a variety of store bought acne treatments. Some of them work better than others but all usually contain some form or another of peroxide.

Some topical care solutions that work well include the following:

### **Proactive Skin Care**

This is an entire skin care Regimen that consists of cleansers, toning lotions and moisturizers as well as creams that are used to dry up pimples. One thing about store bought acne solutions as opposed to home made remedies is that they are balanced to the point that they will not over dry your skin. The negative aspect of these products is that they usually promise more than they can deliver. For example, Proactive Skin Care is effective at treating acne, but does not produce the miraculous results that are seen in their advertisements. This can be misleading to some people and also disheartening. There is nothing worse than empty promises.

In order for Proactive Skin Care to work, you have to keep using it to clean your skin each day. There are also masques that the company makes that are sometimes packaged with the product. Deep cleansing masques should be used two or three times a week, but the other products should be used daily.

Not only will this skin care routine help you against stubborn acne, but it will also work well to keep your skin looking good when you are acne free.

### **Mary Kay Skin Care**

Mary Kay Skin Care has a skin care line that includes a facial scrub, masque, oil free moisturizer and toning lotion for oily or acne prone skin. They also have an acne stick that dabs what is pretty much peroxide, on the skin. The total cost for the entire skin care treatment is about \$100.

The Mary Kay Skin Care line works well to keep skin looking clean and fresh. You need to realize that toner is nothing more than a mild astringent, a bit more mild than Witch Hazel and dyed a blue tint. The skin care routine is pretty much the same as with Proactive. The cost is similar as well. You can only get Mary Kay Skin Care, which does work, through a Mary Kay representative, who will then try to sell you the "opportunity" to sell Mary Kay cosmetics. This is one of the downfalls of using this cosmetic line of skin care is that you have to use a distributor and they are usually pushy.

### **Clinique Skin Care**

Again, this consists of a cleansing bar, a toner and oil free moisturizer. The cost for Clinique Skin Care is slightly higher than Mary Kay and works comparable to both Proactive and Mary Kay. You have to purchase Clinique Skin Care at a fine department store as it is not sold

anywhere. The sales clerk will most likely ignore you for a good half hour until you get their attention and then will act as if they are doing you a favor by giving you the products. Clinique became a popular brand name in the late 1970s and, unlike other cosmetic lines, relied more on the skin care aspect of the line rather than colors or makeup. The skin care does work well but it is expensive and it can be difficult to get near the counter when they are having some sort of special.

## **Clearasil**

The old stand by. Clearasil is no longer just "pimple cream." It consists of pimple cream, of course, but is also so much more. You can purchase a scrub, a toner and the cream at your local drugstore for a lot less money than you will pay for any of the prior three products. The Clearasil products work just as well as Proactive, Mary Kay and Clinique. They are a lot cheaper and easier to get as there is usually a Walgreen's or a CVS Pharmacy just about on every corner in the United States.

All of the above products have basically the same ingredients and work the same way. There are also other products, off brands, that also have these ingredients and also work along the same concept. If you follow the proper skin care Regimen, you will end up treating your acne and keeping your skin acne free.

## **Chapter 9 - Acne Skin Care Regimen**

A proper skin care Regimen is necessary not only when you are fighting acne, but if you want your skin to look good. An acne skin care Regimen should have five basic components - cleanse the skin, close the pores, moisturize, exfoliate, medicate. Most of the products in the lines described in the previous chapter incorporate at least four in this routine. You need to follow all five steps in order to have acne free skin.

### **Cleanse**

Cleansing your face should be done twice a day. You should cleanse your face in the morning when you get up and before you go to bed each night. You should never go to bed without washing your face and you should never, ever go to bed with makeup on your face.

There are hundreds of different acne cleansers on the market. All promise good results and some of them deliver. You can take your pick from the expensive skin care lines that are listed in the previous chapter or find a cleanser that is less expensive, such as Noxema Facial Scrub. Cleansers are all named something different and you will often see "cleanse" or "scrub" on the label. One thing that you will never see is "soap." Cleansers want to disassociate themselves from soap. Why? Because soap will dry out your skin. As this is the point of washing your face, to remove impurities, makeup and other products from your face, soap makes perfect sense.

To wash your face, do so by splashing warm water on your face, opening up the pores. Lather your face up with facial cleanser and make sure that you scrub gently. You can do this with a washcloth or with your hands. You must then wash off the cleanser using cold water.

Cold water will close your pores. It is a good idea to rinse your face with cold water after you have finished scrubbing. The French will rinse their bodies with cold water after a shower. It is not only invigorating, but it also protects your body from impurities that can get in your pores as it closes them.

There are creams on the market to remove makeup. These used to be called "cold creams." They were put on the face, the makeup removed, and then the face was splashed with water. You do not need a special cream to remove makeup. The only aspect of makeup removal that may be difficult with a facial cleanser is waterproof eye mascara, although this will usually come off with scrubbing with a facial scrub or soap. However, if you are worried about your eyelashes, you can use baby oil to remove the eye makeup with a cotton ball and then wash your face as described above. Cleansing your face is an important aspect of your skin care Regimen.

### **Close The Pores**

Even if you used cold water, as you should, to rinse your face, you are still going to want to close the pores even tighter and use an astringent to get rid of any impurities left behind. They are sold with every skin care line and are called lotions, toners and other names,

but they are never called what they really are, which is "astringents." This sounds too harsh and might also remind people of Witch Hazel which you can get at the drugstore for 79 cents.

Men normally close their pores after shaving. This is done with aftershave on a daily basis. Women should use some sort of astringent property to close their pores after they wash their face. Apply the product with a cotton ball and take a look. You will see that there is probably some residue on the cotton ball. Once you get a clear cotton ball, you can stop with closing the pores.

Most of the products that are marketed as toners and lotions are alcohol based. Some advertise that they are alcohol free. Even Witch Hazel, the ultimate astringent and pore closer, is alcohol based. Alcohol tends to dry out the skin. Most toners and lotions for oily or acne prone skin are somewhat drying.

### **Moisturize The Skin**

Because cleansers and toners for acne prone skin tend to dry the skin out, it is important to keep it supple and smooth with moisturizer. The moisturizers that are for oily or acne prone skin are oil free. They will not add any more oil to your face, to the contrary, they will control the oil in your skin. They will also not allow your skin to be so very dried out.

When seeking a moisturize for acne prone skin, you should look for one that not only is oil free, but also has a sunscreen. Although the sun can be beneficial to acne, which will be discussed in a later chapter, you want to have control of the sunlight exposure on your

skin, not the other way around. Moisturizer is the last step in the daily skin care routine. You will perform these three steps each morning. In the evening, you can skip the moisturizer and add medication.

## **Medicate**

You will want to put a medication on your skin in the evening. This will aid with drying up any pimples. Most medications have benzyl peroxide in them to some degree. This is the most effective of acne fighting topical solutions. You can purchase peroxide at the drugstore and use it on your skin, but it will tend to dry it out.

Most acne medications contain 5 percent benzyl peroxide. Some prescription medications have 10 percent. Lotions and creams are pretty much the same - they all work to clear up the infection in your skin. Benzyl peroxide is a disinfectant and acts like an antibiotic. It works well on your skin to dry up the effects of inflamed skin.

## **Exfoliate**

The purpose to exfoliating your skin is to offer it deep cleansing. This should be done twice a week, but not more as it will tend to irritate your skin. You will use a facial masque to exfoliate your skin. They are usually sold as part of skin care product lines. They work by allowing the masque to get hard on your face, allowing the deep cleaning properties of the masque to soak into your skin, at which time you will rinse it off and then apply moisturizer. You will exfoliate after you cleanse your face and before you moisturize. When following this part of the skin care routine, you will skip the astringent.

You can find most of these products in the drugstore, or at a department store. You can even find some products online. There are organic products that also work, but not as well as those that contain benzyl peroxide.

## **Chapter 10 - Make up with Acne**

When you are struggling with acne, you may be tempted to cover up your pimples with foundation, caking it on to cover the pimple. This does not work. As a matter of fact, it draws more attention to it. You are better off to accent another part of your face to draw attention away from pimples than to attempt to cover them up.

If you use foundation, use it sparingly. Also, make sure that you use an oil free foundation for your skin. It should never be darker than your skin, but the same shade.

Although you may be tempted to use facial powder when you have acne to blot up the excess oil on your skin, you should stay away from facial powder as it will cake up on your skin and look obvious. It looks worse when you try to hide pimples than if you just go over them with a sheer foundation or leave them alone.

You are better off to accent another part of your face to bring out other features than to try to cover up a pimple. If you feel self conscious about the pimples, a light foundation is best. Pick one that is oil free and close to your skin color. It should go on transparent. Never try to cover up a pimple with heavy foundation as it will only bring more attention to the pimple.

## Chapter 11 - Tetracycline

If you go to a dermatologist for your acne, you may find that they will prescribe an oral medication. One that is FDA approved and has a proven track record is Tetracycline. This is usually prescribed in doses that are based upon your weight as well as the serious nature of your acne. You will not get a prescription for Tetracycline unless you have severe acne. Severe acne is when it will not go away with over the counter or home remedies. If you continue to break out and the breakouts become worse, then it is called acne vulgaris and is a condition that is treated by a dermatologist. There are several methods of treatments that will be prescribed including an oral antibiotic to kill the bacteria as well as topical solutions. When working together, you will see some progress.

Tetracycline is an antibiotic that fights the bacteria that rages beneath the skin's surface when you have acne. It has had a good record of working well, but is not advisable for use in the summer as it is photo sensitive and can cause excessive flaking. It can also be harmful to a developing fetus and cause teeth yellowing if taken by a pregnant woman. For this reason, this medication is not recommended for pregnant women, or women who are nursing.

There is also the risk of lupus or hepatitis with over use of tetracycline. Despite these risks, this is still the most popular antibiotic that is prescribed for acne. When taken periodically, you will minimize the risk. Your doctor will know what type of prescription to write for you with regard to your acne. Doctors are well aware of the risks to the

body when taking this medication and will not over prescribe.

This medication was first discovered in 1948. It has been used to treat both acne and rosacea. It works well and is the best acne medication on the market that is taken orally. You should not use the antibiotic for long periods of time. A normal course of Tetracycline is for 7 to 10 days. During this time, you should treat the antibiotic just as you would any other antibiotic. Some things that will negate the antibiotic include alcohol and certain medications. These can stop the medication from working.

As with any other antibiotic, you should only use it as directed and should continue taking it until the prescription is up. Antibiotics are not supposed to be used after 10 days so once the initial trial period is up, it is time to allow the product to work.

There are other medications that you can take orally to kill the bacteria that is causing your acne. You should discuss your options with your dermatologist. Acne medication is usually only given in severe cases of acne.

## **Chapter 12 - Light Therapy**

Dermatologists still practice light therapy when faced with someone with severe acne. Light therapy is usually practiced in the doctor's office and a light box is used. The light box is filtered so that the dangerous UV rays from the sun are blocked.

Will the sun actually help with acne? The answer is "yes." But you have to weigh the risks. Although there is the risk of skin cancer for those with excessive exposure to the sun, the risk is increased for those who have had blistering sunburns. If you take it easy in the sun, you do not increase your risk for skin cancer. Light therapy can be very effective - whether you decide to try your own light therapy by mild exposure to the sun or in a tanning booth or if you decide to allow the therapy to take place with a dermatologist, you will find a big improvement in your skin when you use light therapy.

Begin small with light therapy. You do not want to get sunburned as this is what ends up giving you the risk for skin cancer. This is why it is so beneficial to use a tanning booth. A tanning booth will work better than the sun as long as you adhere to the directions of the tanning booth.

If you follow the instructions that are outlined in the tanning salon, you will get no sunburn and therefore, no risk of skin cancer. People seem to forget that it is severe sunburn that puts you at risk for skin cancer and not the sunlight itself. While it is wise not to over expose yourself in the sunlight, a moderate tanning Regimen will do wonders

for your skin.

You will have to wear lotion when you are tanning in a tanning salon. The salon will usually sell you special lotion. The purpose of the tanning salon and tanning beds is to get a tan glow and make you look healthier. It will also help clear up your skin.

When using the light therapy at the dermatologist's office, you are essentially doing the same thing that you would be doing in a tanning salon. Most tanning salons take out the harmful UV rays and the lights are concentrated on getting you evenly tanned and not burned. It is rare to get burned in a tanning salon as they have strict rules that they must adhere to about people over doing it. The first couple of times that you go, you may not notice a difference. You will begin to notice a difference after going to the salon a few times, however. After a week, you will look tan and your skin will have cleared up considerably.

The negative aspect to the tanning salon or light therapy is that you have to keep doing it. Once you get back out of the sunlight, you will find your skin breaking out again. This is why most people begin to break out at the end of the summer.

## **Chapter 13 - Dermabrasion and Laser Therapy**

Dermabrasion and laser therapy are two methods used for treating the scars caused by acne. The one thing that you should know about acne is that it doesn't last forever. When it is gone, however, it sometimes leaves scars. Crevices in your face that make you feel pockmarked. There are several ways to handle this problem. One of them is dermabrasion.

Dermabrasion involves a chemical peel that removes the first layer of skin. This is done in a doctor's office. It can usually be done by either a dermatologist or a plastic surgeon. As a matter of fact, dermabrasion is one of the most common forms of plastic surgery.

It will take about 3 weeks to a month to heal from the dermabrasion. During the first few days, you will not be able to go to work, so you will want to schedule a vacation before you start this therapy. As your new skin begins to heal, you will feel better than ever. The scars will be gone or at least minimized and so will any remnants of the acne. Most people opt for a chemical peel after the ravages of acne are over.

A chemical peel or dermabrasion can also even out your skin tone. There are some risks involved in this procedure. Some people have been unhappy with the results as they say that it gave them an uneven skin tone. Others got infections. It is important to follow the doctor's instructions when you are recovering from this form of plastic surgery.

Laser therapy is another way, and a much less invasive way, to treat acne scars. This is a relatively new procedure and is commonly used to treat wrinkles. It is very effective upon the ravages left by acne. You can also get laser therapy treatments in the office of a plastic surgeon or even some dermatologists. It is less invasive and drastic than a chemical peel and works well at not only removing acne scars, but signs of aging as well.

Most plastic surgery to correct acne scars is done in the office of a dermatologist or a plastic surgeon. Most will run a few thousand dollars but will be well worth it. Whether you opt for dermabrasion or laser therapy, you will have a renewed sense of confidence about yourself when you look in the mirror. It is best to wait until all signs of acne are gone before you embark on these procedures as you will not want to do it again in case you have another breakout. Most doctors will recommend that you wait at least six months to a year after your last breakout before you undergo plastic surgery to remove the scars.

## **Chapter 14 - Things Not To Do About Acne**

One thing that you should never do when you have acne is to try to squeeze the pimples to get them to “pop.” This may seem tempting, especially when one comes to a head and you can see puss. But know that you run a greater risk of getting a scar from squeezing a pimple than you would have if you left it alone and allowed it to heal on its own.

Again, do not use a cover-up to try to conceal the acne. If you have to take a school photograph, the pimple can be airbrushed out of the picture. You are better off to do that than to try to glob on pounds of foundation and make it look obvious that you have acne.

Get a facial. A facial at a salon is not a cure for acne. It is a great option for tired skin, but may end up irritating acne even worse. The acne should be treated as an infection. A facial is a bad idea for acne ridden skin.

Use a brush to cleanse your face. Again, you will be irritating already irritated skin. Use your hands or your washcloth to wash your skin. The washcloth should just be a plain terry cloth washcloth made of cotton. This will be soft on your face.

Do not touch your face with your hands during the day. Your mother was right, the oil from your fingers has no place being on your face. You will be adding to the misery if you continue to touch your face and feel the acne all day. Leave it alone and allow the treatments that you are using to work for themselves.

Buy some over priced medication that promises instant results. There is nothing out there that can give instant results. If there was, this book would talk about it. So far, you have to wait until the acne clears up, which takes a few days. It takes about a week for a pimple to go away. This process can be accelerated when you use topical solutions. Those listed here will dry up the pimple faster and speed the recovery process. Still, you are going to have more than one day of a pimple, although it should only be very red and sore for one day.

Do not stop washing your face using the skin care routine that was described here simply because your acne cleared up. You will want to take good care of your skin so that it stays acne free. By washing it twice daily and making sure that you follow the procedures of exfoliate and moisturize, as well as use an astringent, you have a better chance of staving off acne.

Do not use these treatments anywhere but your face, neck, back and chest. Do not use them around your eyes, in your ears or in your genital region. They are made for the face, neck, back and chest. None of the products mentioned here are for breakouts in the genital region, which could be very well an STD. If you have such a breakout, you should see your doctor.

Do not attempt to treat severe acne yourself. If you have severe acne, which means that you have masses of pimples that do not seem to have any sort of respite and keep getting worse, you need to see a dermatologist who will best advise you on treatment. Again, the treatments described here are for people with mild to moderate acne

and are not meant to replace the care of a qualified dermatologist. If you have severe acne, there are methods of treatment such as oral medication and topical ointments, that you can get by prescription that are stronger than anything else in the store.

Do not feel that because the sun will clear up acne that you will achieve better results by exposing yourself longer. Remember that excessive exposure to the sun can lead to skin cancer. Use the sun and tanning beds moderately and always wear the lotion that is given you for tanning. This will enable you to only tan and not burn. You never want to achieve a sunburn.

## Chapter 15 - Things To Do About Acne

Now that you have read this book, you probably know what you can do to help yourself overcome acne. Take the following advice and you will eventually be able to win the battle over acne:

- Eat a healthy diet. Remember that you are what you eat and try the acne diet as it will work to eliminate acne from your life.
- Use topical solutions that are meant to clear up a pimple as shown here at the first sign of a breakout.
- Clean your face using a cleanser, astringent and moisturizer each morning. Use an oil free moisturizer. If you have pimples, use a medicated lotion at night for when you sleep.
- Keep your skin moisturized by drinking plenty of water and by using an oil free moisturizer. Most of the products will dry your skin out so that it flakes if you do not keep it moisturized.
- Try some home made remedies on a pimple to see if it works. Remember that peroxide is very strong, but generally works the best.
- Do not feel self conscious as if you are the only person in the world suffering from acne. Go about your normal life and do not make a big deal about it. Your confidence is more important than the condition of your skin and that is something of which you have total control.
- Try aromatherapy which is relaxing and can help you rid yourself of your acne. Remember that if you use Bergamot Essential oil that you have to stay out of the sun for 12 hours after you take it off from your face.
- If you wear makeup, highlight your eyes or lips and try to draw

attention away from the acne, rather than to it by wearing thick, covering make up.

- Try some of the remedies in your local drugstore before spending a lot of money on solutions and products that promise the moon, essentially are the same thing, but cost three times as much.

Remember to take a deep breath, relax and realize that this problem will eventually go away. While most people will get a pimple or two after they have grown out of the acne stage, they seldom break out in their late 20s and up. You rarely see someone who is in their 30s with a face full of pimples and when you do, you realize that they have something wrong other than acne. So the condition is not permanent.

Hopefully, this book has given you some sort of guideline on what you can do to help yourself with the problem of acne and to realize that you are not alone in your fight against this age old scourge. Good luck to you in fighting off acne and we wish you clear and healthy skin!

**Billy Lee**

[www.HealthyDo.net](http://www.HealthyDo.net)

Acne Care Tips

Pimple Prevention Tips

Acne Remedies & Acne Care Treatment Tips