

Use Essential Fatty Acid To Help You Eliminate Your Acne

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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!

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By Rudy Silva

To eliminate or clear your face of acne it will require you take a variety of health steps. The use of essential fatty acids is but one step. I have identified 10 different steps but will only discuss one step in this article – using essential fatty acids.

Getting sufficient essential fatty acids is of prime importance in clearing acne. It's these fatty acids that help to control the production of excess androgens – the hormones that surge during the teen-age times. It is androgens, which causes excess sebum oil to clog your hair follicle and contribute to creating your acne.

The three fatty acids you need to get daily are:

- omega-3
- omega-6
- omega-9

When you are deficient in these essential fatty acids, you will have,

- A weakened immune system
- Inflammatory disorders
- Poor skin
- Skin eruptions and other wounds that won't heal
- Sebum production increases (this is what happens when you have acne)
- Sebaceous glands size increases

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Eating essential fatty acids are necessary to provide you the right oils that are used in the sebaceous glands. These oils can come from straight vegetable oils or from oils in specific foods such as nuts and seeds.

Here's what you need to do. Use flax seed oil (omega-3 oil) and olive oil (omega-6 oil) in your salad. These are the best oils to eat and are called polyunsaturated fatty acids.

The other oil that is even better for you is called monounsaturated fatty acid or omega-9. This oil is found in avocados and somewhat in olive oil.

Most diets people have contain an excess of omega-6 oil (olive oil), so mostly likely you need to concentrate on getting more omega-3 oil (flax seed oil) into your diet.

You can get omega-3 oil from,

- avocados
- sesame seeds
- pumpkin seeds
- walnuts
- dark leafy green vegetables (spinach, mustard greens, kale)
- wheat germ oil
- salmon
- sardines
- albacore tuna

Or, you can take one to two tablespoon of flax seed oil, omega-3 oil, each day. This will give you the amount of omega-3 oil that your body needs. You can add this oil to your morning cereal, soups, smoothies, salads and other liquid foods.

You can get omega-6 oil from,

- olive oil
- flaxseed oil
- flaxseeds

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- grape seed oil
- pistachio nuts
- olives
- sunflower seeds
- chicken
- evening primrose oil
- pumpkin seeds
- pine nuts

Taking 2–3 tablespoons of omega–6 oil a day will give you the amount of this oil that your body needs.

So, to control those androgens and help your body reduce the creations of acne or pimples start using more essential fatty acids.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He also writes a newsletter called "natural–remedies–thatwork.com." For more information on the essential fatty acids go to:

[http://www.fatty-acid-remedies.for--you.info](http://www.fatty-acid-remedies-for--you.info)

Acne Alternative Treatments

By Oliver Turner

There is no clear account of the number of people suffering from acne. But the sale of medicines for acne is on the increase and this suggests that there is an increase in the number of people having acne. Acne is caused mainly due to the clogging of the oil generated by the skin. This clogging is initiated by a particular type of bacteria. Most treatments and ointments available for acne concentrate more on removing the scars. This means that the bacteria responsible for acne still remain there. This has led to people looking for alternative acne treatment. Most of the alternative acne treatment mainly tries to eliminate the bacteria responsible for acne.

One of the greatest advantages with the alternative acne treatments is that they are devoid of side effects. There are several herbal combinations that have proven track record of curing acne. Once such herbal combination is the paste made of basil leaves and sandalwood. Another popular alternative acne treatment is the application of the paste made of strawberry leaves. There are several other herbal combinations available in the market that can effectively cure acne.

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The main reason for the cause of acne is the deficiency of essential vitamins needed for the skin. Deficiency in Vitamin A, Vitamin E and Pantothenic Acid can lead to acne. Taking large amount of vegetables, fruits and vitamin supplements can cure acne. There are several cures of acne in naturopathy. Herbs, skin cleansers and vitamin supplements are the main treatments for acne in naturopathy. Another advantage of alternative acne treatment is that they are less costly.

Acne light treatment is another new alternative acne treatment. In this method ultraviolet rays are used to clear the acne. Alternative acne treatment requires cent percent dedication from the patient. Unlike other form of treatments, some of the alternative acne treatment requires strict following of the regiment. It is wise to take professional opinion before opting for any of the alternative acne treatment.

Our experts have executed a research to find the best acne treatments. Find the results only on

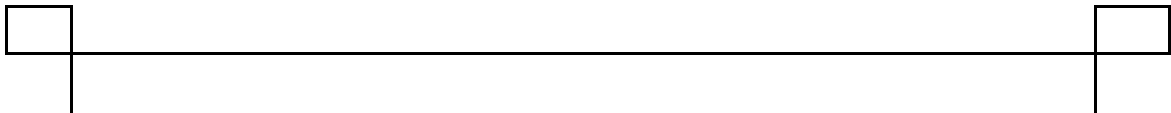
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