

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Can Home Remedies For Acne Really Help**

**By Ken Black**

So, you have acne, now what ? How many over the counter, prescription, or surgical methods are there to treat this annoying skin breakout problem ? Well, there are countless products, but did you ever consider home remedies for acne flareups ?

You likely already know that acne is a skin disorder caused by increased hormones, the enlargement of sebaceous glands that are attached to the hair follicles, increased sebum or oil production and the presence of acne causing bacteria on the skin.

It is advisable to consult your physician or dermatologist before doing anything, but here are ten safe and effective home remedies for acne that can be used and some possible dosages – however, do not go crazy and use too much of these natural acne treatments.

1. Vitamins – one of the safest home remedies for acne is treatment through vitamins such as niacin, vitamin A, and Vitamin E.

For effective results, you'll likely have to take at least 100 milligrams (mg) of niacin, 50,000 international units of vitamin A three times a day and 400 mg of vitamin E once daily for at least one month. Of course, check with your physician if you're not sure.

2. Zinc – the use of zinc in curing acne is becoming more popular in the field of nutrition and wellness nowadays. After showcasing impressive results in some acne cases, more and more people are now taking in zinc in therapeutic dosages of 50 mg one to three times daily. Try this daily for a month and then reduce the dose to 25 mg a day. Stop using it if you get undesirable side effects.

Available in tablet and in capsule forms, the acquisition of zinc is now related to the treatment of acne. In its tablet form, zinc can be purchased under the name Zinfet in 200 mg capsule form, or it can be bought under the name Ulseal at 220 mg a pill. The product may also be simply labelled Zinc and each drug store often has their own brand name, which can cost less than popular brands.

## Can Home Remedies For Acne Really Help

3. Orange peels – strange, but true, aside from being a good source of vitamin C, an orange peel has become a popular home remedy for curing acne. After pounding the peel with water on a piece of stone, the patient can apply the mixture on to the areas affected by acne.

4. Lemons – don't laugh, this is probably one of the simplest remedies you can do at home to cure your acne. By extracting the lemon fruit juice and applying it regularly on the skin, you can terminate persistence pimples that may cause acne.

5. Garlic – Contrary to common conception, the use of garlic is indeed one of the most effective ways to treat facial blemishes. By rubbing raw garlic on the affected area several times a day, it acts like an acne cleanser and you can achieve clearer skin in a short period of time.

And by eating at least three seeds of raw garlic daily for a month, you can purify your blood stream and cleanse it to keep problematic bacteria away. Of course, nobody will want to get near you, but that's just the price you might have to pay for a while – just kidding.

6. Coriander and mint juice – okay, we are not losing our minds here – some people have used this with success – another known effective home remedy for acne is the application of coriander juice, or mint and turmeric powder mixture on the face. Make sure that you cleanse your face thoroughly before applying it at night.

7. Fenugreek paste remedy – aside from using its seed to make curry powder, fenugreek, through its leaves, can be a useful treatment for acne. Making a paste out of its leaves, you can produce a facemask that can be applied at night to prevent pimples and blackheads.

8. The cucumber answer – grated cucumber is considered as the best toner for the skin. By applying grated cucumber slices on the face, eyes, and neck for 15 to 20 minutes a day for a week or so, you can eliminate persistent blackhead and pimples.

9. Fruit and a well balanced diet – eating fresh juicy fruits apples, pears, grapes, peaches, and pineapples and peaches combined with healthy vegetables can eliminate the possibility of developing acne.

10. Other home remedies for acne include exposure to the sun (in moderation and with proper sunscreen applied) and even a hot epsom salts bath.

The aforementioned home remedies for acne have worked for many people and they might work for you too. Good luck and check with your family doctor if you have any concerns or questions.

Ken Black is the owner of Skin Care Reviews. For more information on acne treatments, visit

<http://www.skin-care-reviews.com/acne-treatments.html>

.

## **Natural solutions for Acne are always the best**

**By Martha Fitzharris**

If you are one of the many sufferers from Acne in the world, you might be also searching an effective product that heals this problematic skin affection.

But there are good news for you... acne is curable with time and dedication; with the help of an effective product your acne problem may disappear and its upsetting blemishes may improve.

There is also good news for your health, because it's proved that there are more natural options, so you don't have to use aggressive treatment and medicines that may have side effects on you. Natural health remedies are usually the best way to go. All you have to do is to know your skin type. This is to help prevent you from buying products that will not help you in any way.

With natural health remedies, you will be able to remove your acne through natural methods. And with the limited side effects that natural health remedies cause, you will be pleased to know that you will not break out in any allergies. There's a huge variety of these products in the market, all you have to do is search for the best one.

Natural health remedies are there to give you the best of nature with their natural components that will work to feed and nourish your skin while, at the same time, provide you with the painless treatment you need. There are some products that even trigger the self healing qualities of your skin!

We all know that having acne can erode an acne sufferer's confidence; and with the help of natural skin care remedies, that affected one can regain his or her self esteem as well as his/her beautiful skin.

For improving Acne condition it's very important that you have a daily cleaning routine. Always look the ingredients after choosing your products. Some products that you need to purchase are face wash and facial scrub; cleanser; toner and day and night cream. And in order for these natural health remedies to work, you need to use them every day.

As we said, having a daily routine with natural products will give your skin the best treatment available and will help you to improve your skin from Acne breakouts.

Look for natural products they will surely help you restoring your skin and will return enhance that youthful skin that you had after that annoying Acne.

Martha Fitzharris is a free lance journalist for

<http://www.naturalbioskincare.com>

a website offering a

new biological natural skin care product that activates skin renewal for a healthy skin.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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