

Understanding Acne:
Causes, Cures & Myths

Disclaimer

While this guide is meant to provide you with the information you need to combat acne, it is highly recommend that you consult a physician before you begin any form of treatment for your acne.

If you have any side effects as a result of the following information, consult a physician immediately.

I am not a doctor, and this is provided for informational purposes only.

Table of Contents

Chapter 1 – What is Acne	4
Chapter 2 – Acne Myths	6
Chapter 3 – For the Parents of Teens with Acne	12
Chapter 4 – What Really Causes Acne?	14
Chapter 5 – Types of Acne	20
Chapter 6 – Severe Acne	31
Chapter 7 – Natural Acne Remedies	35
Chapter 8 – Over-the-Counter Acne Remedies	40
Chapter 9 – Turning to Prescriptions	43
Chapter 10 – Surgical Options	47
Chapter 11 – Acne Prevention	51

Chapter 1: What Is Acne?

What is acne? Certainly, most of us know what it is, simply because we have had to experience it at one time or another in our lives. But, in case a definition is needed, here is a short one. Acne is a dermatological term that includes clogged pores, pimples and lumps or cysts that occur on the face, neck, chest, back, shoulders, and upper arms. Acne occurs most commonly in teenagers, but is not limited to any age group, afflicting even adults in their forties. This disease has many varieties, and although none are life threatening, the more severe cases of acne can be disfiguring, leaving permanent scars on effected areas.

The physical changes in body tissue - or lesions - which acne causes are described in five ways: *comedos*, *papule*, *pustule*, *nodule* and *cyst*. Further, these terms denote range or severity with comedo (also known as blackheads and whiteheads) at one end and nodules or cysts at the other.

As stated above, acne is most common among teenagers, affecting teens between the ages 12 and 17. Usually, these

Understanding Acne

You have just read the first pages of this ebook.

The full product includes the complete PDF, the editable source file, cover graphics and a private label rights licence. Edit it, put your name on it and sell it as your own.

Get it for £1.64

<https://plrshop.shop/beauty/341-understanding-acne.html>