

Acnezine Treatment for Acne in Pregnancy

Acne in pregnancy is very common, whether you have previously had acne or not. It is most common in the first three months while the levels of hormones are increasing. Progesterone is more androgenic (male hormone-like) than estrogen and causes the secretions of your skin glands to increase, which can lead to more acne. After the first trimester, progesterone is produced by the placenta and not the ovaries, so acne usually clears up after this time. Treatment with Acnezine at this stage of pregnancy is also beneficial for Acnezine is a natural scientific product without any side effects. Here are some tips from the Acnezine's expert team to combat acne during pregnancy:

Plan Before You Get PregnantIf you are planning to get pregnant, it is important to discuss your acne treatments with your doctor. Many of these can harm the unborn baby. These include tetracycline antibiotics, oral isotretinoin (Roaccutane, Accutane) and topical retinoids (tretinoin, isotretinoin and adapalene). Erythromycin is the only antibiotic regarded as being safe in pregnancy, but it may not be very effective as many skin bacteria are now resistant to it. However, it's probably better to avoid all medications if possible.

During PregnancyWhile pregnant, the skin can also dry out more than normal so drying treatments such as benzoyl peroxide cream or gel may be too harsh. It's better to use products that are natural in origin. Tea tree oil is safe to use on spots and blemishes. An every day facial wash, such as the essential facial wash is mild enough to be used on skin during pregnancy. If you have blackheads and oily skin, clay masks are fantastic for absorbing oils and blocked pores - try kaolin and bentonite clay. Remember to drink plenty of water and eat lots of fruit and vegetables - beneficial for your skin and the developing baby!

Treating Scars and Red MarksThe best treatment for scars and red marks left behind from acne is alternate use of Acnezine with rose mosquito oil.

The Value of AntioxidantsNutritionists are always telling us of the value of antioxidants — they mop up free radicals. This is basically what a detox diet does; it's full of antioxidant food to get rid of the toxins. If you put the right fuel in, you can expect dramatic results. A diet rich in antioxidant food will help reduce acne. Acnezine is also rich in antioxidant that controls oil secretion in your skin to reduce acne and make you feel fresh all the time. In order to place order for Acnezine visit the website: www.Acnezine.com

About the Author

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