



ACNE

Prevention and Control

Unadvertised Bonus!

(\$97 Value)



100% FREE Instant Access
MUST HAVE Marketing
Resource.

Receive a new idea for each
day, priceless tips, tools and
statistics to EXPLODE your
online business.

- ▶ Instantly Receive Our Tools So That You Can Copy And Paste Your Way To Your Own Automated Niche Marketing Empire!
- ▶ We Will Even PAY YOU To Use Our Site!



[Click Here For Free Instant Access](#)

Brought to you by the team at [Daily Niche Idea](#)

TABLE OF CONTENTS

WHAT IS ACNE? 4
TYPES OF ACNE 5
WHAT CAUSES ACNE?..... 7
ACNE MYTHS 8
TREATING ACNE..... 9
PREVENTION 11
CONCLUSION..... 12

WHAT IS ACNE?

Acne is commonly known as pimples, it is a skin condition that commonly afflicts people during their teenage years. Acne pre-dominantly affects the face but can also show up on the back, neck, shoulders and chest. While most common in teenagers it can appear on adults as well. Neither race or gender is an indicator of acne as it affects male and female and all races equally.



The medical term for it is Acne Vulgaris. It can be diagnosed by the lesions that form on the skin. These lesions can take several different forms: blackheads, whiteheads and cysts. Cysts are formed when the pore becomes completely blocked. Acne is most common during puberty because at this time your body is creating an excess of sebum. Sebum is an oily substance designed to keep the hair and skin soft and lubricated. During puberty the production of sebum is greatly increased which can cause the skin to feel oily and clog pores.

During puberty there is also an increase in the production of follicle cells. Dead follicle cells mixed with sebum can build up and cause white heads. This mix of oil and dead cells is a perfect breeding ground for bacterial which will cause the swelling and redness associated with pimples.

Acne affects about 85% of all people sometime from the age of 12-24. Around 25% of these people will have acne on their back and/or neck as well as the face. The acne will be severe enough to cause about 40% of these people to seek medical treatment.

Acne is most common on the face, especially on the forehead, nose and chin. The back is the next most common area of affliction followed by the neck, chest and shoulders.

Most people will have outgrown their acne problems by the time they reach their twenty's, but some people will continue to suffer from acne even as adults. In some cases people will not have any acne issues until they are adults, this happens more frequently in men than women.

Acne can have severe emotional and psychological repercussions. Since it affects their appearance it also affects their self image and self esteem. Teenagers are especially vulnerable to this attack on their self-confidence and can even trigger withdraw and depression, as well as feelings of anger and frustration.

Fortunately in this day and age there are many treatments that can



help with acne. The foremost thing that can be done to help avoid or alleviate acne is to keep the skin as clean and oil free as possible. Washing the most common problem areas several times a day with soap and water, especially after any activity that triggers perspiration, is usually adequate.

There are also many medications available by prescription and over the counter to help with acne control.

If the acne is severe enough you can consult a dermatologist, they can prescribe medications for the skin as well as antibiotics to help fight the bacteria. They can also offer advise on life style and diet changes that might help with the condition.

TYPES OF ACNE

Acne comes in many forms. Although most commonly found on the face, acne ranges from Mild to Severe and can be located anywhere on the body. Most frequently self-treated, mild cases are manageable. However, severe cases should be treated under the supervision of health professionals, such as dermatologists.

Acne Vulgaris, translated as 'common acne,' is the most common type of acne. It is better known as blackheads, whiteheads, papules, pustules, nodules or cysts.

Blackheads - Occur in partially blocked pores. Dead skin cells, bacteria, and sebum (the substance that causes oily skin) drain to the surface of the skin; the pigments are exposed to air, which causes the black color. Blackheads can take a long time to clear up.

Whiteheads - Contained beneath the surface of the skin, the trapped sebum, dead cells and bacteria are completely blocked in the pores.

Pustules - With the appearance of a red circle with a white or yellow center, this form of acne is more often called Pimples or Zits.

Nodules - Much larger than other forms of acne, nodules form hard lumps beneath the surface of the skin which can be painful and last for several months. Highly susceptible to scarring, this form of acne is recommended to be treated by a dermatologist.

Cysts - Similar to a nodule, this form of acne is filled with pus. Like nodules, cysts can be very painful and lead to scarring if untreated. Cysts should be treated by a dermatologist.

Acne Conglobata - More common in males than females, this rare form of acne vulgaris is extremely disfiguring. Large lesions form on the face, chest, back, buttocks, upper arms, and thighs, sometimes accompanied by numerous blackheads. Acne Conglobata can cause severe psychological as well as physical suffering, damage to the skin and permanent scarring. This condition can last several years.

Acne Fulminans - A sudden case of Acne Conglobata, with a fever and aching joints. Generally treated with oral steroids.

Gram-Negative Folliculitis - A bacterial infection which causes pustules and cysts, this form of acne may be caused by long-term treatment of acne with antibiotics.

Pyoderma Faciale - Affecting only females usually between ages 20 and 40, most commonly in women who never had acne before, this type of acne consists of painful pustules, cysts and nodules on the face. Permanent scarring is potential. Generally clears up within a year.

Acne Rosacea - Notably affecting people over the age of 30, Acne Rosacea causes a red rash on the face. Pimples or other skin blemishes may also be present. This should not be confused with Acne Vulgaris as there are two different treatments for these types. Acne Rosacea occurs more frequently in women than men but is more severe in the men it affects.



WHAT CAUSES ACNE?

The cause of Acne is not fully known, but there are several factors which contribute to the development of this inflammatory skin disorder. Your genes play a role in this, meaning if your parents or grandparents suffered this skin condition, you will be prone to getting Acne yourself.

Most notably, there is a link to a change in hormonal activity, such as menstrual cycles and puberty. In the past the over production of sebum was considered to be the main cause of Acne. Sebum is an oily secretion of fats and the remains of fat producing cells, caused by hyperactive sebaceous glands in the skin.

However, it appears as though the narrowing of follicle channel, where the hair is rooted in the skin, is also a major factor causing common Acne. There are several other factors which can contribute, such as Stress, accumulation of dead skin cells, an allergic reaction to bacteria in the pores, scratching and the usage of anabolic steroids.



What has not been confirmed in any way, is the contribution a fatty diet, including chocolate, potato chips and French fries, may have on Acne. Generally, sufferers should experiment with their diet to ascertain what food stuffs affect the severity of their Acne.

What could have an influence on Acne is a diet high on refined sugar products. Acne is rare in societies which have not been influenced by our western way of life. These people have a low glycernic level in their diets. However, if the reduction of high glycernic foods, such as soft drinks, sweets and white bread, has a significant effect on alleviating Acne disorders has yet to be proved. Keeping a low consumption of these kinds of foods will influence your general health for the better.

Another misconception concerning Acne is personal hygiene. Acne is not caused by dirt, so a poor personal hygiene is not a factor. To make this clearer, Acne causes blockages to occur deep within the follicle or hair channel and as such cannot be washed away. In fact, anything more than a gentle cleansing can cause new lesions by damaging or over drying skin.

On a lighter note, if you have heard that celibacy or masturbation can cause Acne and sexual intercourse can cure it, I have good news for you. There is absolutely no scientific evidence at all that this is true.

ACNE MYTHS

Given that acne is by far the most common disease in the world, I'm constantly surprised at the amount of misinformation there is about acne treatments. There are so many commonly held beliefs regarding treatments, which have no scientific or medical validity, but continue to be passed on from individual to individual. More worrying is the possible consequences of trying some of these options. Here are list of common acne treatments that categorically do not work:

1. Household cleaning products, even when diluted, should not be used to treat acne. There can be severe adverse reactions including chemical burns from pursuing this route

2. Similarly cleaning powders are ineffective for acne

3. Washing up liquid does not work for acne

4. Home facial saunas will do nothing for your acne, but will certainly aggravate, already sensitive skin

5. Sticky tape left on the skin overnight and removed in the morning will certainly remove dead skin cells and excess oil, but is likely to damage the sensitive skin, and may cause an allergy to the glue

6. Prolonged exposure to the sun or using a sun bed will not help your acne, and can be dangerous if you are also taking oral medication of certain types. For example taking certain antibiotics in tablet form, will make your skin highly sensitive to sun light

7. Sudocrem is an excellent highly ineffective for acne, mixture of greases and oils



treatment for nappy rash, but primarily because it contains a which are bad for acne

8. Taking high doses of vitamin A or B will not directly help your acne, and may cause other side-effects

9. Squeezing your spots is universally not recommended in combating acne. Doing so will prolong and spread the acne to other parts of the affected area

There are many other 'not recommended' acne treatment regimes, many of which will worsen an already difficult condition. Avoid these shortcuts and stick with a programme overseen by your medical professional, or one which is based on solid scientific and medical evidence. If you do this, you'll succeed in overcoming your acne condition.

Peter Vine is a successful online publisher of Acne-Treatment-Expert.com

He provides practical advice and the latest information on all aspects of adult acne treatments, which you can readily research on his website.

TREATING ACNE

There are many different causes for acne. The complication is not in knowing why acne occurs, it is identifying the ultimate cause for each person that has it and then figuring out the appropriate treatment for the condition. There is some good news in light of all of this. That is that there are some basic acne treatments that everyone can experiment with when it comes to getting rid of acne. Here, I will share with you the most common 5 tips on getting rid of acne.

Diet

One of the first ways that you can be successful in getting rid of acne is to engage in a diet that benefits the skin, as well as your health in general. Organic foods have recently started to gain in popularity and for a very good reason. These particular foods are not processed. Furthermore, when these foods are cultivated, harmful chemicals that can prove to be toxic to your overall health, as well as the health of your skin are not used.



Examples of these toxins include herbicides, pesticides, and similar items. If you want to recover from acne, you should ensure to eat plenty of foods that are labeled Organic. Naturally, consuming a lot of foods that are green and leafy in the vegetable category is

appropriate. Furthermore, fruits and nuts are also beneficial. It is also important to consume items that contain a fair amount of water.

Drink Water

The second way that you can get rid of acne is by ensuring that you consume ten to twelve glasses of water a day. Each of these glasses should be at least eight ounces. I know this seems like quite a bit of water, but it is a key element when it comes to purifying the body on the whole. The more water that moves through your body, the more clean and pure the inside of the body will be.

When this happens, that purification will actually spread to the outside, or the skin. This means that when impurities invade the pores of the skin, it is highly likely that the water that you have consumed will play a vital role in quickly eliminating this obstruction. As a result, you will experience fewer blemishes.

Take Your Vitamins

Did you know that by increasing the amount of vitamins that you ingest, you can reduce the possibility of an acne outbreak? This is the next way that you can work on getting rid of acne. All you have to do is focus on eating foods that have high levels of vitamins A, B12, B, E, B5, & B6. If you find that it is difficult sorting through the ingredients on everything that you eat or drink in order to maximize your exposure to these vitamins, you can purchase supplements.



Many elect to simply take a multivitamin every single day. Then, there are some that purchase each of these vitamins and then rotate days on taking them. However, you decide to do it, it is important to just do it! You are sure to see immediate results when it comes to how clean and healthy your skin is!

Herbal Remedies

When it comes to getting rid of acne, many individuals are turning towards natural herbs. There are a number of herbs that have been found to assist in acne complications. Red Clover is an especially popular herb because of the fact that it works to purify the blood and remove toxins from the body. Then, you have other herbal remedies such as Dandelion Root, and Alfalfa. There are even Chinese Herbs like Yang Ming and Lung Heat that can prove to be beneficial.

See a Dermatologist



If you have a severe case of acne, and nothing else that you have tried is successful when getting rid of it, you should consider setting up an appointment with a dermatologist. These professionals will work closely with you to determine your triggers, skin type, and what will be the best treatment option for you as an individual.

PREVENTION

Acne is not the same as having a few zits, or a few pimples appearing on your face. Acne can even spread to different parts of the body, including your neck, your back, and your chest, and can be a very embarrassing skin condition. Those who have severe acne should most certainly seek the advice of a dermatologist for possible treatment options. For those who do not have acne, most of the time, you can prevent it from ever occurring. The following paragraphs will take a look at a few ways to prevent this skin condition.

Eat Healthy

Most people do not realize it, but our skin is the largest organ that expels waste from our bodies, in conjunction with our intestines, bladders, and colons. Because of this, how we eat will be reflected in by the condition of our skin. By eliminating unhealthy foods from our diets, we are decreasing the amount of toxin being expelled from our pores. Thus, we can help prevent an acne outbreak from development by eating a healthier diet. Nutrients recommended to add to your diet to help with acne prevention include:

- zinc
- vitamin A
- vitamin E
- vitamin B6

Each of these vitamins and minerals can aid in the prevention of acne in their own way. While zinc, especially in the form of zinc gluconate or zinc sulfate, can reduce the androgenic hormonal effects on our skin. Vitamin A can help reduce sebum production. Vitamin E helps protect skin cell membrane from damage, as well as helps maintain healthy

skin my eliminating harmful free radicals from our bodies, that can often be generated during physical activities. Vitamin B6 helps prevent premenstrual acne, and reduce the sensitivity to the effects of testosterone. By adding foods rich in these vitamins and nutrients to your diet, you can reduce your chances of getting acne.

Exercise

Getting regular exercise can also help prevent acne. When we exercise, we are increasing the blood flow to our skin, and providing more oxygen to our skin cells. Sweating moderately also cleans our skin pores from the inside out, also aiding in the prevention of acne. Regular exercise and moderate sweating are excellent ways of helping to prevent acne, but taking a shower immediately afterwards is very important.



Detoxification

Detoxification is the process of removing harmful toxins from our bodies. Many different types of cleansers are available to help prevent acne, including:

- colon cleanses
- liver flushes
- enemas

When there is a toxin build up in vital parts of our digestive system, the toxins begin to excrete themselves from our skin pores, increasing the chances of an acne outbreak. By eliminating the build up of toxins, we are helping to prevent acne.

CONCLUSION

Acne is a complex skin condition that has plagued millions and millions of people all throughout history. There are many different ways that you can approach this situation. While not all are successful for everyone, there are a few out there that can help you optimize the health of your skin. Seeking professional advise will help in determining the best method to apply for your type of skin.

Thank you for reading this report!

As a special thank you I have put together a list of my favourite sites and most useful resources! Enjoy!

Bonus #1: Daily Niche Idea – Make Money Giving Things Away!



Do you want reports, just like this one...

"You can claim it as your own, access the free niche ideas, statistics and powerful monetization strategies"

[Click Here For FREE Instant Access](#)

Bonus #2: Learn How To Turn Your Ideas Into Money Machines

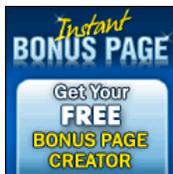


Let me show you the strategies you can use...

"To create long-term automated, residual income streams that couldn't quit paying out, even if you tried to stop them!"

[Click Here To Get Started!](#)

Bonus #3: Instant Bonus Page - Easy Extra Money



This Limited Time Free Offer Could End At Any Time...

"Imagine Pressing A Few Buttons And Instantly Creating Your Very Own Cash Producing Bonus Pages Where You Can Make More Money From All Your Visitors!" **\$297 Value.**

[Click Here For FREE Instant Access](#)

Bonus #4: Get Your Instant Banner Creator For Free!



I just came across this cool new free tool and I thought maybe you could benefit from it too.

It's called Instant Banner Creator and it's the most simple and effective tool I have ever used to create great looking banners and other cool graphics.

You can get it for free here.

[Click Here For FREE Instant Access](#)

Bonus #5: Viral Ebook Explosion - Viral Income



Get your hands on Viral Ebook Explosion and **brand over 30 viral ebooks with your money making affiliate links.**

You can sell or giveaway these ebooks. Distribute them throughout the web and **watch your passive income soar. \$197 Value.**

[Click Here For FREE Instant Access](#)

Bonus #6: Internet Marketing Success Formula



Discover How You Can Easily **Build A Massive List & Earn More Cash Than You Ever Thought Possible...**

This Ultimate Step By Step Internet **Marketing Plan Makes It Impossible to Fail & You Can Get Started Right Now...for FREE!**

[Click Here For FREE Instant Access](#)

Bonus #7: Cash In On Masses Of FREE Traffic!



"Now You Too Can Get Your Hands On A Very Simple Solution To Get A Huge Amount Of Relevant, Targeted, Quality Traffic To Your Site Instantly... & For Free!"

"And On Top Of That, If You Could Save Money Every Month By Not Paying For PPC, Avoid The Time Consuming Hassle Of Writing Dozens Of Articles Every Week And Not Have To Learn SEO, Would You Be Interested?"

[Click Here For FREE Instant Access](#)

Bonus #8: How To Get Rich Building a LAZY Downline!



In this recorded call between Chris Zavadowski and James Grandstaff (*2 six-figure earners*) you'll learn exactly what to do and what NOT to do to build a successful MLM organization online.

Full transcript and MP3 included as a special bonus. A \$97 value, yours free!

[Click Here For FREE Instant Access](#)

Bonus #9: The Ultimate Twitter Plugin For Wordpress & It's Free!



Instantly Transform Your Twitter Account Into A Traffic Monster & Automatically Drive A Stampede Of Traffic To Your Wordpress Blog!

...And You Have Nothing To Lose Because It's **ABSOLUTELY FREE!** In Fact We Will Even Pay You Just For Using This Amazing Plugin!

\$197 Value

[Click Here For FREE Instant Access](#)