they can erupt anywhere, appearing more frequently on the legs of women, the neck and dorsum of the hands, the faces of children, and on the areas of the face that are shaved by young adult males.

especially "given how competitive and promotionally sensitive the (4.3b worldwide) ed market is."

while this will eventually give you the body you want, it can be a slow and tedious process, requiring you to painstakingly watch every calorie and work out diligently.