

Why Don't Acne Cures Work?

Quite a bit of money can be spent searching for acne cures that work. There are so many products available, that it is hard to know which one's to try. You try one product, only to be disappointed, and then spend a lot of money on another system that claims it will cure your acne, only to be disappointed again. It seems to be a never ending cycle of looking for a cure, thinking you've found an acne cure, then being disappointed all over again.

The biggest problem is that people don't give the acne cures enough time to actually work, switching from one product to the next on a weekly basis. It can take up to three months for an acne treatment to cure your acne, and you may even notice that your acne appears to be getting worse before it starts to get better. Failure to follow the product directions is another common problem. Using too much of the acne medication can be just as much of a problem as not using it enough, causing your skin to become irritated.

The problem may not be the acne cures. Too often, people depend solely on the acne medication to cure acne, when in fact other lifestyle changes are needed. In many cases, medicinal acne treatments are not even required if you find that something else in your life is causing the acne. Most people don't think in terms of what is causing the acne in the first place, concentrating solely on curing the existing acne. But, in order to cure it for good, you must first determine what is causing it. Then, you will have your acne cure.

Science has shown us that acne is caused by excessive sebum production. With that proven, it is up to you, and possibly your health care provider, to determine exactly what is causing your body to produce excess sebum.

Other than the medication, you have to look at how you care for your skin. You must wash your face well at least twice each day, stop wearing makeup - which only serves to clog your pores even more, drink plenty of water, eat fresh fruits and vegetables, and exercise at least three times a week. Many people don't realize it, but exercise relieves stress and helps remove toxins from the body through sweat. Both stress and toxins contribute to acne, which is why exercising regularly can actually be an acne cure for you.

Furthermore, you must keep your hair and your hands off your face. Hair and hands contain oils that contribute to acne. Squeezing or popping acne pimples is another problem, because it spreads the bacteria, and often causes scarring as well.

You may have a food allergy that is causing your acne. If this is the case, a visit to an allergy specialist, determining what foods you are allergic to, and eliminating those foods from your diet will cure your acne in most cases. Many people don't realize that they have food allergies, although most of us actually do, and in many cases, the only symptom that there is an allergy is, in fact, an acne breakout!

Making simple lifestyle changes may be the best acne cure available to you, and you may be pleasantly surprised at the results - especially considering how small the changes are. You should also increase your intake of vitamins A and E, as both of the vitamins promote healthy skin. You can take supplements, or eat foods that are rich in one or both of these vitamins. This small change can also help to cure or prevent acne.

However, if making these small lifestyle changes, and using over the counter acne treatments does not provide an acne cure for you, it may be necessary for you to visit a dermatologist to determine what will work. There are many different treatments available that have proven to be effective acne cures. While most of the acne cures your dermatologist will recommend can be expensive, they are usually well worth the cost. Again, make sure that you give the treatment time to work, and follow the directions of your dermatologist for use of the medication.

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About the Author

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