

## Break Free from Acne Breakouts

### The Facts for a Clear Complexion

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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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*"We always thank God for all of you and pray for you constantly."*

-I Thess. 1:2

#### Office Hours and Contact

**Body, Mind, and Sole, LLC**  
[www.bodymindandsole.net](http://www.bodymindandsole.net)  
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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.**

# De-stressing the Commute

## Turning Road Rage into Road Sage

The average American commuter spends an hour a day driving to and from work. During this stressful, stop-and-go time, it's likely that blood pressure increases, adrenaline begins pumping, and muscles constrict and tighten. By the time you get home, you're wiped out and grumpy, and you have less to offer to those you come home to. If this sounds familiar, recognize that you have the power to reduce commuter stress. Here are a few tips to make your commuter time contribute to -- rather than detract from -- your life.

- Employ adjustable back cushions, pillows, wedges, and lumbar supports for a more comfortable commute. For more information, check out [www.relaxtheback.com](http://www.relaxtheback.com).

- To successfully sidestep the late-afternoon slump often caused by the stress hormone cortisol, keep some healthy snacks within arms reach. Celery, string cheese, water, and nuts -- especially almonds -- are good options for the drive home.

- Borrow books-on-tape/CD from the library. Consider purely entertaining novels to ease the intensity of your drive.

- Learn a foreign language. Libraries also loan out these types of tapes and CD, too.

- Use your commute as an opportunity for spiritual or emotional growth. When stressing about a traffic jam, remind yourself that it's completely out of your control. Remember, attitude is everything.

- Practice breathing. When stress occurs, breathing becomes shallow and constricted. Taking full, deep breaths gives the body more oxygen, helping to regulate physical and mental function. Exhaling fully releases tension and built up toxins.

For more ideas on achieving calm in a busy world, consider reading *Serenity to Go: Calming Techniques for Your Hectic Life* (New Harbinger Publications, 2001) by Mina Hamilton.



**Creativity goes a long way on your commute.**

# Coenzyme Q10

## The Wrinkle Cure

Air pollutants, toxins, cigarette smoke, cell metabolism, exposure to the sun, and other environmental factors initiate free radicals, which can cause dangerous reactions that destroy cells and damage DNA, proteins, and fats. Free radicals also interfere with collagen production and integrity, resulting in loss of elasticity and, ultimately, aging skin. Although this is a natural and unavoidable by-product of metabolism, an overabundance of free radical damage can cause premature aging and wrinkles. Fortunately, there's a nutritional way to fight the elements.

Coenzyme Q10, also called CoQ10 and ubiquinone, is a fat soluble, vitamin-like nutrient present in virtually all cells and considered the

spark plug of the body, helping to produce and regulate energy as well as fighting free radicals as an antioxidant.

CoQ10 levels are highest during the first 20 years of life and decline with time, so much so that at age 80, CoQ10 levels may be lower than at birth. Yet the body's demand for CoQ10 increases with age. Furthermore, statin (cholesterol-lowering) medications can further deplete the body of CoQ10.

The recommended daily CoQ10 dose is 30 mg, in combination with alpha lipoic acid and vitamins A, C, E, and selenium. Foods highest in CoQ10 include sardines, beef, peanuts, spinach, and albacore tuna. However, it would take a pound of sardines, two

pounds of beef, or two-and-a-half pounds of peanuts to provide 30 mg, and cooking foods at high temperatures degrades the enzyme. Consequently, CoQ10 supplementation is likely necessary to achieve therapeutic effects.

CoQ10 can also benefit topically, as it's a small molecule that can easily penetrate the skin. When CoQ10 is combined with vitamins C and E in creams or lotions, the synergistic effect can neutralize free radicals, thus reducing wrinkles.

Supplementing with CoQ10 is not only a good antiaging strategy for the skin, it can also enhance energy, cognition, heart health, stroke prevention, and immune support.

*"Accept  
yourself. You're  
great the way  
you are!"*

-Ginger Mickelson

Welcome to September! Here are a few tips for booking your appt. with us easily.

1. Book in advance! Plan ahead so you can get the benefit of massage when you want it.

2. Call the studio: 703-739-2111 when attempting to book with 48 hours notice or less.

3. Email ALL APPT requests with 3 days or more notice to: [bodymindandsole@pop.bizland.com](mailto:bodymindandsole@pop.bizland.com) which holds our calendar so we can most quickly get back to you.

**SEPTEMBER PRODUCT SALE:**

ALL shea butter, bath salt, soap and shower gel products are 20% off while supplies last. Expires 10/3/08

NEWS: Ginger is on vacation from 9/14-9/21. She will be back on Mon. 9/22. We have discontinued using video web site and online scheduler. Please refer to our regular web site: [www.bodymindandsole.net](http://www.bodymindandsole.net). Refresh this in your cache to get the latest version. Thank you for your patronage!

-Ginger, Paula, Sharon, and Carol

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