

## 7 Ways To Avoid The Worst Acne Mistakes



# ***“7 Ways To Avoid The Worst Acne Mistakes!”***

By

John Ward

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Mistakes in treating and understanding Acne have been hindered with the myths that surround this common skin disease which affects babies, adults as well as 85% of teenagers.

Scientific knowledge about acne is gradually clearing up some of the misconceptions surrounding this condition, but there are many misunderstandings because of these myths.

Therefore with knowledge I hope you will have a better and clearer understanding and as a result a clearer path on how you can treat your acne.

I do hope that the enclosed information can be of some help. I have seen at first hand how devastating acne can actually be. My oldest son had it. It is not to be taken lightly.

You will now find below 7 acne myths.

**Myth #1** - Acne is caused by poor hygiene. This belief may have arisen because of the skin infections associated with acne. However, lack of cleanliness is not the reason for outbreaks of acne.

The mixture of sebum and dead cells which cause acne is situated beneath the surface of the skin where it is impossible to clean it away. However, gentle cleansing with soap and water once or twice a day will keep the skin as healthy as possible. Be careful not to scrub too hard, however, as this may make acne worse.

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**Myth #2** - Acne is caused by certain foods. There is a long-standing belief that eating chocolate will cause the face to break out in pimples. There is no scientific evidence for this -- studies have shown no statistically significant relationship between eating chocolate and acne.

The same holds true of other foods associated like potato chips and sugar. It is true, however, that eating too much of these foods is unhealthy, and you wish to keep as healthy as possible at all times and especially if afflicted with acne. Limiting chocolate and sugar consumption is always a good idea.

Even though chocolate and french fries do not cause acne, there are some foods which do seem to aggravate it. There seems to be a relationship between milk and acne, and foods high in iodine also seem to cause pimples. Iodine is found in seafood, so those with acne may be advised not to eat too much seafood.

**Myth #3** - Acne is related to sex. At various times we heard that masturbation or celibacy causes pimples. There is no evidence for this. There is a link between sexual activity and hormone production, however, but the relationship between sex and the production of sebum (the oily substance which combines with dead skin cells to cause acne) is unclear. Anger and stress also affect hormone levels.

**Myth #4** - Acne has to run its course. There are many treatments available for acne, so those who are suffering from the discomfort and embarrassment that acne causes can find relief by consulting with a dermatologist or using over-the-counter medicine.

**Myth #5** - Acne is only a teenage condition. It is true that most adolescents have acne, but it also affects some adults. Acne will usually clear up by time one enters their early 20s, but some people experience acne for the first time when they are in their 30s or 40s.

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**Myth #6** - Acne is prevented when you squeeze a pimple. The truth of the matter is that it will have the opposite effect. By the effect of squeezing the pimple, allows bacteria to enter and scarring could result in severe cases.

**Myth #7.** Acne can be cured by sunlight. - In some way sunlight can help to kill bacteria but in addition it can dry your skin as well. The overall effect is for your skin to produce more oil and along comes the acne.

For the best information on Acne treatments and products to make you look and feel better go now to the site below at:

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*John Ward*

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