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## **Ultimate Acne Relief**

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## **Introduction To Acne**

Reports show that over 90 percent of all adolescents and almost 25 percent of all adults are acne sufferers. And although acne affects about 50 percent of all adult women, acne does affect males and females worldwide, regardless of nationality.

This ebook includes information based upon research about acne. It strives to help clear up myths from facts and present an overview of the issues surrounding acne along with possible solutions available to help with the prevention and treatment of acne, all based upon the most recent studies, reports, articles and findings available, so that you can learn more acne health care.

For example, does chocolate really cause pimples? And how about oily foods? Do French fries bring on the acne? The latest reports show that although scientific evidence is not 100% accurate in this area, your diet does not directly cause acne. And by diet, this means

not only chocolate and French fries, but also any other dietary combinations with sugar and oil or other ingredients.

The real cause of acne can actually be a blend of several factors that we'll discuss here. Note that the contents here are not presented from a medical practitioner, and that any and all health care planning should be made under the guidance of your own medical and health practitioners. The content within only presents an overview of acne research for educational purposes and does not replace medical advice from a professional physician.

### **Science of Acne in Layman's Terms**

In a nutshell, a few simple steps occur that cause skin blemishes. First, acne occurs when for some unknown reason or combination of reasons, hair follicles, also known as pores, become blocked. Although the exact combination of reasons that pores become clogged may not be fully known, many contributing elements for teenagers and adults alike can include; genetics (whether or not there is a history of acne problems and if so, to what extent), hormones, dietary and vitamin make up (or lack of /deficiency) and stress related factors. Other denominators could include factors like how your body normally rids itself of its dead skin cells and influences that may be working against this regularity (for example climate and other environmental forces or overall body health at the time) and your

hormones and their effect on your own body's sebum production (especially for females).

Second, the normal dead skin cells that combine with your body's natural sebum oil as it drains through the skin's surface become clogged in these blocked pores. This substance becomes somewhat sticky, further clogging the passageway.

Third, bacteria begins to grow around these clogged areas. As a normal reaction your, your body's white blood cells attack the bacteria, fighting it and pushing it out of the body.

And forth, the resulting growths during this 14-day to 21-day battle are called microcomedones. Microcomedones turn into comedones, commonly referred to as blemishes, pimples or acne.

There are basically four types of acne; whiteheads, blackheads, pimples and nodules. Whiteheads are when the sebum (oil) and resulting bacteria are trapped below the skin's surface and you can actually see a white head appear above (or near popping out of) the skin. Blackheads are when the sebum and resulting bacteria are only partially trapped, slowly draining out the surface and turning black because of your skin's melanin or pigmentation. In the absence of either white or blackhead are generally (but not always) smaller pimples. And the often deeper, boil-like lesions are referred to as nodules.

All forms of acne can be mild, moderate or severe. Typically, mild acne is visible in the form of whiteheads and blackheads, sometimes pimples. With moderate acne, more pimples and pustules are present on the face, some may appear on the back or chest. And with severe acne, many nodules develop, often large and sore, over parts of the face, back, chest and other body areas. This type of acne can lead to scarring. Actually, lesser cases of acne have been followed by scarring. So for those with possible nodular acne, seeking advice from a healthcare provider as soon as possible is recommended.

A gender issue to note is that males more often have the severe form of acne rather than females, due to their hormones. And the areas where they tend to break out most frequently are unfortunately more difficult to treat, the chest and back.

### **Acne Truth and Myths**

Let's take a look at some other popular beliefs about acne to dispel any other rumors; for example, **stress**. Is it true that increased stress spreads acne? Not exactly. What is true is that ultimately stress can have a very minimal or minor influence all by itself. It cannot actually cause acne, but it can influence reoccurrences of acne as stress increases the body's creation of a substance called cortisol that in turn causes your sebaceous glands to produce increased amounts of sebum oil that can be blocked in pores. Note, however, that some

medications people take when trying to deal with or treat stress can have a large influence on acne as the result of medication side effects.

Acne is **contagious**, true or false? Not! No one can “catch” acne; it is non-communicable.

You’ll **outgrow** acne, so just leave it along; myth or truth? This is false. Acne strikes all ages and is treatable, but shouldn’t be left alone to possibly worsen.

Being out in the **sun** helps acne, right? In the long run, no. The sun may appear to help clear up your blemishes and redden your skin, thus lessening the overall reddish effect of the targeted acne area when it was outstanding. However, rays from the sun can cause skin damage and actually irritate skin more, worsening any existing acne problems in the process and clogging more pores as skin cells dry up and slough off quicker than normal. So use caution (and sunscreen) here!

**Sweating** helps clean out your hair follicle areas, myth or reality? Another myth. In reality, strenuous activity can temporarily increase your body’s oil production that can actually worsen acne problem areas, causing recurrence or intensification.

Acne problems are directly proportionate to **sexual** activity, or lack thereof; true or false? False, another myth. Just because teenagers are going through hormonal changes, does not mean that

this has anything to do with acne. Both are separate issues. Same with adult acne and sex; two entirely different issues.

People with acne are **dirty** and don't wash enough. Not! This is another myth. Acne is the result of a build up of oil, dead skin cells and bacteria in a closed pore. Period. Dirt is not even a factor in the equation.

Acne is only on **external issue** or surface deep; i.e. people shouldn't make such a big thing out of it, myth or reality? Myth. In reality, yes, it basically is only on your skin (and underneath the surface a little bit). However, the effects run much more deeper than that in many instances. More than 50 percent of those suffering acne problems reported negative comments and other feedback from members of society, regardless of whether or not there was any scarring left for others to see afterwards. And resulting internal depression and low self-esteem can be harmful emotionally not only short-term but over a person's lifetime. So acne can indeed be a very big issue requiring healthcare treatment and support.

OK, myth or reality: there is a **cure** for acne? Myth. Although there is no cure at this time, there are many treatments available that do a great job. As the saying goes, "Prevention is the best medicine;" however, there is no need to suffer in silence with all the options available on the market today for all price ranges.

Certain cosmetics or **spot treatments** will help acne, myth or reality? Myth again. By the time a blemish appears, it has been in the works for a good couple of weeks.

Myth or not: people with acne should not use moisturizers or other make-up products on their faces? Myth! Today there are many **noncomedogenic** cosmetics out there specially formulated to NOT clog pores.

### **Skin Care & Acne Prevention**

Now for the facts. Let's take a look at how to combat acne. The main strategy to use is prevention where possible and better skincare. Here are several top issues of focus for each: exercise, cosmetics, diet, hormones, hygiene, medications, shaving, stress.

1. Exercise – Keeping in shape can help fight acne by fighting off negative stress levels that can come from negative self-esteem and depression. However, some safeguards need to be in place to ward off acne that can result from your workout routines. First watch which products you use on your body because you'll most likely be sweating. With any sunscreens for outdoor workout activities and any make-up or other cosmetics, check for "noncomedogenic" and "oil-free" on the labels to help prevent pore clogging. And when your workout is finished, wash the products off as soon as possible, especially if you'll be going into a steam room or sauna where your pores will be opening

up more. You don't want these lotions and other cosmetics getting into your pores and clogging them up, resulting in blemishes.

Watch what you put on your body with regards to clothing, sports gear and equipment, too. For example, tight lycra and nylon exercise outfits might look great in the movies and on magazine models, but if you are susceptible to acne problems, avoid these synthetic fabrics that tend to trap in body moisture and heat resulting in a bacteria frenzy. Instead, choose loose clothing made of cotton or natural blends to allow more air to get to your skin. And when you're finished with your workout, get out of clothing wet from perspiration or water sports. Shower and change into dry, clean clothing. And keep your sports gear and equipment clean, too. Dirty headgear, for instance, can irritate forehead areas prone to acne problems. So toss headbands into the washing machine after workout sessions.

Tip: when cleaning your body after a workout, no need to scrub with force and irritate skin. If possible, wash with medicated soap (check for "exfoliant" on the label) or medicated wipes from your athletic bag where showers aren't available.

Tip: and when drying with a towel, even if it's during your workout to erase sweat, always blot instead of rub. That way you avoid grinding excess dead skin, dirt, sweat and other chemicals into your pores and risking pore-clogging and skin irritation.

2. Cosmetics – To avoid pore-clogging and skin irritations that are similar to acne and that can contribute to acne, use products labeled “noncomedogenic” or “oil-free.” Shimmering facial colors can contain a flaky mineral called mica that can cause skin irritations and clog pores. Other additives in coloring that can cause similar reactions are coal tar derivatives, carmine and heavy cream in blushes. More preventative measures include using a lip gloss that promotes a matte finish instead of a high gloss for less pore-clogging; note the more the shine, the more the comedogenic content and the more the pores can clog. Beware that eye creams can contain heavier concentrations of moisturizers than regular creams and lotions, meaning they have greater potential to clog pores in the surrounding facial areas. Additionally use caution with hair styling products that contain oils, alcohol and adhesives that should be kept away from skin and from seeping into pores along with perspiration during workouts; especially watch hair gels and mousses so that they don’t cause clogging around your hairline. Use care when choosing fragrance and scented cosmetics, too, and opt for “hypo-allergenic” or “fragrance-free” versions where possible to avoid allergic reactions and skin irritations (a sampling 3-day test behind an ear is recommended).

Tip: thoroughly clean your face and any other areas where cosmetics are applied daily, especially if used when combined with exercising or

other activities that promote sweating, where there is the opportunity for the chemicals to be absorbed or soaked up into your pores.

3. Diet – Studies show that diet does not play a role in either the cause or the treatment of acne. However, what is recommended for acne preventative care is this: what is best for your body is best for your skin, especially since your skin is the largest organ of your body. So here are healthy vitamins, minerals and other supplements that have been known and recommended to prevent and help conquer acne breakouts:

- Vitamin A or *Retinol* is found not only in some cosmetic creams but also in liver, fish oils and dairy products. Produced by plants, this vitamin is also known as called Beta-carotene, and is found in yellowish-orange fruits and vegetable; yams, cantaloupe, carrots apricots, and in green vegetables like spinach, kale and parsley. Beware that high doses of Vitamin A are toxic.

- Vitamin B Complex. These vitamins are found in leafy vegetables, fish, milk, eggs and whole grains and have many functions. For example, although B-2 can irritate acne, it can help alleviate stress. B-1, B-6 and B-12 are also known for proving stress relief. And B-3, in avocados, eggs, peanuts, lean meat and liver, reportedly reduces cholesterol level, has an anti-inflammatory effect on skin and improves your metabolism and circulation, improving acne in some studies.

- Vitamin C - A form of this vitamin, the C ester has antioxidant and anti-inflammatory properties and has helped penetrate skin and prevent the return of acne. It is being tested for repairing damage to scar tissue from teen years.

- Vitamin E, in almonds, broccoli, peanuts, sunflower seeds, wheat germ and vegetable oils, has been said to help with scar tissue healing, but this is considered a myth by many healthcare professionals. Instead, researchers are considering that a form called tocotrienol (often referred to as high potency E or HPE) may carry antioxidant properties that may be able to aid the skin when ingested.

- L-Carnitine- this supplement is reported to help repair skin damage from acne for young and old.

- Zinc (found in eggs, mushrooms, nuts and whole grains) and selenium (a trace mineral in most soils and absorbed by a variety of vegetables) are known to improve the overall health of the body, including the skin.

In summary, a good quality brand name multivitamin will probably have the recommended vitamins and minerals that you need to help with acne prevention. Combine this with drinking plenty of fluids throughout the day and making good, healthy dietary food choices. For example, if you have had ill effects from eating a certain food before, be leery of it and make healthier food choices for yourself.

3. Hormones – Hormones or lack of, during later years and especially for women, can play a role in acne flare-ups and prevention. One recent study showed that about 50 percent of women have acne, referred to as hormonal acne, problems during the week before their menstruation. Treatment options can include topical retinoids, oral antibiotics and *Benzoyl Peroxide* for teen years. On into adult years, some acne aids include oral contraceptives or hormonal birth control pills and hormonal replacement therapy (HRT) for women, combined with systemic or topical treatments, prescription or over-the-counter products and medications, and antibiotics for both sexes.

4. Hygiene – A healthy skin regimen should include no harsh scrubbing or over-washing, because this can cause possible skin irritation or possible over production of oil to replace what's washed off, clogging pores in the process. Products with gentle exfoliation ingredients are OK to use; i.e. not scratchy nut or fruit shell pieces that can tear skin. And skip alcohol products when possible; these can take off the top layer of your skin and cause your glands to product more oil, clogging pores in the process.

If you do spot acne-troubled areas, do NOT mess with them. Remember that these are already weeks in the making, and squeezing or picking blemishes can force the infected area to regress back inside,

further troubling the region and possibly leave a scar. If necessary, seek help from a dermatologist for alternative treatments.

5. Products - Here are some of the more popular products on the market to help with the prevention and spreading of acne:

- *Benzoyl Peroxide*: Helps destroy the bacteria that cause acne.
- Proactiv® Solution: A dermatologist formulated 3-Step acne management system - combining prescription- grade ingredients that work together to heal and prevent acne or combination therapy / acne management system.
- *Salicylic Acid*: Helps to unclog pores and renew skin.
- *Retinoids*: Synthetic derivatives of Vitamin A that unclog pores and aid in sloughing.
- Antibiotics: They help destroy bacteria and decrease inflammation.
- Oral Contraceptives: Help with hormone level management.
- Anti-Androgens: These help with the reduction of sebum production and comedone formation, i.e. they inhibit the body's production of acne-causing hormones.
- Isotretinoin (Accutane): an effective acne control medication especially for the treatment of severe cystic or nodular acne.

6. Shaving – Shaving for both genders is actually an excellent way of exfoliating or removing dead skin to help with the prevention and spreading of acne instead of leaving the remains to clog pores. And for

some light acne cases already in process, shaving can help rid whiteheads and blackheads from the face. A word of caution: for areas with infection or high inflammatory activity (redness, sensitive, open acne, sores, etc.), do not shave. Or at the very least, use a shaving cream for sensitive skin.

For best results with regular shaving, follow these procedures: First steer away from shaving creams that are oily and choose one for sensitive skin if available. Then moisten facial or other hair with warm water, apply the shaving cream and lather well. Shave with a sharp (not dull) blade. Note when shaving, use gentle swipes instead of heavy pressure ones that can irritate acne-prone areas. And go with the flow or "grain;" in other words, adapt to downward, lateral, angular or upward swipes, for a smoother shave with less nicks and irritating backward motions. Experiment with different razors, both electric and disposable, with single- double- or triple-edged (mach III) heads to see which works best for you. And try shaving in a warm shower for better results. For after shaving applications, try toning to stop bacteria dead in its tracks before it gets into your open follicles. Here are some suggestions: try antibiotic gel or lotion, witch hazel, Dalacin T, a mild alcohol-free toner, *Benzoyl Peroxide* in gel form and *Salicylic Acid* in a gel.

Shaving Tip: Electric razors may not shave as close to the skin;

however, they help with the prevention of acne and other skin breakouts and flare-ups better.

Shaving Tip: If a non-electric razor is your choice, a single-edged blade is actually better. Why? Because double- and triple-edged blades grab hair follicles and pull them out from below the epidermis. And in the process, your skin “heals itself” by closing over these holes, making it difficult for future hair follicles to grow outward – creating inflammation in the tight areas.

7. Stress – Since your skin is your largest organ, how you live can surely influence how healthy your skin is. And stress, not necessarily “bad” stress, but rather certain external and internal stressors, factor into this health equation. So let’s take a look at how to handle these stressors with regards to acne prevention.

**External Stressors**– A goal of acne prevention would be to keep your skin pores clear from clogging and becoming infected and irritated, resulting in blemishes and inflammation. So you need to take a look at your external environment throughout the day for factors that could trigger skin pore clogging. Here are some examples of what to look for: grease, oils and sun, like being around open fryers in kitchen areas, or around machine oil and grease in workshops or factories, or out in the sun all day on a construction jobsite. Too much oil, grease or sun on the skin can clog pores and trigger acne and other skin

irritations. Minimize contact by wearing long sleeves and other protective wear and gear and discussing further options with your dermatologist or healthcare provider. With regards to being out in the sun, note that a small amount of sun each day can be fine and healthy. However, extended periods can trigger the sebaceous glands to create more oil as your skin dries out. At the same time, the dried out skin needs to be cast off or shed at a faster rate than normal. The resulting extra oils and dead skin make a wonderful environment for pore clogging. So here, too, use protective clothing for outdoor activities and apply sunscreen; oil-free products are best for acne-prone people, and those with a minimum protection of SPF 15 and both UVA and UVB protection.

**Internal Stressors** – Internal stressors like anxiety, fear, low self-esteem, depression and a variety of other internalized emotions, can trigger chemical reactions inside your body that can result in acne flare-ups and other skin irritations. What happens is that these emotions can set your adrenal glands to work creating more cortisol, the substance that in turn causes your sebaceous glands to produce increased amounts of sebum oil, excessive amounts of which can be blocked in pores. Same old story: extra oil + extra dead skin cells = blocked pores, triggering acne flare-ups. With internal stressors, though, the results are usually “inflamed papules” or small, solid

inflammations (or skin elevations that do not contain pus), instead of whiteheads or blackheads.

To combat internal stressors and prevent acne problems, here are some suggestions. Get plenty of rest and sleep a recommended average of eight hours per night. Try to maintain regular hours each day, regardless of which shift your work. Some say to focus on reducing SWAT: reduce your stress, worry, anxiety and tension, so journal a little each day mentioning any "SWAT" stressors you've felt. And focus on those that may seem overwhelming or to be taking too long to "end," seeking help from others or other resources as needed for stress management. Check with your dietician or healthcare provider to establish and follow a regular well-balanced dietary and exercise plan of action to keep your body healthy on the inside and outside. Keep a check list of "Things that Calm You" handy for stressful times, like reading a book, resting, listening to music, taking a walk, going out for an ice cream cone, etc.

### **Acne Healthcare, Programs and Treatments**

There is hope. Although acne is not curable, it is treatable. And dermatologists now know more about the controlling and prevention of acne than ever before. One secret to acne management acne is prevention or stopping the condition before it starts or reoccurs. Another is to use any of a variety of treatments that work best for you

under the guidance of your healthcare provider or dermatologist. And after you find a treatment solution or solutions, use them regularly. We've already looked at preventative measures, so now let's take a look at treatment options available today.

First of all, timing can make a difference in acne treatment. It can be prudent to begin treatment as soon as the first signs of acne appear in order to avoid the most minimal damage. And even after the blemishes fade, you may need to continue treatment to keep new outbreaks at bay.

Next let's take a look at research below that represents a compilation of a wide variety of acne healthcare, programs and treatments available today. They are basically listed in alphabetical order below. Wherever possible, websites have been included so that you can follow up at your leisure for additional information.

ABY SkinCare – A management and treatment program that combines *Benzoyl Peroxide*, *Sulfur* and *Glycolic Acid*. Their Acne Kits are customized to individual skin care needs with strength varying from 2.5 percent to 15 percent (factoring sensitivity and prior usage).

Accutane - This retinoid prescription medicine, also known as Isotretinoin, is used to help treat severe acne when other methods like antibiotics fail. It is generally packaged in 30-day portions at a time, closely monitored under a physician's care because the medicine has

important precautionary measures. Possible severe side effects have been reported including birth defects with pregnant women, mental lethargic issues and suicide. The medicine cannot be combined with Vitamin A and take care with contact lens wearing and a decrease in night vision.

Acne Clearz - This DHEA-free and fragrance-free Night Serum, for adults and teens, boasts a sensitive or low irritation ingredient mixture with moisturizers, deep penetrating yet clear and gentle for skin. It's considered a super strength pore clearing medicine that combats existing and returning pimples and blackheads and helps cover acne scars, featuring *Hydroxy* and *Anti-Oxidant* protectors, helpful in the control of oil generation. [www.teramec-direct.com](http://www.teramec-direct.com)

Acne Treatment Clinic - This California-based clinic offers a variety of acne helping products via mail order upon completion of a skin assessment questionnaire. They ask clients to email or call them to share details about their progress with using their products during the first few months. And their product selections include cleansers, cosmetics, masks & peels, moisturizers, sunscreens, topical medications, vitamins; like *BENZOYL Peroxide* Medication, Glycolic Gel to help prevent new acne and reduce scarring, Sunscreen Crème to help prevent sunburn and pore clogging, and miscellaneous items like sponges and applicators to use with their products.

[www.acnetreatment.com](http://www.acnetreatment.com) or <http://stores.yahoo.com/acnetreatment>  
AcneControl Thera Line - Developed by Biomani Scientific SkinCare, this product line was formulated by a physician specifically to treat acne. It features sebum production and oil control properties, acne bacteria destroyer, acne preventative measures, dead skin cell exfoliation and removal, pore minimizing treatments, white and black head dissolvent and prevention treatment and skin soothers. Their product line includes TheraGel, containing acne-causing bacteria *Benzoyl peroxide, Salicylic acid* and *Sulfur* to help with acne treatment and prevention. (Results have been reported in as little as six weeks of use.) Another product in their line up is a therapeutic cleanser containing tea tree and botanical extracts that help control oil and remove makeup and extra pore-clogging sebum and dirt, boasting immediate results. They also have a therapeutic toner, Sun TheraCare and TheraScrub to aid in skin care. [www.acnecontrol.com](http://www.acnecontrol.com)

Acne-Ltd III - This is a new topical treatment that destroys bacteria, fungi, parasites, and viruses in areas where applied. Compacted and highly concentrated with *Zinc oxide, Iron oxide, Sulfur, Sodium chloride, Polyethylene glycol* and *Manganesium sterate*, you simply glide the product's applicator over clean, wet skin (infected area only). Blackhead elimination and pore clearing begins in the infected areas at once, moisturizing, not aggravating, the skin in the process.

[www.acne-ltd.com](http://www.acne-ltd.com)

Acnesil – This topical cream’s active ingredients include non-skin drying *Melaleuca alternifolia*, Aloe Vera and Vitamin E. It has been reported to reduce whiteheads, when applied at the first sign of a breakout, doesn’t dry out skin and can be used for larger infected areas or smaller targeted spots. The cream can speed up the length of time it takes to heal, helping completely remove all traces of acne.

[www.acnesil.com](http://www.acnesil.com)

Acne Spot Dry - This non-irritating, hypoallergenic blemish treatment by DAK Pharmaceuticals is made of *Aluminum Magnesium Silicate*, *Camphor*, *Iron Oxides*, *Salicylic Acid*, *Sulfur* and *Zinc Oxide*. Blot it on trouble spots and it fights acne-causing bacteria and dries out the problem areas including the blemishes themselves. Immediate results have been reported. [www.acnespotdry.com](http://www.acnespotdry.com)

Acnevention – This pimple treatment, also by DAK Pharmaceuticals, contains *Chitosan Ascorbate*, *Glycolic Acid*, *Green Tea Extract*, *Kola Nut Extract*, *Hexylene Glycol*, *Hyaluronic Acid*, *Hydroxyethyl Cellulose*, *Salicylic Acid*, and *Ubiquinone (CoQ10)*. Similar to Acne Spot Dry, this product features these benefits: it destroys harmful bacteria, dries blemishes, unclogs pores, heals damaged skin, moisturizes, helps prevent scars, nourishes and soothes, and helps prevent the return of blemishes. When used, this product leaves a skin soft and refreshed.

[www.acnevention.com](http://www.acnevention.com)

The Body Shop – This company has many products to help with acne treatment and prevention that feature tea tree oil, a known helpful remedy. The anti-bacterial tea tree oil is reported to seep deep into the skin, keeping oily shine under control and helping control acne problems. It is said that the Bundjalung aboriginal tribal group have had knowledge of tea tree oil healing properties for a long, long time - approximately 40,000, years! And The Body Shop offers lots of healing items with it including Tea Tree Oil Facial Blotting Tissues, Tea Tree Oil Facial Wash, Tea Tree Oil Facial Scrub, Tea Tree Oil, Tea Tree Oil Daily Cleansing Wipes, Tea Tree Oil Face Mask, Tea Tree Oil Blemish Stick, Tea Tree Oil Daily Foaming Facial Wash, Tea Tree Oil Mattifying Moisture Gel and Tea Tree Oil Freshener. They also sell Tea Tree Oil Nose Pore Mask, Tea Tree Oil Blemish Pads and Tea Tree Oil Pressed Powder. [www.thebodyshop.com](http://www.thebodyshop.com)

Care Plus Corrective Skin Care - This California-based company offers a skin care product and corrective program treatment line for all skin types, with step-by-step help. Their four major treatment programs are: Clear Complexion Acne Program; Even Color Skin Lightening Program; Anti-Aging/ Renewal Program; and Rosacea Care Program- - each customizable, depending upon each person's treatment needs. Their individual products focus on corrective solutions for acne, skin

rejuvenation, skin renewal, skin lightening and rosacea.

The Care Plus skin care products fall under their four-step program as follows (note step four has two variations). [www.careplusskin.com](http://www.careplusskin.com)

Step 1 - Care Plus Cleansers include Cleanser, Complexion Cleanser, Gentle Cleanser, Cleansing Milk, Extra Strength Facial Wash

Step 2 - Care Plus Toners include Aloe Vera Tonic Mist and Normalizing Hydrating Toner

Step 3 - Care Plus Corrective Solutions include C Plus Unique Vitamin C Serum, C Plus High Potency Vitamin C Serum, Active Derm A (Sensitive to Normal) and Vitamin A Forte (Stronger, most aggressive), Skin Lightening Gel, Complexion Gel 5% *Benzoyl Peroxide* (Mild to Moderate Acne) / Complexion Gel 10% *Benzoyl Peroxide* (Moderate to Severe Acne) / Complexion Gel with *Salicylic* and *Lactic Acid*

Step 4 - Care Plus Moisturizers / Hydrators / Anti-Stress Serum include Moisture Cream, Ultra Blend Moisture Complex, Resource Gel and Collagen / Elastin Rose Extract Eye Crème

Step 4 - Specialty Products include Sunscreen SPF 15, Calming Cream and Calming Mask

Clear Essentials Advanced Acne Treatment System – This treatment line is from national skin-care management company, featuring acne and anti-aging products. All items boast a patented low pH and their

acne products are made up of 2% *Salicylic Acid* , reportedly the highest percentage allowed by the FDA without a prescription. Some popular products for acne solutions include Gentle Acne Cleanser, a milky lotion for microexfoliation and complete cleansing; and Aloe Toner, an alcohol-free non-irritating Aloe-based soother. Others are their Acne Treatment Cream, with *Salicylic Acid* and Vitamin E, for help unclogging pores and preventing further acne; and Clear Essentials Skin Mask, a clay-based formula for conditioning and absorbing excess skin oils.

Clearasil – This is a well-known name for acne treatment products. They have a specially formulated line just for men. And some of their popular products for both genders are treatment creams to clear up acne and formulated pads to remove makeup and dirt while deep cleaning and medicating pores. They also have cleansers and several new products like Oil Control Acne Wash, Blackhead Clearing Scrub and an Ultra Acne Treatment Cream that boasts fighting acne and clearing up skin in only three days. [www.clearasil.com](http://www.clearasil.com)

Dermaclear - -This is an alcohol-free, oil-free, all-in-one skincare product that takes the place of 3 to 4 other brands without unneeded additives, drying ingredients or heavy fragrance. Dermaclear is a combination cleanser / skin care product, that is has *Lauryl sulfacte* and *Salicylic acid* in it for cleaning skin without rinsing and clearing up

and preventing further acne. It also has *8-HO quinoline* and *tartaric acid* to fade marks (not deep scars) left from earlier blemishes. Se it twice daily, applied with cotton balls or pads. Caution: do NOT use this product with Retin-A. [www.dermaclear.com](http://www.dermaclear.com)

Dermajetics® Acne Treatment System – These acne products are available individually or in skin care kits. Their items include Foaming Wash and Cleansing Bars that rid pore-clogging elements and decrease blackheads and pimples. Follow up cleansing with 24-Hour Lotion and Spot Gel to help clear up skin and target acne areas.

Elicina® Cream – This product is made with bio-available skin care ingredients and helps with a variety of skin problems, not just acne: starch marks, scars, wrinkles and more. Focusing on acne, it helps control adult acne breakouts & teen pimples & blackheads, end back acne, aid in the repair of acne scarring and other skin improvements. This product is actually natural antibiotics that kill harmful bacteria in skin follicles, targeting the source of acne; and *Natural Glycolic Acid* that exfoliates dead cells, thus opening clogged pores; and *Allantoin, Collagen, Elastin, Proteins & Vitamins* for nourishment and the healing of scar tissue. <http://bioskincare.com>

End Zit® - This line of products offers suggested treatment steps and invites discussion on their online forum at: [www.endzit.com](http://www.endzit.com) . Their products, reported with good results on most parts of the body

afflicted with acne including the face, are listed in their four steps follow with a treatment at the end. **Note:** those sensitive to sulfur should avoid use of End-Zit® Acne Control Drying Lotion AND End-Zit® Blemish Control Mask.

Step 1 - End-Zit® Blemish Control Cleanser - Apply small amount to damp skin. Gently massage, resulting in mild foam. Rinse with warm water. Pat dry. Use daily, AM & PM.

Step 2 - End-Zit® Blemish Control Toner - After cleansing skin, apply small amount of toner with sterile cotton ball or pad over face. Use daily, AM & PM.

Step 3 - End-Zit® Blemish Control Moisturizer - After cleansing and toning, apply a few drops of End-Zit® Blemish Control Moisturizer to fingertips. Lightly pat affected area. Also use daily, AM & PM.

Step 4 - End-Zit® Acne Control Drying Lotion - (Most important step!) Shake bottle well first. Apply a small amount to each blemish with application cap. Leave alone to dry for 10-15 seconds. Gently pat, blending into skin. (Apply make-up or other products over top if you like). Repeat twice a day, AM & PM.

Treatment - End-Zit® Blemish Control Mask – Wash face. Apply mask evenly over face. AVOID eye area. Allow mask to dry for 7-10 minutes. Rinse with warm water. Pat dry. Use only one or two times each week.  
Estée Lauder Clear Difference Targeted Blemish Gel – Made with

*Salicylic Acid* and oil-controlling Absorbex™ Complex, this product helps neutralize any extra sebum. It also helps prevent future outbreaks in the same area and minimizes redness.

[www.esteelauder.com](http://www.esteelauder.com)

Face Solutions by Georgia Acosta – based in San Francisco, this company specializes in providing high quality treatment programs for acne and other skin conditions. Face Solutions offers several different programs that last a minimum of 6 weeks each, based upon their recommended treatment applications. Each program along with its contents is below. For more information visit: [www.facesolutions.com](http://www.facesolutions.com)

Program A - For active skin conditions, Age 14 to 19:

Mud wash cleanser for oil skin, Acne aid soap, Blue lotion toner, Moisturizer with glycolic acid 8 percent, Hydrant essence, Moisturizer with SPF 15, Corrective toner

Program B - For acne and oily skin condition, Age 20 and above:

Medicated BPO 10% acne wash, Glycolic acid clarifying tonic, BPO Gel 5 percent, Hydrant essence, Lyphazome, Corrective Toner

Program C - For combination skin / looking fresh and glowing:

Gel cleanser, Blue lotion toner, Moisturizer with glycolic acid 8 percent, Hydro driver moisturizer, Ultra sun protection

Program D - For dry skin. Avoid premature aging:

Cosmetic soap, Blue lotion, Collagen cream with glycolic acid 8

percent, Hydrant essence, Vitamin C cream with RNA / DNA, Eye toner  
Greenlee Powerwash for Acne - PowerWash is specially formulated with from Greenlee's Goat Milk Soap and blended with tea tree oil. This powerful combo punches out acne by unclogging pores and stopping acne outbreaks. Use twice a day for best results. Another super acne product of there is called Zap! It's a topical spray that dries and shrinks blemishes so that skin regains its health.

[www.greenleenaturalproducts.com](http://www.greenleenaturalproducts.com)

Lancôme Extra Controle – This is an Acne Treatment Matifying Solution in a gel lotion form that helps clear up acne, prevents breakouts and provides all day oil (shine) control. The product is oil-free, non-aggravating. It gently exfoliates skin, leaving it clear, clean, smooth. Another item in this product line, called Lancôme Pur Controle, is a Purifying Foaming Mousse that dissolves excess oils, makeup and other harmful substances that can clog pores. [www.lancome.com](http://www.lancome.com)

M.D. Forté – This is a comprehensive *Alpha-Hydroxy Acid* (AHA) skin care system. The system has specialized products to help with cleansing, renewal, hydrating, protection and special care like for acne treatment. Their products are reported to have up to 2-3 times as much *Glycolic Acid* than other products in similar price ranges.

[www.mdforte.com](http://www.mdforte.com)

MagicClear – This Teenage Acne Treatment was specifically created for teenage acne by an esthetician for her teenage son. An effective over the counter acne treatment, it is sold exclusively on the Internet and via mail order. It can be used by all age groups, too.

[www.magicclear.com](http://www.magicclear.com)

Murad Acne Complex Kit – This acne treatment skincare kit helps control acne flair-ups, and heal and hydrate skin. Active ingredients are *Retinol*, *Glycolic Acid*, *Salicylic Acid*, antibacterial agents and antioxidants. The treatment process exfoliates dead surface skin cells and decreases over supply of oil while destroying harmful bacteria. One kit generally comes with a two-month supply of: Clarifying Skin Cleanser, Acne Prone Skin Formula, Skin Perfecting Lotion, and sometimes a free gift: Acne Management Formula. They also sell Pure Skin® Skin Clarifying Supplement and Age Proof Oil Free Sunblock SPF 15 for Face. [www.murad.com](http://www.murad.com)

Origins Spot Remover – This acne treatment's active ingredients include *Salicylic Acid* oregano and clove buds. This will not dry out your skin causing it to flake, while it dries up your acne problems. It's noted for speedy healing and reduced redness, especially for those with sensitive skin. Simply coat targeted acne area with thin layer. That's it. Use only ONCE a day at first. Then increase to 2 to 3 times daily, as needed. IF dryness or flaking begins, reduce applications. You can use

makeup or other skincare products with it, too. "It's invisible!"

[www.origins.com](http://www.origins.com)

Oxy Balance Acne Treatment – available over the counter at most drug stores, this 10% *Benzoyl Peroxide* Lotion Acne Treatment is highly effective against eliminating pimples and helping to prevent future breakouts. The product also kills harmful bacteria that causes acne and helps control oil.

Proactiv Solution – This is a 3-step treatment program. The steps with their products follow along with some recommended supplemental treatments. [www.proactiv.com](http://www.proactiv.com)

Step 1. Renewing Cleanser - This oil-free formula is made up of small, smooth grains that gently exfoliate dead skin cells and other impurities. It also has prescription-grade *Benzoyl peroxide* that seeps into pores, destroying bacteria and healing blemishes in a hurry.

Step 2. Revitalizing Toner - This is noted as a refreshing, alcohol-free liquid with botanical agents that removes dead skin cells, gently balance skin tone, unplugs pores, helps with excess oil ridding, and overall soothes skin. Results are refreshed skin.

Step 3. Repairing Lotion – This light, oil-free lotion is made up of fine milled prescription-grade *Benzoyl peroxide* that heals blackheads and blemishes. It also helps with the prevention of future flair-ups. An advanced delivery system in Repairing Lotion is noted as being

"soothing and safe for your entire face."

- - Supplemental products include: Oil-Free Moisture with SPF 15. This lite lotion leaves your skin soft, but not greasy-feeling. Specially formulated for acne skin types, this product doesn't clog pores. It also boasts SPF 15 for sun protection. Another supplemental product is called Daily Oil Control – This product helps skin glow, instead of shine with excess oil. It also helps keep pores from clogging and makeup (and other skin care products) from running throughout the day.

Retin-A® - This topical treatment, *Tretinoin*, is used to help stop acne and help heal cases in progress. You simply apply a small amount of the liquid with cotton swabs or gauze pads to affected areas before going to bed. (NOTE: make sure to wash hands after applying.) AVOID any product near the eyes, mouth and around any open cuts; this can be very irritating for sensitive skin. It is not unusual for acne to worsen after the first use. Just continue, as it may be anywhere from three to six weeks before positive results show. **Caution:** Using Retin-A more frequently or in excessive amounts may increase side effects (NOT increase acne healing)! Side effects can include: skin stinging or redness, skin peeling and increased sun sensitivity. If any persist, contact your healthcare provider. See package instructions for more details about product usage and care instructions.

SONYA DAKAR ACNE SKIN SOLUTION™ - This company has a line of

acne fighting and scarring treatment products including: Wash Decongesting, Scrub, Toner, Protect, Repair, Hydrate, Acne Treatments, Acne Fighter, Drying Potion, Complexion Corrector, Peeling Cream, Mask and Acne Mini-Kit. The Scarring Line helps with rebuilding damaged skin cells and in speeding up the healing process. [www.sonyadakar.com](http://www.sonyadakar.com)

Stridex – A name brand well known for acne treatment and prevention products, this line has a variety. There are Essential Care Pads, Maximum Strength Pads, Facewipes To Go and Sensitive Skin Pads for cleaning your face anytime, anywhere. And there are helpful daily and weekly products like Clear Cycle, a 7-day purifying preventative treatment; Day and Night, a pore de-clogger; Cooling Foam Wash, to rid harmful bacteria from pore areas; and Fruit Therapy, fruity pore un-clogger. [www.stridex.com](http://www.stridex.com)

The Grekin Skin Rejuvenation System – The Grekin Skin in Michigan actually has a Woman's Acne Center and Skin Rejuvenation Clinic. Their acne prevention and treatment products include Gentle Skin Cleanser, a soap-free cleanser that gently cleanses the skin; Foaming Gentle Skin Cleanser, another soap-free cleanser that foams, and it contains glycolic acid; Active Skin Cleanser, made for oily or acne-prone skin; Blemish Control Solution, for active blemishes and inflammation due to flair-ups and Refirming Gel Moisturizer, with ½

percent *Hydrocortisone*. They also offer Hydrating Cream Antioxidant, to help replenish nutrients; Oxygenating Natural Serum, a non-greasy skin renewing treatment; and Viennese Repair Crème, to rejuvenate the skin. Sign up for their mailing list and keep informed of updates: <http://grekinskininstitute.com>

### ANTI-ACNE TIPS

Probiotics and Prebiotics – Ask your healthcare provider about using probiotics and prebiotics. Probiotic supplements can assist with replenishing helpful bacterium in your digestive system that aid in effective processing and elimination of food, vitamins, minerals and nutrients; these helpful bacterium are often lacking when you're taking antibiotics for acne treatment, thus further backing up the system, clogging pores. And similarly, prebiotic foods can assist with replenishing these helpful bacterium; bananas, onions, honey and artichokes are examples.

Supplements & Misc Products – Here are some supplements and miscellaneous products reported to help cover the bases when dealing with acne issues to make sure your body is getting what it needs.

Maca — some report that this powdered Peruvian root vegetable, rich in essential amino acids, fatty acids, minerals like calcium, magnesium, iodine, iron, potassium and silica, and phytochemicals, helps with stabilizing the body's systems and hormones. Add it in smoothies for a

little extra sweetness and flavor.

Manuka honey — This is reported to have strong antibiotic, antiseptic and antiviral properties. Many recommend it for good skin (externally) and good digestion (internally).

Nature's Living Superfood — This nutrient-dense foodstuff is reported to be full of minerals and a complete range of nutrients; vitamins and trace minerals.

Neem soap — This soap is said to house these qualities or properties: antibacterial, antifungal, anti-inflammatory, antiparasitic and antiviral - helpful for the prevention and treatment of acne. Users report calm and soothing skin effects.

Pure Synergy — This foodstuff reportedly contains a variety of valuable micronutrients and antioxidant phytonutrients effective in acne control.

Vita Synergy™ for Men — This supplement, made with antioxidant botanicals, spices and flowers, (some culled from ancient healing traditions) is said to offer strong, effective, restorative overall energy.

Vita Synergy™ for Women — Somewhat similarly to the product for men, this supplement, made with antioxidants, adaptogenic and herbs, is said to offer hi-level nutritional support to women. It helps them reach their top performance levels.

Peel-off face and body masks — Depending upon the brand and ingredients, these products are said to help exfoliate dead skin cells

and unplug clogged or inflamed pores. The results are smoother skin with an anti-bacterial effect that prevents and clears spots and gets rid of bacteria. Popular varieties contain vitamin E, 2 percent tea tree oil and other essential oils.

Tea tree oil and its body products— These products are reported to not be made of any harsh ingredients that would irritate skin. Tea tree oil is known helpful, healing effects and contains these properties:

antibacterial, antifungal, antiseptic, antiviral, also antimicrobial agent and deep cleaning – great for acne treatment and prevention.

They are used over various parts of the body, even the face. Popular versions are in the form of facial cleansers (applied with Q-Tips or cotton swabs), bubble baths and shower gels.

### **Social and Treatment Tips for Acne Sufferers**

Here are a variety of tips to help with acne prevention and treatment and skin maintenance. They are listed in no particular order of importance.

- Do get plenty of fresh air and sunshine for vitamin D, ingredients for healthy skin. Not only will your skin appreciate the vitamin D, your body and mind will enjoy the oxygen and stress reducer of a daily jaunt outdoors. But don't overdo it and get a sunburn! Remember to use sun protection / tanning lotions if you'll be out long. You don't want to get caught up in that cycle of burned, dead skin cells blocking

pores, resulting in acne scenario.

- Remember, even "good" stress can trigger internal chemical responses that result in acne, too. So plan ahead to deal with extra stress when planning a wedding, graduation, a move, a new job, a job transfer, a new baby, etc. Journal a little extra, focusing on the upcoming issue or issues and plan in some extra rest (use relaxation or meditation tools – cassettes, workshops, etc.) Get help around the house, take time off, exercise (yoga and T'ai Chi are highly recommended), have fun or whatever you need to do. But be proactive. When you control stress, you help control the stress hormone cortisol - reducing its release as you reduce stress, thus reducing the effects of acne. Also activity and exercise help improve blood flow and circulation, natural healing aids for your skin (and other organs), enabling improved waste management, via pores for the skin's waste removal.

- Note that both blackheads and whiteheads are filled with trapped sebum and bacteria. So the prevention and treatment advice for how to handle both blackheads and whiteheads is essentially the same.

- Drink an adequate amount of water daily. Many recommend three to four tall glasses and mineral or filtered water. Too little water can lead to dehydration, which can lead to dead skin cells not naturally falling off or sloughing properly; the end result can be blocked pores, acne.

- Acne has nothing to do with dirt. Period. So don't over-wash or over-scrub your face or the rest of your body. Keep in mind that too much can result in dry skin. And dry skin means your body will jump in and create more oil. Then what? Extra oil + extra dead skin cells = blocked pores, triggering acne flare-ups. Same old story.

- Add more fruits, veggies, seeds and nuts to your regular diet. (Note that deficiencies of selenium and zinc, found in Brazil nuts and pumpkin seeds, have been associated with acne.) So add salads, dried fruit and nut snacks, juices and other healthy treats to your daily planning.

- Decrease your dietary intake of caffeine, sugar and refined carbohydrates (carbs) and caffeine. Some studies show that caffeine can increase the levels of stress hormones inside your body, provoking or worsening acne conditions. So with regards to tea, coffee, chocolate and other caffeinated beverages - skip 'em where possible. With regards to sugar and refined carbs, same thing.

Sugar and refined carbs, like in white bread, rice, flour, pasta, etc., can result in an insulin surge, resulting further in an excess of male hormones that stimulate skin to discharge lots of sebum. Then it's back to that cycle again: sugar or refined carbs lead to increased insulin, leads to increased hormones and sebum - the sticky sebum clogs pores, bacteria grows, acne results.

- Decrease your dietary intake of red meat and dairy products. Since

both are more difficult for our bodies to digest, their acid-forming properties are linked by some to our bodies' health. In a nutshell, some researchers say that when the body puts forth effort in the digestion of high levels of animal protein, waste products are not completely processed as usual; i.e. they can shed slowly, blocking pores, causing acne. Other acne-causing problems with red meat and dairy products are the high levels of hormones they contain that in turn generate more in humans that can cause acne. And the dairy tolerance levels of some humans can result in acne issues as well. Some solutions could be to include other dietary remedies for both — like lean meats and nut milk or soymilk products.

- Focus on using natural products for your skin. And avoid unnecessary chemicals in your skin / body products that can be harmful. It's that same cycle: foreign chemicals work against the skin, removing natural oils. The skin works overtime to produce more oils then. And what happens? Pores get blocked and acne results. To prevent this, here are some tips:

- A. Use non-pore clogging or noncomedogenic products like make-ups and tanning lotions.
- B. Use this rule of thumb when using products that contain chemicals: a little goes a long way.
- C. Look for any combination of these terms on labels: natural

ingredients, antibacterial, antiseptic, antifungal, antiparasitic, antiviral and / or antimicrobial agent.

### **Acne Resources**

[www.Acne-advice.com](http://www.Acne-advice.com) – Visit Acne-Advice.com to learn about the latest acne books out today, to read the most recent acne articles, find out what the last three searches were and...well for acne advice!

[www.acneworld.com](http://www.acneworld.com) Get help from AcneWorld.com and their multiple resources. Live help, Acne Education (for adults and teens), Acne Online Support Groups and Ask the Doctor by submitting a brief online form 24/7 are only some of the great features on this site. Check out the 4-step Online Office Visit they host, too (save gas \$\$ and drive time!!):

Step 1: The site's online consultation form helps the doctor better understand your background and current situation.

Step 2: The doctor encourages you to upload current photographs of the skin issue(s) so that he can examine the situation more thoroughly.

Step 3: The doctor will review your information and develop a customized treatment plan.

Step 4: After you get a chance to review your treatment plan, you will be prompted to return for a follow-up visit. This way, your progress can be monitored and the doctor can work with you to ensure

continued success.

<http://grekinskininstitute.com> Grekin Skin Institute operates three locations in Michigan. Visit their site, sign up for their newsletter to stay up to date with acne information and learn more about their acne and skin rejuvenation centers:

Wyandotte  
Grekin Skin Institute  
1500 Eureka Road  
Wyandotte, MI 48192  
734-282-2500

Shelby Township  
51221 Schoenherr, Suite 201  
Shelby Township, MI 48315  
586-997-9700

Warren Dermatology Institute of Michigan  
13450 East 12 Mile Rd  
Warren, MI 48088  
586-759-5525

[http://ca.dir.yahoo.com/Business\\_and\\_Economy/Shopping\\_and\\_Services/Personal\\_Care/Skin\\_Care/Acne](http://ca.dir.yahoo.com/Business_and_Economy/Shopping_and_Services/Personal_Care/Skin_Care/Acne)

- - This is a HUGE Yahoo! Canadian Directory for "ACNE." So dig in, bookmark sites, join forums and chat rooms, learn more, meet new friends, get healthier and enjoy!