

## Natural Acne Medicine

Conventional acne treatments have been hailed as quite successful so far, but some run the risk of leaving scars. Hence, some types of natural treatments are used, including the following:

**Diet:** -A diet based on whole, unprocessed foods benefits people with acne. One should eat at least five servings of vegetables and one serving of fruit per day. Items such as fried foods, margarine, milk, milk products, and hydrogenated vegetable oils should be avoided. Omega-3 rich foods like sardines and ground flaxseed should be taken in abundance. Attempts should be made to have regular bowel movements. This can be accomplished by eating more vegetables, for more fiber. Drinking enough water each day is equally important.

**Vitamins; Nutritional Supplements:**

**Vitamin A** — Small doses of Vitamin A may help to reduce sebum production.

**Zinc** — Zinc salts like zinc gluconate or zinc sulfate have preventive qualities, by healing blemishes, and reducing inflammation and androgenic hormonal effects on the skin.

**Vitamin B6** — This is particularly helpful in dealing with mid-cycle or premenstrual acne. Vitamin B6 helps in metabolizing steroid hormones, and reduces skin sensitivity to testosterone effects.

**Ginkgo biloba**—This facilitates the proper circulation of blood to the skin. For a soothing and healing effect, marshmallow is considered a natural treatment of choice. For good lymphatic system stimulation, calendula can be used on account of its antiseptic and soothing effects on the skin.

**Herbs** — Herbal extracts like yellow dock, burdock, sarsaparilla, and cleavers, when blended together, act as a potent acne destroyer on account of their cleansing effects. This blend can be taken three times a day, along with a balanced nutritious diet. Half a teaspoon each time is an ideal dose.

## About the Author

Johns Hopkins Medicine brings together the faculty physicians and scientists of the School of Medicine with professionals of the Johns Hopkins.

Source: <http://www.productsherbal.com>