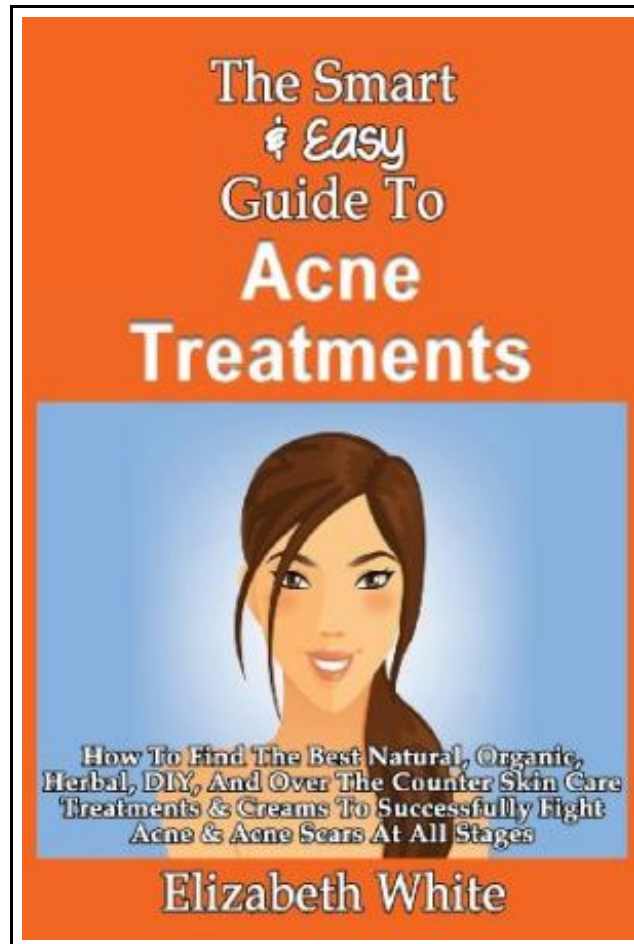


The Smart Easy Guide to Acne Treatments: How to Find the Best Natural, Organic, Herbal, DIY, and Over the Counter Skin Care Treatments Creams to Successfully Fight Acne Acne Scars at All Stages



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(Rebecca Bechtelar)


THE SMART EASY GUIDE TO ACNE TREATMENTS: HOW TO FIND THE BEST NATURAL, ORGANIC, HERBAL, DIY, AND OVER THE COUNTER SKIN CARE TREATMENTS CREAMS TO SUCCESSFULLY FIGHT ACNE ACNE SCARS AT ALL STAGES




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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Pimples are a common part of everyday life for teenagers and adults, men and women, alike. However, while for many, the occasional pimple is just a small irritation, for some, acne is a real problem. Acne refers to excessive pimples. Though it is often seen as a problem most associated with teenagers, acne effects a variety of different populations for different reasons. Acne can be unsightly and even painful, and a whole host of myths surround this common, but troublesome skin issue. The Smart Easy Guide to Acne Treatments provides a well rounded explanation of what acne is and what causes it. The guide also seeks to dispel many of the common myths surrounding this common skin condition. Finally, it provides a brief overview on the different types of treatment options available to those who suffer from acne. Acne is a skin condition that involves the blocking of pores which leads to the proliferation of bacteria within the pore. It is at this point that the skin begins to swell and a pimple forms. Due to many of the physical and biological changes associated with puberty, acne is most commonly seen in teenagers, but can effect adults and even young children and babies. While not all the causes of acne are completely understood, the guide notes the following as the most common causes of acne: Excessive amounts of sebum Changes in testosterone levels Poor diet and health The use of certain medications Hormonal fluctuations due to menstrual cycles and pregnancy Hereditary factors The guide also notes that there are many myths that surround acne. The following are commonly believed causes of acne, that are, in fact, actually myths...

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