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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Best Natural Acne Treatments

By Jason Rickard

The term best natural acne treatment is one of the constant search topics of a teenager, since acne is such a common teenage problem. Acne is basically a skin problem, caused because of the clogging of the sebaceous glands, which help to accumulate sebum in the closed pores. In conventional medicine, many treatments are suggested in the over the counter drugs and prescription drugs. The relevance of the natural medicines is its toxic free nature. Also, conventional medicine can only temporarily cure the disease, whereas, natural method can help for prevention of acne.

Natural living and using natural products is the essential pre requisite for the natural method of acne treatment. To avoid the difficulties of the disease such as irritation, pain and pus formation, herbal mask can be used. The leaves of the herbs are pasted into a poultice and applied on the affected parts. This will gradually reduce the eruptions and avoids the future scars on the face. The powders of turmeric and almond can also be used for herbal pack as the turmeric will be a remedy to prevent inflammation since it is a proven bactericidal. Honey face packs are also popular as acne reducers.

Proper habits are also important for naturally curing acne. The acne affected parts must not be touched with hands, since it will induce the bacterial infections. Washing the acne affected parts three times or more is also a necessity to avoid the spreading of the infection and oil nature of the skin. It is also to avoid the oily hair, getting in touch with acne since more oil will help to increase the intensity of the disease. The use of chemical moistures and other cosmetics is also not advisable since it may result in worsening of the condition, by any kind of reaction with inner fluids.

Diet is another most important factor that has to be taken care in natural care. The fresh vegetables with beta carotene, such as carrots and pumpkins, are essential to build up innate immunity. Vitamin A, B complex and E are essential for smooth functioning of skin. It is also recommended to include adequate amount of zinc and chromium in the diet. Many companies have marketed the diet supplements in the label of natural cure for acne treatment.

Exercise is also an essential part of natural curing as stress is also suspected as a major triggering cause for acne. Exercise will help to relax muscles and to burn out excess fat in the body. Mind relaxing techniques such as meditation or any relaxation technique has to be practiced to ease the

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mind while all the bad habits such as smoking and alcohol have to be essentially stopped. The use of packaged snacks also must be discouraged.

The best natural treatment must be comprehensive, and must have this holistic approach. A natural cure may not be as fast to relieve acne as conventional medicines even if it is recommended because it has no side effects on the body.

Jason Rickard is the owner of Your Favourite Shop –

<http://www.yourfavouriteshop.com>

– Offering

White Noise and Relaxation CDs – Visit Hapa Health –

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for more articles.

Best Natural Acne Treatments – Get Rid Of The Acne Naturally

By Ofer Tirosch

Even though natural acne treatments take time to cure, it is found to have a long lasting effect.

Natural cures are the best treatment for acne mainly because they are devoid of any side effects. Acne is an inflammatory disease involving the sebaceous glands of the skin. The oil produced by the gland gets clogged and this in turn results in papules, pustules and comedones.

The treatment for acne can start in your home. Changing the diet to include large amount of vegetables and fruits is a proven acne treatment. Skin reflects what is happening inside the body. Avoiding junk and processed food to a large extent can be very useful in the treatment of acne. If followed strictly, change in dietary habits can be the best treatment for acne.

Vitamin A, Vitamin E and Pantothenic Acid are essential for a healthy skin. These vitamins prevent acne and the development of scars. One of the best treatments for acne includes eating food and vitamin supplements rich in these vitamins.

Applying a paste of sandalwood and fresh basil leaves on the face is a proven natural treatment for acne. The clogging of the skin oil which leads to acne is caused by particular bacteria. Applying witch hazel after washing of the face and shower can eliminate the harmful bacteria. Another best treatment for acne is applying a paste of crushed strawberry leaves.

The best natural acne treatments mainly improve the immune system of the body so that it can build up natural defense mechanisms against the harmful bacteria. Cleaning your skin by natural methods can

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prevent acne to a large extent. While cleaning your skin make sure that you don't use any chemicals. Hydrated skin is a major cause of acne. Drinking lot of water can keep your skin healthy and it also helps in removing toxins. Try to avoid taking nails to your acne as it passes bacteria and leads to scarring.

If followed with care and attention, the best treatment for acne is through natural means.

We have made the most comprehensive research to find the best acne treatments. Find the results only on

<http://natural-acne-treatments.acne-treatments-advice.com>

. More valuable acne info on

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