

Acnezine Tips For Day to Day Acne Care

Acnezine treatment for your acne should be accompanied by a healthy skin care routine.

Wash the affected area twice a day with mild soap. Use soap such as Dove, or one that contains benzoyl peroxide, such as Oxy-5. Wash as often necessary to keep the area clean. Do not scrub.

Shampoo the hair regularly.

Keep long hair off the face and shoulders and wash it daily.

Avoid shaving as much as possible; while shaving take care to avoid nicking the pimples.

Use a fresh shaving blade to minimize the chance of spreading the infection.

Avoid use of make-up or cosmetics in areas prone to acne. If you have to wear make-up, use only the hypoallergenic or fragrance free kind.

Don't pop, pick, scratch, or squeeze your pimples. This may cause infection and scarring.

You may use an over-the-counter treatment that contain substances such as benzoyl peroxide (gel or cream) or salicylic acid. Start with the lowest strength and apply once a day about half an hour after washing. Never use more than 5 percent strength without consulting a physician.

Food and Nutrition Recommendations for Acne: Some doctors believe that acne is not a food related problem. Some alternate practitioners use diet as a basis for their treatment of acne. They recommend that acne patients should eat foods high in beta-carotene, such as carrots, pumpkin, cantaloupe and other yellow-orange fruits and vegetables. They should also avoid fatty foods. Acnezine controls the oil secretion in your body to protect your skin from getting acne prone.

Vitamin Therapy for Acne: Nutritionists generally suggest Chromium supplements - Chromium helps boost the body's ability to break down glucose. Vitamin A - reduces sebum and keratin production. (Caution: taking mega doses of Vitamin A can cause headaches, fatigue, muscle and joint pain and other side effects. Consult a qualified practitioner before taking mega supplements). Vitamin E - an antioxidant (200 to 400 IU a day). Vitamin B-6 50 mg per day. This vitamin aids in the metabolism of hormones and supports the function of Acnezine as well.

Note: People should not try to medicate themselves or others with any of the methods referred to here without the guidance of a qualified practitioner who is thoroughly familiar with both the remedies and the individual's medical status. Acnezine is an antioxidant, natural product without any side effect that reduces acne.

About the Author

For more information visit: <http://www.acnezine.com>

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