



An Acne Treatment In Today's Western World Fails Because...

Sonny Dhinjan, December 14, 2005

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Discover why your acne treatment is not providing permanent relief. Individuality, your previous and current diet, your fat intake, all the myths, internal toxicity, and mindset are all to blame. If want to get rid of your acne with grace and ease, do it naturally, and using a step-by-step process.

PR9.NET December 14, 2005 - It is possible that if you are reading this, you are sick and tired of your acne spots. Is it because your current acne treatment or the ones that you have used in the past are just not working? Or is it because you're trying too hard and can't figure out what to do anymore. Whatever it may be, you can get clear skin easily and in very little time.

Conventional acne treatments that are bought and prescribed time after time produce temporary results for some, but for many individuals, they do nothing. Absolutely nothing. I used several myself for up to 9 years of my life, and nothing worked. I gave up.

However, I was able to learn why I suffered with acne and why the acne treatment regimens that I had used didn't work through accidentally discovering a product that contained the ingredients eicosapentaenoic acid and docosahexaenoic acid. I was taking this for lower back pain and 4 months into the course, 80% of the cystic acne on my back had cleared up. Here are the concepts that I learnt about that matter when it comes to getting rid of acne with complete grace and ease:

1. Individuality: you are a unique individual with a unique genetic code that determines much about what you don't know about yourself. You will respond to a given acne treatment to a different degree to what I will. It may produce zero results for your skin, where as it will clear my acne completely. That's just the way it is.
2. Diet and acne: whether you believe it or not, your diet plays a major role. In fact, your diet has caused your acne, and if you consider your diet to be fine, there is some shocking stuff that you probably don't know. It relates to how and why hormones and acne have a deep correlation.
3. Fat intake and hormones: as an expansion on the previous note, hormonal imbalance arises from a disturbance in your fat intake. It's a fact. The current Western World is consuming massive amounts of fast junk food such as red meat (for example, in hamburgers). Red meat is rich in arachidonic acid that produces prostaglandin E2 (PGE2). PGE2 contributes to heart disease, high blood pressure, and other effects that are usually desired in what is known as the "fight or flight" response.

But that's not the point here. The point to get is that the prostaglandins PGE1, PGE2, and PGE3 control with many other processes inside human cells that bring about homeostasis. Homeostasis is a medical term that translates to "internal body equilibrium" through physiological processes. Now... physiological processes are controlled by hormones.

Ultimately however, your "mindset" is the biggest reason for your acne. You might know that acne treatment "x" isn't going to work for you, and "y" will work way better. A free screen-cam video info course reveals a more systematic explanation on the principles herein, in a step-by-simple-step fashion at our site.

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About Sonny Dhinjan

Sonny Dhinjan is focused on skin care. An ex-acne sufferer who is concerned solely on teaching people how to get rid of acne using a simple step-by-step system of natural acne treatments, that allow for it to happen with complete grace and ease.

Website: <http://www.guaranteedacnetreatment.com>