

Dear Joan

It sounds as if you have common acne or teenage pimples. It is a sign of maturity and most young people simply grow out of it. However, that does not help your immediate problem. Acne is difficult to cure outright, but it will definitely improve if you follow this advice:

- First, what you eat is important. Eat as much fruit and vegetables as possible and use whole food like brown bread and wholegrain ufu (roller meal). Avoid junk food – sweets and biscuits, oily food and fizzy drinks. Fruit or roasted or boiled maize are much better than buns and coke.
- Second, drink a lot of water. This cleanses your body.
- Third – and important – be gentle with your face. Don't cover it in lotions and creams. Don't squeeze your pimples. Wash your face gently with soap and warm water, and massage lightly. Rubbing your face gently with mealie-meal and water cleans skin and makes it smooth too.

Some teenagers may need medical help, such as an antibiotic from the clinic or doctor.

Try not to think about your pimples. Remember the good things about your body too. And don't stop going out. People notice pimples much less than we think they do. Good luck!

Auntie Stella

ACTION POINTS

- List the main things you eat. Divide them into good food and junk food. Work out when and why you eat junk food. How can you eat more good food?
- Draw a picture of yourself. Label all the good things about your body and the things it can do. For example: strong legs for football; big watchful eyes; good ears for listening to people's problems; lovely white teeth; helpful hands for my family. Put in at least five labels.

At the end, draw a great big smile on your face!

