

Total **ACNE TREATMENTS**



Are You Looking For A Way To Cope With
The Stubborn Problem Of Acne? If You
Want To Get ALL The Facts In One eBook...

We Have A Surprise For You!



Total Acne Treatments

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Introduction

Acne is one of the most common skin conditions experienced by people of all ages, genders, and races, yet it is also one of the hardest for many people to treat. The problem is not that there are no effective treatments for the condition, but that there are so many rumored and ineffective treatments on the market and in the world that it can be hard to know what will truly work. This book is designed to help you gain a better understanding of acne and its treatment.

In the pages that follow, you will learn exactly what acne is as well as how it is caused. More importantly, however, you will learn the truth about various acne treatments. We will tell you which home remedies, holistic methods, products, and prescriptions are most effective as well as which ones are ineffective or will make the condition worse. We will also discuss the role of diet and other elements on the development and treatment of acne.

The goal of this book is to provide you with a total treatment guide for your acne. I understand how embarrassing and frustrating this condition can be, and spent many years trying every remedy available, including tips given to me by friends, family members, doctors, and strangers. The result of all of my effort is this book, and it is my hope that you can use it to save yourself the frustration and disappointment that comes with trying remedies that simply do not work. So, without further ado, I present you with your guide to total acne treatment.

Chapter One

What Is Acne and What Causes It?

While we tend to think of acne solely as the term for the red pimples that typically first start presenting themselves in our early teenage years, the name is actually a scientific term that describes a number of skin issues. Acne is the term that refers not only to pimples, but to blackheads, whiteheads, and other nodules and blemishes on the skin. While acne is most commonly seen on the face, it can also occur on the shoulders, back, neck, buttocks, or chest. What we commonly refer to as a pimple is actually a whitehead that has ruptured.

Why and How Does Acne Develop?

Throughout the years, many explanations have been offered for why people develop acne. Hormones, diet, temperament, and even behavior have been blamed for the condition. While many of these causes have been proven to have little to no effect on the outbreak of acne, the cause is still somewhat of a mystery. The most likely scenario is that a number of factors play into the condition.

The most basic cause of acne is the overproduction of sebum, which is a waxy substance that is responsible for lubricating the skin. When too much sebum is produced, hair follicles become blocked as it mixes with dead skin cells, forming a sort of plug. Blocked follicles have no way of releasing bacteria, which will grow inside them and cause blackheads, whiteheads, pimples, or even cysts.

While factors such as hormones and possibly diet work together in different ways depending on the individual to cause acne, treatment is a bit easier to figure out. The ultimate goal of acne treatment is to lower the production of sebum. There are a number of ways to achieve this, and the key to total acne treatment is a balanced skin care, diet, and health regimen.

Summary

In essence, acne is little more than clogged pores. While this sounds simple to treat, however, there is much that should be done. First, you will need to take a look at your diet and skin care habits. If you have severe acne that causes scarring or pain, you should also take the time to speak with a dermatologist.

In the chapters that follow, we will examine a number of treatments for acne. We will also take a look into the facts and myths regarding diet and the role that it plays in the condition. Acne can be a very stressful condition, but once you know how to treat it from both the inside and the outside, you can be on the path to clear, healthy skin that will last a lifetime.

Chapter 2

Diet and Acne- Facts, Myths, and Sorting Through What You Have Been Told

If, like me, you have suffered from severe acne for any period of time, you have likely been offered a great deal of advice (both wanted and unwanted) regarding what to eat, what not to eat, and how your diet is ruining your skin. For many years it was believed that eating foods such as French fries and chocolate was a sure sign that you would develop acne, we now know better. While a healthy diet is always a very wise decision, you can certainly relax knowing that the occasional fried meal or chocolate bar will not result in waking up with a face full of pimples.

So, what role does diet play in the development of acne? The truth is that researchers don't really seem to agree on this. Studies performed in countries where diets are low-fat and high in carbohydrates do show a much lower rate of acne, but because there are many factors that are also relevant, this does not necessarily mean that fat is the cause of the condition.

What many scientists and doctors believe that these studies indicate, however, is that insulin production and glycemic index do correlate to the severity and likelihood of acne development. In other words, a diet containing whole grains, vegetables, and high protein foods will lower insulin production and can help lessen the severity of acne significantly.

Whether the resulting decline in acne severity is linked to insulin, metabolism, or the fact that a proper diet helps to regulate hormone production, the overall message is the same. A healthy diet is a very integral part of overall skin health. By ensuring that you take in a diet consisting of plenty of protein and carbs with a low glycemic index, you can help ensure that your skin has a better chance of remaining or becoming free of acne.

In addition to avoiding foods that can contribute to the causes of acne, there are also certain foods that you can eat that can help act as preventatives for the condition. Diet alone is not enough to prevent or cure acne, but it can play a significant role. Keep in mind that there is no singular solution to the problem, but rather a number of things that you must do in order to provide your skin with complete care.

One important vitamin when it comes to acne prevention is vitamin A, also known as beta-carotene. Beta carotene is naturally found in orange vegetables such as pumpkins and carrots as well as in cantaloupe. In addition to helping to reduce sebum production, beta carotene can also help strengthen the skin's protective tissue and mucus membranes. It is also a very powerful antioxidant that can help eliminate toxins from the body and provide numerous health benefits.

Eating foods rich in zinc can also provide many benefits when it comes to preventing acne. Zinc is a necessary part of your skin's oil production system, and without enough of it your body will not be able to properly regulate the production of sebum. Zinc's natural antibacterial properties can also help prevent bacterial growth in pores that become clogged, greatly reducing the severity of acne.

Summary

In short, even the best diet is not enough to totally cure and prevent acne. With that said, however, no acne regimen is going to be effective without dietary changes. Ensuring that you are eating enough whole grains can offer a great number of benefits, and adding vitamin A and zinc to your diet can certainly help you reduce both the frequency and severity of your acne outbreaks.

Chapter 3

Vitamins- Do They Help And Should You Take Them?

As many acne sufferers can attest, people will both tell and sell you anything, promising that it will cause acne. In fact, there are numerous herbal and vitamin supplements that make all sorts of various claims regarding the treatment and prevention of acne. As virtually everyone who has tried these products can attest, however, they are largely useless. While vitamins can offer a number of health benefits, very few play a role in acne. With that said, however, there are certainly a few supplements that should be integrated into your daily acne prevention regimen.

Zinc

As mentioned in the chapter on foods, zinc is an excellent tool in helping to treat and prevent acne. Unfortunately, however, many of us do not get enough zinc in our diets. A great way to ensure that you get the best benefit is to integrate a zinc supplement into your diet. Taking 30-50 milligrams of zinc daily will offer enough of the nutrient to help repair damaged skin and reduce inflammation.

Vitamin A

Vitamin A is another vitamin that most people do not ingest enough of in their daily diet. Vitamin A is an excellent tool for reducing sebum production and a supplement containing the vitamin can be an excellent choice. With that said, however, it is important to note that taking vitamin A in large doses can cause fatigue, headaches, and other side effects. Because of this it should be taken as part of a multivitamin or in smaller doses throughout the day.

Vitamin B6

Vitamin B6 is especially helpful in cases of acne where hormones play a role. This vitamin is well renowned for its ability to help the body regulate and metabolize hormones. Because of this it can be quite helpful in eliminating as well as preventing acne.

Vitamin E

Vitamin E is an excellent supplement that has antioxidant properties. It can help cleanse the skin and eliminate toxins. There are numerous benefits to the skin and to the body as a whole that are provided by antioxidants, making this another excellent choice.

Chromium

Chromium is a nutrient that is used by the body to help break down glucose. Some studies indicate that high glucose and insulin levels may play a large role in some acne cases. Adding a chromium supplement to your acne regimen can help to lower your glucose levels and may be able to offer a mild to significant reduction in acne production and severity. Another benefit of chromium supplements is that they can help to heal the damage caused by pimples as well as minor skin infections.

Multivitamins

Multivitamins may well be your best choice when it comes to acne prevention. Many complete multivitamins contain all or most of the ingredients listed above in their recommended doses. Before selecting a multivitamin, take the time to ensure that all of these ingredients are included or pick up any supplements that are needed in addition to what is in the vitamin. Keep in mind that multivitamins will also offer a number of nutrients that can provide other health benefits as well, making them an excellent overall choice for the treatment of your acne.

Summary

Vitamins are an important part of your acne treatment regimen. The simple fact is that the average diet is surprisingly low in many of the most recommended minerals and nutrients required by the human body. Our growing dependence on frozen and fast foods has resulted in our ingestion of items with little to no nutritional value. Because of this, most doctors recommend that all individuals supplement their diets with vitamins. In the case of acne sufferers, this recommendation is even more important.

Chapter 4

Cleaning the Face and Using Cosmetics, Creams, and Gels

One of the biggest mistakes that people make when it comes to acne is the way they clean their skin. Most skin care products are filled with chemicals, dyes, fragrances, and alcohols that damage the skin and that serve to make acne worse. For many, this leads to the use of cosmetics to help cover up the acne. Unfortunately, a majority of cosmetics are also known to make acne more severe. An important part of total acne care is understanding not only what products you should be using, but how to use them. This chapter is designed to help you do just that.

Face Washing

Washing your face properly is important in both treating and preventing acne. Many people believe that proper washing means purchasing the strongest products on the market as well as scrubbing the skin as hard as possible. This is simply not true. In fact, it is actually one of the worst things that you can do for your skin. A proper skin washing regimen for acne only requires that you wash your face twice a day, yet it can be highly effective.

When looking for the right product for washing your face or other acne riddled areas, it is important to choose a product designed to help treat acne. A proper acne wash will typically be sulfur based. You will find that you only need to use it twice a day, washing your skin first thing in the morning and then again just before you go to bed. This will help to keep your pores clean without irritating the skin.

One of the biggest mistakes that I have seen when it comes to washing the skin is scrubbing. When you scrub your skin or wash it using a loofah or rough cloth, you are actually serving to irritate and inflame it. These materials can also create microscopic tears in the skin, which serve to invite infection and can certainly make acne much more serious and noticeable.

Instead of scrubbing, was very gently with acne soap. Wash the skin as gently as possible, taking your time and making certain that you are not rubbing too hard. This will help ensure that you are not irritating the skin and making the condition worse.

Another excellent product for washing the skin is an acne soap that contains benzoyl peroxide. This is an effective ingredient in treating acne that works by slightly drying the skin, preventing pores from clogging. It is important, however, to use lower doses of the ingredient, such as 2.5% solutions, as higher numbers can actually cause more skin damage. If you are using a benzoyl peroxide wash, it is also not recommended to also use other products with the same ingredient. Two applications of benzoyl peroxide daily, whether via cream or soap is all that is recommended.

Cosmetics

There is no doubt that for many people, acne is an embarrassing condition. Because of this, many people elect to cover their skin with cosmetics. Unfortunately, a large percentage of these products serve to exacerbate acne. Taking the time to seek out cosmetics designed to keep from blocking pores is very important.

One thing to look for when choosing cosmetics is products that are listed as hypo-allergenic. It is also important to choose products that are free of fragrances. The most important thing to look for, however, is the word noncomedogenic. This term signifies that the product is designed so that it will neither cause nor worsen acne. Choosing noncomedogenic products can help eliminate many of the issues caused from wearing cosmetics, but the best option for individuals with acne will always be to avoid the use of cosmetics altogether.

Other General Cosmetic Treatments

While washing the face and carefully choosing cosmetics is important, there is still more you can do for your skin. Before closing this chapter, I would like to take a look at some of the different acne creams and gels that are available over the counter. I would also like to explain a bit about the importance of really considering every product that touches your skin when looking to treat acne and its effects.

Over the Counter Treatments

When looking at different acne creams and gels, you will find that while there are many brand names, most products contain either salicylic acid or benzoyl peroxide. As mentioned earlier in this chapter, benzoyl peroxide is the optimal over the counter ingredient for treating acne. Choose a mixture that contains 2.5% benzoyl peroxide for best results. While mixtures containing 5% or 10% may sound like they will be more effective, the truth is that their drying effects are too strong and they can actually cause more damage than they prevent.

When applying a benzoyl peroxide cream or gel, it is very important to really take your time. Allow yourself about ten minutes to apply the product, gently gliding it over the skin. Don't try to force the product to be absorbed. Instead, allow it to penetrate the skin slowly and naturally. The force of rubbing or scrubbing can damage and inflame the skin, which will prove quite counterproductive. You will find that you can use these gels frequently for severe acne without side effects, while using higher doses of benzoyl peroxide could have severe effects on the skin.

Summary

The way you wash your skin and the products that you use will have a major effect on your acne and your treatment. In addition to diet, you must pay careful attention to everything you apply to your skin. This means taking care to purchase the right acne treatments, washes, and cosmetics. One thing that should also be stressed is to pay attention to every soap or product you put on your skin. Even the best acne washes will be ineffective if you are also cleaning your skin with soaps filled with harmful ingredients. Likewise, try to limit your use of hair products, which can build up on the face as it comes into contact with your hair throughout the day.

Chapter 5

Medical Treatments- When Standard Skin Care Just Isn't Working

For many people with acne, sticking to a healthy diet and a well developed skin care regimen can be enough to cure even severe acne. In fact, this is the most highly recommended way to treat the condition. However, for patients who see no result with the proper regimen after a number of months, there are medical treatments that can help cure and prevent acne breakouts.

It is important to realize that medical treatments for acne are only recommended for patients who have already tried traditional methods. These medications often have many side effects, and many can also be harmful enough that they cannot be used by women who are pregnant or thinking of becoming pregnant. Before starting any prescription acne treatment make sure that you speak with your doctor or dermatologist to ensure that the benefits of treatment outweigh the possible risks and side effects.

A Note about Antibiotics

While it is important to understand that prescription acne medications and treatments have risks and side effects, the presence of a skin infection will likely prompt your doctor to prescribe antibiotics. While these medications will not prevent acne, they are certainly prescribed out of necessity. Contact your doctor if antibiotic side effects become severe or call 911 if you experience signs of a severe allergic reaction, but when it comes to antibiotic treatment, the benefits are certainly worth the risk. Left untreated, a skin infection can cause significant health problems and skin damage. Take your antibiotics as directed and ensure that you finish the prescription even if your symptoms clear up before you are out of pills or antibiotic cream.

Antibiotics may also be prescribed to help treat inflammatory acne, such as pustules. Antibiotics can kill the bacteria that reside in the pustules and can also help reduce both inflammation and redness. If you are prescribed antibiotics, however, it is important to talk with your doctor to ensure that you understand the risks. Many antibiotics commonly prescribed for acne can cause extreme sensitivity to sunlight, resulting in burns if you do not wear adequate protection. They can also interact with birth control pills as well as other medications, creating side effects or rendering the medication ineffective.

Retinoids

Retinoids are a group of medications prescribed to help treat cases of inflammatory and non-inflammatory acne. Retinoids are derived from vitamin A and can help treat and resolve lesions caused by acne. These medications can be oral (taken by mouth) or topical (applied to the skin), depending on the cause and severity of the acne.

Oral retinoids are generally prescribed to treat severe acne that is nodular or inflammatory. They are generally prescribed only after other over the counter and prescription treatments have been proven ineffective. They can cause skin peeling, which helps prevent clogged pores and can also decrease the production of oil within the skin.

It is important to note that oral retinoids have many side effects. In addition to liver damage and elevated triglyceride levels, they can also cause birth defects if prescribed to or taken by pregnant women. Your doctor will like perform liver and triglyceride tests while you are on these medications. Oral retinoids have also been reported to cause depression and suicidal ideations in some individuals. If you experience any of these effects, it is important that you contact your doctor right away.

Isotretinoin (Accutane)

Another drug that is sometimes prescribed for out of control acne is Isotretinoin, which is commonly referred to by the trade name Accutane. Accutane is very potent and in some cases can completely eliminate acne. However, due to severe side effects, it is rarely prescribed and only with great caution. Accutane is one of the most dangerous treatments for acne and is typically only prescribed for very severe cases of acne, such as when frequent infections are occurring. The good news, however, is that researchers are working on developing a topical form of the drug that can be prescribed directly to the affected area, greatly reducing side effects.

In its current form, Accutane has a number of effects. One of the most severe side effects is birth defects in unborn children when the drug is used by pregnant women. Accutane can also cause headaches, muscle pain, hair loss, itching, and other side effects.

Epiduo

Epiduo is a topical gel that is becoming widely known for its efficacy in the treatment of severe acne. Approved by the FDA in 2008, the gel offers a combination of benzoyl peroxide and a retinoid known as adapalene. It has been approved for use in children ages 12 and up and has shown remarkable effects without the risks associated with oral retinoids.

Birth Control Pills

For many women, especially those whose acne outbreaks are directly related to their menstrual cycle, birth control pills are often tried before other prescription medications. In cases such as these, it is the presence of high levels of testosterone that causes outbreaks. Birth control pills are shown to counteract the effects of testosterone in terms of acne production without offering the same side effects as other treatments.

Summary

Prescription treatments are most commonly used only after more traditional treatments for acne have failed, with the exception of antibiotics for skin infections. For many patients who have long felt that their acne was hopeless, these medications can offer hope, although paying careful attention to potential side effects is crucial. It is quite important for acne sufferers to first truly devote themselves to a healthy diet and skin care regimen for a number of months before considering the use of retinoids and other risky treatments, but when other methods fail these drugs can offer excellent promise for people suffering from severe and/or painful acne.

Chapter 6

Natural and Holistic Treatments for Acne

This chapter is devoted to describing and explaining some of the natural, herbal, and holistic methods used for treating acne. Here you will find a wide array of treatments and remedies. These remedies have been used by homeopaths and other practitioners for many years with great result, but it is important to note that herbal supplements are not regulated or approved by the FDA. Because of this, it is always important to ensure that you are purchasing any herbs from a reputable supplier.

Tip: Fresh is better. When it comes to buying herbs to make teas, facial washes, and other acne treatments, it is recommended that you purchase and use the freshest herbs you can find. Dried herbs, especially those that have been exposed to light and oxygen, are far less effective than fresh herbs.

Herbal Remedies

Herbs have been used in medicine for thousands of years. In many countries, and for many doctors and patients in the US, herbal medicine is still a preferred method of treatment. There are a number of herbal remedies that have proven effective for centuries and that offer greatly reduced chances of side effects compared to pharmaceuticals designed to treat the same conditions.

When it comes to acne, you will find that there are numerous herbs that can help. Each offers a different benefit. In the next few paragraphs, we will look at some of the most effective and easy to use herbal treatments for acne. It is my hope that you will be able to use this information to find treatments that will work for you and for your specific symptoms and skin condition.

Evening Primrose Oil

Evening primrose oil is a common herbal supplement offered by naturopaths for patients suffering from acne. Typically patients will take three 500 milligram capsules per day for up to three months, or until the acne has cleared.

Chamomile and Lavender

Many naturopaths and holistic practitioners believe that stress is a main cause of acne. Because the condition is due at least in part to hormonal imbalances, there is certainly some evidence to support this. Chamomile and lavender are both excellent herbs for relaxation. Steeping the flowers of these plants in a tea ball in order to brew a cup of hot tea can help alleviate stress, thus helping to balance hormones and to prevent outbreaks.

Tea Tree Oil

Tea tree oil is another effective ingredient when it comes to treating acne. It is a natural antiseptic that is very gentle on the skin, making it ideal for healing blemishes without causing further irritation. It works well when a single drop is applied to each blemish, or it can be made into a tea such as the one listed above or steeped with echinacea, goldenseal, or calendula.

Homeopathic Recommendations:

For those who prefer homeopathic remedies, what follows is a brief table of different tinctures for specific acne and skin symptoms. Each of these remedies is recommended at a 6x dose.

Antimonium Tartaricum is recommended for acne that is pus filled. It can be used three times daily until symptoms are alleviated.

Kali Bromatum used three times daily is recommended for acne that is itchy. It can be used until symptoms resolve. Sulfur is recommended three times daily for acne sufferers who experience frequent sweating and constipation and who tend to have rough, hard skin.

Other Holistic and Natural Treatments

In addition to herbs and tinctures, there are also a number of other natural remedies and treatments for acne. What follows are some of the more nontraditional remedies. Many of these are commonly practiced in Eastern Medicine and have been proven highly effective, especially when used in conjunction with a healthy diet and skin care regimen.

Reflexology

Reflexology is an increasingly common practice around the world, although it has been in existence for many years. When it comes to treating acne, the reflex points to pay attention to are those that correspond to the diaphragm, the intestine, the kidneys, the thyroid and adrenal glands, and the liver. This can help create balance within the body and to regulate hormones as well as to produce lower stress levels.

Accupressure

Accupressure is yet another practice that is increasing in global popularity. It works similar to acupuncture, only it helps to balance the body's energy through the use of pressure rather than through the use of needles. It is widely believed that the stomach meridian is the primary energy pathway governing skin function, therefore it is this pathway that should be the primary focus when treating acne.

Yoga

Yoga has become one of the most popular forms of exercise and relaxation in the United States as well as around the world today. It is an excellent practice for both physical and mental health and has been proven to have a very wide range of benefits on the mind and body alike. Practicing poses such as the seated sun, cobra, and baby can help to cleanse the body by flushing toxins and can also help increase blood flow to the face, promoting healthier skin.

Juice Cleanses

While not associated with a particular form of medicinal practice, juice cleanses are still considered a holistic and nontraditional form of treatment. With that said, however, there is certainly significant evidence that toxins and accumulated hormones within the body contribute greatly to acne. Drinking a mixture of 3 parts carrot juice, 2 parts water, and 1 part beet juice can help to cleanse the digestive system, eliminating toxins that build up in the liver and kidneys as well as elsewhere in the body.

Natural Face Washes

For acne sufferers interested in using natural and homeopathic treatments, there is often strong interest in using only organic products even when it comes to face washes. In addition to ensuring that all herbs and juices that you use are organically grown, it is also possible to create your own face washes and masks. This allows you to fully control every ingredient that touches your skin and can also provide a great deal of fun for those who enjoy working with their hands.

Honey Masks

When looking for an excellent mask that can effectively treat acne, it is recommended by many experts that you use a honey mask once to twice a week. Honey has strong antibacterial properties and is also excellent for healing minor blemishes and disinfecting the skin. Applying a mask of honey twice weekly and allowing it to sit for ten to fifteen minutes before gently rinsing with warm water can have remarkable effects when it comes to treating your acne.

Chickpea Paste Cleanser

For an excellent daily cleanser, you can use a mixture of organic chickpea flour and water. Simply add just enough water to a tablespoon of the flour to create a paste that is not too watery but is thin enough to spread onto the skin. Gently wash your face with the paste using your hands and then rinse with warm water and dry with a clean towel.

Almond Powder Mask

For added benefit, you can follow up the chickpea paste cleanser with a mask made of a cup of goat's milk and a teaspoon of almond powder. Mix the ingredients together well and then apply gently to the skin. Allow the paste to sit on the skin for a few minutes, or until it starts to dry and then gently wash it away.

Summary

There are really many natural remedies for acne. While creams, gels, and medications are the solutions primarily recommended by dermatologists, there is a slow shift for many in the medical community towards natural remedies. The primary reason for this is that these solutions simply offer lower risks than most medications. Herbal medicine has been practiced for centuries, and in many countries it is still the primary form of treatment for most conditions (including acne).

Chapter 7

A Total Acne Care Regimen You Can Count On

As promised, this book is designed to offer you total acne care. There are a wide range of acne types, as well as a wide array of preferences among patients when it comes to treating acne. This chapter is designed to tell you what worked for me and what I have seen work most often for people around me.

While it may not be the ideal regimen for you if you prefer holistic medicine or if the cause of your acne requires medical treatment before symptoms can be alleviated, for many it is indeed the idea total acne care regimen. If this is not the ideal choice for you, the previous chapters as well as the last two chapters in this book are designed to offer you alternatives so that you can still eliminate your acne once and for all. Without further ado, I offer my regimen for total acne care.

It All Starts With Paying Attention

As someone who suffered from acne for many years, I can say with absolute certainty that this regimen is the result of a great deal of trial and error. Sometimes I was using products that were simply ineffective, but more often than not I was simply doing only part of the job. There were times I watched my diet like a hawk, only to use soaps and products that were absolutely wrecking my skin. Other times I had all the right cleansers, but paid little attention to diet and even to what I used on my hair. Treating acne properly is very much a matter of paying attention to everything at all times.

Learning to pay attention, and I mean really pay attention is the absolute most essential step in treating and eliminating acne from your life. What many people do not realize is that the skin absorbs more than half of whatever it comes into contact with. This doesn't just mean soaps and acne creams either. It also means cigarette smoke, pollution, hairspray particles, and even the chemicals and minerals in your water. Start by spending a full day being conscious of all of the different things that come into contact with your skin and realize that you are absorbing a significant amount of this. Pretty gross, isn't it? But by paying attention you are able to work to greatly reduce the impact of your environment on your skin.

Be Proactive as well as Reactive

While it is often said that prevention is the best remedy for just about anything, you are going to find that there are times where you either experience an outbreak or have to come into contact with things that you know will make your acne worse. It is important not to use these things as an excuse to give up on the regimen. If you splurge on your diet, miss your vitamins, or find yourself somewhere that the only soap happens to be bad for your skin, it isn't the end of the world. What you will need to do, however, is to pay extra attention to your cleaning regimen for the next few days.

With this in mind, however, there is little doubt that the best thing you can do is to work to prevent acne from occurring. This means taking your multivitamins and supplements at the same time each day until it becomes habit, ensuring that you clean your face with acne wash every morning and every evening, using benzoyl peroxide throughout the day, and paying attention to what you are eating.

Stick With It

Nothing in life is ever going to be always easy, and instant gratification is certainly an unrealistic expectation when it comes to treating acne. Understand that the regimen is going to be frustrating at times, especially when you are first getting started. Your new skin care regimen is going to take a significant amount of time each day, and there will be days where you forget to take your vitamins until well after your usual time. The important thing is that you stick with the regimen. It will work, but only if you are dedicated to making it work.

One of the most common reasons people give up on their acne regimen is that they experience discomfort from the use of benzoyl peroxide. This is another reason that I recommend only a 2.5% mixture. Benzoyl peroxide works by drying and peeling the skin, and this means that it can cause redness, dryness, and irritation. Understand that this will subside, and realize that as long as you are using a moisturizer designed not to cause acne, you can use it after every application or as needed.

It's Really That Simple

In reading this chapter, the total skin care regimen seems easy as can be, yet so many people still suffer from severe acne. There must be some sort of catch or some product I am going to try to sell you, right? Nope! The total acne treatment is really just as easy as it sounds. The problem for most people, however, is the same exact problem I had for many years of my life. In order for this regimen to work, you have to put together every step at once and you have to do it continuously. Your acne will not disappear overnight, but if you stick with it, it will disappear altogether.

Summary

In closing this chapter, I hope that you have gained a better understanding of just what total acne treatment entails. There are really very few steps required to eliminate acne, but you will certainly need to follow them very carefully in order for them to work. Before moving on to the next chapter, I would like to provide you with a detailed version of the total acne treatment plan that worked best for me so that you may print it to use as a checklist until each step becomes part of your daily routine.

Bonus Material- The Total Acne Treatment Checklist

Spend a full day or more just examining all of the things that come into contact with your skin. Think about what you can do to prevent many of the things that are doing damage, exacerbating the condition, or simply not providing benefit.

Purchase a high quality 2.5% benzoyl peroxide gel or cream mixture (without fragrances or unnecessary ingredients), as well as a quality facial wash and some moisturizer that is noncomedogenic.

Take the time to go through all of your soaps, cosmetics, etc and throw away any that are not good for your skin and acne.

Sit down and design a diet plan that includes all of the vitamins and minerals that can help you fight acne. Pay special attention to orange fruits and vegetables that are rich in beta carotene. You don't have to plan every meal, but ensure that you are working a good amount of these foods into your daily diet.

Purchase some high quality multivitamins and supplements. Ensure that they are fresh and that they are from a company you trust. Pay special attention to chromium, zinc, and vitamins A, E, and B6.

Ensure that you take your vitamins and supplements every day. This is the best way to balance your body from the inside.

Keeping your diet roughly the same in terms of nutrients is also important. When your diet is balanced and does not fluctuate wildly, your hormones and oil production can regulate as well.

Wash your face every morning with a benzoyl peroxide wash, taking the time to ensure that you get it fully clean. Do not scrub or otherwise irritate the skin. Consider using a moisturizer after washing.

Use benzoyl peroxide cream or gel throughout the day, taking a few minutes to really allow it to be absorbed rather than trying to force it to do so. Moisturize after each application.

Once or twice each week, take the time to put on a honey mask. I chose to use the mask once every three days. In addition to providing numerous benefits, it also makes your skin feel great.

If you take the time to follow these steps, you will see remarkable benefit. The total acne treatment is an excellent way to improve not only the appearance of your skin, but its true health as well. Don't settle for expensive infomercial and shopping mall products that can do more harm than good. By following this regimen, you can clear up your acne the healthy and safe way.

Chapter 8

Do's and Don'ts for Acne and Acne Treatment

Virtually everything we do in life requires adhering to a specific set of rules, and deal with acne is no different. No matter how well you stick to any effective acne treatment, if you are not adhering to some of the most important rules regarding acne prevention and management, you will not be successful.

This chapter is designed to provide you with some of the most important do's and don'ts regarding acne. Here, you will learn a few common sense steps as well as some things that many people simply don't think of. With these tips in mind and a regimen that you will stick to at all costs, you can achieve acne free skin quickly and easily.

Do's

Do make effort to always keep your hair off of your face. Whether it is long hair or just your bangs, the oils in your hair (plus any products you put in it) will get onto your skin and will certainly contribute to acne.

Do wash your hair daily. If you are an avid exerciser, you will also want to wash your hair after every workout.

Do wash your pillow case every other day or so. The oils from both your hair and skin get onto your pillow case, as do dead skin cells. Many people overlook this step, and a dirty pillowcase (even if you can't see the cells and oils) can contribute significantly to acne breakouts.

Do ensure that you change your razor frequently. Shaving with the same razor each day can spread infection. Likewise, using dull blades can scratch or damage the skin. Consider the use of disposable razors until your acne has cleared up.

Do follow any advice given by your dermatologist. No matter how tested and proven this information is, your doctor knows you and your condition personally. If your doctor says you need an antibiotic or a specific treatment, it is always best to follow through.

Don'ts

Don't pick or squeeze blackheads or pimples. When you have a large blackhead or your pimple has developed a large head, the temptation to pop can be strong. Understand that this breaks the skin and creates an open invitation for both infection and scarring. This also ruptures the membrane and spreads sebum below the skin, creating more pimples.

Don't wear makeup if possible. Noncomedogenic products are designed to keep from directly causing acne, but the simple fact is that they are not good for the skin. There is a huge difference between being safe and being beneficial. The best rule of thumb for putting anything on your skin is to ask yourself if it is truly beneficial to your regimen.

Don't shave every day. A five o'clock shadow, unless prohibited by your employer, is nothing to worry about. Frequent shaving can worsen acne, especially if you nick the pimples or create microscopic tears in the skin. Try to shave only as necessary.

Don't add unnecessary products or ingredients to your regimen. The treatment outlined in this book, whether you choose to use my regimen or a mixture of the holistic and organic products mentioned can be ideal for treating and preventing acne. When you add in more products, it becomes hard to determine which one is exacerbating the condition. Stick to the basics until your skin is clear, and add in new products one at a time.

Don't skip steps or go for days without following the steps outlined in these pages. Remember that total acne treatment is about treating every cause and effect of the condition. The world won't end if you forget your vitamins one day, but your acne will certainly heal much more quickly if you can stick to the entire regimen regularly.

Don't rush the process. Using acne gel or cream ten times a day when you have never used benzoyl peroxide before is going to wreak havoc on your skin. Start off slowly, using it only a couple of times a day and slowly work your way to a more intensive regimen.

And.... The most important step of all.....

Don't give up!!!! No acne treatment is going to provide instant results. The absolute most important thing to remember with any of the regimens and steps in this guide is that you are going to have to really stick with them in order to see the results you are looking for. Your acne can be properly and permanently resolved, but you are going to have to put in the time, effort, and patience required for it to do so.

Chapter 9

When to Speak to a Doctor about Your Acne

As you know by now, the primary focus of this book has been to provide you with a total acne treatment regimen that you can do at home with over the counter products and foods. With that said, however, there are certainly times when you should speak with a dermatologist about your acne. Don't let this or any other book or information make you feel that you can avoid signs of infection or illness. Sometimes the expertise and help only a doctor can provide is necessary.

With that said, it is also important to know that even if you are using prescription acne treatments, the vitamins, supplements, tips, and advice given in these pages is vital. No matter how strong or effective a doctor prescribed medication can be, ensuring that you are doing what you can to prevent acne and make your skin healthier will provide you with numerous benefits. What follows is a checklist to help you know if you need to contact a doctor or dermatologist. Keep in mind that this list is not comprehensive, and that if you feel a visit might be necessary, it is worth it to speak to a professional.

You Should Call Your Doctor If.....

Three months of following this regimen without adding in unnecessary products or skipping steps does not provide the results you are looking for or makes no change in your acne.

If your nose and cheek area is abnormally red or appears to be flushed. This could be a sign of a condition known as rosacea.

If your acne is causing significant pain and/or scarring. There may be an underlying cause or a more aggressive treatment may be needed.

If your acne suddenly becomes worse or is accompanied by a sudden fever. This can be a sign of a serious infection within the skin and should always be evaluated and treated immediately.

If you are a woman with acne that is accompanied by the development of facial hair or irregular menstrual cycles. This can be the sign of a medical condition.

Summary

If any of these situations apply to you, take the time to contact your general physician or dermatologist. Another important note that must be included in this chapter is this- you know your body. While I have a deep understanding of acne and how to treat it, only you know what is normal or typical for your skin. If you develop symptoms that seem abnormal or if you are concerned about your acne, speak with a doctor. Precaution is always the best choice, and you should never let worrisome symptoms go untreated. Not only could you be ignoring a potentially serious condition, but worry can cause stress and elevated hormone levels, which would only serve to worsen your acne.

Conclusion

And there you have it- your guide to total acne treatment. It is my hope that this book has been able to provide you with a wealth of valuable information that will help you put an end to your acne once and for all. As promised early in the book, the total treatment is surprisingly easy, isn't it? The one thing I can promise you is this- it isn't too easy or too good to be true. If you are willing to follow the steps and tips outlined in this book, I can promise you that you will be able to resolve your acne problems.

Treating acne is certainly a task that requires dedication, but more importantly it requires a total body approach. Simply treating your skin or your diet is never going to be enough. You have to treat the condition both inside and out. Throughout these pages, you have been given all of the information you need to do just that.

Before closing this book, I want to thank you for taking the time to read these pages. I spent many years suffering from acne, and it is my greatest hope that my experiences can be used to help ensure that others never have to go through the frustrating and sometimes even painful process of trial and error that I had to endure. I wish you all the best success with the total acne treatment, and I can assure you that if you are willing to stick with it, success will indeed be yours.