

Acne: Find ways to deal with acne!

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Acne can be avoided or stopped after following some simple dietary and lifestyle rules. These rules are not difficult and do not take time and neither do they cost much. These rules can be easily included in your daily routine to ensure an acne free skin.

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Acne can be extremely embarrassing especially if it is severe type of acne with pimples and boils all over your face. Acne can be treated through several other means rather than treating it with only over the counter creams and ointments.

{bot_wrgoogle}The fact remains that acne is not just a skin ailment; acne arises due to hormonal changes as well as general health. A healthy person can combat acne better. Therefore, it is necessary that you start with finding other healthy solutions for controlling effects of hormonal changes.

Teenagers have the largest possibility that their acne might go from mild to severe one within no time, the reason being the dietary habits. If small changes are brought in regular dietary habits of teenagers it will be easy for them to prevent or cure acne much faster and without finding any scars on them.

These are some very easy steps that will help you a long way in preventing and curing acne:

Drink water: Water intake to remain healthy means 8 glasses of water. Water ensures smooth blood flow, proper hydration and cleansing of skin through sweat and throwing out dead cells. Water should be clear water most of the times, not aerated drinks or sweetened fruit juices. Neither should it be tea or coffee.

It is extremely important to cut out on pizzas and junk food, these foods often have less fiber content, therefore, the food does not help digestion, this is the reason why it is best to include salads and green vegetables in you everyday diets.

It would be better to include home made soups for that extra nutrition.

Milk and milk products including yogurt, etc. are the best for controlling stomach upheavals and maintaining the balance of acid inside the body.

Avoid eating spicy food, except occasionally, spices increase acid levels in body resulting in indigestion and giving out acne and pimples.

It would be the best to bathe at least twice a day, if you live in a cold country, try washing acne affected parts with mild cleansers at least twice a day.

Try using herbal products instead of chemical ones, herbal products do not or have minimal side effects.

If you use cosmetics, it is ideal to use good quality cosmetics which would not harm your skin, it is better to avoid these once you detect acne because make up can block your pores and make the matters worse.

It is also good to indulge in active lifestyle; proper blood circulation ensures good skin health.

Following these simple rules can ease out complication regarding acne. Acne is avoidable and also curable without any scars. Acne products also help in healing and getting rid of acne.

Find more information about acne and acne treatment at <http://www.acnezine.ws>.