

## The Best Advice On How To Prevent Pimples

You may heard enough clichés about how to prevent pimples just like I did in my long time battle against acne problems. After taking the right prevention measure, finally no longer do I need to worry about those small trouble makers.

Acne has been a miserable topic since I am high school student. I have taken the issue seriously, I even take notes on different ways to treat them properly. Now, I would like to share the most valuable advice in my fight against the acne. The most important thing you need to memorize in heart is two words: DRINK WATER. Everything I am going to share is nothing more important than this.

Drink water instead of other soft drinks. Yes, soft drinks do contain water, but the carbonation of the water will actually dehydrate your body, not to mention other ingredient like SUGAR! (I know this is hard , but please try to refrain yourself.)

You should also remember you need to Moisturize your face. Always hydrate your skin with water before you moisturize it. Many topical acne products contain ingredients that dry the skin, so always use a moisturizer that minimizes dryness and skin peeling.

When it comes to prevention, another thing you should take notice is your diet. Please avoid greasy food and junk food and add more fresh fruits and vegetables and whole grains to your diet. Quite a few studies have showed that eating foods high in vitamin A and beta-carotene may boost your immunity and skin health. Carrots, sweet potatoes, cantaloupe, apricots, kale, and spinach are among the list of high in beta-carotene plants.

Last but not the least, if you felt you have learned nothing from the article, please do take the most important advice: Drink Water. That's the silver bullet advice after I read numerous articles and tried numerous ways to prevent pimples.