

Acne Skin Care: Natural, Organic Products for Healthier Skin

Did you know that you could be adding more toxins to your body through the products you use everyday? Did you know that this could affect the health and beauty of your skin and actually contribute to your acne problem?

The truth is natural & organic products lessen your exposure to harmful environmental chemicals and hazardous materials and for your skin, natural & organic products put valuable vitamins and minerals back into body. The fewer chemicals you are exposed to, the fewer extra toxins your body will have to process and work to eliminate. When choosing a natural or organic product, be sure to read the labels carefully though because many products in the market today claim to be all natural or organic and chemical or preservative free, but not so when you take a closer look at the label and its list of main ingredients. Used in a wide variety of both food and personal care products are parabens due to the fact that they inhibit microbial growth and are able to extend the shelf life of many products sold commercially today. However, parabens are also proven to be very toxic to the body and may even contribute to serious health problems and conditions, even acne. So when reviewing labels, be sure to keep an eye out for common paraben names such as alkyl parahydroxy benzoates: butyl, methyl, ethyl, propyl, isobutyl. Products that are organic, food or personal care products, should have a USDA "100% Certified Organic" or "Certified Organic" label to guarantee that all or at least some of the natural or herbal ingredients used were grown with out the use of chemicals, pesticides, insecticides or herbicides.

Whether it's the foods you intend to eat, or the products you use in your home or put on your skin, choosing a natural or organic product is always a healthier, better choice because a healthier life from the inside will reflect in not only greater health for your body but also the look, feel and condition of your skin as well on the outside.

Download the free Natural Concealing Makeup, 5 Step Guide to Flawless, Beautiful Skin now at <http://www.naturalconcealingmakeup.com/index.htm>.

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