

The No Hoax Pregnancy Stretch Mark Cream

Aside from eating healthy foods and drinking a lot of water everyday, using a pregnancy stretch mark cream to prevent stretch marks from developing is an effective preventive tool as well. Although there are many creams available in the market today, only a few really work.

Stretch Marks Revealed

Once stretch marks appear, it may already be too late because the marks on the surface are just indications of the scar tissues that have already formed deep within the layers of the skin. As we all know, it is very difficult to make scars disappear but when a woman gets pregnant, she will most likely develop stretch marks because her body and skin are forced to expand due to rapid weight gain.

Once the skin has reached its stretching limit, tiny tears appear on the dermis or the middle layer of the skin and this will result to the formation of stretch marks. Atrophy actually contributes to the development of these scars because this condition is characterized by thinning, roughness, decreased tissue size, diminished cellular production, and decreased function of the skin structure. Atrophy cannot be prevented with plain moisturizers and the scars will not disappear just by smoothing out the surface of the skin. What the skin needs is a product that can address the root cause of stretch marks and prevent them from occurring.

Body Cream

One pregnancy stretch mark cream that can do this is a body cream. Because it is an all-natural product, it will not irritate your skin. This cream works in two ways. First, the components are made to identify scar tissues from healthy tissues. Once detected, the enzymes degrade the proteins that make up the scar tissues and separate the amino acids component and use it to create new and functional skin elements.

The second important function of enzymes found in the cream dissolve damaged skin cells and this will help stimulate the development of new collagen and elastin. Collagen and elastin fibers actually strengthen the skin's connective tissues. Aside from being a complete and balanced solution, this product is made up of a natural biological compound that is used by snails to protect and repair its skin when damaged. This is also known to be present as a first line of defense against foreign organisms and infections in our bodies; therefore, it can serve as a complement to our immune system.

Stretch Mark Prevention Products

There is a powerful solution that uses one hundred percent natural ingredients available in the market. It is the top-rated stretch mark prevention product. The substances found in the cream include aloe vera, grapefruit seed extracts, squalene oil, and vitamins D3, A, and E.

The squalene oil component of the product is derived from olives and it works to protect your skin from harmful elements in the environment. Grapefruit seed extracts serve as natural antibiotics which can heal damaged skin. Other ingredients like Vitamin E is an antioxidant that stimulates the regeneration of the skin cells. Vitamins A and D3 complement the function of vitamin E in the process of renewing the epidermis or the topmost layer of the skin.

Aloe vera is another important element in this product because it can heal tears in the epidermis without causing scar tissues to form. When blended together, all of the components in this cream can help increase the elasticity of the skin which is why the best time to start using this product is during the early stages of pregnancy or even when you are just trying to conceive.

About the Author

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