

Acne- What Cures Acne And What Does Not Cure?

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Does rubbing alcohol help cure acne? Can sunshine improve acne? Does food have any effect on acne? Let us find out.

Rubbing Alcohol -

Acne treatment is directed towards keeping the gland open, reducing sebum production, and killing the multiplying bacteria. If one can take steps to treat all these three issues the acne will get cured. Rubbing alcohol will only kill any bacteria that are present on the skin. It will not help in keeping the gland open or reducing the sebum production. It is also doubtful about how much alcohol will reach inside the acne and kill the bacteria there. It is therefore not advised to try treating acne with rubbing alcohol.

Acne & Food Connection-

There may be a connection between eating a particular food and getting acne. But science has yet to come to a conclusion about it. That does not mean that your acne may not be occurring by a particular food. Science has not solved all the mysteries and many of grandma's recipes work for no scientific reason. It is for you to make a chart of food and acne. Whenever you get a flare up, try to find out if you had eaten any particular food. If this match continues, avoid that food.

Acne and Sunshine-

Every acne treatment tries to address one or more of the causes of acne formation. Sunlight does not address any of the causes. What it does is to either burn the skin or tan it. With tanned look, acne looks less apparent and we believe that it is going away. But that is not true. Rather sun damages the skin and may cause early wrinkles, aging and even cancer.

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