

# 40 Ways to Get Rid of or Prevent Stretch Marks

There are several myths surrounding stretch marks. They can happen to men and women, young and old. Stretch marks can happen anywhere on the body. There are many reasons stretch marks can develop, from physical changes to dietary changes to environmental factors. And for as many reasons that stretch marks are caused, they can be reduced in severity by several methods too.

Stretch marks occur when the skin loses its elasticity and collagen. When the elasticity is gone, the skin cannot "snap" back into place. Usually when it is pulled apart like that, the collagen is damaged too, which results in the difference in appearance of the stretch mark skin.

There are many things a person can do to prevent the development of stretch marks on their body. Some ways are by healthy living, other ways are by getting regular check ups from the doctor.

One major cause of stretch marks are from a pregnant body. The skin can only stretch so far without damaging. Thus, when baby stretches too far, the stretch marks are forever imprinted...or so you thought.

## **When pregnant:**

### **1 - Cocoa Butter**

Cocoa Butter hydrates and replenishes dry skin. There are many different quantities and qualities of cocoa butter creams in the store. Pick one brand and try it. If you like it and it seems to work, stick with it. Follow the package directions or rub once a day all over your tummy where stretch marks may develop. This is especially important when you reach the middle and last trimesters of your pregnancy. Cocoa butter can be used on any skin that is dry or flaky to rejuvenate it.

### **2 - Vitamin E**

Vitamin E can be purchased by itself in a health food or supplements store. It is normally found in a gel or cream. It also hydrates the skin and gives it added elasticity. The added help to elasticity is what prevents future stretch marks from happening. Follow the directions on the package or use twice daily on your growing tummy.

### **3 - Control Weight Gain**

Weight gain is important during pregnancy. However, how you gain the weight is the most important. Slow and steady growth, of one to two pounds per week is safest for you and the baby in the middle trimester. The weight gain should slow during the end. When the weight gain is rapid, the skin doesn't have a chance to stretch naturally. Stretch marks occur from skin that is pulled too tight too quickly. If you can moderate your diet and exercise, it will go a long way to helping control any stretch mark outbreaks.