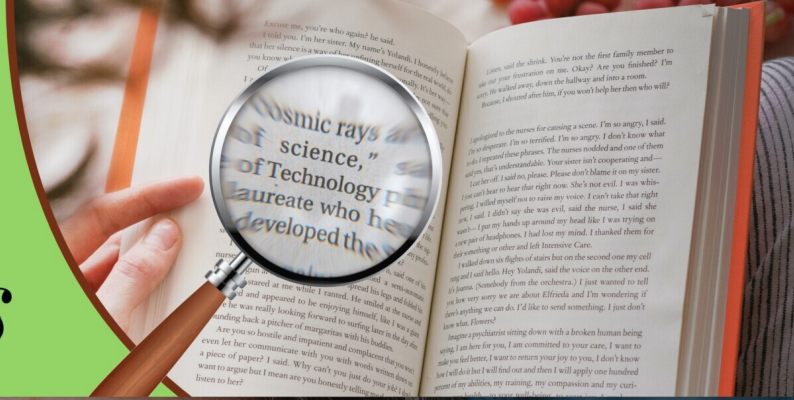


BaronE Health Reviews



**Real and fake tips
on how
to treat acne**

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Holistic Natural Health Experts

About us

Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

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Original article:

<https://www.everydayhealth.com/skin-beauty/acne/10-surprising-causes-acne-adults/>

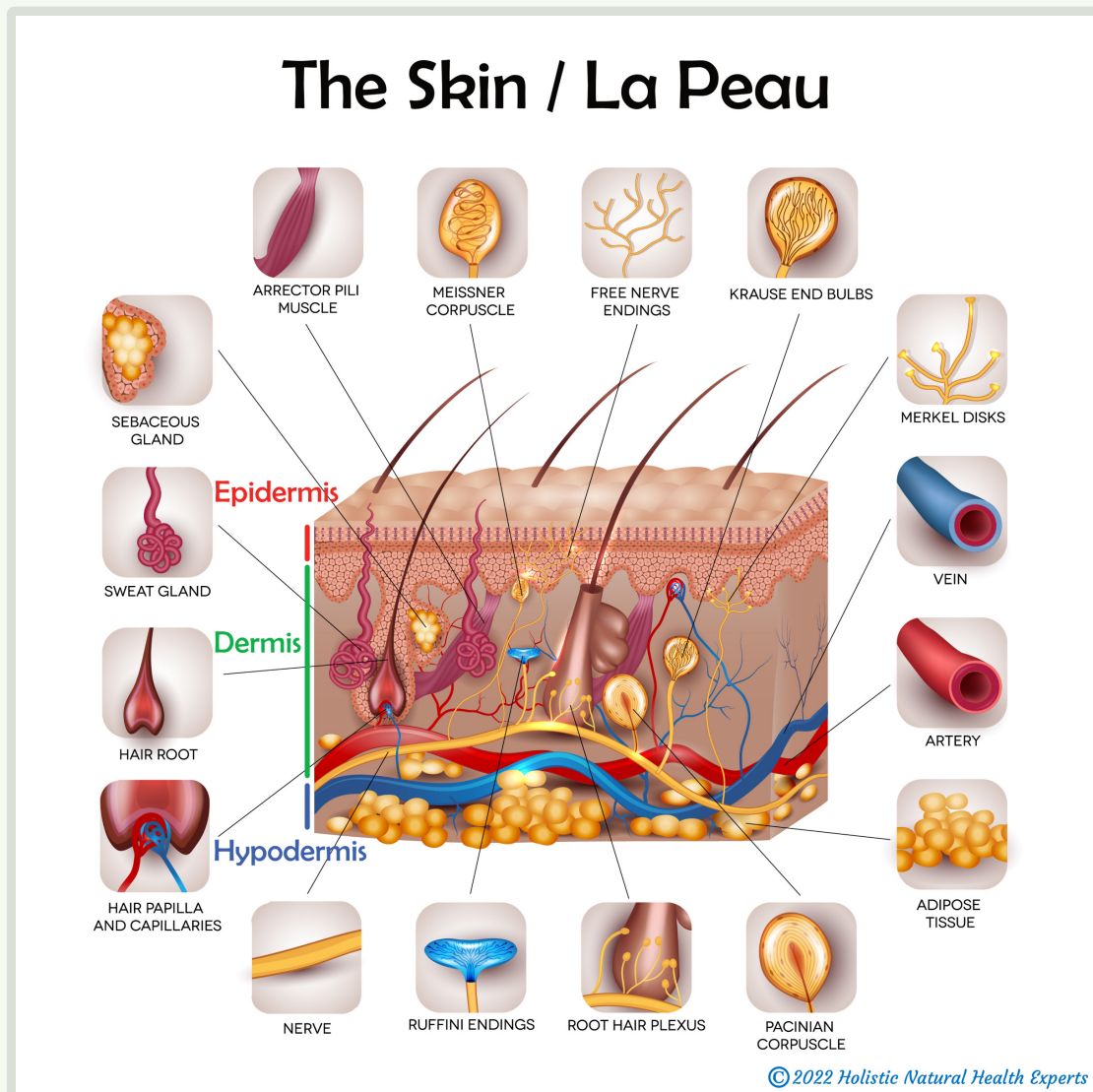
10 Surprising Causes of Adult Acne (and How to Get Rid of It)

Still battling annoying acne as an adult? Here are some causes you may not have expected — and the solutions dermatologists recommend for making acne go away.

Adult acne is not about "a few causes" that you might not have thought of.

If you want to understand acne, you must first understand how the skin is made and what its purpose is.

The skin is the largest organ in our body, covering about two square meters. Varying in depth from a few millimeters to several centimeters, it consists of three layers (epidermis, dermis, hypodermis).



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The superficial layer (epidermis) is not vascularized and its main purpose is to protect the skin by making it resistant to abrasion thanks to the keratin layer and by limiting its capacity for exchange with the outside environment, thus limiting the loss of important minerals and liquids.

The deeper layers (dermis and hypodermis) contain everything that makes up the skin: fatty tissue, connective tissue, hair, sweat and sebaceous glands, sensory receptors, nerves, immune cells, blood and lymphatic vessels.

The skin is a living organ responsible for the following important functions

- the protection of our body
- temperature regulation,
- perspiration,
- the elimination of certain acids,
- the synthesis of vitamin D,
- and much more.

The skin is an organ subject to hormonal and nervous regulation. It is nourished by the blood and depends on the quality of the blood.

The liver is the organ responsible for the quality of the blood. Depending on the nutrients provided by our diet, the liver can perform its functions to a greater or lesser extent. Therefore, the quality of our skin depends on the proper functioning of our liver.

Acne is always a sign of toxic accumulation in the liver. The skin becomes a main emunctory (means of eliminating waste) when the usual emunctories (liver, kidney, intestine) are overwhelmed. Internal causes are therefore the most frequent in cases of acne.

Now that you're older, you're long past the problems that caused teenage acne, right? Well, your random breakouts might suggest otherwise.

Puberty is a common cause of acne. About 8 in 10 preteens and teens experience it. But hormones aren't the only thing to blame for those pesky pimples. So if you thought you left breakouts and blemishes behind with that first crush, think again.

The truth is, up to 15 percent of adult women have acne, according to the American Academy of Dermatology (AAD).

"What's interesting is that you can get it [as an adult] even if you didn't have it as a teenager," says Francesca Fusco, MD, an assistant clinical professor of dermatology at Mount Sinai Medical Center in New York City.

Acne is not natural during adolescence or adulthood, unless our body has physiological dysfunctions.

The skin remains an organ throughout our lives and can develop pimples or other problems at any time. The advantage of skin is that problems (pimples, redness, rashes, etc.) are easily seen.

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Although the pimples look the same, grownup breakouts are different from the kind you had in high school.

"Adult acne is usually on the lower half of the face; teen acne is typically on the upper half," Dr. Fusco says. "Adult acne is also deeper and appears as cysts, or 'under the skin' pimples, which can't be drained."

Teen acne usually sits on the skin's surface, she says.

We should point out here that the manifestation of adult acne is not necessarily different from that of adolescent acne, although it is true that it is often different.

So what's causing those embarrassing zits today? One culprit: changing hormone levels. This includes premenstrual dips (aka period pimples), and fluctuations that occur during peri-menopause.

Cosmetics, your skin-care regimen, and lifestyle choices may also be to blame, as well as factors you've never considered.

Whether it's hairspray or traveling, learn about 10 surprising causes of your adult acne, and how to zap those zits away.

So let's take a look at the ten "surprising" causes of acne and the tips and tricks suggested to make those acne pimples disappear.

1. Hairstyling Products That Touch Your Skin Can Contribute to Acne

Breakouts caused by hair-care products are so common that there's a name for them: pomade acne.

*"Styling products seep oil onto the forehead, which can trap acne-causing bacteria in your pores," says Richard Fried, MD, PhD, the director of Yardley Dermatology Associates in Yardley, Pennsylvania, and the author of the book *Healing Adult Acne*.*

Clogged pores become inflamed, resulting in redness, pus, and ultimately blackheads and whiteheads along the hairline and forehead.

Your hairstyle matters too: Bangs make acne worse by bringing skin-clogging hair products right against your forehead.

"Many times, what you're using on your hair winds up on your face, especially if you use products with spray applicators," Dr. Fried says.

Zit zapper Apply products with your hands and keep them away from your hairline. After applying, wipe your skin with facial cleanser to remove any stray styling product.

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In this first point, we are told of an external cause: hairdressing products.

However, this generic term "hairdressing products" does not allow us to identify the real cause of the problem: the toxic substances that make up the majority of these products.

In fact, neither the ointments, nor the oils, nor the bangs themselves cause acne.

It is the dozens of chemical molecules contained in the majority of these hairstyling products that can generate acne, because they are toxic to the hair, scalp and skin.

Therefore, the advice should not be "apply the products with your hands", as these products will be toxic for your body anyway, but rather to use only natural and organic styling products, free of these harmful chemical molecules.

Today, an impressive range of products is available in large organic food stores that have a well-stocked skincare and cosmetic department.

Moreover, the use of natural products is not only to be taken into account to avoid skin problems and therefore acne, but also for your health in general, since some of these chemical molecules can penetrate your body and generate all sorts of disorders, including acting as endocrine disruptors.

Here are two natural and organic products that you can use as examples:

<https://www.ecco-verde.ch/fr-CH/logona/spray-hydratant-thermo-protecteur>

<https://www.ecco-verde.ch/fr-CH/logona/fluide-special-longueurs-pointes>

2. Facial Hair Removal Can Lead to Acne in an Unexpected Way

Here, you're trading one complexion problem — facial hair — for another: bumpy skin.

Topical products applied to your skin before or after hair removal can be comedogenic (meaning they clog pores and promote acne), says Fusco.

Keep in mind that itchy bumps after hair removal might not be true acne, but rather "an irritation of the hair follicle that causes a transient rash," she says.

Zit zapper Relieve the rash by applying a warm compress to your face three to four times a day. If this doesn't work, see your doctor. You may need an antibiotic to clear the rash.

To reduce bacteria on your skin, clean hairy areas before de-fuzzing and use noncomedogenic products that won't clog your pores.

To remove facial hair, there is no need to create skin irritations that will eventually become infected and require the use of an antibiotic.

Every skin is different and it is important to think about the most appropriate way to remove hair for everyone. This can be through a permanent method such as laser hair removal (which is not suitable for all skin types), cream-based hair removal, waxing or simply shaving.

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Cream-based hair removal can, on very sensitive skin, be irritating, but by choosing a cream carefully, this risk is greatly reduced.

Here is an example of an acceptable creams:

<https://www.green-shop.ch/fr/acorelle/24616-creme-depilatoire-visage-zones-sensibles-boswellia-serrata-75ml-acorelle-3700343030234.html>

If, however, even a suitable cream causes irritation, you need to change your method, and shaving, although more demanding because it must be repeated more often, carried out on prepared skin, leaves it intact and without any irritation.

Here is an example of preparation for shaving:

<https://www.green-shop.ch/fr/secrets-de-provence/25317-pain-de-rasage-femme-bio-beurre-de-karite-aloe-vera-90g-secrets-de-provence-3355312146142.html>

It goes without saying that the shaving equipment must be of the highest quality!

3. Using Too Many Skin-Care Products Can Aggravate Skin, Causing Acne

You might experiment with several new skin-care products a year. That's good for the cosmetics industry but bad for your skin.

Switching products or adding a new one before giving it a chance to work "challenges your skin with new preservatives and active ingredients, which can be irritating and cause breakouts," says Paul Jarrod Frank, MD, the founder and director of Fifth Avenue Dermatology Surgery and Laser Center in New York.

And here's a shocker: Even anti-acne products can cause blemishes if you use too many.

"I have patients who have acne because they switch between four or five different acne creams or use an astringent, facial wash, and spot cream, all with acne-fighting ingredients," Dr. Frank says. "This tears their skin apart."

Zit zapper Whether your goal is fighting wrinkles or zapping zits, pick one or two products and give them at least four to six weeks to work.

"It takes that long for skin to turn over, so you really have to give it that adjustment time," Frank explains.

Need another reason to stop dabbling with acne "cures"? You'll save money at the drugstore and free up space in your medicine cabinet.

Staying loyal to your skin care cream brand because it doesn't irritate your skin or cause pimples is absurd if these creams are not natural and organic.

Remember that you will be using these creams every day for months or even years. Some of their molecules will penetrate the skin, the blood and be diffused throughout your body.

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We can see here that the advice is compartmentalized only in an objective of appearance and not of health.

By exposing your skin to many chemicals, to "new preservatives and active ingredients" you increase your risk that it will eventually react.

It is important to understand that a reaction to a cream can have two causes.

Either the cream is natural and organic, in which case the reaction can only be an allergy to one of the ingredients, mainly essential oils. This type of reaction is rare, really rare.

The topical allergy to essential oils manifests itself by a red area, well delimited to the area where the cream is applied. It is acquired by applying synthetic molecules imitating certain natural aromatic molecules to the skin or by inhaling them. In this case, the application of the cream must be stopped and everything returns to normal. In the future, the person will choose natural and organic hypoallergenic creams (without essential oils).

Either the cream is a chemical cocktail and in this case, the immune system can be activated in a complex way against numerous molecules and generate other problems, notably on the internal metabolism of the organism. It should be noted that the molecules that make up chemical creams are, to varying degrees, toxic to the skin.

In this case, stopping the cream is not always enough to solve the problem, the aggressed skin can develop pimples, but also red patches, eczema or dryness.

Furthermore, we should remember that even if the person changes from one chemical cream to another (without any visible skin reaction), the chemical molecules continue to penetrate the body and can cause metabolic dysfunctions, some of which will be skin problems.

Let's take the example of Triclosan, a preservative that prevents the development of bacteria and fungi widely present in many products, including cosmetics.

Triclosan is an endocrine disruptor with repercussions on the functioning of the reproductive system and the endocrine glands, including the thyroid.

It can promote the resistance of bacteria to antibiotics, allergies or liver damage... and intestinal inflammation promoting cancer.

<https://www.science.org/doi/abs/10.1126/scitranslmed.aan4116>

<https://thetrustsociety.fr/blogs/la-vie-en-jaune/le-triclosan-quels-sont-les-risques-pour-la-sante>

Other problematic molecules, the family of parabens, preservatives recognized as endocrine disruptors, are widely present in chemical cosmetics.

Parabens can even cause hormone-dependent cancers and despite this, they continue to be used everywhere, because "officially", only their capacity to irritate the skin is admitted.

The health authorities are always minimalist when it comes to denouncing the problems linked to the pharma-cosmetic industry.

[%C3%A0%20E219](https://www.cancer-environnement.fr/fiches/expositions-environnementales/parabenes/#:~:text=Un%20parab%C3%A8ne%20est%20un%20conservateur,E214%20jusqu')

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And guess what molecules replace parabens in the majority of creams whose advertising claims "without parabens"? By phenoxyethanol, which, once absorbed by our skin is transformed into phenoxyacetic acid toxic for the nervous system, the liver and the blood.

Add to this the fact that it is also highly toxic for the environment.

<https://www.oolution.com/blogs/tout-savoir-ingredients-cosmetiques/phenoxyethanol-3-bonnes-raisons-de-le-fuir>

We have read the labels of hundreds of creams and the result is catastrophic: 99% of non-organic creams contain harmful ingredients.

Even non-organic hypoallergenic creams contain synthetic perfumes (because essential oils are excluded). However, synthetic perfumes are also problematic... especially because of the presence of phthalates.

Beware of so-called "natural" creams, this does not mean anything. A cream must be certified organic to ensure that it only contains ingredients that are allowed in organic cosmetics.

Sometimes, some natural ingredients cannot be certified organic for technical reasons. This is not a problem as long as they are clearly indicated on the label, so you can check for yourself or ask your therapist for advice.

Although phenoxyethanol is prohibited in organic creams, it is used in some so-called natural creams. Advertising and packaging can give you a false idea of the ingredients in a cream. Just because a cream contains a plant extract does not mean it does not contain a cocktail of chemical molecules.

4. Your Makeup Remover (or Lack Thereof) May Trigger Acne

Pore-clogging cosmetics can combine with your natural skin oil to cause breakouts called acne cosmetica.

The problem isn't only the products, but also how you remove the makeup, Frank warns.

"Either women clean their skin in a cursory manner, or because they're wearing mineral makeup they think they don't need to wash their face thoroughly," he adds.

After a long day, makeup, oil, and dirt build up. This is a triple threat that can easily clog your pores, trapping acne-causing bacteria and triggering breakouts.

Zip zapper Look for noncomedogenic products, and wash your face thoroughly — and gently — every night. Gently apply makeup, clean your makeup brushes every week, and don't share cosmetic products.

All makeup is a layer of products that are supposed to adhere to the skin in one way or another.

There is no point in swapping chemical make-up for another under the pretext that the new one does not cause pimples, because chemical make-up clogs pores and adheres much more than natural make-up. The minerals used are often in the form of nanoparticles (not allowed in organic products), therefore dangerous for health. Nanoparticles of zinc oxide or titanium dioxide, for example, can penetrate cells and cause serious dysfunctions.

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If makeup is natural, makeup remover must be too. Makeup removal is mandatory and must be done carefully every night. Natural and organic makeup, perfectly well tolerated by the skin, is easy to remove. Natural makeup removers are gentle and cleanse deeply without irritating.

5. Traveling Somewhere New Can Wreak Havoc on Your Skin, Contributing to Breakouts

Ever wonder why your skin looks like the surface of the moon after a vacation?

The change of environment — the sun, heat, and humidity — can trigger acne.

"Your skin's not used to those things, so it's being challenged and reacts by breaking out," Frank says.

Zit zapper You can't change the weather or humidity of where you visit, but avoiding too much sun exposure and using a sunscreen with zinc oxide or titanium dioxide might help reduce breakouts.

And because your skin is adapting to environmental changes, don't pile on epidermal stress with new products.

Huh... what can we say? No, it's not the sun, heat or humidity that challenges your skin.

If you eat healthy, climate change will not cause any special reaction, at best your skin and hair will be in a more favorable environment (sun, humidity, etc.)

If you are in a polluted environment and your diet is even worse than usual, your skin will be put to work as an emunctory (organ of elimination) and pimples will flourish.

6. Heavier Sunscreens May Promote Acne Breakouts

Sunscreen is a must-have if you have acne-prone skin, but which sunscreen is right for you?

"People with acne or acne-prone skin should look for oil-free, noncomedogenic sunscreens," says Yoram Harth, MD, a dermatologist and the medical director of MDacne in San Francisco. "Heavier" sunscreens, which aren't labeled as oil-free, can clog the skin pores and cause more acne, he says.

Acne Sunscreen

It's important to shield your skin from the sun, including if you have acne. Here's the best type of sunscreen for acne-prone skin, according to a board-certified dermatologist.

Sunscreens have two types of active ingredients. Chemical agents that absorb into the skin and protect against harmful ultraviolet rays, and physical agents (also called mineral sunscreens) that sit on the surface to create a sun shield.

Physical sunscreens are often recommended for sensitive skin because they deflect the sun's rays. But these sunscreens can be thicker, leaving a white cast on the skin and possibly clogging pores, whereas chemical sunscreens are invisible, very light, and leave the skin shine-free, explains Dr. Harth.

Zit zapper If you develop acne after using a physical sunscreen, you may need a product that isn't as thick. Switch to a sunscreen with chemical ingredients like avobenzone, oxybenzone, methoxycinnamate, or octocylene. And don't forget to wash your sunscreen off your skin after a day in the sun. Even the most sheer, lightweight sunscreens can clog pores if left on overnight.

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Here we get to the hot topic: sunscreens. The relationship between skin cancer and the sun is a very controversial topic and rightly so. We'll talk about it in our webinars and ebook.

What do you want to avoid by exposing yourself to the sun? A burn. To avoid this, your skin naturally produces melanin to protect you from ultraviolet rays.

Depending on the production of melanin and the nature of your skin, exposure to the sun should be gradual and clothing protection is absolutely essential.

To avoid the carcinogenic components and endocrine disruptors of chemical sunscreens, use only organic sunscreens, without nanoparticles, with a moderate filter unless you have very white skin.

How can this article advise: "Switch to a sunscreen with chemical ingredients like avobenzene, oxybenzone, methoxycinnamate, or octocylene."?

It's incredible since these ingredients are capable of causing allergies, irritations and acting as endocrine disruptors.

We see here, once again, that the health factor is carefully avoided. Many specialists or centers are quoted but finally, the reader will not learn anything useful to improve his health.

If you have very inflammatory acne, an organic sun cream can be recommended. For cases where pimples are discreet, the sun can, on the contrary, improve the quality of the skin and thus help the pimples to disappear. In this case, there is no need to protect yourself from the sun, as long as you respect a progressive exposure.

7. A Diet High in Processed Food and Refined Carbs May Lead to Acne

As teens, we believed that greasy grub and chocolate cake caused our pimples. And that might hold true for you now that you're an adult.

"The latest scientific evidence suggests that high-carbohydrate diets may predispose you to acne," Fusco says. Specifically, diets high in refined carbohydrates ("white" foods including white bread and white pasta, along with crackers, cake, and cookies) that are high on the glycemic index may increase the development and severity of breakouts, yet more research is needed. The glycemic index is a scale that gauges how much a certain food can affect blood sugar levels.

There may also be a link between acne and dairy, according to Harth.

"Dairy products have been shown in multiple studies to increase levels of insulin-like growth factor 1 (IGF-1), that can trigger or worsen acne breakouts," says Harth. "One of the most triggering forms of dairy is cow's milk, especially low-fat milk, which contains a large amount of progesterone-like hormones and has a higher sugar content" than full-fat milk.

Zit zapper Cut back on snacks, like chips and ice cream, and switch to whole grains, veggies, fruits, and high-protein foods.

We are getting to the heart of the matter and as we said at the beginning of our analysis, the main causes of acne are internal and related to our lifestyle, specifically, our diet.

Real and fake tips on how to treat acne

It's perfectly true that a diet high in processed foods and refined carbohydrates can lead to acne.

However, just because we cut down on snacks like chips and ice cream and add more whole grains, vegetables, fruits and protein-rich foods doesn't mean our diet is healthy.

As we have seen several times in this article, the advice given is not aimed at improving the health of our skin and our body. These tips are intended to reduce the annoying symptoms, those famous unsightly acne pimples that remind us every day that our body is not healthy.

Appearance may motivate some to follow these tips and make these minimalist changes which, although they allow for some improvement of the skin, leave the underlying problems intact.

In order to understand what real healthy eating is and how to adopt it on a daily basis wherever you live, we strongly advise you to read our book "Healthy Food Your Fundamental Right" which will give you a complete understanding of the subject as well as all the tools you need to switch to healthy eating today.

8. Stress Is Accompanied by Hormonal Changes That Increase Your Risk for Acne

Are you worrying about that deadline for a big project? Relationship troubles keeping you up at night? While stress alone can't spark breakouts, it can exacerbate them.

"Stress can worsen acne by leading to a release of inflammatory chemicals called neuropeptides and hormonal changes," Fried says.

Even "good" stress, like getting ready for a big event, might trigger breakouts. That's why a huge pimple pops up on your wedding day or before a big date.

Zit zapper Use acne products with ingredients like salicylic acid and benzoyl peroxide to clear up stress-induced breakouts. To prevent future flareups, find a way to calm your nerves, whether it's yoga, deep-breathing, or watching a chick flick.

Indeed, stress causes hormonal changes that can disrupt our metabolism and therefore the functioning of our skin.

But stress is not necessarily something we have to wait and suffer. With the help of a natural medicine expert, for example, we can naturally manage stressful situations to avoid the possible negative effects of stress on the skin, other organs or our body in general.

As for the local treatment of possible pimples, it can be done with the application of essential oils (even people with allergies can tolerate lavender aspic very well) or zinc oxide. The easiest way is to treat the pimples in the evening so that the application can work all night.

While salicylic acid can be used occasionally, benzoyl peroxide is far too harsh on the skin.

As for watching an entertaining movie... everyone will make their own interpretation.

Real and fake tips on how to treat acne

9. Cell Phones Can Transfer Acne-Causing Bacteria to Your Face

All that on-the-go chatting is great — keeping you in touch with friends, family, and the office. But for your complexion? Not so much.

"Throughout the day, you expose your cell phone to surfaces with bacteria on them, and when you talk on the phone, you put this bacteria close to your mouth," Fusco says.

Plus, if you're constantly on your cell phone (or regular phone, for that matter), rubbing it against your face can lead to "acne mechanica," which is pimples caused by friction. That bacteria transfer can also happen when you touch your face after texting on your cell phone.

Zit zapper Give your phone a rest every once in a while, and clean it with an alcohol wipe daily.

A study conducted by Initial Washroom Hygiene on women's purses found untold numbers of germs, leading some newspapers to say, "According to a recent study, women's purses may contain more bacteria than public toilet seats."

https://www.maxisciences.com/bacterie/les-sacs-a-main-contiendraient-plus-de-bacteries-que-les-toilettes-publiques_art29536.html

Joking aside, it is obvious that many people are still far from realizing what they touch with their hands throughout the day.

In a natural environment, hands touch the earth, plants, water, wood, different materials, other people's hands, animals, etc.

In an urban and artificial environment, hands touch hundreds of artificial surfaces (handles, handrails, elevator buttons, switches) which are themselves touched by hundreds or thousands of people. Everyday objects are dragged across the floor (even in the bathroom for purses) and then put on tables, chairs or knees.

Invariably, you end up touching your face with your hands. Logically, the risks of contaminating yourself with pathogenic germs are much higher than in nature.

This is why it is important to wash your hands regularly, especially in an urban and artificial environment. But you have to know how! Indeed, in most cases, we find that hand washing is either insufficient or excessive.

In addition, too many people use scouring products that attack the natural lipidic film of the skin and the flora (essential for a good immunity) naturally present on it.

Among them, let's note the absurd and dangerous use of hydroalcoholic gels, whose consumption has exploded in 2020. Some people have been led to wash their hands dozens of times per hour for months, creating skin lesions (irritation, allergy, burns, etc.)

Our advice is therefore to use only organic cleaning products for all surfaces with which your hands may come into contact and to use the good old organic "soap" to wash your hands.

Of course, also clean your everyday objects and your cell phone.

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10. Dry Skin, Like Oily Skin, Is Also a Possible Culprit for Breakouts of Acne

It's true that oily skin is the cause of bad breakouts, but so is the other extreme. "Dry skin can have microscopic cracks and fissures in which bacteria can multiply and cause acne," Fusco says. Plus, dry skin flakes can clog pores.

Zit zapper Gently exfoliate your skin a few times a week and hydrate with a noncomedogenic moisturizer intended for dry skin.

Again, if you do not attack your skin with creams and synthetic cosmetics, the problem of your skin quality is internal and depends on your metabolism.

Moisturizing comes from within, creams can help but in no way treat the cause.

As for all cosmetic products, totally organic peels also exist and we strongly recommend them.

However, dry skin needs to be nourished and organic cosmetics are full of extraordinary creams like this one for example:

<https://eauthermalejonzac.com/produit/creme-visage-protectrice-nutrition-intense-50ml/>

A Final Word on Identifying the Cause of Your Acne and Zapping Zits for Good

Even though it's possible to get acne well into your twenties, thirties, forties, and beyond, pesky pimples don't have to take over your face.

Take note of when pimples occur to help you identify a pattern. Recognizing the underlying causes of your adult acne is the first step to getting blemishes under control.

In conclusion, this article doesn't give you much insight into where your acne comes from, and more importantly, how to fix it.

As we explained to you, acne is first and foremost a symptom of a problem that often has an internal origin. The skin being an emunctory (means of eliminating waste), when skin manifestations appear, it is good to also pay attention to our body and its possible dysfunctions.

Not all solutions to make pimples disappear are good if we also want to preserve the health of our skin and our body.

That is why we believe it is wise to treat acne with the help of a therapist who is an expert in natural medicines for a safe and effective treatment.

In any case, many cases of acne can be prevented by using only natural and organic cosmetics and by adopting a healthy diet.

Join Our Experts

Learn optimal eating and holistic lifestyles to live your full potential!

Holistic Natural Health Experts are your guide to experiencing peak health. Learn with our experts how to create your most thriving and regenerative life.

Your health is the most important asset you have. Learn how to live in optimal health, and overcome challenges with personalized holistic solutions.

Whether you prefer to learn through one-on-one coaching, webinars, ebooks, or articles, our virtual clinic is available anytime, anywhere, offering you a comprehensive platform to support your growth.



You may benefit from our support in a range of situations including:

- Identifying optional medical procedures and evaluating the pros and cons of each
- Understanding medical test results and reports
- Find natural products to replace pharmaceuticals and chemical treatments when possible
- Ideas for staying healthy and protected while traveling and on vacation
- Strategies for improving your health at work
- Deepened understanding of how your life choices impact your health
- Clarifying health goals that are meaningful and achievable
- Developing a vision of your optimal health and thriving for longevity
- Any other personal requests or concerns on any health related issue



Holistic Natural Health
Experts

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