



What is Acne?

At some point in our lives, we have all experienced horror at the emergence of a pimple or two on our faces. However for some people, that pimple or two may get completely out of control and develop into [acne](#). Acne is a skin condition that **affects the skin's oil glands (sebaceous glands) and results in clogged pores** and flare-ups of lesions or [pimples](#). The pores in the skin become clogged with an oily substance called sebum and are connected to the glands by follicles.

These follicles clog up the skin and a pimple develops. Certain body areas such as the **forehead, face, neck, back, shoulders and chest** are most commonly affected. [Acne](#) is most common amongst teenagers and young adults, but can affect people of all races and ages.

It tends to disappear when you reach your twenties but people in their forties and fifties have been known to experience [acne outbreaks](#). Although [acne](#) is not life threatening, it can cause scarring. If left untreated, **acne can also lead to deep emotional issues** such as low self esteem, depression and anxiety.

What causes Acne?

The exact [cause of acne](#) is unknown but there are several factors that may contribute to this skin condition.

These factors include:

- Genetics (will most likely affect you if other family members had [acne](#))
- Hormones (hormonal changes during puberty, or monthly periods)
- Infections (germs such as bacteria may cause [acne](#))
- Certain medications (steroids, anticonvulsants, hormones or birth control pills may cause [acne](#))
- Skin cosmetics (moisturizers, makeup and cosmetics clog the pores of the skin and cause [acne](#))
- Environmental conditions (humidity can increase the outbreak of acne)

How is Acne diagnosed?

[Diagnosing acne](#) is fairly straightforward and is usually done by means of a thorough **examination of the skin and medical history**. Sometimes, cultures are also performed –samples from your skin or acne discharge (pus) that are taken and sent to a laboratory to check for bacteria.



The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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

There are various types of pimples and these include:

- Whiteheads ([pimples](#) that remain under the surface of the skin)
- Blackheads ([pimples](#) that rise to the surface of the skin and are black in color)
- Papules (small, pink bumps that may be tender)
- Pustules ([pimples](#) that are red at the bottom and have pus on top)
- Nodules (large, painful [pimples](#) that are deep within the skin)
- Cysts (deep, pus-filled, painful [pimples](#) that cause scars)

Help and treatment for people with Acne

If [acne](#) is treated early, it usually responds well to treatment. The main aim of treatment is to stop new [pimples](#) from forming, heal [pimples](#), **prevent scarring** and lessen the embarrassment associated with [acne](#).

Mild to moderately [severe acne](#) may be treated with over-the-counter gels, lotions, and creams such as benzoyl peroxide which is applied directly to the skin. Oral antibiotics may also be prescribed to **reduce inflammation** while oral contraceptives have also shown to [improve acne](#).

In episodes where [acne](#) is extremely severe, another oral medication known as Isotretinoin (Accutane) is one of the most **effective treatments** with successful results. However, all these medications can cause negative side effects and it is important that you inform your health practitioner or dermatologist immediately.

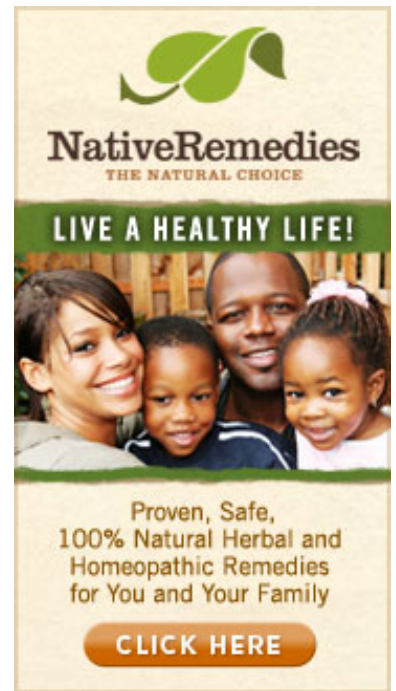
It is also important to develop a good skincare routine that involves **cleansing your skin in the mornings**, evenings and after workouts. By adjusting your lifestyle and incorporating a healthy diet, exercise, drinking lots of water and getting adequate sleep will also help to make a significant difference to your skin's appearance.

Herbs have proven to be a more natural, gentle alternative for the [treatment of acne](#) rather than the harsh, synthetic chemicals used in over-the-counter products and conventional medications. Not only are herbal remedies safe and effective to use, they also **support the skin, immune and digestive systems**.

Two carefully selected herbal ingredients such as Melaleuca Alternifolia (Tea Tree Oil), Azadirachta indica and Arctium lappa contain antibacterial, **anti-fungal and antiseptic properties** and are not only effective for [acne](#) but for other skin conditions too. Other herbs such as Aspalathus linearis (Rooibos) and Bulbine frutescence have wonderful antioxidant and healing properties and also help to prevent skin infection and provide ongoing relief. In addition, Lavender Essential Oil acts as a **circulatory stimulant and antiseptic**, and is used to treat burns and wounds and to prevent scarring.

Tips to prevent acne

- There are a number of tips to help you care for [acne](#) and prevent breakouts and scars:
- Wash your face twice a day with warm water and a mild soap or gentle pH



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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.

- balanced cleanser, then apply a moisturizer for [acne](#) prone type skin
- Eat a healthy, well balanced diet which includes fresh fruit and vegetables
 - Drink eight glasses of water a day to flush the toxins from the body
 - Exercise regularly to increase oxygen to the skin which can help to [reduce acne](#)
 - Reduce your caffeine intake
 - Avoid touching your face with your fingers and never pop pimples as this will only lead to swelling and scarring
 - Remove make-up before going to bed as it clogs the pores
 - Shampoo hair more regularly and keep it out of your face to prevent oil and dirt from clogging the pores
 - Shower after exercise and workouts because the sweat and the oils in the skin traps dirt and bacteria
 - Avoid wearing clothes that may irritate the skin if [acne](#) develops on your body
 - Wear a sunscreen when you go outside
 - Stop smoking as it 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.

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.

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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 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.



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Healthy skin is one of the best defences against the formation of embarrassing [pimples](#), pustules, and boils. MediAc helps fight off bacteria that causes [pimples](#) and blackheads.

By addressing skin health at a cellular level via underlying tissue and sebaceous glands of the skin, MediAc improves problem skin without troublesome side effects, promoting skin health and renewal. It also **improves the appearance of bumps and flaky, irritated skin** temporarily.

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ClearSkin-A Gel: Natural skin wash with herbal ingredients for skin health and nourishment

ClearSkin Skin Wash - a 100% natural, safe and proven herbal wash for clean and healthy skin that **cleanses skin thoroughly without drying or flaking**.

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.

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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!

[Learn more about ClearSkin Skin Wash](#)

Read the testimonials for these quality products [here!](#)

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

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.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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