



What is Acne Vulgaris?

Acne vulgaris, also known as acne is a skin condition that occurs when overactive oil glands and dead cells clog the skin's pores resulting in a breakout of pimples. When germs enter the pores, redness, swelling and pus often develops. It **can affect anyone but is very common amongst teenagers and young adults** but usually disappears when they reach their twenties. However, some adults in their 20's and 30's and older can develop acne. Many women often experience an acne outbreak before the onset of their menstrual cycle or while they are pregnant due to hormonal changes, but this goes away when it is completed.

There are different forms of acne and these include whiteheads, blackheads, papules, pustules, nodules or cysts. A whitehead is characterized by a pimple that remains under the surface of the skin. A blackhead can be distinguished by its colour black and is a pimple that rises to the surface of the skin. Papules are small, pink **bumps that are sometimes tender while pustules** are red at the bottom with a pus-like substance on the top. Nodules are large, painful pimples embedded deep within the skin. Cysts are deep, painful pimples filled with pus that leave scars.

The most common parts of the body that are affected by acne include the forehead, face, neck, chest, shoulders and back. Acne that is **left untreated can cause serious blemishes** and scarring as well as lead to more psychological issues such as poor self esteem, shyness, social phobia, loneliness, anxiety or depression.

What Causes Acne Vulgaris?

Several factors may contribute to the cause of acne vulgaris. These factors include genetics, hormonal changes, infections and certain medications such as a **birth control pills, steroids or anti convulsant drugs**. Skin cosmetics or environmental conditions such as environmental toxicity or humidity may also increase the risk of a breakout of acne.

Diagnosing Acne Vulgaris

The diagnosis of acne vulgaris is based on an examination of the skin and affected areas. Samples of the skin may be taken to test for any **evidence of bacteria**.

Help for Acne Vulgaris

In order to keep acne under control and prevent future breakouts, it is **essential to follow a good skincare routine** by washing your skin with warm water and mild cleansing products every morning and evening. Eliminating greasy and

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

sugary foods from your diet and replacing them with fresh fruit, vegetables and plenty of water will also benefit the appearance of your skin.

A variety of over-the-counter products and topical medications such as lotions, creams and gels containing benzoyl peroxide or oral antibiotics are often used to **treat mild to moderately severe acne**. For more severe acne, oral medication such as Isotretinoin (Accutane) may be prescribed. It is important to note that these medications may have some serious side effects and you should discuss any concerns with your health practitioner.

Natural remedies

Natural and holistic remedies are a safer, gentler yet **effective treatment option to reduce acne** without the harmful effects of synthetic chemicals often found in conventional medications. Carefully selected herbs such as Melaleuca Alterniflora (Tea Tree Oil), Azadirachta indica and Arctium lappa support the skin and contain anti-fungal, antiseptic and antibacterial properties.

Bulbine frutescence and Aspalathus linearis (rooibos) help to soothe and prevent skin infections, and also have excellent antioxidant properties – helping to fight free radicals and help discourage the signs of aging.

In order to prevent the breakout of acne vulgaris and unsightly scars, follow these useful tips for a healthy, clear skin:

- Wash your face twice a day with warm water and a gentle pH balanced facial wash or cleanser. Afterwards apply a moisturizer suitable for skin with acne
- Avoid touching your face with your fingers as this spreads bacteria and infection that causes the pores to become inflamed
- Eat a healthy, well balanced diet that contains fresh fruit and vegetables and avoid fatty or refined foods
- Drink at least eight glasses of water daily to eliminate unwanted toxins from the body
- Keep your hair clean by shampooing regularly and make sure that it is out of your face to prevent oil and dirt from clogging the pores
- If acne develops on your body, wear loose, cotton clothing that will allow the skin to breathe
- Never pop pimples as this will only lead to swelling and infection
- Always remove make-up before going to bed and choose noncomedogenic or nonacnegenic brands
- Stay out of the sun and when you go outside, wear a sunscreen
- Stop smoking as it can increase the signs of aging on the skin and worsens acne

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and

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safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

MediAc: Homeopathic remedy temporarily treats symptoms of acne vulgaris including blackheads on the face and body

MediAc is a safe, non-addictive, FDA-registered natural acne remedy containing *100% homeopathic ingredients* selected to temporarily **treat symptoms of acne vulgaris** including blackheads on the face and body.

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ClearSkin Skin Wash: Natural skin wash with herbal ingredients for skin health and nourishment

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ClearSkin Skin Wash supports the skin's texture – also leaving an **invisible therapeutic layer on the skin to provide a natural barrier against pollution and other environmental toxins** for healthy and smooth skin.

Used regularly, ClearSkin Skin Wash is nature's answer to a clear skin and will not dry or upset the skin like some other products do. It is most effective when used together with [Clearskin-A Gel](#) as a natural skin care routine to help you maintain clean and healthy skin!

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3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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