



Bambini Pediatrics PC

Wholesome Medical Care for Kids

Acne: What It's All About

Healthy Diet

An alkaline (e.g. cucumber, celery), whole, fresh, organic, plant-based diet works especially well for acne. Consuming a large salad daily is important. Drinking a green smoothie, along with plenty of water and perhaps a little green tea will help too.

Limit grains (esp. wheat, but also oat, corn, rice), sugars, processed foods, trans fat, and dairy (milk & cheese) products. Finally, go easy on the grease. Avoid fried food, sausage, bacon.

Healthy Lifestyle

Beside a proper diet, daily sunshine and fresh air are really helpful. Sun exposure generates vitamin D most of the year, and this reduces skin inflammations of all sorts. Moreover, regular exercise, adequate sleep, and a positive attitude will also assist efforts to getting clear.

Supplements

Topical options include tea tree oil and niacinamide. Cod liver oil is a very good option during the winter months. In summer, if you have light skin, use krill oil or fish oil instead. Other supplements that may reduce breakouts include probiotics, digestive enzymes, and zinc. Herbs that may be worth a try include boswellia, burdock, calendula, and cat's claw.

OTC Options

Most of these contain benzoyl peroxide. These include Clearasil, Panoxyl, and Stridex. Some, such as Neutrogena, contains salicylic acid. One (expensive) device called Zeno uses heat. Some have said applying witch hazel has helped.

Rx Choices

There are quite a few! They include:

- Topical antibiotics: Cleocin T, Benzaclin, Benzamycin Pak, Duac, Klaron, & Ziana
- Topical un-cloggers: Azelex, Differin, Retin A, & Tazorac
- Oral antibiotics: Minocin, EES, Bactrim, and others
- For ladies: Orthotricyclen, Yaz
- Atomic weapon: Accutane (and generics)

More Info

Natural-acne-solution.com