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What Your Adult Acne Breakouts Actually Mean

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Today, an influx of adult women experience acne. Some even have it worse than when they were teenagers. Others never dealt with acne during adolescence and now, can't seem to find their way back to clear skin. Despite what camp you might fall in, one thing is certain: where you breakout on your face is a direct reflection of what's going on inside your body, says celebrity aesthetician Susan Ciminelli.

There are four main regions on your face that can be affected on internal activities. Here is the breakdown of your breakouts:

If you break out on your forehead:

This may be related to what is happening in your small intestine. To fix it, try not to rush through meals. Eat slowly so you can properly digest your food. To eat slower, try to use smaller utensils, like a smaller spoon or chopsticks. According to a University of Rhode Island at Kingston study, those who do so, consume 70 less calories per meal. Also try using your less dominate hand to hold your utensil, as it will take more effort to get each bite in.

If you break out between your eyes:

Your liver may need a rest from toxins consumed on a daily basis. Cut out prepackaged and non-organic foods, says Ciminelli. Drink a glass of water mixed with one tablespoon of organic apple cider vinegar or lemon juice every day, and load up on dark, leafy vegetables too.

If you break out on the sides of your nose (Just before the apples of your cheeks):

It may reflect what's going on in your stomach. The cleaner you eat, the better. Skip added sugars (white and brown sugars cause inflammation), avoid saturated and trans fats, and pump up lean proteins.

And finally, if it is your chin that is under attack:

This may be indicative of a problem in your endocrine system—a network of glands, each of which secretes a hormone directly into your bloodstream. To fix it, limit your meat intake and try to eat organic when possible.