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[An Acne Fighting Chocolate?](#)

Posted in [Acne News](#), [Natural Acne Treatments](#) by Clear Skin Consultant on the July 25th, 2009

Well, this may be one of the coolest inventions ever – if it truly works. For those of you who have heard the ever perpetuated myth that “chocolate causes acne”, this is going to look really ironic, which I think is the point the makers of the new chocolate candy that is supposed to help you fight and treat acne were going for. Of course, we do know that there is no truth to the thought that chocolate causes acne, but we do know that diets high in sugar can definitely aggravate acne, which is probably where the chocolate myth came from in the first place. After all, what better favorite sugary dessert of everyone’s to pin it on than chocolate?

Well, this news came out of Australia although it is an American company called Frutels that is making the chocolate for acne treatment, and apparently a company that is manufacturing chocolates is saying that after consuming some of their chocolate candies every day, you should notice a significant improvement in your acne. Sounds like quite the gimmick, right?

So I decided to read a bit more on this seemingly bogus, yet very intriguing (I have to admit, who wouldn’t want to improve their skin by eating chocolate, now come on!) topic, and found out a little more about this interesting new product offering and why it’s supposed to help [naturally treat and clear up acne](#). So far the product is only set to hit Australian shelves, I’m not sure why, but maybe this is their test market and then they will hit the US?

Frutels acne treating chocolate comes in a bright orange box, and says that it “supports clear skin from the inside out”. Interesting concept, and I must admit I’m an advocate of internally treating acne by means of natural remedies such as [Zenmed’s dermacleanse capsules](#) and other remedies that are taken internally that help balance the hormones and also calm the nervous system for maximum clear skin advantage, so I read more.

Apparently you should eat between two and five of the chocolates per day, and within a matter of a few weeks, your skin is supposed to be noticeably more free of acne. They achieve this they say, by packing their chocolate with additional antioxidants (this is the same principal that one of the more popular natural acne supplements here in the US, Acnezine, uses in their formula), and micronutrients that support healthy, unblemished skin.

The company claims that about 73% of the users of the product experienced significant improvement in their skin within 2 weeks of taking two of the chocolate bars per day, which is pretty impressive. The product costs about forty bucks for a month supply. The company is Frutels, you can look them up on Frutels.com for more information if you're interest in doing some more of your own research on this unique new product. If anyone has any experiences with Frutels chocolate acne treatment, PLEASE share them with us here, we'd love to hear about it, and share with all of our other readers.

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[Sunscreen and Moisturizer for Summer](#)

Posted in [Moisturizers](#) by Clear Skin Consultant on the July 22nd, 2009

If you have ever suffered from acne in your life, which there is a good chance of if you are reading this right now, then you know how imperative it is that you find the right kind of moisturizer with an SPF in it that makes a difference when it is summertime. In fact, you should really wear a moisturizer during the day with an SPF in it all year round, whether you live in a temperate climate where the sun shines year round or not. You see, you still get significant UV ray exposure in the winter as well. The sun still shines in the winter, and the rays can sometimes be just as damaging as they are in the summer.

You get UV exposure in your car, walking outside during the day, and simply being outdoors at all during the winter, even though you think you are safer because the days typically get shorter and there is much less sunlight. There's still enough to warrant covering your face from their harmful exposure, so it's good to just get in the habit of wearing a good moisturizer that also acts as a sunscreen all year round, then you don't even have to worry about it or think about applying one of each.

I know that the thought of sunscreen immediately turns you to thoughts of breaking out. Of smearing on some goopy, smelly, thick and unpleasant cream that turns your face white because of it's consistency, but sunscreens that are a 15 which are also doubling as a moisturizer aren't this way at all. I found a great one in the Aveeno products which doubles as a moisturizer and also happens to come in a larger 4 oz. size. It's

non irritating and I also feel that my face is protected with it, and it's not heavy.

It acts wonderfully under my makeup, just like any good moisturizer would, but I'm adding an extra layer of SPF 15 under my SPF 8 foundation, which gives me a better, more even coverage against the sun. If you have acne, find yourself the right product for you. Look in the facial care section of your drugstore, not the sunscreen section. More and more of the better day creams are adding SPF to them, so it's easier to find something that's both good for your skin, wears well with makeup, and protects you vehemently against the sun's UV rays.

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[Laser Resurfacing Side Effect : Acne?](#)

Posted in [Acne Scarring](#) by Clear Skin Consultant on the July 19th, 2009

Laser resurfacing has become a more popular procedure as the quest to look younger and have more perfect looking skin becomes more of the society standard. However, while laser resurfacing can produce some pretty astounding results as far as totally revamping how the skin looks in terms of texture, appearance, and collagen production, it also has some side effects that can range from bothersome to downright serious. The good news though is that most patients are easily treated for any side effects of the procedure, and the ones that have more serious side effects are few and far between.

You see, when you receive laser resurfacing or microdermabrasion, you are essentially damaging the skin's outermost layers, and that actually results in some sort of trauma for the skin, which can lead to other skin problems. But if you are under the care of a licensed aesthetician or a plastic surgeon or dermatologist, they should be able to easily rectify any side effects with treatments that work quickly to clear up the problem.

One problem that is common is actually acne, because the skin was so severely compromised, the oil glands become over productive, and this stimulate a response by the skin to overproduct oil to help calm

the skin down, sort of like after a sunburn, your skin has endured trauma, and the natural reaction to that is for the skin to produce more of it's own natural lubricant, sebum, or oil.

Another side effect of laser resurfacing with a carbon dioxide laser is something called milia, which is the appearance of lots of tiny white bumps all over the skin, another problem that can be easily treated through medications and creams by a dermatologist.

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[Article From “Acne for Dummies” Author](#)

Posted in [Acne News](#) by Clear Skin Consultant on the July 15th, 2009

For your reading enjoyment, thought I would share this article that was forwarded to me by the author of Acne for Dummies. Has some great information for those suffering from acne!

Helping Your Child Deal with Acne's “Invisible Scars”

By Herbert P. Goodheart, M.D.,
 Author of [Acne For Dummies](#)

Acne affects adolescents at a time when they're developing their personalities and evolving into adulthood. The psychological impact of severe or even mild acne can lead your child to feelings of diminished self-esteem and be a source of anxiety when it comes to dealing with the world. During this time, peer acceptance is very important to them and physical appearance and attractiveness is highly associated with status. Besides the physical scars that acne can produce, your teen may also be suffering emotionally.

Acne, particularly, severe facial acne, can bring out cruel taunts, teasing, and name calling from other children. Some teens lose interest in sports such as swimming or basketball because of the need to undress in locker rooms and expose their back and chests. Some kids become so preoccupied with how

their skin looks that they may not want to go to school, they may pull away from their friends, show dramatic changes in their thinking and behavior, become withdrawn, and may even become depressed.

Our society places a great emphasis on physical appearance; we're all constantly bombarded with advertisements that display models and movie stars, all of whom are depicted as paragons of beauty and flawless perfection. They often serve as the spokespeople for health and beauty aids that imply that you can look like them if you buy the products they're promoting. When you see media portrayals of all those people with perfect skin, just remember that almost all of those photos are touched-up and airbrushed. Some of the models even have — heaven forbid — acne, just like your kid does!

Teens with acne are often told, "It's no big deal, and anyway, you'll grow out of it; it's just a normal part of life." But to a teen with acne, it *is a big deal*; they often feel insecure and lack self confidence. The truth is that many kids don't "just grow out of it". The main thing to remember, acne, even very severe acne, *is treatable*. But you as a parent should be aware of the "invisible scars" that some teens carry on the inside; they can be really tough!

You Can Do Something About It

Here are a few simple, yet effective, ways to communicate your willingness to help:

Let your child know how much you care: Give your child adequate time to bring up the subjects of their acne and allow them to address or respond to your questions about the behavioral changes you've noticed.

Listen patiently: They may want to communicate their feelings but have difficulty doing so. Think back to your own teen years. You may not have always felt like it was easy to be open about your thoughts and feelings.

Don't be overly judgmental about your child's appearance: Approach the subject of acne in a gentle, caring manner and try to give a little space when it comes to some of the relatively harmless decisions they make about their clothing and grooming habits.

It's extremely important to keep the lines of communication open: Take the time to pay undivided attention to your kid's concerns. It's important to even if your child seems to want to withdraw.

Don't lecture on the subject: Try to avoid telling your child what to do. Instead, pay careful attention and you may discover more about the issues causing his or her problems.

Detecting Depression in Your Teenager

It's very normal for people with severe acne to feel down and despondent; even mild acne can give them the blues. However, if your child is feeling unhappy more often and doesn't seem to enjoy his/her usual activities anymore, you need to consider the possibility that your child may be suffering from depression.

Determining if a teenager is depressed can be a very tricky undertaking. Dramatic physical and mental changes seem to take place almost overnight and it sometimes seems hard to tell the "normal" from the "abnormal."

Depression has become a more commonly recognized diagnosis in adolescents than it had been in the past. Parents should look for signs of depression in adolescents and they should be dealt with in a serious manner and not just passed off as “[growing pains](#)” or the normal consequence of adolescence. If you observe some of the signs or behaviors listed below, they may be indicators of depression, although they’re not *always* diagnostic of teen depression, they may be a signs of other psychological, social, family, or school problems:

- Increased fatigue, low energy
- [Feelings of hopelessness](#), worthlessness, anxiety, and guilt
- Loss of enjoyment in things that previously gave pleasure
- Irritability, anger, or aggressiveness
- Sleep disturbances such as staying awake at night and sleeping during the day
- Social isolation, withdrawal from family and friends
- Loss of interest in food or compulsive overeating that results in rapid weight loss or gain
- Lots of new physical complaints such as headaches, stomach aches, low back pain, or excessive fatigue
- A sudden drop in grades
- Unusual rebellious behavior, or cutting school
- Use of alcohol or drugs
- Promiscuous sexual activity
- A preoccupation with death and dying
- [Suicidal thoughts](#)

If one or more of these descriptions rings a bell, talk to your child’s pediatrician or other health care provider. Strong suicidal thoughts are an emergency and call for immediate action. Don’t go it alone!

©2009 Herbert P. Goodheart, M.D., author of *Acne For Dummies***Author Bio**

Herbert P. Goodheart, M.D., of New York, NY, author of *Acne For Dummies* , is a practicing dermatologist who also teaches at the Mount Sinai College of Medicine. He is the author of a highly regarded dermatology textbook. For more information please visit <http://herbertgoodheart.com/>

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[I'm Loving Aveeno Calming Lotion with SPF](#)

Posted in [Moisturizers](#) by Clear Skin Consultant on the July 13th, 2009

I think I wrote about this product when I first purchased it about a month and a half ago, but if I didn't, I wanted to let you in on an SPF lotion that can be worn during the day, while improving the appearance of your skin and also helping to contribute to the calming of the skin, so it helps with any redness or irritation also, while providing excellent protection against the sun's damaging UV rays. It's got an SPF of 15, and it's not pore clogging at all, which is great if you have acne prone skin and need a good SPF lotion to wear for the daytime that's not heavy or clogging to the pores at all.

It's in a larger bottle too, so even though I bought it over a month ago, I still have over the half the product left, and I don't apply it sparingly either, so you can generously apply it and ensure that you are getting proper skin protection against the sun's rays, without worrying about wasting too much product and having to run out and buy more right away. It's got chamomil in it. It's actually made for people who's skin gets red easily, and also is good for those with [rosacea and acne rosacea](#). I love that you can wear it comfortably under makeup, and that it's not heavy at all.

It does add a bit of the dewy effect to my skin as well, so it adds a nice base for your foundation, and is sheer, so you feel like your natural skin comes through nicely. It's about sixteen bucks where I found it, so it seems like it's a little more pricey for a drugstore brand of daytime face cream, but when you consider the considerable value because of the SPF 15 protection, and the fact that it really does not clog [pores](#) or cause any issues for problem skin and protect you from the sun, it's quite a good deal, and much cheaper anyways than expensive noncomedogenic brands of SPF which are probably the same type of product, just with a more expensive label.

If you buy this Aveeno Calming lotion, you will have it for a while, trust me. It's a great deal, and if you apply it liberally, and also have SPF in your foundation, you can rest assured that your face has full protection from the sun's rays all day. Just make sure you reapply if you're going to be in the direct sun for an hour or more, that's important, and even though you think the sun may help "dry up" acne, in fact it irritates it more by stimulating your sebum to produce and further inflaming acne.

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[Alpha Lipoic Acid : Dual Use?](#)

Posted in [Vitamins for Acne](#) by Clear Skin Consultant on the July 9th, 2009

Alpha lipoic acid is a popular supplement for the skin, and for good reason. This powerful antioxidant not only has no reported side effects, but it also is removed from the body on a daily basis, meaning higher dosages can be taken without toxic effects, much like vitamin C is, so you get the benefit of a powerful antioxidant and you can also take it several times daily if needed without worrying about overdosing on it, supposedly. Keep in mind that any supplement should be researched before you use it, in case it has any interactions of known side effects, I found personally that this supplement did not have any interactions or negative effects for me though.

Why did I start taking alpha lipoic acid in the first place? Well, I started off dosing myself at 100 mg of this supplement per day, because I read about it in a book by Dr. Perricone, who has written several books on aging skin and keeping healthy skin, as well as helping to keep acne at bay. He also has several high end pharmaceutical grade skin care products that are very expensive in my opinion, but they are very high quality and they do work from what I've used thus far from his line, but I've only used the Vitamin C ester cream and the liquid, and I also used the DMAE product.

He advocates taking alpha lipoic acid orally every day. This supplement plays several roles in the body, but one of the most important ones is to help convert sugar into energy (glucose into energy). This is the reason I increased my dosage and now take it with every meal actually, I found that it is an excellent blood sugar regulator, and allows me to stave off my appetite, function normally without getting all light headed from low blood sugar, and helps me to avoid skyrocketing blood sugar after a high carb meal. Guess what, regulating your blood sugar is GREAT for your skin.

It helps stabilize your hormones, and reduce inflammation, it's all related, so you're not only regulating your blood sugar and converting it into energy more easily, you're also getting a great skin benefit, and I've already noticed a difference in my skin since increasing my dosage and controlling my blood sugar. It also may help with removing toxic free radicals from the body since it's an antioxidant, and may have some protective properties against degenerative diseases like stroke, heart disease, and cancers. Look into

it, it's a pretty cheap supplement and so far I've had a great experience with it.

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[PMDD and Your Skin, Your Health](#)

Posted in [Adult Acne](#) by Clear Skin Consultant on the July 6th, 2009

PMS is a fact of life for most women who are of the age where they menstruate. We almost all experience some way shape or form of the premenstrual symptoms such as moodiness, acne breakouts, exhaustion, cramping and irritability beyond belief at times, but there are some women who actually experience a form of PMS that is way worse and more difficult to endure and to treat, called PMDD. You may have heard of it before, and it's a fairly recent "discovery" that some women really do have it worse. PMDD stands for Premenstrual Disphoric Disorder.

What exactly is PMDD? Well, it consists of many of the same symptoms as PMS, only they are more severe and may even require medication to control. Symptoms of PMDD include anxiety, depression, irritability, difficulty concentrating and mental fuzziness, and there may even be a worsening of the skin since this is all hormonally related, and we all know that when your hormones are out of whack, your skin usually will follow suit in some way shape or form, whether it be acne, discoloration, flushing or what have you.

In PMDD though, the focus is on the mental aspects of the disorder, since it can actually paralyze one's whole life because of the severity of the symptoms. It can be alarming for some women, which only makes the symptoms worse because of increased anxiety and depression, and some women simply may think they have a worse case of PMS than they usually do, however if it is consistent and life altering, treatment must be sought out via possibly medications that can help the symptoms, and/or psychiatric evaluations.

I know for me as a woman, I usually experience my PMS symptoms about one to one and a half weeks

before my period. I usually have those symptoms, which included moodiness, irritability, sometimes mild blues, difficulty concentrating and formulating thoughts and words, and changes in my skin such as breakouts, as well as occasional night sweats during that time, but they do usually subside within a few days, if that. Sometimes they might only last one to two days, and the severity just depends on the month.

Some months I could have very mild to almost no symptoms of PMS, and some months it seems worse, and I also happen to notice that usually during the worse months I also happen to lose more blood in the cycle, so I'm thinking that the symptoms may be linked to a heavier cycle that month, even though I am on the birth control pill which helps with heavy periods and also helps with my skin during those periods, as well as the duration of the period itself, which now usually only lasts maybe 2 to 3 days of actual blood flow.

I wonder if maybe being on a low dose pill could help women with PMDD since it may help them to control some of the symptoms and regulate the hormones a little better after a few months of the pill being taken and the body adjusting to the hormone levels. It's a thought, I'm sure it could be discussed in depth with one's doctor.

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[Sun Poisoning or Acne?](#)

Posted in [Acne News](#), [Questions](#) by Clear Skin Consultant on the July 2nd, 2009

I recently got back from the south, meaning South Carolina for me since I live in Ohio. My boyfriend and I visited his brother and his wife and their 5 month old boy. We had a great time there, but it was really hot the whole time, considering we're almost in the middle of summer and down south that means hot, humid weather, starting in June usually and getting worse in July and August. I like the heat, it's just a little too humid for me down there. The constant heat and humidity also creates another problem for those of us that are religious about putting sunblock on and protecting our skin.

It makes it hard to know when to reapply because you are literally sweating the stuff off without even knowing it. Sure, you can put on a waterproof formula, but even those need to be reapplied and mechanically get washed off and eaten away by the salt your sweat produces. So that's how I ended up with bumps that were not acne but were actually sun poisoning, on my shoulders. When I first noticed them was just a few days ago, after we had already been exposed to the burning sun several days prior, so it took a little while for my skin to develop the bumps.

What is sun poisoning? Well, sun poisoning is basically a reaction that your body's immune system has to getting too much sun – which is basically almost like radiation poisoning if you think about it. It's not a good thing, and just one severe sunburn can trigger reactions that can lead to cancerous cell growth, so I was really disappointed that I wasn't adequately protected during my trip and got such bad sunburn on my shoulders. I wore a fifteen SPF that was waterproof that day I got it, but we were at an amusement park

that day and I didn't have access to my sunscreen for a few hours to reapply it so I think that's why my shoulders got burnt.

Also, the fact that we were up on high roller coasters much of the time, closer to the burning rays of the sun didn't help. At least my face never got burnt. I'm sure the fact that I was wearing large wrap around sunglasses helped shield part of my face, which is a good idea for all of you if you're going to be in the sun all day long, to protect your eyes and ultimately a large chunk of your facial skin as well. Sun burns on your face can actually trigger acne breakouts, so be very careful about protecting your face with a great, natural and noncomedogenic sun protectant cream or spray on your face, and reapply often for the best and most consistent protection.

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[Are Acne Treatments for Men Really Any Different?](#)

Posted in [Acne Skin Care](#) by Clear Skin Consultant on the June 28th, 2009

In answer to the question above, no, men's acne treatments really are not any different from those that women are using. They are all based on the same principle, because all acne is caused by the same thing – excess sebum building up and dirt collecting in the pores, causing inflammation and acne postules under the skin, blackheads, whiteheads and under the skin, painful hormonal acne.

Most acne treatments work on this concept, unless you are under a dermatologists's care and they are specifically treating you as a man or woman with acne with some sort of targeted hormonally related treatment, which I'm not really sure about, if it even exists. Salicylic acid and benzoyl peroxide are two of the most popular and widely used products topically that you can get over the counter, but there are other prescription medications that can be used as well that are great for both men and women who have acne.

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[How to Help Clear Beard Acne](#)

Posted in [Skin Care Tips](#) by Clear Skin Consultant on the June 24th, 2009

Men who have facial hair have another facet of complexity added to their fight against acne – they have actual hair as a blockade to treating and successfully defeating acne in those areas because the areas that

produce hair also happen to be factories for oil (sebum) production as well as collectors of debris and poolings of oil, which is the perfect breeding grounds for acne causing bacteria. Not to mention that fact that ingrown facial hair on men can cause acne, since they essentially are a clogged pore that runs wild and usually becomes a large whitehead that is very visible to the naked eye, if it weren't for the hair obscuring the view.

So, is there really any different way to deal with acne that happens to be amongst a lot of facial hair in men, or do you just have to sort of bit the bullet and hope for the best, applying creams and serums on the face in these areas, hoping the medication will reach the acne postules that it needs to? Well, it's a combination of both, but here are some pointers for dealing with acne in your beard guys!

You will need to make sure you are cleansing the entire bearded area of your face each time you wash, and make sure you are using some sort of acne clarifying face wash (I prefer it's actually a clear gel or soap), with salicylic acid, this will help dissolve the sebum that builds up in the pores where your beard grows, and therefore help to treat and prevent acne from growing there. Don't just glide right over the bearded area, but make sure you are lathering the entire area to get the cleanser right down in there, into the skin area and the pores.

A common mistake for guys with beards is that they just lather the beard hair and not the skin underneath. Make sure your finger tips are reaching the skin under the hair. Then, I recommend you get either a prescription topical medication or a strong salicylic acid based gel, nothing cheap, make sure it's high quality since this is extra hard to deal with acne caused by having facial hair, and apply it to your problem areas every night until the problem clears up.

You may notice especially more acne when you're trying to grow a beard for the first time, this is because the skin is getting used to the hair being there, and ingrown hairs are more likely to occur in this phase, whereas when you have it fully grown out, you should see less of a problem there.

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