



[How to Get Rid of Acne](#)

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This Is The Latest FREE BONUS Report:

“What You Need to Know About Acne & How to Get Rid of Acne” - (Value \$27)

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Introduction

People all over the world suffer from acne. Studies have shown that round 87% of people have experienced acne throughout the ages of 13 to 49. Acne is a condition that not only **causes physical discomfort** but is also known to be a reason for emotional problems like embarrassment, lack of self-confidence, hyper anxiety and discomfort in social gathering.

Acne can appear almost anywhere on your body and if it is not eliminated properly then it can leave **ugly acne scars forever.**

The Question Is: **Are You Curing Your Acne or Making it WORSE?**

>> [Click HERE to See How to Get Rid of Acne FAST](#) <<

What Causes Acne?



Many people go directly into acne treatment without taking the time to understand what causes their acne. Acne is actually a message from your body telling you **something is wrong** inside!

Whiteheads, blackheads and pimples are all caused by an over-production of oil inside the hair follicles located under the surface of our skin.

The skin follicles located on our skin are covered by an oily substance called sebum, that is released by our sebaceous glands.

When a lot of oil fills the skin pores, they can become clogged and keep oil from getting away. The clogged pores become an ideal reproduction ground for **bacteria**, which then combine with dead skin cells and further clog the pores. See more about acne - [Click This Link >>>](#) [Types of Acne](#)

But Why Do The Skin Pores Produce Too Much Oil In The First Place?

2 Factors Play a Significant Role in the Production of Oil:

- 1. Hormones**
- 2. Genetics**



1.) Changing Hormones can alter how much oil is released in to the pores, and the unpredictability of hormones could make finding the correct acne treatment really frustrating.

During teenage years, the body goes through physical changes and hormonal modifications which can stimulate oil producing sebaceous glands. Once the glands start to release oil, clear skin becomes a rare thing.

Ladies can suffer from acne outbreaks during menstruation, pregnancy as well as the menopause when their hormone levels are most likely to change.



2.) Another essential factor in the release of oil is **Genetic Predisposition**.

Unfortunately some of us are just much more prone to releasing huge amounts of oil. This may clarify why some adults continue to have breakouts, even after they are done maturing physically.

Fortunately, a genetic predisposition to acne doesn't stop people from discovering **The Best Acne Treatment Solution** <<< **Check This Out**



10 Acne Myths - Don't Believe Them!



People frequently ask yourself why they suffer from acne and other people do not. You can find many myths flying around about the causes of acne, ranging from make-up to masturbation.

Myth 1: Sex and Masturbation Cause Acne

Fact: This really is an age-old myth. This is a concept dating back to the 17th century which was put about to try and **scare young people** from having sex before marriage. There is no scientific proof to support it.

Myth 2: Adults Do Not Get Acne

Fact: Surveys have discovered that significant numbers of adults are still getting acne into their 30s, 40s and even 50s. Acne can substantially affect the way people really feel about themselves, which can **result in low self-esteem and also depression**.

Myth 3: You Can't Wear Makeup When You Have a Breakout

Fact: Some makeup **can definitely worsen acne**, especially thicker liquid foundations which can clog pores and stage-type pancake makeup. But lighter, looser powder foundations like mineral powder are not nearly as irritating to your skin.

Myth 4: Acne is Just a Cosmetic Problem

Fact: Acne can have long lasting consequences in how you feel about yourself and not treated or wrongly managed, **it can leave permanent scars**:



>> [Click Here to See How to Get Rid of Acne Scars](#) <<

Myth 5: Washing More Helps Get Rid Of Acne

Fact: Facial acne just isn't caused by dirt. The typical misbelief is that pores are blocked from the top down because of the dirt. In actual fact pores are blocked from the inside out.

Rather of **preventing acne**, washing your face too much may irritate the pores and cause them to become clogged along with **dry your skin**. Dry skin will trigger the sebaceous glands to go into overdrive and create a lot sebum oil that will block your pores. The very best thing to do is only wash twice per day.

Myth 6: Popping Pimples Makes Them Go Away Faster

Fact: Although popping a pimple can make it appear much less noticeable briefly, popping can cause the zit to remain around longer. Popping a pimple forces bacteria from the zit further in to your skin, making the area around

the acne a lot more painful and inflamed. In some cases, popping a pimple will result in a red or brown scar to form that could last months. [But scars in the form of dents and pits, can last Forever.](#)

Myth 7: The Sun Helps Clear Up Acne

Fact: It really is true that 10 - 20 minutes per day of sun could assist individuals with acne, especially back acne or acne on other parts of the body. Nevertheless, over exposure to the sun will result in skin damage. Similar to over washing your skin, the sun will also dry out your skin that will lead to an excess of sebum oil being produced and **blocking your pores**.

Myth 8: Don't Wear Sunscreen, It will Aggravate Your Acne

Fact: You just need to choose the proper sunscreen. Chemical sunscreens, dissipate UV light using a chemical reaction, which may result in heat bumps. If you are prone to acne, use a physical sunscreen labeled '*noncomedogenic*'.

Myth 9: You Just Have to Wait and Let Acne Go Away with Time

Fact: You can find many treatment options now available for acne, and you can [discover the right alternative to suit your needs](#) >> [Did You See This?](#)

Myth 10: There is No Cure For Acne

Fact: There are different kinds of treatments that can help to prevent, manage and even **cure your acne**. What this means is that in case you are prone to acne, you will need to keep up a treatment routine, which will assist to keep your skin clear, even when your acne is visibly decreased. This may include making use of products with '*Benzoyl Peroxide*' or '*Salicylic Acid*' because the active components, or in some severe cases taking oral prescription medications.

7 Fun, Weird and Interesting Facts About Acne

1. **In 1651** year the creator of 'Delights for Ladies' stated that a lawyer with **a red, pimpled face** was cured in 14 days by putting salt in his socks, simply because it cooled his body temperature.
2. 33 is the number of individuals who consumed an elixir of menthol and sulphur in 1907 to treat their acne. Final results were excellent, but a side effect was diarrhea.
3. In 1943 year an Oregon doctor stated that taking a big dose of vitamin A orally would **cure acne**. Today's treatment options involve retinoids, which are derivatives of vitamin A, used topically.
4. In 1970s decade medical doctors often prescribed a sunlamp as a remedy for acne.
5. 26% of teenagers in 2001 who believed tanning was among the very best approaches to cure acne.
(Over time, this in fact makes it worse.)
6. In 2010 year an American study discovered that a cream containing 'Lauric Acid', found in coconut oil and breast milk, **successfully treated acne**.
7. 8% of doctors in a 2012 study who **wrongly believed** that consuming chocolate causes acne.



... these funny and interesting stories continues and nowadays.

3 Basic Factors That May Worsen Your Acne

These Basic Factors Can Cause or Worsen an Existing Case of Acne:

Factor 1 - Hormones. Androgens are hormones that increase in girls and boys during puberty and trigger the sebaceous glands to make much more sebum. Hormonal modifications connected to pregnancy and also the use of oral contraceptives can also have an effect on sebum production.

Factor 2 - Particular Drugs. Medications containing androgens, corticosteroids or lithium are identified to result in acne.

Factor 3 - Diet Plan. Scientific studies indicate that specific dietary factors, which includes dairy products and carbohydrate rich foods, like bread, bagels and chips, which boost blood sugar, might cause acne.



7 Common Acne Mistakes - Avoid Them!

Mistake 1: Popping and Picking at Pimples -

Popping or squeezing pimples is never a treatment plan for acne. Not only can bacteria from the pimple go into other pores causing a lot more acne, but **it can result in awful scarring**.



Mistake 2: Tanning - Too much baking in the sun just isn't good for your skin. Many people make the mistake into believing an unprotected tan will eliminate their pimples.

This couldn't be further from the truth. Study has shown that this kind of habit **can cause pigmentation problems** in where acne areas on the skin stay darker than the rest of the face. Other scientific studies have revealed that tanning can really encourage much more pimples.

Mistake 3: Not Using Sunscreen - The last thing you feel like using on your oily, acne prone skin is a sunscreen. But staying away from sunscreen can damage your skin in the long run. Search for sunscreen which is labeled 'noncomedogenic' to prevent causing breakouts.

Mistake 4: Using Very Hot Water to Cleanse and Rinse - Hot water can harm delicate capillaries in the skin **causing a red, blotchy look** as well as stimulate oil glands into overdrive. Tepid water for a complete rinsing is usually best.

Mistake 5: Over Washing Your Face - Because acne is not a skin disease brought on by poor hygiene or dirty skin it is not essential to over cleanse.

Excessive cleansing with high cleaning agent products can stimulate your oil glands, causing a lot more blockage and pimples along with possibly **dryness and irritation**.



Mistake 6: Don't Rub Your Skin with the Towel to Dry - This irritates your skin and can result in much more pimples to appear. It can also spread the bacteria causing your acne, making new pimples in the process. You have to be gentle. Just pat your skin dry.

Mistake 7: Not Trying an Acne Treatment Long Enough or Forgetting to use Your Medications - Skin reacts slowly to treatment. Even when the acne came on fast, it still needs time to heal. That usually takes between 2 to 6 weeks.



Before



After

You have to give a product one month and keep using it if you discover any progress.

In order to **clear acne**, you have to be consistent with your treatments. This means using your medicines each day, as directed.

Try not to skip days, or miss doses of medicines. Treatments will be most successful once they are used regularly and as focused.



Do You Suffer from Any of the Following Emotional or Physical Symptoms?

- 1. Any Type Of Acne (In Any Level Of Severity) On Your Face, Back, Shoulders Or Chest**
2. Do You Suffer From Low Self Esteem, Depression, Worry And Anxiety Because Of Your Acne?
- 3. Do You Avoid Going Out Often Because Of Your Acne?**
4. Do You Spend A Lot Of Money On Drugs And Over The Counters That Do Not Seem To Work?
- 5. Do You Want To Cure Your Acne But Don't Know Which Treatment Is Right For You Due To Information Overload?**



>>> [Check This Out and Get Rid of Your Acne Forever](#) <<<

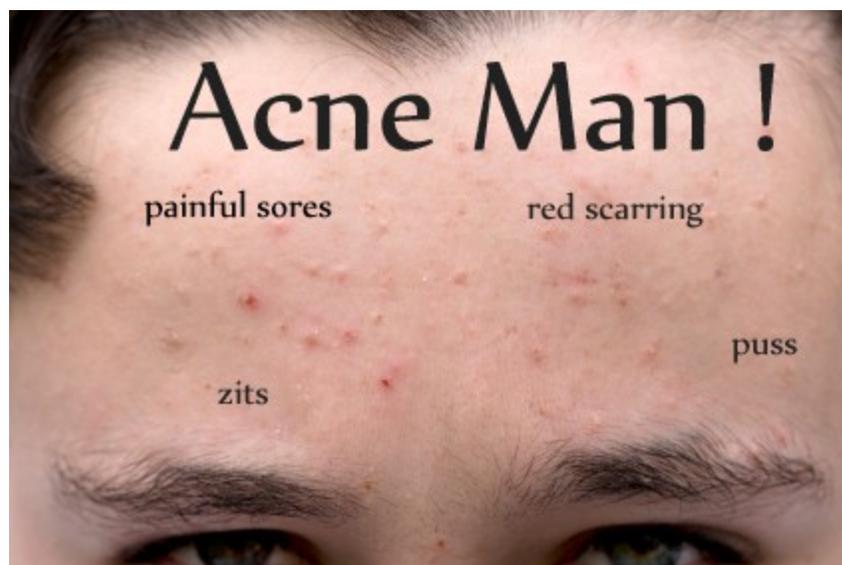
What Are The Best Acne Treatments?

The best acne treatment solution will differ from person to person, but there are several substances which have been proven to reduce the severity of pimples and **get rid of acne**. Benzoyl Peroxide and Salicylic Acid are 2 ingredients often present in effective acne treatment products.

Here's how you can banish your acne once and for all. **Benzoyl Peroxide** functions **by killing bacteria** hidden inside the skin follicle. Eliminating the bacteria can minimize irritation and promote clear skin.

Salicylic Acid is used to wash away layers of skin which have formed over the acne and trapped oil, dead skin cells, and bacteria beneath them.

These are 2 of the best acne treatment substances and when used often can successfully cure pimples, whiteheads, blackheads, cysts and inflammation.



Acne TREATMENTS

Unfortunately many acne sufferers do not realise that some popular remedies for acne can actually do much more damage to the body than good.

These treatments can in fact harm their bodies. So the end outcome is that they do not **get rid of acne**, and the matter is worsened with more health problems.

The acne methods most people are using Don't work! 95% of all people who treat acne end up Worse than when they started!

Life is Too Short to Try and Cure Acne on Your Own Through Trial and Error

Take Charge Over Your Acne Right Now and Follow a Proven System:

>> [Click HERE and See How to Cure Your Acne Permanently](#) <<



Conclusion

Most people have problems with some type of acne during their life. So, if you are dealing with this **stubborn and painful skin condition** just keep in mind, You Are Not Alone.

Any one who has acne desires to [know how to get rid of acne fast](#) and can you blame them? Who would not want smooth, pimple free skin? We all understand that our self confidence is built on how we look. The truth is, we all wish to look our very best and that is ultimately what makes us sure of ourselves.

Now that you have read about *what causes acne*, what are *the best acne treatments* and how to maintain a clear appearance, you are well-armed in your battle to fight acne! Just because you have acne does not mean that you should feel self-conscious about it.

Acne must not be something which would affect how you live your life. You should always have faith that it will be treated. Soon you will be able to **have clear skin** as well, even without the use of makeup or photo editing.

Guy Shane **Just Take Action and Get Rid of Your Acne for Good**

P.S. If you have any questions or concerns you'd like answered, feel free to [contact me](#) at any time.

P.P.S. I understand that you are probably frustrated and in pain as a result of your acne condition and the only real question in your mind is: **Are there any good programs which will help you?** Well, the answer is **YES**:

>>> [Tested and Proven Acne Treatment 1](#)

>>> [Tested and Proven Acne Treatment 2](#)