

## What Are the Main Causes Of Acne

As we talk about the causes of acne, let me tell you that there is no one reason for acne to occur. There can be numerous reasons that why has the problem of acne. Lets discuss some of the most common and the most basic reasons in a little bit of detail. The first and the foremost reason of having acne is mainly heredity. At one point of the time or another, everyone is faced with this very common problem. A person may not have acne as swear as their parents however; that is only under some situations, but most likely due the heritage you are most likely to face the acne problem at some point in your life. The second most common reason for having acne is that there is a lot tension in your life. Now I don't mean to say that this stress and tension will directly cause acne, but the people who already have acne will tend to pick on it and this will stay for longer with them. As we are talking about the reasons of acne, one of the biggest and the most common reasons for having acne is the junk food that a lot of teenagers tend to eat. I have seen a lot of parents who want their kids to avoid all the junk food. However; being good in taste, a lot of teenagers will find it very hard to resist the temptation. For all those teenagers, let me tell you a fact that this junk food will not only cause you acne but in addition to this a lot of other diseases that you can not even imagine of. Last but not the least, is the make that women usually wear. Keep in mind that a lot of these make-ups are pore blocking, which is one of the other main reasons of acne.

## About the Author

Thomas writes articles on [effective acne removal](#). You deserve to be happy about your skin. The way it looks and the way it feels. Clear Remedy is clinically proven to reduce acne by more than 90%.

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