

Acne, Cure of Acne

Acne is common skin disorder which resulting from hormones on the skin's sebaceous glands. The best treatment is the one that cures the condition. Acne infection is also an injury that needs repair and body sends white blood cells and other molecules that fight the infection and repair the infected site. Acne gives the combination of symptoms like greasy skin, white heads, black heads, pimples, inflammation and scar formation. Acne can also be caused by eating habits, containing too much fat, too much sugar or the wrong kind of fat may cause acne. Poor digestion, washing and use of strong soaps aggravate acne. Some Factors which can cause Acne, - Stress - Some contraceptive agents - Environmental or domestic pollution. - Humid environments. - Some antidepressants. - Use of some types of greasy cosmetic products. - Some antiperspirant products. - Exposing the skin for chlorine or other halogens, or medicines containing halogens. - Women may get aggravated acne 2-7 days before menstruation. Some Advice to prevent from Acne Advice about Diet- Do not consume a great amount of fat. - The fat you add to the food should be natural oils. Olive oil is ideal, but use other types of oils too, like walnut oil, sunflower oil and soy oil. However, do not use only soy oil as many tend to do. Using only soy oil will give you too much of some fatty acids and too less of others. - Eat much fish, seafood and not so much meat. - Eat food with a high fiber content to regulate the digestion, like vegetables, whole cereals, full corn bread and fruit. Avoid certain things Do not use greasy or heavy cosmetics that clog your skin and are difficult to wash away. - Do not use strong irritating antiperspirants. - Do not wash with strong soap or cleaners that dry up your skin and take away all the natural oily protection in your skin. - If you perform body-building, do not use anabolic steroids or other hormonal supplements. - Use clothes that allow air to reach your body surface to avoid collection of humidity and overheating of your skin. Natural Process or homemade treatment to cure acne Grind nutmeg (jaiphal) with unboiled milk and apply on affected area. This works as a magic. Pimples should disappear without leaving a mark. Apply a mixture of 1 teaspoon lemon juice and 1 teaspoon cinnamon powder. Make orange peel paste by grinding it in some water. Apply on and around pimples Mix groundnut oil with an equal amount of fresh lime juice and apply on face. leave for 10-15 minutes and wash. It may be applied daily to prevent formation of blackheads and pimples. Make a paste of sandalwood with rose water. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water. Make a paste of neem leaves with turmeric powder. Apply on affected area. Wash it off after 20-30 minutes with lukewarm water

About the Author

Information about anaerobic digestion. There are no anaerobic digestion plants in operation in Nottinghamshire at this time, but it is a technology.

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