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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!

Natural Acne Treatment – 5 Points You Have To Take Care Of

By Michael Morris

Conventional treatments for acne are many times successful. These treatments include cleansing

lotions made with benzoyl peroxide, creams or gels made with vitamin A, and antibiotic medications taken orally or applied to the skin. However, it is very important to consider the risk of scarring when choosing a certain treatment. Natural acne treatments are both efficient and cost effective and they reduce the risk of scarring. These treatments include a balanced diet, vitamins and nutritional supplements, herbs and bodywork.

Diet

A diet based mostly on whole and unprocessed food is often beneficial for people who suffer from acne. Try to eat vegetables at least five times a day and fruits at least once. Refined sugar should be avoided. You should also avoid fried foods, trans fats, such as milk or margarine and hydrogenated vegetable oils. It is recommended to consume foods that contain omega-3 oils, such as sardines or flax seeds. There are also some opinions claiming that chocolate, coffee, salt, shellfish, wheat products and carbonated drinks increase acne.

It is also important to drink a lot of water. You should try to have at least 8 glasses of water each day. Fiber intake is also recommended. In addition to fruits and vegetables, you should also eat whole grain. Some people claim that a liver detox diet from one to four weeks based on fruits and vegetables helps with acne.

Vitamins & Nutritional Supplements

Vitamin A can help with reducing sebum production. However, you should be careful not to exaggerate, as high doses of vitamin A can lead to a decreased bone density, headache, muscle and joint pain and birth defects. Sexually active women of childbearing age shouldn't take more than 5,000 IU per day unless they are guided by a professional and are using at least two birth control methods. It's not necessary to take vitamin A if there's an adequate intake of vitamin E, zinc and beta-carotene, which contribute to vitamin A formation.

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Zinc gluconate or zinc sulfate are also effective natural acne treatments. Two studies comparing zinc to antibiotic tetracycline have found that zinc is as effective as tetracycline. Zinc helps with healing blemishes, reducing inflammation as well as reducing androgenic hormonal effects on skin. This is why you should increase the intake of foods that contain zinc gluconate or zinc sulfate, such as seafoods, red meat or poultry.

Vitamin B6 helps with pre-menstrual or mid-cycle acne and is essential for the metabolism of steroid hormones. It can also reduce skin sensitivity to testosterone effects.

Herbs

An effective natural acne treatment is obtained by mixing equal parts of sarsaparilla, burdock, yellow dock and cleavers extracts. It is believed that these herbs are blood and lymph cleansers. Half a teaspoon of this mixture should be taken three times a day. The treatment has best effects if combined

with a healthy diet.

Tea tree oil also helps with reducing acne. If applied to erupted blemishes, it helps eliminating the bacteria and reducing inflammation.

Bodywork

Massage is another natural treatment recommended for people with acne problems. Bodywork helps increasing blood circulation and lymphatic drainage, thus fastening the blemish healing process.

Stress Reduction

Generally, stress is an important factor in many health problems, including acne. Reducing stress can be seen as a natural acne treatment. Some of the most common ways to reduce stress include yoga, physical exercise, meditation and breathing techniques. Doing things that you enjoy and avoiding stress factors is also very helpful.

For more free information on best acne treatments visit my website below.

Michael Morris, Natural Acne Treatments and Home Acne Treatment Information

<http://www.acne-treatments-guide.info>

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.

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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 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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