

## Acne Home Remedies - Nuggets of Acne Wisdom

Acne home remedies have offered much relief for many acne sufferers during those bouts of unexpected outbreaks. The reasons for its popularity are the relatively cheaper cost of preparation and the absence of harmful side effects that some have come to associate with over-the-counter (OTC) or prescribed medication and creams. We will explain the risks of using OTC medication and creams and offer some alternative acne home remedies. The truth about OTC medications is that there are potential risks when using them. Read the overleaf or product label and you would certainly find a note asking you to consult your doctor if you develop some form of abnormalities, be it rashes or fever or just about any condition. Few products can escape from a litany of side effects. It has been reported that benzoyl peroxide or salicylic acid, both common acne medication ingredients, may result in burning of skin and redness for some users. Antibiotics could possibly lead to side effects like stomach upset, giddiness, headaches and skin discoloration. Moreover, modern acne treatment only focuses on treating the symptoms, often neglecting the deep rooted causes behind the acne outbreaks. Acne home remedies on the other hand deal with the main culprit behind those bouts of acne outbreaks. Acne is rarely just a skin problem. Research has linked the recurrence of acne to poor dietary habits, personal hygiene and even illnesses. We have listed some acne home remedies that you would find useful.

1. All-Vegetable or Fruit Diet Vegetables and fruits are great sources of antioxidants, the destroyer of free radicals and elements that are responsible for poor skin condition. You can either go on a full-fruit fast for a whole week to flush out the toxins or work on having a full-vegetable diet. Avoid citrus fruits like oranges and lemon, but eat more pears, peaches, apples and pineapples. Vegetables like carrots, kelp, seaweed, onions, garlic, sprouts and watercress are perfect for the all vegetables diet.
2. Saturated Fat-free Diet Avoid foods with high saturated fat content such as milk, cheese, ice cream, homogenized milk, buttermilk or any other dairy products at least for a week or two. Consume these foods if you have to after the acne lesions have receded. Junk food like chips and French fries and processed foods are best avoided. Eat more tofu, broiled fish and whole grains.
3. Caffeine and Alcohol Say no to caffeine, alcohol and carbonated drinks.
4. Application of Tea Tree Oil Tea tree oil can be used as a topical medication over the acne spots. It is one of the best acne home remedies because of its antibiotic properties.
5. Application of Lemon Juice Lemon may not be suitable for consumption when you have acne, but the juice certainly can still be used as an effective acne home remedy due to its antiseptic and astringent properties. Squash the juice and dilute it with water before applying on the acne lesions.
6. Application of Toothpaste The tubes of toothpaste in our bathrooms are great acne home remedies. They are good for cooling off the acne. Use them on the acne areas and leave them overnight to reduce the swelling.

There are many online resources where you can find useful acne home remedies. See my blog for secret home remedies for acne that have set many acne sufferers free. This article may be freely reprinted or distributed in its entirety in any ezine, newsletter, blog or website. The author's name, bio and website links must remain intact and be included with every reproduction.

## About the Author

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