
Acne treatment

Posted by James - 2007/09/04 23:29

When I was younger I was plagued by acne and wished that I did not have to rely on chemicals. Any home remedies such as orange peel or lemon?

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Re:Acne treatment

Posted by Somnilocus - 2007/09/06 21:21

Eggs/honey/oatmeal mixtures are often used as facial masks for acne, to sooth the skin and absorb the oils.

A nice herbal remedy is to take some flowers/herbs and steep them to create an infusion. Lavender, chamomile, and calendula are a nice mixture for this. While it's steeping (make sure it's not too hot and that you don't get too close), you can use the steam to open and unclog your pores (and these particular ingredients are great for relaxing right before bedtime, as well ;)). Then, once the water has cooled, use it like a toner. The ingredients are very soothing and known to help reduce inflammation and redness.

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Re:Acne treatment

Posted by carlovill - 2007/09/07 11:38

Here are some simple ways to battle acne.

- Change your lifestyle
- Overcome stress
- Water is best
- Avoid astringents
- Avoid stimulants
- Watch your diet
- Avoid alcohol

Health Content

Post edited by: carlovill, at: 2007/09/07 11:54

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Re:Acne treatment

Posted by Forgive Darkness - 2007/09/08 15:28

What I do to get rid of acne is simple. Drink loads of water. Water is a natural filter so it will help a lot. Also some natural treatments that I know of include rubbing honey and mouthwash on your spots.

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Re:Acne treatment

Posted by Somnilocus - 2007/09/18 09:56

I agree, drinking lots of water is probably one of the best things you can do, not only for your skin (which it has a huge effect on), but for your body in general; you'll look better, feel better physically and mentally, it will help you lose weight, etc.

Although I wouldn't call using mouthwash "natural." :P People use that because it would dry out the pimple and skin, and it also almost always contains alcohol... so it's very harsh, I wouldn't recommend it.

Honey's nice on the skin, it feels great after using it. I haven't tried it for acne but I hear if used consistently it helps not only with blemishes but scars as well. Apparently it helps kill bacteria? Dunno if this is true.

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Re:Acne treatment

Posted by Forgive Darkness - 2007/09/24 22:47

I have used both honey and mouthwash to clear up some minor acne. My mom says that when she was younger in Kentucky they would use...well...piss from a child's diaper. Apparently that works but I will not and will never try it.

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Re:Acne treatment

Posted by ladycat - 2007/09/27 07:20

Acne needs to be healed from the inside out.

Taking Vitamin A fish oil caps and a tablespoonful of raw flaxseed oil mixed in a glass of orange juice every day will do wonders.

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Re:Acne treatment

Posted by Archbob - 2007/10/05 23:23

I've seen many people use Cucumber peels to cover their face. I'm not sure if it cures Acne, but it does make their skin most moist and fresher. It gives the skin a little more "bounce" after applying.

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Re:Acne treatment

Posted by sweetangel18 - 2007/10/29 15:17

oh..Thats a big problem because it is a hindrance to your face.Maybe i recommend you to go to your dermatologist to know the status of you face.

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Re:Acne treatment

Posted by Nkeno - 2008/04/29 22:40

Yup...just to reiterate what others have already pointed out...water is the best for your skin. It has to be pure, filtered water though. Within a month or two you will notice a difference. Actually, other people will come up to you and tell you. I experienced that about 10 years ago after going through my "teenage acne" period. I had it all on my forehead, and within 2 months I had 2 girls come up to me and mention how my skin had cleared. It's funny how they had noticed and not me.

Make sure you drink at least 1.5 litres of it (which equates to about 6-8 glasses). A glass before breakfast. One between b-fast and lunch. One after lunch. Another around 4pm, and then the rest after dinner.

Post edited by: Nkeno, at: 2008/04/29 22:44

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Re:Acne treatment

Posted by juno444444 - 2008/05/01 00:46

Pineapple on the skin. Or any fruit juice, for that matter. You might want to dilute it, especially if it is strong (depending on how long you leave it there and how oily or sensitive your skin is.) The natural acids clean off dead skin and also

clean the pores.

Re:Acne treatment

Posted by GKNY - 2008/07/03 23:07

So true and yet I find it so hard to follow this simple step..

Re:Acne treatment

Posted by jimmys devoted - 2008/07/13 21:24

my daughter went through all sorts of problems with acne., finally we found a doctor that suggested using as plain a product that can be found. so we bought some lye soap. it worked until she got pre-period.

acne has a few different problems with it. One its hormonal, 90 percent of the time, two its systemic. Some adult acnes are due to an infection that has yet to be treated, creating white heads, pustules, pimples. Often a general systemic antibiotic like tetracycline can help.

If that fails, saltwater or trips to he beach have been helpful. the actual chemical makeup of the sea water is what helps.

another is High doses of vitamin A and so on.This can backfire however in cases of PLEVA or other forms of acne that mimic common acne.

Keeping the face clean helps to prevent spread of infection. Diabetic. keratic, PLEVA or other severe acne forms are the major cause of problems.

using the mildest washing product, and not touching your face after eating foods are the main thing to help.

j

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Re:Acne treatment

Posted by Alanah - 2008/08/31 14:50

I fail to see how tetracycline falls in to the category of home remedies. It is true there are a number of reasons why you may get acne....hormonal, untreated infections, poor diet. All of these reasons respond well to a regime of plenty of water, a well balanced diet with fresh fruit and vegetables,good quality essential fatty acids and eliminating alcohol and refined starches, as has been stated in numerous posts already. Blood cleansing herbs like burdock and echinacea will lend an added kick to that regime . When there is toxicity of any kind in the body be it through poor diet or infection, for effective results you must always support the liver. It's the liver that does the most work in removing the toxicity from your system. The juice of half a lemon in warm water first thing in the morning is a great tonic for the liver. Using chemical antibiotics for acne will just undermine your immune system and make you more susceptible to any infection that you encounter and in the long term compound the problem.

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Re:Acne treatment

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