

Break Free from Acne Breakouts

The Facts for a Clear Complexion

Cathy Ulrich

A scourge of teenagers and adults alike, acne is one of the least understood of all skin conditions--and one of the most common. Usually associated with youth, acne can last well into the adult years and sometimes throughout life. It's tough to treat, especially if approached as a dirty skin problem. And if not cared for properly, acne can produce scarring on the face and body that is difficult, if not impossible, to clear.

Let's look at some of the myths surrounding acne and replace them with the facts.

MYTH: ANY SKIN CONDITION THAT CAUSES PIMPLES, BLACKHEADS, AND REDNESS IS A FORM OF ACNE.

pillowcases washed in harsh chemicals. It, too, can cause whiteheads, tiny pimples, and redness.

Gram negative folliculitis also looks like severe acne, producing pustules and deep cysts, but it's caused by a different kind of bacteria than common acne. This is a severe skin infection requiring medical treatment. It's usually the result of long-term tetracycline or topical antibiotic use, which sets up an environment for drug resistant bacteria. It can be treated with proper testing and administration of gram negative-specific antibiotics. It's important to see a dermatologist for appropriate testing and diagnosis before assuming that your skin condition is common acne.



Acne-free skin can be accomplished with the right products and treatments for your complexion.

FACT: THERE ARE OTHER CONDITIONS THAT LOOK LIKE ACNE BUT AREN'T.

Several other skin conditions look like acne. Rosacea is a hereditary skin condition that causes redness and can eventually develop tiny whiteheads and pimples if left untreated. Contact dermatitis can occur when the skin is exposed to harsh soaps or even sheets or

MYTH: IF I HAVE ACNE, IT MEANS MY SKIN IS DIRTY. I SHOULD USE A STRONGER CLEANSER.

FACT: HARSH CLEANSERS AND EXCESSIVE WASHING CAN MAKE ACNE WORSE.

It's true that excessive oil on the skin can clog pores, but harsh cleansers and soaps

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*The acquiring
of culture is the
development of
an avid hunger
for knowledge
and beauty.*

-Jesse Bennett

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will irritate the skin, making acne worse. Use a mild cleanser that doesn't dry your skin. Wash twice a day--before applying makeup in the morning and before bed. It's essential to cleanse your skin prior to going to sleep to remove makeup, dirt, and pollutants. Use a makeup that is water-based and noncomedogenic (non-clogging), and avoid cold creams or lotions that leave a greasy film. Your skin care professional is trained to evaluate your skin type and offer guidance about proper daily skin care and products. Consult your esthetician about the skin care and makeup that's right for you.

MYTH: EATING CHOCOLATE AND FRIED FOODS MAKES ME BREAK OUT.

FACT: A HEALTHY DIET GREATLY CONTRIBUTES TO HEALTHY SKIN, BUT EATING FOODS, SUCH AS CHOCOLATE, DOESN'T BY ITSELF CAUSE ACNE BREAKOUTS.

Research has never been able to prove that eating specific foods--even fried foods--causes acne. However, certain foods may aggravate it. On the other hand, eating a healthy diet contributes to better skin, especially foods rich in beta-carotene, such as spinach, apricots, peaches, sweet potatoes, and carrots. These provide the raw materials for the body to produce vitamin A, which is essential for cell growth and skin health. Citrus, tomatoes, and berries contain vitamin C, a powerful antioxidant that strengthens the immune system and helps the body fight bacteria that can cause acne. A healthy diet provides the building blocks for healthier skin, but eating chocolate or sweets occasionally won't cause acne flare-ups.

MYTH: SUNBATHING CLEARS ACNE.

FACT: WHILE LIMITED EXPOSURE TO UV RAYS FROM THE SUN MAY HELP CLEAR EXISTING PIMPLES, EXTENDED EXPOSURE CAN MAKE ACNE WORSE.

Extended sun exposure can damage skin, causing peeling and flaking, which translates into blocked pores--a primary cause of acne. In addition, sunbathing dries skin, which stimulates oil production. This excess oil combines with extra dead skin cells from sun damage, setting up the perfect environment for blocked pores and breakouts. Ask your esthetician about

oil-free sunscreen products for your specific skin type and use them daily. You'll not only help reduce acne, you'll prevent skin damage that causes wrinkles as well.

MYTH: I'LL GROW OUT OF IT.

FACT: HALF OF ALL ADULT WOMEN AND ONE-FOURTH OF ALL ADULT MEN HAVE SOME DEGREE OF ACNE SYMPTOMS.

While it's more common in teenagers, acne is prevalent in adults as well. Some people make it through their teenage years only to develop acne later in life. The hormone changes experienced during pregnancy can cause adult-onset acne, but other conditions--the use of certain medications, exposure to chemicals, and other hormonal changes experienced in adulthood--can also produce acne symptoms long after adolescence.

MYTH: I'M THE ONLY ONE WHO UNDERSTANDS MY COMPLICATED SKIN.

FACT: YOUR ESTHETICIAN CAN HELP.

Your esthetician may recommend you see a dermatologist to help correctly diagnose and treat your skin condition, and she can certainly help direct you in the best ways to help support a healthy complexion. By guiding you to the right skin care products and makeup and teaching you how to use them, your skin care professional can be an important part of your team. Monthly facials specifically designed to gently cleanse and exfoliate your skin will also aid in healing and prevention.

Acne requires special attention in your daily skin care regimen and lifestyle. Let your esthetician support you in this journey to health through regular treatments and sound education.



Ask your esthetician about proper face washing techniques--a key component in treating acne.

Nature's Nutritional Wonder

Cruciferous Vegetables

Cruciferous vegetables are powerful foods that can help prevent many forms of cancer, reduce existing cancer tumors, and aid in the prevention of heart disease. Broccoli, cabbage, cauliflower, arugula, kale, and Brussels sprouts all contain isothiocyanates--a group of chemicals that break down carcinogens in the body, helping to metabolize toxins. Studies show that people who eat two to three servings of cruciferous vegetables each week lower their risk of breast cancer, colon cancer, and lung cancer. A National Cancer Institute study found that eating three helpings of crucifers a week dropped prostate cancer risk by 50 percent. The powerful chemicals in these veggies also reduce homocysteine levels, a known precursor to heart disease.

Cruciferous vegetables are low in calories and high in fiber and the chromium found in these foods helps regulate blood sugar and insulin function, key factors in keeping diabetes at bay. Even with all the benefits that crucifers provide, many people refuse to

eat them because of their strong taste. But a little creativity can go a long way in making these wonderful foods palatable: try cream of broccoli soup, cauliflower au gratin, stuffed cabbage, or the recipe below--the possibilities are endless.

BRUSSELS SPROUTS FOR THE MEAT-AND-POTATOES EATER

1 pound fresh Brussels sprouts, washed, stems trimmed, and outer leaves removed
1 tablespoon extra virgin olive oil
2 tablespoons unsalted butter
3 tablespoons cider vinegar
1/4 cup grated Parmesan cheese
Salt and pepper, to taste

Thinly slice Brussels sprouts, either in a food processor fitted with a slicing blade, or by hand. Heat a heavy, nonstick skillet. Add olive oil and butter, swirling the pan so that the butter melts. Saute sliced Brussels sprouts for 5 minutes. Add cider vinegar and grated Parmesan, stirring briefly to incorporate. Add salt and freshly ground black pepper to taste. Serves four--who will all be healthier for it!



Cruciferous veggies help ward off disease.

Here Comes the Sun

Updated UV Index Shines Light on Rays

A crucial warning system has been recently updated for your skin's protection. In compliance with the World Health Organization, the Environmental Protection Agency and the National Weather Service revamped the UV Index, a system created to alert people about the level of harmful ultraviolet (UV) light rays from the sun. Overexposure to UV rays can cause wrinkles and premature aging, skin cancer, cataracts, and immune system suppression.

Many factors influence the strength of UV rays: UV light is stronger in the summer, at higher altitudes, and in areas closer to the equator. It's also stronger at midday, from 10 a.m. to 4 p.m., when the sun is directly overhead.

The new UV index ranges from 0-II with guidelines as follows:

0-2: LOW.

Minimal exposure for the average person, but watch for reflected UV from snow and water.

3-5: MODERATE.

Stay in the shade during midday. Cover-up outside.

6-7: HIGH.

Wear a hat, sunglasses, and a sunscreen with a minimum sun protection factor (SPF) of 15. Avoid midday sun.

8-10: VERY HIGH.

Take extra precautions, and avoid midday sun. Wear protective clothing.

11: EXTREME.

Take all precautions, seek shade, and avoid midday sun. If possible, stay indoors.

As part of its daily forecast, the National Weather Service publishes the UV index for each area of the country. Go to www.epa.gov/sunwise/uvindex.html and enter your zip code to find your UV index for the day. The Weather Channel, as well as most local TV stations, include the UV index in their weather forecast. It can also be found at www.weather.com.

For a detailed description of the UV index, or for more information on sun protection, visit www.epa.gov/sunwise.

*Everything has
beauty, but not
everyone sees it.*

-Confucius

Ideal Way to Treat Yourself or A Loved One

Nadiya Soto

For all those in your life that have loved you, taken care of you, shared happiness or heartache; a wife or husband, a family member, a Mom, a Dad, or a friend, they each deserve the "perfect gifts". So whether it is a special day set-aside just for them, an event, a birthday, an anniversary, a wedding, or any time year 'round, there is no better way to say "Thank You"...

To all those in your life going through the aging process, the secret to facial youth is to BEAUTIFY with healthy treatments to make facial skin firmer. There are so many less invasive, non-surgical procedures that will REJUVENATE the skin and provide results that bring happiness. It could be the gift of establishing repeat treatments to MAINTAIN a youthful appearance, or begin the process. So, whether it is for you or your loved ones, give the gifts that statistics show have become some of the "most popular" gifts year 'round.

Call to firm up for a fresh look of youthful beautiful skin.

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