



The WAR on Skin blemishes *can be won*

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It's the day before your matric-farewell. You have the perfect dress, matching shoes and handbag – this is going to be a night to remember! Your happiness is quickly short-lived as you look in the mirror only to discover the most awful looking zit on your nose!

Well, you're not alone. It has been estimated that 90% of teenagers have experienced some form of acne by the time they are 17-years old.

What are blemishes?

Skin blemishes can appear on any part of the body at any age. They are not just limited to pimples and acne during the teenage years. Although they may seem more prominent and more like a life-ending event during the adolescence, skin blemishes are also rampant in adults.

Blemishes, often characterized by skin discoloration or dark spots, sometimes known as hyperpigmentation, are a result of whiteheads, blackheads, or just plain old pimples that most of us acne sufferers are accustomed to.

Acne is caused by a combination of bacteria on the skin and clogged pores. Pores get clogged when the sebaceous glands produce more oil than usual and get in contact with bacteria. This infection ultimately leads to the formation of whiteheads or blackheads.

I know it can be extremely tempting to pick or squeeze a pimple, especially when you have a hot date or important meeting. Try wrapping an ice cube in a fine cloth and apply it to the pimple for about 2-3 minutes, this will slow down its growth and help you get through the meeting or date.

Social Impact

The first thing we notice about any human being is their face. Maintaining clean, healthy skin is absolutely essential for self-esteem, confidence and a good attitude about life. Having healthy skin doesn't mean you have to spend hundreds of rands on skin care products and make-up. It's about having a

healthy lifestyle and upholding disciplined cleansing habits that will make flawless skin possible.

Many acne sufferers tend to isolate themselves from society and purposely choose not to socialize with their friends. Why? This is because acne sufferers are plagued with feelings of depression, embarrassment and have a poor body image. This then leads to frustration, anger and severe depression. Depression caused by acne can lead to low self esteem, causing sufferers to purposely miss dates, social gatherings, classes, job interviews and even work.

HYDRATION AND EXERCISE:- Drinking the recommended eight glasses of water a day – along with regular exercise like walking, jogging, cycling or getting involved in sports – will make a tremendous impact on the way your skin looks and feels. Exercise will increase blood flow, making your dull skin glow like new.

REGULAR CLEANING ROUTINE: Cleanse, exfoliate, tone and moisturize – this daily routine should carry you on your way toward healthier skin in no time. Choose a gentle cleansing solution that works for your specific type of skin, whether it's dry, oily or normal.

Healthy skin requires a two-sided approach. It is not just a matter of cleansing and protecting your skin from the environment. Healthy skin also requires consistent cleansing from the inside. External skincare has its benefits, but good skin health can also depend on your digestive health and the proper elimination of waste from your system. Unless you are eating a healthy balanced diet and your system is consistently clearing waste from the body, your skin may appear pale and dull.



Many people suffer from skin eruptions and blemishes, dry patches, dull, thick and lifeless skin. One of the best ways to take care of your skin is to make sure that you eat a healthy diet that enhances food digestion and absorption and waste elimination.

By avoiding greasy, fatty foods that will make your face break out, your skin will be less oily and more resistant to blemishes. You don't have to give up these special treats completely, just eat them in moderation.

GOOD SKIN RELIES ON NOURISHMENT: Eat a balanced diet which includes plenty of fruits and vegetables. Eating at least one cup of green leafy vegetables a day can help to keep skin clear. Green leafy vegetables are known to provide condensed nutrition. They are rich in fibre, minerals, vitamins and enzymes which aid proper digestion and assimilation of food. They are also known to have purifying properties. Citrus fruits provide Vitamin C which is an antioxidant that is needed for building and repairing tissues. (Found in BarleyLife Xtra and LeafGreens)

Lack of vital minerals and vitamins such as beta-carotene and B complex vitamins, especially the antioxidant group, can severely affect your skin, and the best sources are from fresh raw fruit and vegetables, at least 5-11 portions daily. One of the best sources of very powerful antioxidants and B complex are dark green leafy vegetables.

One of the most active ingredients in BarleyLife is the very high level of chlorophyll

Chlorophyll has been studied for its potential in stimulating tissue growth and in stimulating red blood cells relating to oxygen supply, and in reducing absorption of dietary carcinogens.

Chlorophyll also removes carbon dioxide and carbon monoxide and has anti-inflammatory properties, antioxidant properties, and wound-healing properties.

All of these properties have a profound effect on the ability of the body to heal itself, and stay healthy.

Good skin relies on a good herbal colon cleanse programme

Healthy, vibrant skin might be affected by regular and efficient elimination. Constipation can create a perfect breeding environment for harmful bacteria. If you suffer from regular bouts of constipation or are not eating the right kinds of foods that help to purify the body, a good herbal cleanser can help you regulate your system for the elimination of waste. AIM Herbal Fiberblend® provides the fibre that is often lacking in our diets and it contains cleansing herbs. This unique combination provides the perfect way to maintain your digestive health, keep your digestive system clean, and experience other benefits that are indicative of whole body health.

Essential Fatty Acids for Healthy Skin

Essential fatty acids are responsible for healthy cell membranes, which act as the barrier to harmful substances and also provide the passageway for the entrance of nutrients, and for the exit of waste products.

The best-known essential fatty acids are Omega 3 and Omega 6, which must be in balance for good health (and good skin). Though we all seem to get enough Omega 6, many people lack Omega 3s. The best sources of essential fatty acids are raw nuts and seeds, cold pressed oils, olives, avocado, sweet corn on the cob and dark green leafy vegetables. AIMega contains a healthy ratio of beneficial omega-3, -6, and -9 essential fatty acids.

Now when it comes to skin, as much as you may have been led to believe that diet does not affect your skin, it actually plays the major role. Yes hormones do control your skin function, but everything you eat either has a positive or a negative effect on the hormones and this in turn WILL affect the skin.

The traditional approach to skin problems is to treat the symptom, not the cause. The cause is an unbalanced, unhappy hormonal system and this system is very sensitive and needs the right diet and lifestyle.

Eating a healthy diet, having regular exercise, enough rest and a good herbal colon cleanser can help your body reflect a healthy, radiant skin!

