

ACNE

Acne is a common occurrence starting at puberty. Increased testosterone produced by both boys and girls causes sebaceous glands both to enlarge and to produce more sebum (Sebum is a type of oil). A blocked pore can get infected by bacteria producing a pimple. The bacterial infection is then often spread by probing teenage fingers.

The conventional medicine approach often uses antibiotics such as oxytetracycline. However the prolonged use of these can produce severe future side effects, digestive problems and immunity under function being the commonest.

The natural solution involves topical, environmental and dietary changes.

Spreading infection by picking (often with unclean hands) must be controlled. Washing with diluted tea tree oil can be very useful in keeping infection down. Never use tea tree oil neat. Get the dilution strength right, a solution of one part tea tree oil to twenty parts water or buy tea tree wipes. Some people develop a tea tree allergy/contact dermatitis and tea tree oil does not suit everyone.

- change pillowcases every two days washed in non bio washing powder without fabric conditioner
- avoid oily creams and cosmetics
- cut out all sugary foods
- lower dairy consumption/ or exclude completely
- cut out hydrogenated margarines
- keep oily fried foods to occasional treats

Supplements that may help:-

1. Oat bran
2. zinc
3. live probiotic organisms to get the gut more healthy
4. vitamin A

Pregnant women should not take vitamin A without professional advice.

In natural medicine we would seek to get the digestive tract as healthy as possible and as this improves we would expect to see most cases of acne improve. The key to a healthy skin is in fact a healthy digestion.

This advice is not meant to replace specific medical advice. It is intended to provide general information only.

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