

## Acne Doesn't Have To Rule Your Life!

If you need help controlling acne, follow the tips contained in this article. Whether your break-outs arise from a serious medical condition, or simply from too much chemical buildup around your pores, this article addresses the causes and cures for all types of skin ailments and acne. Taking this information to heart can change your complexion and your outlook. To help minimize acne breakouts you should strive to be more relaxed and stress free. Since acne for some people is caused by being over stressed and over worked, it is important that you keep your stress to a minimum and try to do things that make you relax.

Drink a lot of water. Water can help to reduce the amount of acne. Water helps by flushing the toxins out of your body. The more water you drink, the more the built-up toxins get diluted from your body and flushed out. A good amount of water to aim for is around 6-8 cups a day. Make a paste out of baking soda and water to help unclog the pores of your skin. The mixture will aid in drying up excess moisture and drawing impurities to the surface, thereby creating clear skin that is free from acne. Spread the paste over affected areas and leave on for up to ten minutes. Rinse with clear, warm water. Adult acne is directly related to hormones in many ways. Learn when you are more prone to an acne breakout by keeping a diary or marking breakouts down on a calendar. When you figure out your cycle of breakouts, it is easier to manage and prevent breakouts by making minor adjustments in your diet and skin care routines.

Acne flaring up " calm down! People need to realize how much their emotion and stressful situations can affect their skin and cause breakouts and other acne related issues. Overall, especially during teenage years, hormones are racing through the body and lots of things are changing. Your body may begin to produce more oil than natural and the general stress of maturity may cause you to breakout. You should defiantly avoid greasy foods. Things like pizza and hamburgers will cause a large buildup of acne. The grease on the food gets on your hands and eventually into your pores, which can cause a bacterial infection. The end result can be that it causes breakouts of acne. A great tip that can help prevent you from getting acne, is to wash all of your makeup off before you go to bed. Washing your makeup off before bed is very important because keeping it on can attract bacteria. It can also clog pores, which can lead to acne.

Limiting the amount of sugar and refined carbohydrates that you eat can help you reduce acne. These foods cause an increase in insulin and in something called IGF-1, both of which make your body produce an overabundance of male hormones. This encourages your skin to produce a greasy substance that is a breeding ground for acne to form.

Sunshine and fresh air are likely the easiest way to treat acne. The sun creates vitamin D and that is an important vitamin for healthy skin. It will also reduce your stress level and increase the oxygen to the skin. Avoid getting burned and clean your skin when you get home to get excess oil off that you may have gotten from sweating.

As with any pursuit of personal health, information is critical to the fight against acne. By simply staying informed and setting up a scheduled plan to combat breakouts, you put yourself a step ahead of your acne. By applying the foregoing tips, you can fight acne from a place of strength and take steps down the road to recovery.

### About the Author

Ironworker Merrill Fessler enjoys on-line poker, pets. Furthermore he digs taking a trip specially to Indonesia.

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