

The Skin Renewal Diaries: First entry



Siya Ngcobo (IAfrica.com) shares his new series ...

Growing up, whenever I was close to eating any type of confectionary my mother would say: "Those things will cause a breakout on your skin."

I believed that she was too attached to her food myths and urban ways, so I paid little mind to her outcry.

Almost a decade later, her advice had lingered to a point where every time I ate chocolate or sweets I dreadfully await the arrival of the unwanted pimple. Most times it would never come at the expected time.

As a result of this inconsistency, I have always been sceptical of most food, skin products and drinks. I've also been equally confused by their particular contribution to my skin's health, or lack thereof.

People who suffer from the odd pimple - even in their adult lives - have mounting pressure to find ways to take better care of their skin.

I am no different from these people and after years of suffering from horrible skin, I have finally gathered the courage to truly understand how skin behaves ...

Read more: <http://lifestyle.iafrica.com/wellness/your-health/1012026.html>