

## Acnezine To Improve Relationship Between Hormone And Acne

For most people, acne begins at puberty. The body starts to produce hormones called androgens. Androgens cause the enlargement and over-stimulation of the sebaceous glands in people with acne. This leads to the over-production of sebum, and coupled with a sluggish exfoliation process leads to blocked pores and acne. Sensitivity to these androgens also causes acne during the menstrual cycle and sometimes in pregnancy or during the menopause. It's important to note that acne is not caused by excess in hormone levels, but an abnormal reaction to normal levels of these hormones. We are now seeing more people developing acne in adulthood; possible reasons for this are diet, lifestyle and more synthetic hormones in our environment (foods, water, plastics and medication). Acnezine has proved to be a relief to all those suffering from severe acne problems.

Along with Acnezine you can help regulate your hormones by:

- Avoiding stress — stress causes the over-production of hormones
- Using relaxation techniques, such as Yoga and deep breathing
- Avoiding caffeine — caffeine stimulates hormone production
- Exercising — exercise rebalances hormones and reduces stress
- Eating hormone-regulating foods such as alfalfa, linseed (flaxseed), oats, celery, parsley, rhubarb, fennel and evening Primrose oil
- Drinking still mineral water, preferably in glass bottles
- Avoiding foods stored in plastic packaging
- Eating organic produce where possible

Stress is often linked to acne, whether it's caused by school, college, work, relationships or money. Stress causes the production of hormones, such as cortisol, which can aggravate acne. Stress also causes the digestive system to slow down because the body takes blood away from the stomach and intestines to prepare your muscles for 'flight', our instinctive response to stress; this in itself is often linked to acne. Acnezine controls metabolism to a certain level and tries to strike balance in the cortisol hormone level.

While undergoing treatment with Acnezine it is better to avoid

- Dairy products (milk, cheese, cream, yogurt etc)
- Meat (beef, pork, chicken, lamb etc)
- Refined and cooked carbohydrates (white flour, bread, rice, crisps and chips, sugar etc)
- Cooked fats (fried food, hydrogenated and partially hydrogenated oils, roasted nuts) All the above foods are acid-forming in the body. If you really want to get rid of acne, you need to eat more alkaline-forming foods — fresh vegetables and fruit, nuts (but not peanuts as these contain aflatoxins) and seeds.

You can check the efficiency of your digestive system by eating sweet corn or sesame seeds and seeing how long they take to pass through. It is generally accepted that 24-36 hours is very good.

Acnezine fights all forms of acne and to know more about this product click on to [www.Acnezine.com](http://www.Acnezine.com)

## About the Author

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

Source: <http://www.serverforever.com>