

ACNE

PIMPLES AND BLEMISHES

Teenage acne has been “a sore point” since at least Greek and Roman times. Four out of five teenagers develop it as hormones rage and try to adjust to new roles. But today’s adults see another bump raise its head! Adult acne is prevalent, and rising, a clear sign of today’s chronic stress, continuing body imbalance and poor diets. Adult acne now affect 54% of women and 40% of men over age 25. It affects 80% of all adults at some point

DO YOU HAVE ACNE?

Not all pimples are acne. Acne blemishes are not only inflamed but infected and often occur on the face, chest and back, too, with rough textured, flaking, red skin patches. Some experts think acne is in fact a type of eczema-like dermatitis. Cystic Acne (fluid-filled cysts) are the ones that cause itching and scarring.

WHITEHEADS (COMEDONES)

Plugs of oil and dead skin cells under the surface of the skin that block oil from flowing to the skin surface. They may turn into blackheads (open comedones) when they reach the skin surface, or spread under the skin, rupture and irritate (the more you touch them or try to pop them out, the deeper they seem to go and the more they inflame). Mega-doses of vitamins may aggravate acne because too much iodine and vitamin E can stimulate sebaceous glands to produce too much oil. Adult acne along the jawline along with irregular periods and excessive hair on face and abdomen, can be a sign of polycystic ovarian syndrome (a serious health problem).

WHAT CAUSES ACNE?

For teenagers: gland imbalance (especially pituitary), and hormone imbalance (especially male testosterone activity). For adult acne: studies say stress is a big cause for men; for women, it’s hormone imbalances around menstrual periods, some oral contraceptives, polycystic ovarian syndrome (PCOS), and pregnancy. Both teenage and adult acne are aggravated by fatty foods, lack of green veggies and essential fatty acid deficiency. Poor liver function, constipation, and drug abuse are related to acne development.

Media reports tell us that acne is not triggered by food choices (in fact over 80% of susceptibility to acne stems from genetics), but new studies show our Western diet of sugary, over processed foods is at least partly to blame. Too much sugar raises insulin and IGF-1 (Insulin Growth Factor) levels, triggering production of excess testosterone and sebum that clog pores and cause breakouts. Sugar-saturated skin is susceptible to acne, because a rise in blood sugar is multiplied by 5 by the time it gets to the skin. Research shows that a low glycemic diet reduces pimple breakouts. Testing on teenage girls showed increased acne breakouts with low intake of fresh fruits and vegetables, and high intake of chocolate and chips. Tetracycline and other antibiotics prescribed for acne often don’t help much, and can lead to antibiotic-resistance if used long term. Accutane, a prescription drug for severe acne, is linked to birth defects, bone loss, depression, even higher suicide risk. Amazingly, an American study is taking acne products back to Nature. Tests in 2010 find that creams with lauric acid, derived from either coconut oil or breast milk, can effectively treat acne. Another product, Frutels, all-natural, sugar-free, vitamin-laden dark chocolate does appear to help smooth stress and diet-related acne roughness.

Natural healing methods rely on removing causes of acne breakouts like high sugar diet problems, too much stress, chronic inflammation, and hormone imbalances. Blood cleansing herbs are a traditional herbalist’s tool to help acne heal from the inside out. Herbalists incorporate blood cleansing herbs that also target acne inflammation

to minimize acne severity and prevent breakouts. CRYSTAL STAR BEAUTIFUL SKIN caps, tea and gel (soak in cotton balls and apply, often works overnight for breakouts) are premier anti-inflammatory compounds, especially formulated for good results for acne sufferers. Follow the initial acne diet, (see next page), then adopt a low glycemic diet like the one on pg. 470 to help regulate your body’s sugar use for long term acne relief.

WHAT ABOUT ACNE ROSACEA?

Rosacea is the hyperactive, inflammatory response of skin capillaries to stress, heat, foods and some cosmetic chemicals like *salicylic acid* and *alpha hydroxy acids*. Its hallmarks are red, acne-like bumps, white heads, broken capillaries and redness over the facial T-zone. People of Celtic descent and menopausal women are most affected. The medical approach to rosacea is antibiotic treatment along with *metronidazole* (Metrogel), an antiparasitic agent. Both treatments seem to provide only temporary results and can actually worsen rosacea over the long term.

AVOID ROSACEA TRIGGERS

For menopausal women, relieve triggering hot flashes with herbs like CRYSTAL STAR EST-AID or PURE ESSENCE LABS TRANSITIONS. Limit: spicy foods, hot drinks, vinegar, meat marinades, alcohol, tomatoes, red peppers, caffeine, chocolate and excess salt. Include BETAINE HCL 600mg with extra pancreatin 1400mg. Avoid: prolonged sun or heat exposure (heater or dry sauna), or intense exercise (during flare-ups). Soothe your skin: CRYSTAL STAR RED SKIN RELIEF, Dr. DIAMOND HERPANACINE caps (all show excellent results). CRYSTAL STAR ANTI-BIO caps work (highly recommended, start with 6 daily) if there is accompanying *H. pylori* infection (many rosacea sufferers). Use either formula with EVENING PRIMROSE OIL 4-6 daily for best results.

ACNE RECOMMENDATIONS

DIET AND LIFESTYLE SUPPORT THERAPY

Nutritional therapy: Sleep well. Hormone/sebum levels increase if sleep is disrupted.

1. Go on a short 3 day stress detox (pg. 188) to clean out acid wastes. Use apple, carrot, pineapple, papaya juices, and 6 glasses of water daily.
2. Add more fiber - especially from fresh foods. Have a salad every day. Add often to the diet: whole grains, green veggies, brown rice, sprouts and apples.
3. Choose turkey, chicken, vegetable protein (beans, tofu, sprouts); avoid red meat.
4. Drink green tea each morning or CRYSTAL STAR GREEN TEA CLEANSER or GREEN FOODS SHOGUN IMPERIAL green tea tabs. **For adult acne prevention: Boost skin cell immune function with a daily cup of white tea (highly recommended for skin).
5. Eliminate acne trigger foods: milk (increases androgens, white flour foods, sugary and fried foods, soft drinks, caffeine, chocolate, fatty dairy, hard cheeses, nightshade plants - eggplant, peppers, tobacco, tomatoes, peanut butter, additive-laden foods. Limit: wheat germ, shellfish, high iodine foods like kelp (some cases), cheese, citrus, eggs, salt.
6. Add acidophilus and vitamin C if taking antibiotics for acne. Mix ¼ tsp. vitamin C crystals with 1 tbsp. acidophilus liquid, take 4x daily.

Medicinal food applications for acne scars: Place fresh pineapple on scars for enzyme therapy. • *Stevia* extract drops - apply directly. • Mix a little tomato paste with a little non-fat powdered milk. Apply to pimple and leave on 10 minutes to greatly reduce spot. • Apply cider vinegar or fresh lemon juice. Dab on sores at night for 2 to 3 weeks. Sometimes amazing results.

Lifestyle measures:

- Stress reduction is critical to acne healing. Stress raises cortisol in the body, which thickens sebum deposits. You'll be amazed at the benefits of taking regular yoga classes.
- Ice it. As soon as you feel a pimple coming on, wrap an ice cube in saran wrap and hold it on the pimple for a few minutes. (Doesn't work for existing pimples, though.)
- Get early morning sun on the face. Sunlight acts as a natural antibiotic, boosting porphyrins chemicals which attack bacterial infections in the skin. *Note:* Sunlight aggravates acne rosacea, a different skin problem, common in adults.

Preventive measures:

- Touching sores spreads breakouts. Squeezing pimples or blackheads causes inflammation and scarring. Apply EARTH'S BOUNTY O₂ SPRAY. Do not squeeze. Whiteheads will come to the surface for elimination. Apply MYCHELLE CLEAR SKIN serum to trouble areas.
- JURLIQUE LEMON/LIME HYDRATING ESSENCE for balance and less oiliness.
- ANNE MARIE BORLIND PURIFYING GEL CLEANSER (good for blackheads)

HERBAL, SUPERFOOD AND SUPPLEMENT THERAPY

Interceptive therapy: Choose 2 or 3 recommendations.

1. **Relieve inflammation and infection first:** • CRYSTAL STAR ANTI-BIO caps, 2 caps, 4x daily for 1 week. • DIAMOND HERPANACINE caps (good reliable results). OROVO ACNE with superfoods cleans out impurities and helps balance hormones.
2. **Rapid improvement:** • CRYSTAL STAR BEAUTIFUL SKIN tea. Drink and dab on with cotton balls. • CRYSTAL STAR BEAUTIFUL SKIN caps and gel take down inflammation fast; • PLANETARY YELLOW DOCK SKIN CLEANSE (skin detox).
3. **Tissue healers:** Take bromelain 1500mg to relieve inflammation. • ANABOL NATURALS AMINO BALANCE; Vitamin A 50,000 IU daily for one month only; • Pancreatin to digest oils. • Vitamin E with selenium to normalize glutathione. • B-complex 100mg daily for stress-caused acne (around chin). • Add 100mg zinc daily with beta carotene 100,000IU (very effective). Homeopathic • *Ledum palustre* for adult acne, • *Hepar sulphuris* for youth acne.
4. **Add EFAs and enzymes:** • EVENING PRIMROSE OIL 4-6 daily, • BARLEAN'S TOTAL OMEGA SWIRL; or • *lemon grass*, or • *ginger* tea daily. Boost enzyme development for better fat and protein metabolism. Try • TRANSFORMATION LIPOZYME or DR. ENZYME WITH PROTEASE & BROMELAIN.

Superfood therapy: Choose two recommendations.

- BARLEAN'S GREENS (high chlorophyll, high antioxidants); ALOELIFE FIBER-MATE drink.
- GREEN FOODS CARROT ESSENCE or WAKUNAGA KYO-GREEN drink.
- CRYSTAL STAR ZINC SOURCE extract. Critical enzymes for detoxing from alcohol (and acne-causing sulfites) are zinc dependent.

For adult acne: Choose 2 or more recommendations.

- DIAMOND HERPANACINE capsules 3 to 6 daily (excellent results).
- PRINCE OF PEACE RED GINSENG-ROYAL JELLY vials, one daily, especially for adult acne.
- Take *saw palmetto* extract, 30 drops 2x daily, to reduce excess testosterone.
- For acne related to menstrual cycle: Take *Burdock* and *VITEX* extract under the tongue 3x daily til clear with B₆ 50mg daily. Mix aloe vera skin gel with 1 pinch each *burdock rt.* and *VITEX* powder and 1 tsp. gentle clay mask powder. Apply, dry and rinse.
- Apply NUTRIBIOTIC FIRST AID SKIN SPRAY to stop infections (highly recommended).

Acne scar healing applications: Choose one recommendation to pat on. • For infection: *Goldenseal-myrrh* tea • Pat on essential oils: *chamomile, tea tree, rosemary, lavender.* • PALMERS EVENTONE FADE CREAM (works even on older, dark acne scars) • Steam face with a *red clover-elder-eucalyptus* steam. • Wash with *tea tree* or *calendula* soap. YOANNA ALOE CAMOMILE EXFOLIATOR for scar reduction. • ZIA COSMETICS HERBAL MOISTURE GEL (adult acne, rosacea). • CRYSTAL STAR SCAR REDUCER gel. • CAMOCARE CAMOCARE GOLD clear solution.