

Acne

Symptoms:

Acne is a chronic inflammatory condition affecting skin structures usually involving the face, back and chest. It usually affects those between the age of puberty and the twenties. Acne can result in permanent facial scars and poor self-image. When the free-flow of oils through the skin becomes blocked, the skin becomes irritated and inflamed.

As the teenagers grow up, they, like other teens, eat devitalized food--refined sugars, dairy products, and deep-fried foods. The rapid change from childhood to adulthood requires foods rich in vitamins, minerals, etc. Processed foods are low or lacking in natural hormone and estrogen materials needed in the growth transition to adulthood. This sets the stage for cravings of sweets, excess meats hydrogenated oil--margarine, hydrogenated peanut butter, shortening, and bakery products. The body is craving vitamins and minerals and basic needs for health, and that "craving" is termed "hidden hunger." To pacify this hungry gnawing feeling, the young person stuffs on junk food, adding insult to injury. From this diet comes acne, boils, irritability, the sick and sad youth. The girls have difficult menstrual periods with cramps, flooding, or off-timed cycles, and the boys have a tendency toward early prostrate trouble and unhealthy sex drive.

Mature onset acne can be due to hormonal imbalances, particularly a deficiency of estrogen.

Acne Rosacea is also common in mature persons and results in a red, pimply rash around the cheeks, nose, and chin. This is commonly due to a combination of hormonal imbalances and liver dysfunction.

Bowel health should be addressed in every case of acne. Many youth are chronically constipated. Dr. Christopher's #1 and #2 bowel formula is a wonderful aid in cleansing the bowel.

Herbal support:

Plantain wash: Fill a pint jar with Plantain, then add Apple Cider Vinegar and fill to top and allow to soak for two weeks. This makes a wonderful astringent for the skin. You can also add burdock root, sarsaparilla, and sassafras to this herbal astringent. At the end of two weeks, squeeze the herbs off and use this mixture as a wash two times a day.

Lemon juice can also be used as an astringent or a face wash daily.

Black Walnut: Externally, Black Walnut is nearly a miracle worker in cases of ...acne, dandruff, boils, itch, shingles, ringworm--we could go on, but you can see that you can use Black Walnut whenever a skin disorder appears! The tincture is an excellent first-aid remedy for wounds.

Aloe Vera: This penetrates the skin quickly and deeply. This allows water and other moisturizers to sink deeply into the skin, restoring lost fluids and replacing the fatty layer. It permits the uronic acids, which strip toxic materials of their harmful effects, to penetrate deeply and allows the cleansing astringent

qualities of the gel to work better. By increasing the circulation of the blood to an area, Aloe Vera sloughs off dead cells and fosters the growth of new ones. This helps foster the regeneration of scarred or blemished skin tissue and provides a protective coating on the skin to prevent the growth of harmful bacteria. This antiseptic action also stops skin infections (acne) in oil-clogged pores. It heals blemishes with little or no scarring. This accounts for the multitude of cosmetic preparations these days contain Aloe Vera.

Liniment of Peppermint: This was used in the past to reduce varicose veins, and clear up acne, boils, abscesses and eczema. To do so, heat 1 pint of pure olive oil, and add to it 1 dram (teaspoonful) of oil of Peppermint, 1 dram, menthol crystals, and 1 dram of flowers of camphor. Mix in a warm jar or bottle, shaking until dissolved. Let stand until cool, then keep in a cool place.

Sun: The sun is one of the greatest doctors of all times. But use caution when out in the sun, beginning slowly. Sun will draw poisons out of the body through the skin. We can usually see a person's diet by their skin. As the sun draws the poisons out of the body, it's important to maintain a healthy diet to assist the skin in this cleansing process. The skin is the largest organ of elimination. When a person becomes healthy, the skin will clear up.

Soap and Astringents: If you want to treat your acne externally, be aware that it's not an external problem. I would recommend very sparing use of soaps, which is contrary to most advice on acne. Soap removes the protective oil from the skin and upsets the acid-alkaline balance. Only use soap if your skin is really dirty; otherwise, wash with water. Instead of using thick makeup, which must be soaped off, let your natural healthy glow illuminate your skin. There are mineral-based blush powders which have no chemicals in them; they can be used as blush and as eye shadow; just make sure when you purchase them that they really have no chemicals, as some cosmetic companies are mimicking the idea but including additives.

Stinging Nettle: No other medicinal plant is better at purifying the blood and stimulating the production of fresh, healthy blood cells than the common stinging nettle. If you suffer from acne, avoid all rich, heavy foods and drink four cups of nettle tea every day. Drink the tea slowly, one sip at a time.

Products Available: Swedish Bitters Salve, Lower Bowel Formula #1, Lower Bowel Formula #2

JUICING RECIPE FOR ACNE

- 1 Carrot
- 1 Celery stick
- 3 Dandelion leaves
- 1 Small to medium beetroot with leaves
- ½ C Watercress leaves
- 1 Clove of garlic
- 1 Slice pineapple
- 1 Small slice of Ginger root

*These statements have not been evaluated by the FDA. These products are not intended to prevent, diagnose, treat, or cure any disease.