



GET RID OF ACNE

Handbook

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Now... Go ahead and READ it from cover to cover and find how to get the skin you've always wanted!

How the skin works

Can you imagine how we would look if we do not have skin covering us up? That may be too gross for our imagination.

- The skin is the largest vital organ of the human body. It covers you up, keeps you warm and keeps you cool. It also decides what can be absorbed and what should be rejected.

- Skin that is clogged and unhealthy is not just a beauty problem. It can become a hindrance to your sense of vitality and wellness. Proper care of your skin is important not only to your personal sense of beauty but also to proper elimination, more graceful aging and overall health.

- It acts as a mechanical barrier to infections. It ultimately prevents microorganisms and other substances from entering the body. Langerhans cells (a type of macrophage) are found within the dermis, they engulf invaders foreign to the body and debris.

- Keratin layers in the epidermis together with sebum produced by sebaceous glands act as a waterproof barrier.

- Melanocytes protect the body from ultraviolet light.

- Finger and toenails protect the extremities of fingers and toes from damage. Fingertips are important for dexterity and the sense of touch; they have ridged areas to assist in picking things up.

- Hair follicles offer some extra protection to certain parts of the body such as eyes and head.

- It regulates body temperature. Considerable heat is lost through the skin. Even under extreme conditions of high temperature and exercise, our skin tends to make body temperature normal. The production (evaporation) of sweat in the skin cools us down when exposed to too much heat.

The core body temperature needs to be kept constant for normal physiological activity to take place (37° C). It needs to maintain a core temperature for homeostasis.

- Skin excretes waste product and excess salt from the body. Sweat includes waste products in solution. Water is lost continuously through the skin as insensible sweating. More pronounced water loss through sweating occurs as part of temperature regulation.

- Skin provides the sense of touch or sensation we need to know more about our outside environment through recognizing heat, cold, pain and other sensations. Nerve endings of the skin provide the body with a great deal of information about the outside environment.

Causes of acne

Hormones: The number one cause of acne is the production of sex hormones, known as androgen that begins at puberty. This is why majority of acne sufferers are adolescents and teens. Hormones are responsible for then acne flare-ups during menstruation and pregnancy.

When the sebaceous gland is stimulated by androgens, it produces extra sebum. In its journey up the follicle toward the surface, the sebum mixes with common skin bacteria and dead skin cells that have been shed from the lining of the follicle. While this process is normal, the presence of extra sebum in the follicle increases the chances of clogging — and acne.



Stress: can also cause the production of hormones, such as cortisol, which can aggravate acne. Stress brings upon different hormone levels. With hormone changes the body prompts the skins oil glands to enlarge, secreting more oil. Which causes white heads, black heads and pimples.

Oily or heavy make up: Heavy make-up clogs the pores and oily make-ups add more oil, which only adds to the problem if oily skin already exists. Cosmetics, especially certain moisturizers, foundations and pomades contain lanolin, petrolatum, vegetable oils, butyl stearate, lauryl alcohol and oleic acid.

Certain medications and steroids: Vitamins are good for your body, But an excess of vitamins B1, B6 and B12 can cause acne flare-ups. These vitamins are good for the skin, but avoid overuse.

Diets: For some people, a diet that is high in refined carbohydrates and sugars can actually aggravate their acne.

Over abrasive cleansing: Harsh exfoliators can damage skin and spread infections.

Picking and squeezing: This can actually send the infection deeper into the skin and can cause scarring.

Environmental irritants: such as high humidity and pollution. High humidity actually causes swelling of skin. Pollution is of course is a big cause for clogging your pores.

Genes: Family members who are also acne sufferers. Acne is inherited and severe cases known as cystic acne usually come from heredity.

How to Properly Wash Your Face

Face washing is often the core of beautiful face. Before you apply all those cosmetics or medications for your acne, experts always tell you to wash your face.

Cleaning is essential in maintaining beautiful and healthy skin. And since we always want to put our "best face forward," here are several tips that we compiled on how to properly wash your face.



Remove every trace of make-up/cosmetic on your face. Use cotton ball and moisturizing cream to avoid damaging your skin.

Use lukewarm water. Avoid using too hot and too cold water that can dry out your skin. This will also open the pores for deeper cleansing.

Avoid strong or harsh soaps/ cleansers. Strong soaps can dry your skin and strip off natural lipids. Choose soap that are mild if you prefer soap, or you can always choose cleansers that are soap- free, non- comedogenic, and mild like Cetaphil, Burt Bee's or Neutrogena.

Massage face by gently rotating upwards your middle ring and pinky fingers. Remember that hard rubbing will actually do more harm than good. Rinse face well to remove all residue of soap or cleanser. Residues left behind can actually clog your pores. Facial cleansers can leave an invisible residue behind which can clog your pores. Rinse three times, then rinse again.

Pat dry with soft, non- abrasive towel. Never ever rub your face.

Use an alcohol- free toner on your face. It should make your face feel smooth and refreshed. Astringents and toners with glycolic or alpha hydroxy acids work the best for toning the face. These acids actually can reduce the pore size, and help avoid ingrown hairs. They are aggressive and have quick results. Remember to look for a product that is not photosensitive (sensitive to light).

Finish off with moisturizer to replenish the natural oils that has been lost. Moisturizing is a necessity. Again, the product with the least amount of chemical additives is the best. Always use a light moisturizer on your face after cleansing. For an intensive moisture treatment use pure vitamin E, or aloe vera oil. It is available in liquid form, or just break open a capsule and apply the oil directly to the skin.

Those are eight simple steps that would help you keep your face clean and beautiful. Start today for a more refreshed and beautiful you.

Face Washing Don'ts

Here are several things that one should avoid when washing their faces. Remember that it is our aim to make your skin healthier and beautiful.

Do not wash face too often. Washing your face doesn't mean you have to wash it every hour of the day... Experts recommend ONLY two or three times per day. Frequent washing may dry out your skin thus increasing your risk to irritations that may even cause acne. Moreover, if the skin is too dry, your glands will produce more oil to compensate for this loss. This means that the risk of getting too much sebum also increases.



Do not use harsh soaps and cleansers. Never use bar soaps or bar cleansers. The ingredients that keep these soaps and cleansers in bar form can clog your pores and irritate your skin... plus, they can help foster breakouts. Harsh soap and cleansers can strip off the skin's natural lipids thus irritate your skin. Choose cleansers that are mild and non-comedogenic, hypo-allergenic, and soap-free. There are several products like this in the market like Cetaphil, Burt Bee's or Neutrogena. Dilute your cleanser with enough water when you wash... The less concentrated your cleanser, the gentler it will be.

Do not use too much cleanser. Even if you are using mild cleansers, it is best to dilute it with water (a palmful will be sufficient). The less concentrated your cleanser, the gentler it will be for your face.

Do not use cleansers containing alcohol. Alcohol will upset your face's natural pH level, thus causing irritation. Using toners and astringents may feel wonderful... but over-using these will irritate your skin! Do not just use products. Instead, know your skin type. For dry skin, look for products with cocoa butter or glycerin. For oily skin, look for products with benzoyl peroxide, citric acid or salicylic acid. For sensitive skin, look for aloe vera, almond oil or chamomile.

Do not under rinse. Residues left behind can actually clog your pores. Facial cleansers can leave an invisible residue behind which can clog your pores. Rinse three times, then rinse again!
Do not exfoliate often. Removing dead skin cells can make your skin less dull but you should not overdo it or you will injure your skin. Too much scrubbing will make your skin dull and flaky. Avoid abrasive facial pads and grainy facial scrubs.

Remember, prevention is always better than cure.

Best Skin Diet for Healthy Skin

"You are what you eat." Does it sound familiar? You probably have heard of it. And yes, it is true. What you eat affects how well you are and how you look- today and for the years to come.



Balanced diet is needed for optimal health and well-being; as well as having a healthy skin. However, balanced diet is primarily set to prevent malnutrition and vitamin/ mineral deficiencies.

The aim of this article is to provide tips that will help you achieve the skin you have always longed for.

Choose foods rich in vitamin A. Naturally occurring vitamin A or retinol is commonly found in fish oils, dairy products and liver. Vitamin A found in plants is called beta-carotene and is commonly found in yellow/ orange fruits and vegetables like carrot and cantaloupe. This is essential for the maintenance and healing of epithelial tissues, with skin being the largest expanse of epithelial tissues we have. This diet includes plenty of dark orange (carrots, sweet potatoes, winter squash) and dark green (broccoli, spinach, kale) vegetables -- all of which are high in vitamin A.

Choose foods with plenty of B vitamins like B-2 and B-3. These foods convert calories into energy for metabolism and are components of enzymes that maintain normal skin function. The best sources for these are green leafy vegetables, lean meats, eggs, avocados, fish, brewer's yeast, whole grains and peanuts.

Vitamin C for collagen maintenance. Best sources are citrus fruits and juices, slow cantaloupe, strawberries, tomato sweet peppers and green peas.

Vitamin E to protect your cells against free radicals. This is a powerful antioxidant that helps slow the aging of skin cells and promote healthy skin. A powerful antioxidant, it protects your cells against the effects of free radicals, which are potentially damaging by-products of the body's metabolism. Foods rich in vitamin E include almonds, hazelnuts, sunflower seeds, broccoli, wheat germ, peanuts and vegetable oils.

Zinc is for boosting the immune system and promoting optimum health. Zinc can be found in eggs, seafood, turkey, pork, whole grains, nuts and mushrooms. This trace mineral helps maintain collagen and elastin fibers that give skin its firmness, helping to prevent sagging and wrinkles. It also links together amino acids that are needed for the formation of collagen -- essential in wound healing.

Selenium is a mineral antioxidant that will help minimized the damage of ultraviolet lights. Researches show that it might even aid in skin cancer prevention. Good sources of selenium include tuna, wheat germ, sesame seeds, nuts, broccoli, Brussels sprouts, mushroom and whole grains.

Different Acne treatments

Skin experts and practitioners recommend several natural acne treatments.

Wash your face twice a day with gentle and unperfumed cleanser. Avoid using soaps as they contain harsh chemicals and ingredients that can damage your skin.

Avoid touching your face. Stop putting your hands by your face! I am often guilty of this resting my hand on the side of my head while reading. Also rubbing or bracing your chin is another common problem when thinking.

Avoid rubbing, touching, or scratching your skin with your hands. Your hands contain a lot of bacteria that can cause acne flare-ups. It is probably one of the most difficult things to avoid since much of the hand to face contact throughout the day we are unconscious of but try Make it a habit.

Avoid the temptation to pick, prick and squeeze your acne. This will send the infection deeper into the skin and can cause severe scarring.

For mild to moderate acne, you can use over-the-counter topical ointments, solutions, lotions or gels that contain benzoyl peroxide, salicylic acid or azelaic acid as an alternative to benzoyl peroxide. Benzoyl peroxide is best at killing P. acnes and may reduce oil production. Resorcinol, salicylic acid, and sulfur help break down blackheads and whiteheads. Salicylic acid also helps cut down the shedding of cells lining the follicles of the oil glands.

Topical antibiotic solutions and lotions can also be applied.

Tea tree oil is a natural antibiotic and antibacterial agent and has a drying effect on the skin. It keeps the P. Acnes bacteria at bay along with decreasing facial oiliness, which makes this oil a worthwhile investment.

Sulfur helps to heal existing blemishes by unblocking pores.

Alpha or Beta Hydroxy Acids (AHA or BHA) works by keeping the skin exfoliated. Glycolic acid, the most well known of the bunch is a useful adjuvant therapy for mild acne. Mandelic acid, a lesser known one, but one that combines the keratolytic properties of glycolic acid, with natural antibacterial properties that help reduce the presence of P. acnes, may be considered a more effective alpha hydroxy acid in treating acne lesions. It is also much less irritating than glycolic acid, a factor that may be very important to those with sensitive skin who are unable to use other agents such as Retin-A, benzoyl peroxide, sulfur, or salicylic acid.

Indoor Tanning

The social desirability of the tan is a modern phenomenon. The concept of having a tan without going outdoors became more and more appealing. People enjoy having a tan for innumerable reasons. Aside from cosmetic reasons of just having a good tan, people actually enjoy the therapeutic effects of tanning.

It was actually the Europeans who started tanning indoors with sunlamps. The practice of harnessing ultraviolet light as a therapeutic exercise spread in Europe, particularly in sun-deprived countries, in the 1970s. This was long before the first indoor tanning facility was established in the United States in the late 1970s.

Since then, the professional indoor tanning industry in the US has grown substantially in the past 30 years. According to industry estimates, it has grown into a \$5 billion industry with 28 million Americans tanning indoors annually at about 25,000 tanning salons around the country.

The most popular device used in tanning salons is a clamshell-like tanning bed. The customer lies down on a Plexiglas surface as lights from above and below reach the body. However, indoor tanning units are alleged to have safety risks. While this is so, people - young women in particular - still patronize tanning salons. The development of photo aging and skin cancer will take years to become apparent in these young tanners, while the perceived social value of a tan is immediately apparent.

Tanning occurs when the skin produces additional pigment (coloring) to protect itself against ultraviolet rays. Overexposure to these rays can cause eye injury; premature wrinkling of the skin, light induced skin rashes, and can increase the chances of developing skin cancer. Even the indoor tanning industry admits ultraviolet radiation can cause skin cancer provided that it produces an actual burn.

However, industry spokespeople point out that the pattern of sun exposure that causes skin cancer, in particular melanoma and basal cell carcinoma, is not consistent with indoor tanning practices. For a given amount of UV light, the industry argues there is a difference between receiving the energy in many small doses that lead to a tan versus a few big doses that produce a burn.

So protect yourself from the possible risks of skin cancer.

Take note of the following precautions:

Limit your exposure to avoid sunburn. Always ask for information and further assistance concerning exposure limits for your age and skin type.

Use goggles to protect your eyes. Make sure the goggles fit snugly and check if the salon sterilizes the goggles to prevent the spread of eye infections.

Easy Home Remedies for Beautiful Skin

Tired and confused of all the cosmetic products in the market? Are you typically at loss on what to buy to have the best quality that would give your skin the care it deserves? Well, if you are constantly fooled by the hypes done by those big cosmetic companies who are spending billions of dollars each year to satisfy your quest, then you might consider computing the amount of money that you have spent. How much does each trip to the drugstore cost? The truth is, maintaining a beautiful skin does not have to be this complicated. There are natural ways to have that beautiful skin you have always longed for at your refrigerator and kitchen.

Easy Home Recipes for Beautiful Skin for Every Day of the Week

You will need one egg, a heaping tablespoon of mayonnaise and a tablespoon of honey. Mix this together thoroughly with a fork and apply sparingly to the skin. Allow this to dry and then wipe off with a warm washcloth.

You will need 1 tbsp. yeast, 1 tbsp. baking soda, 1 tbsp. water. Mix together ingredients and apply on face allowing it to sit for 15 minutes before rinsing it with warm water.

You will need 1 tbsp. of gram flour, 1/4 tsp. orange peel powder, 1 tbsp. beaten yogurt, 1 tsp. olive oil. Mix ingredients well and apply paste on your face and neck allowing it to dry. Rinse with warm water first then cold water. Slices of cucumbers applied to the eyes refresh and relieve puffiness and they are great cleansers when sliced and rubbed over your face. The same holds true for slices of fresh tomatoes.

You will need one-fourth tsp. of limejuice stir to mix with one tsp. of milk and cucumber juice. Apply on the face and neck and wash off after 14 minutes. This cleanses and purifies pores of skin.

Make a paste by mixing papaya, honey, milk and milk powder. Apply on the face and let sit for a few minutes then wash off.

You will need 1/2 tsp of rose water mixed with 1 tsp of honey. Gently apply to the face. Leave it for about 15-20 minutes, then wash off with tepid water. Honey moisturizes and soothes dry skin, and is gentle enough for daily use.

Really, you do not need to blow your savings just to have a beautiful skin. Next time you long for a facial open your fridge and treat yourself to an inexpensive, all natural, at home salon. Satisfaction guaranteed.

Give body acne no chance – Clear Pores

Acne is a common skin condition featuring pimples outbreaks on the body and facial skin. Many people develop acne on the chest, shoulders and back, which can sometimes be the first inkling to the emergence of more severe forms of acne. The severe forms of acne are painful and can only be treated with drugs under the supervision of a dermatologist.



People suffering from mild or moderate body acne, we heartily recommend the Clear Pores System. Hard to treat cases are better left to a dermatologist's skills, although ClearPores is certainly up to the task. The best way to treat acne is to cleanse the skin with a solution containing Salicylic Acid and SD Alcohol 40. The ClearPores body and face washes contain these two excellent ingredients, which are accompanied by the well-known Aloe Vera (to soothe the skin and help the healing process), Dandelion Root and Yellow Dock.

Despite recent scientific investigations, researchers are still in the dark about what causes body acne. Your best option is to avoid anything that could cause or worsen your acne. Keep your facial and body skin clean every day and be careful not to trigger acne or rashes by wearing very tight clothing or heavy backpacks. If you feel your clothing, backpack or purse is causing you skin problems, then start thinking about alternatives.

Neck acne is known among professionals as a difficult proposition. The skin on your neck is one of the most sensitive areas of your body. It needs more moisturizing and care from you than, say, your back skin. However, ClearPores can take care of acne even on your neck and is also gentle to your sensitive skin.

Useful Resources

[MyAcneSolution](#) - A very useful personal webpage of a webdesign student who suffered from acne for 14 years and how she got rid of her acne and Back Acne.

[SkinProductReview](#) - Provide reviews of the best acne products available in the market.

[ClearPores](#) - Official ClearPores Website, A complete natural approach to treating the acne from inside and outside – One of the best solutions in market for your acne problems.