



LAURIE PIPPEN'S ALL NATURAL Acne Prevention & Treatment Recipe Book

Laurie Phippen

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Acne is a common skin condition that causes whiteheads, blackheads, cystitis, or seborrhea. Acne is most common in people during the pubescent years but it can happen to anyone, at any age. The most common cause of acne appears to be genetic, but some environmental factors and life choices can also aggravate acne. Acne can appear in different ways on different people. Common acne can appear as red, scaly skin known as seborrhea, as black or white-headed pustules, and as inflamed, red bumps that may produce scarring. There are many natural treatments & preventatives you can try to help reduce or even stop your acne outbreaks. Acne is very specific to each individual so you should start by considering your lifestyle and potential acne triggers. Each person may have one or more triggers that must be corrected before the acne outbreaks will stop. You may be able to combat the severity of acne outbreaks by making some simple lifestyle changes. Once you have located the potential triggers of outbreaks for your personal situation, you will have a better idea of how to treat and even prevent future outbreaks. Remember, each person will have a slightly different situation including triggers, skin type, environment, and genetic history. You should experiment to find the perfect combination of lifestyle change and treatments for you! Natural care is about more than just using nature to solve a problem. Natural care is about CUSTOMIZING nature to solve your personal problem!

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