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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!**

**Creating A Healthy Skin and Clearing Acne Naturally**

**By Lena Sanchez**

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Acne affects more than 20 million teenagers, and hundreds of adults according to the AAD (American Academy of Dermatology). It is the most common problem in the United States. Many over the counter remedies exist and hundreds of thousands of dollars are spent yearly on them. I have come up with some inexpensive home remedies that work perfectly well and are healthier for the skin.

ACNE Symptoms: Persistent, recurrent pimples or skin blemishes on the skin. Acne is commonly found on the face but can also occur on the chest, shoulder, neck and upper portion of the back.

What is going on? Usually because of clogging of the pores in the sebaceous hair follicles, from oils and dead skin cells that build up bacteria in the blocked follicle, thus causes inflammation in that area.

Prevention: Keeping the area clean, eating less fatty foods and sugars will most times prevent acne.

Cleanse::

Cleanse (not scrub) your face at least twice daily with a gentle natural anti-microbial herbal soap such as calendula (*Calendula officinalis*), lavender (*Lavandula officinalis*)

for both treatment and prevention.

After cleaning, apply one drop of tea tree oil – a natural anti-microbial – to each blemish. \*For an overnight treatment that will dry and heal, use a clay poultice, worn all night. Use either green clay or bentonite as a base. (Can be obtained at most health food stores). Combine 1 teaspoon of clay with enough water to make a paste the consistency of toothpaste. Mix in 3 drops of tea tree oil and apply to blemishes. Rinse off with warm water in the morning.

Facial Steam:

Give yourself an herbal facial steam treatment twice a week to gently and deeply clean pores. Into a heat-proof bowl pour 1 ½ quarts of boiling water over 2 tablespoons of dried lavender, which is both anti-microbial and anti-inflammatory. Cover your head and the bowl with a large bath towel, steam your face for 10 minutes, taking care not to burn yourself with the steam.

Natural Alpha Hydroxy:

From your own kitchen comes a great natural alpha hydroxy healer.

~ Wash well and put into a blender: 2 or 3 ripe unpeeled pitted apricots,

~ 2 large or 3 medium sized fresh Strawberries preferred, but frozen will work as well,

~ ¼ of a medium to large avocado (equivalent to a 3"X 2" piece,

~ 1 heaping tablespoon of honey.

Put in blender and liquefy until frothy. Apply to face, leave on for about 20 to 30 minutes.

Rinse with warm herbal soapy water. Then open a capsule of vitamin E and apply to face.

If leftovers, store in a glass jar for no more than 7 days. Use this facial twice weekly for soft blemish free skin. To remove small wrinkles leave on overnight.

Natural Blemish Healing Astringents:

Apply Lemon juice and let dry, apply as often as

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you wish. Acts as an astringent and a healer. Lemon has a drawing affect and will help heal blemishes as well as prevent pores from becoming clogged. For abscessed pores apply a piece of lemon peel directly on the spot, skin side out. Can be left on up to three hours.

My sister and I had this favorite thing to use as teenagers.

Take 1 raw egg and 1 tablespoon of lemon juice, whip until frothy and apply to skin, let dry then wash off with herbal wash and cool water. Egg is a great drawing healer. Do this two or three times a week, will help keep your face free of blemishes and blackheads. I have never experienced the black heads and acne others have, could it be due to this

habit as a child and teenager and the fact that I don't ingest dairy foods?

Natural Preventions;

\*Lotus Root tea two or three times a day will improve blemishes.

Take 30 to 45 mg of zinc a day and Antioxidants helps the regeneration of skin tissue!

If you, like me, tend to have very dry skin you have probably spent lots of \$\$\$ on lotions and potents that don't give lasting effects. Well I live in a very arid part of the world, which does nothing to help my dry skin but rather made it worse until I discovered something to nourish and restore it:

Bath in a luxurious 15-minute bubble bath two to four times a week with 1/4 cup Life Transfusion Liquid Ionic 84 Minerals. Such softness and smoothness you can not imagine as well as the relaxation it does for my mind... If you don't know where to obtain liquid minerals  
<mailto:health@antibiotic-alternatives.com?subject=LocateIonicMin>

Oriental medicine has a teaching...blemishes or pimples on the different body areas correspond to

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specific organs or parts of the body before they actually show up. Areas being:

- A) Forehead indicates a problem with the intestinal tract.
- B) Cheeks indicate lung or breast problems.
- C) Nose indicates heart area.
- D) Around the mouth indicate reproductively area.
- E) Jaws indicate kidney area.
- F) Upper back indicates lung area.
- G) Shoulders indicate digestive area.
- H) Chest indicates both lung and heart area.

Not to panic anyone but this only indicates that people with blemishes/pimples should improve their overall health as the road to ridding the body of blemishes!

A good start is by eliminating some of the dairy products saturated animal fats and sugars, and daily minerals and vitamins. The medical profession for the most part, says diet has nothing to do with it. Do you want to believe that? There are far more studies and histories that prove otherwise!

Take charge of your own life and treatments for your own optimum health.

Go out and get healthy Now!

\*\*\* Lena Sanchez Author of "Handbook Of Herbs To Health & Other Secrets," "Antibiotic Alternatives To Preventing Mega Bacteria," & "Dangers & Secrets Doctors Refuse To Tell You." Found online at <http://www.antibiotic-alternatives.com> and Editor of "Natural Environmental Health Facts & Your Home Business Coach" ezine subscribe at <http://www.envirodocs.com/newsletter.htm>

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**Don't Spend Money on Acne Remedies. Fight Acne Naturally!**

**By Scott Green**

## Creating A Healthy Skin and Clearing Acne Naturally

Acne is commonly a skin condition that is seen as whiteheads, blackheads, pustules or infected and inflamed nodules. Acne often is found on a persons face, chest, neck, and back. While many acne types usually affect the teenagers, various acne conditions are not restricted to a particular age group; even adults in their late 20s or even well into their 40s - have the possibility to also suffer from acne. Though acne is not life threatening, it can cause unwanted permanent scarring and cause emotional distress if it is not treated properly. People with Acne problems often tend to be more self-conscious about their appearances when having outbreaks or blemishes.

Instead of having you dig deeper into your pocket for various types of expensive Acne Treatment remedies, you should attempt to fight acne naturally by avoiding your pores to get clogged. For many people with acne outbreaks, it is about avoiding the common acne outbreak. Just by following some of the simply steps listed below, people that often have outbreaks can dramatically decrease their chance of another acne outbreaks:

By not touching your face with your hands, including popping the zits.

By washing your skin with a mild soap, acne cleanser such as Proactiv Solutions

By avoiding stressful situations

By allowing your skin to breath; wear loose clothing

Scott Green has extensive experience in the Dermatology field and shares his knowledge openly on his very resourceful site

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