

Holistic Remedies For Acne

Holistic acne treatment are a great alternative for people wanting to cure their acne without chemicals, drugs or side effects. More and more people are turning towards natural cures because they are simple, effective and carry a wide variety of health benefits beside curing your acne. Holistic remedies have proven to be a permanent cure and not just some quick fix pharmaceutical aid that has your acne returning as soon as you stop using the product. The basis for a acne holistic medicine or remedy is to use the chemicals found naturally in foods, spices and herbs to fight your acne. The right combination of these acts as a natural antibiotic that helps the body kill the bacteria without any of the side effects associated with prescription antibiotics. So what's the difference between these two? Well for starters, the chemicals found in the prescription antibiotics kills the fauna and flora along with the bacteria which causes the body to take longer to recover. It also produces side effects such as weakness, diarrhea, drowsiness and leaves the body more vulnerable to allergies. The natural antibiotics kills the bacteria in a more positive way which has a lot of benefits on the body. By boosting the immune system naturally, it gets rid of any side effect thus leaving nothing for the body to recover from. Holistic acne remedies cure acne by addressing it at the root of the problem, the cells. By regularizing the hormones while killing the bacteria it is a very effective way of treating acne. Acne is an internal imbalance that demonstrates itself externally. So to get quicker results you should also address the external. There is a plethora of natural herbs that that you can apply directly to the skin that will reduce your pimples (or zits). Aloe vera, tea tree oil and dandelion root are all very effective in treating skin conditions. But be aware that over zealously applying these herbs to the skin can cause irritation, over drying, redness and itching which can actually worsen your acne. Before you start any holistic treatment, you need to find a reputable guide that will map out a safe, step by step way on how to use holistic remedies for acne.

About the Author

Alternative health remedies including Deva Flower essences and Red Earth Herbal.

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