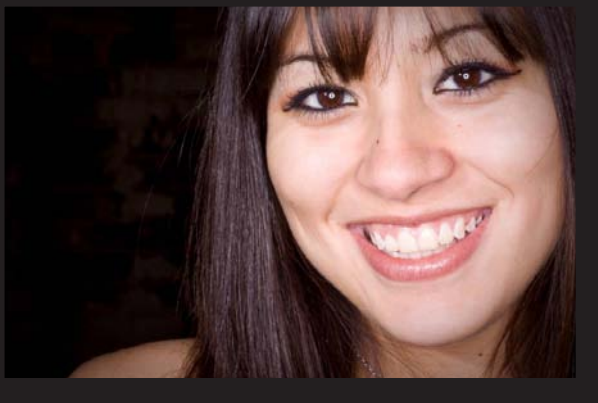


Beat Acne!

By: Savneet Singh

Acne incidences are on the rise. Acne is characterized by increased sebum production from sebaceous glands in the skin, occlusion or clogging of the follicle (pore), and within the ducts, an outgrowth of bacteria that normally reside on the skin. This process promotes inflammation and oxidative (free-radical) stress. The increase in the rate of acne is not just because of genetic changes but also due to changes in our lifestyle or environment. Diet and nutrition may be a major player in acne for most of the people despite the fact that diet and nutrition are rejected and refuted.



Surveys conducted by National Health and Nutrition Examination Surveys show that at least half of the US population does not meet even the minimal recommended intakes of recommendation dietary allowance(RDA) for important vitamins and minerals, including calcium, magnesium, zinc, vitamin A and vitamin B6. Low intake of zinc in particular is worrisome because research shows that it is helpful in the treatment of acne. Recent studies have shown that the low levels of zinc are also associated with fatigue, depression and poor mental performance. In spite of all these facts, our society tends to bypass the dietary solution of whole grains, nuts and seafood. We reach, instead, for a sugar laden commercial energy food and drinks.

Avoidance of a variety of fruits, vegetables and whole grains also translate into less protective dietary antioxidants. Plant foods are known to contain not only vitamins and minerals but also more than twenty five thousand micro-chemicals that give plants their color, taste and texture. These naturally occurring chemicals are called as phyto-chemicals and include colorful plant pigments that have potent antioxidant properties. Research on phyto-chemicals shows them to be protective against cardio-vascular disease and various cancers; however research also suggests great potential against acne as well. Depending upon the individual's genetic make-up, nutritional voids and dietary excess may influence whether or not an individual experiences acne, or the degree to which one experiences acne. There are many people who never experience acne no matter what they eat - chips, cookies, sweets, fatty food, chocolates etc. Acne is, undoubtedly, strongly influenced by genetics. But, we are now learning through research that genes may indeed be influenced by diet and lifestyle. Thus, one needs to look closely at what is being eaten.

There is a strong need to have an action plan if you want to have clear skin while eliminating acne lesions. You should make the changes that will ultimately become part of your habits and lifestyle. Studies within behavioral medicine show that if you keep up with the lifestyle changes for ninety days, you have a better chance to make it a habit. The preventive nature of the process can take months. Therefore, time and commitment to change lifestyle are essential for significant progress. Record keeping is the key to the success of the action plan. So you must keep a journal. Your action plan to have a clear skin includes:



Sleep

While there is not much research in this area showing that sleep has direct effect on progression of acne, there are reports that show that lack of proper sleep aggravates acne. Inadequate sleep disturbs the adrenal gland function and increases the level of cortisol which elevates acne. Moreover, sleep deprivation also changes how we eat - it promotes intake of excess calories, more fats, sugar and less healthy fruits and vegetables. Thus, one should have good sleeping habits.

- Set consistent bedtime and waking time to allow seven to eight hours of uninterrupted sleep.

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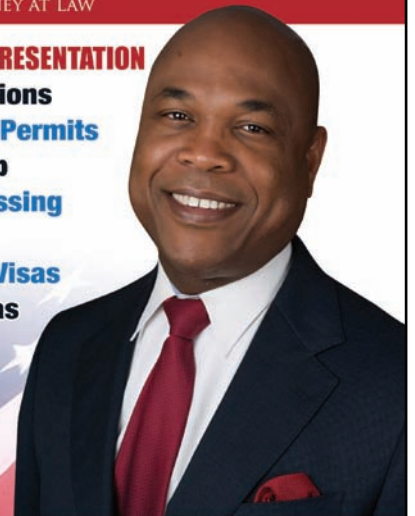
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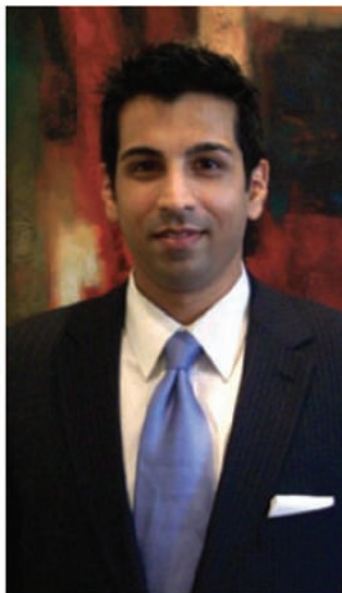
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As popular as short sales have become, many homeowners are unaware of the negative consequences that may occur during and after the short sale process. A short sale may impact your credit and result in tax liabilities. I will gladly meet with you to discuss the advantages and disadvantages of a short sale, as well as explore other alternatives.

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A loan modification may allow you to live in your home with a possible reduction of your monthly payment. Many lenders are willing to reduce interest rates or make other adjustments to make the payment affordable. Federal, state & local agencies have implemented programs to help home owners in default. I will personally meet with you to explain the loan modification process and help determine whether you qualify for these government programs.



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NISHAD ■ KHAN P.L.
Attorney & Advisor

Commercial Loan Workouts

With the economy changing, many business owners are finding it difficult to make their monthly mortgage payments. Lenders are realizing that working with the debtor will help them survive during these economic times. I will personally meet with you to discuss alternatives and possible workout programs provided by various lenders to business owners despite their size.

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- If you have worries, write them down and leave them for the next day.
- Avoid daytime naps, large meals, excess fluid, caffeine and alcohol in the evening.
- Keep the bedroom quiet, dark and comfortable.
- Maintain a regular schedule. Go to bed at the same time every night as far as possible.
- Practice relaxation techniques, meditation to help relax your mind.



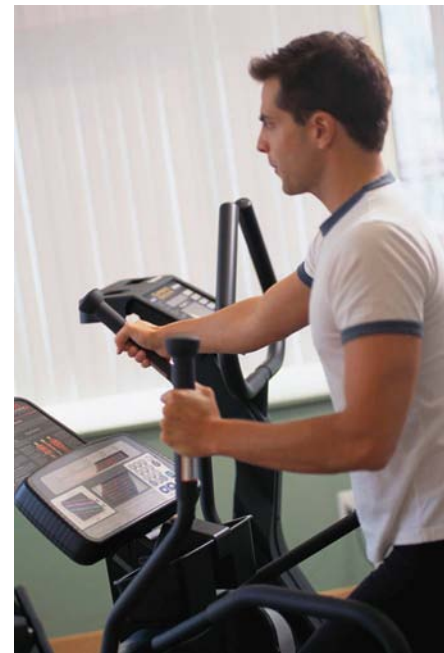
Relaxation response

The induction of relaxation response and techniques are also necessary for clear skin. The healing and stress-reducing relaxation response may be induced by many techniques. Some of them are - meditation, yoga, praying, tai chi, breathing exercises, therapeutic writing, art, music and dance. You may choose any of these to lower the stress. You have to be consistent in practicing these stress reducing techniques. The payoff is going to be huge because you have a portable stress reducer that is ready in virtually all situations. These techniques reduce stress related hormones such as epinephrine and acne related hormone cortisol. A few other techniques to reduce stress include assertiveness that is learning to say "no", time management, organization, realistic expectations, needs assessments, letting go of perfectionism and using humor to your advantage.

Exercise

If exercise were a pill, doctors will prescribe it to everyone. Proper exercise performed in a safe manner helps to, control insulin, reduce stress, lift depression, alleviate anxiety, reduce improper sleep and benefit overall body composition. Being a couch potato is associated with an increase in the level of IGI-1, which is an acne promoting hormone.

You don't need a formal gym setting. You may consider doing "exercise snack". This can be anything from pacing while talking on the phone, choosing the farthest parking spot rather than stressing over finding the closest parking spot, choosing stairs over elevators and escalators, spending time walking during coffee break. In addition to exercise snack participate in formal exercise plan which should be a part of your routine. Do an intentional session of physical activity for ten to forty minutes once or twice a week. Include aerobics and strength training for twenty minutes or so at least two times a week.



Diet

Your diet should exclude foods that promote acne process through inflammation, oxidative stress, hormonal imbalance and blood sugar spiking. On the other hand, intake of certain foods should be prioritized as these foods are able to suppress inflammation, support antioxidant defense system, regulate hormones, and balance blood sugar. Keep your blood sugar level balanced by eating nutrient dense meals and mini meals every two and half hour to three hours. This will help you control cravings, making it easier for you to nurture yourself. Avoid unhealthy processed, sugary, oily and fatty food. Make an effort to be mindful about your eating experience. Try to eat in what you perceive to be a relaxed and pleasurable setting.