

Free Cures For Acne - Is It Possible?

There are a number of vitamins and minerals that can be used to improve the look and condition of your skin. The mineral zinc, and vitamins A, C, and E, and B-complex vitamins like vitamin B6 are often used to support acne treatment, as these vitamins are very important for the health of your skin. Eating foods that are rich in sulphur may also be helpful as sulphur helps to cure acne. Garlic and onions both contain a good supply of sulphur. Your health care provider may also recommend that you avoid eating sugar, fried foods, or foods that have a high fat content. Also eliminate any sugar based carbonated beverages. Oral Tetracycline is one of the most popular oral acne medications. Moderate to severe acne may be treated with an initial dose of 500 to 1000 mg per day in a decreasing dosage as skin condition improvement is noted. This antibiotic is not for pregnant women since it can cause skeletal defects to her unborn child. Children under 8 years are also not advised to be given this medication. Oral Minocycline and Doxycycline are derived from tetracycline. Research shows that these acne medications are more effective than tetracycline. Doxycycline is reported to induce sunlight sensitivity. Both are advised not to be taken by pregnant women. Oral Erythromycin is an acne medication that may be taken as an alternative to tetracycline since it is safer for pregnant women and young children. Removing excess oil from the surface of the skin, and kill the bacteria on the skin. To do this, we will need a gentle, non-allergenic, non-irritating antibacterial cleanser. These are few and far between, and I have only found one cleanser that can do the job: Noxzema "Triple Clean" Cleanser. This is a gentle cleanser that contains an antibacterial ingredient called "triclosan". You need to eat at least 5 servings of fresh fruit and vegetables each day. Fresh fruit and vegetables are full of nutrients that your body needs. They boost the immune system and are good antioxidants. They can work towards helping you get rid of the acne. Try to avoid refined sugars and fatty foods which have are not good for you or your skin. You also need to drink at least 8 glasses of water a day to flush your system of toxins. There are many moisturizers available that are specifically designed to help with acne such as Cetaphil, Eucerin, and Neutrogena. Severe acne, or acne that has not responded well to over the counter products, can be successfully treated with the knowledge and expertise of a dermatologist. A dermatologist will consider many things before suggesting treatment. He will perform a thorough evaluation of the patient, considering things such as severity of acne, patient age, lifestyle, and co-existing conditions. The dermatologist then may suggest a combination of two or three different therapies for best treatment. There are many medicines and cream that are used to fight acne. But so far, maintains a healthy lifestyle is the easiest way to go. It is important to say that by leading a healthy lifestyle, you will not only get healthier skin, but also a healthier body. Changing habits will be hard at first, but in the long run you will have a better general health, and more energy, and clearer, healthier skin.

About the Author

When you pull all the teeth it can cause lots of problems with the bones in. nutritious and less beneficial to your general health.

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