

Preventing Acne With Treatment

They say the best treatment is prevention. So why is acne still a problem for most people? In the western world they do not believe that diet plays a major role in the cause of acne, when in some countries around the world people do not face an acne problem. Is it due to diet or genetics? This is still a debatable topic and has no real conclusions yet.

However some people believe that diet does play a large role in the cause and prevention of acne and there are people who believe the high sugar and fatty fast foods do not play a huge role in acne. So how come some people are affected by acne even if they don't eat fast foods. It is a matter only people with acne will have to worry about.

The one and only fact about acne is that dirt does not cause acne. It is caused by the oil in our body binding with dead skin cells and then blocking our pores on our skin. When this happens it creates a home for bacteria to grow and cause infections and inflammation.

To sum it up eating fatty foods may cause our bodies to produce more oil but then again your body could already be producing excessive amounts without the fatty foods. And hygiene does not prevent acne, so it means that your body must already have bacteria present on your skin. So how do we prevent acne?

Some say that Zinc gluconate and other antibiotics when administered orally can be an effective form of treatment, and the same goes for insulin, however there are no major studies on this topic and should be approached with caution.

There is a controversial book called the acne prescription that talks about avoiding dairy products and having a strict diet. In this book it was recommended few things that are not scientifically proven to be effective however it is still a theory. In 2005 a paper was published outlining the link between milk and acne.

On present day, there is research being done on a new form of therapy using lasers. What scientists have found is that laser can burn away the follicle sacs where the oil clogs the skin pores and the oil producing glands called the sebaceous glands. However this is still a new form of treatment and could damage the skin during the treatment. So you'll have to wait for this treatment to be a reality.

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

About the Author

If you are looking for acne prevention then <http://www.acnetreatmentcritic.com/> will help you (we review the top acne sites).