

The Natural
Acne Remedy
H a n d b o o k

50 Ways To Treat Acne
Using Natural Remedies



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INTRODUCTION

Acne is a skin disease that involves the oil glands found at the base of hair follicles. These glands come to life during puberty due to both male and female hormones produced at that time. Because of these hormones, this is the time acne usually occurs. Acne occurs when the oil glands at the base of hair follicles get blocked and oil accumulates under the skin.

Acne isn't medically dangerous, but it can be frustrating and embarrassing, especially for teens. It is estimated that nearly $\frac{3}{4}$ of the population between 11 and 30 will get acne. When acne flares up, it usually occurs on the face, but often can be found on the back, chest, shoulders and neck.

Research shows that susceptibility to get acne may be genetic. If the child's mother had acne, then the child is likely to have it. There are also medications that may cause acne, mainly those that contain androgen and lithium. If you're susceptible to acne, using greasy cosmetics can cause it to flare up. During pregnancy, hormone changes may cause acne to either develop for the first time, or to recur if you had it in the past.

Types of Acne

- Whiteheads—This type of acne remains under the skin and appear very small.
- Blackheads—These are very visible, but you should remember that the blackhead isn't caused by dirt, and no matter how well you clean your face, the blackheads won't go away.

- Papules—Small pink bumps visible on the surface of the skin.
- Pustules—Red bumps visible on the skin that have pus at the top.
- Nodules—Large solid pimples that are painful. They are formed deep in the skin.
- Cysts—They can easily scar the skin surface. Cysts are painful and pus filled.

You go to the movies and see beautiful people on the screen with glowing perfect skin. Perhaps you've even envied those people. In reality, however, their skin might not be as "perfect" as you think. Many famous people such as Jessica Simpson, Kelly Clarkson, and Katy Perry have all confessed to being plagued with acne. Sure, stage makeup gives them that "glowing" skin, but underneath they had the same skin care problem many people around the world face—dreaded acne.

As previously stated, when puberty hits, so do the zits. Hormones rage and many hormones can actually cause acne to occur. At that age, even one pimple can seem devastating. For some, their acne problems are just a small amount of acne that goes away rather quickly. For others, however, it can be a nightmare. Acne seems to take over their face, and nothing they buy seems to work. Some are even troubled with it through adulthood. Often, these individuals have it so badly that they are scarred for the rest of their lives. Acne can not only be a burden, it can be extremely embarrassing for those who have it. This is especially so during

your teen years when self-esteem is so important. Face it, sometimes kids can be cruel, and those with severe cases of acne can be a target. They get harassed and/or made fun of. This really stresses them out, which makes the acne even worse. It can be a vicious cycle.

When you're one of those people tormented with acne, what can you do? You see so many commercials telling you to buy this product or use this cleanser and rid yourself of acne. It can be confusing trying to figure out what to buy. Some people spend hundreds of dollars trying to find the right product. They end up buying a lot of products that never seem to work.

Treatment for acne can include over-the-counter creams or gels which usually include benzoyl peroxide to remove dead skin cells and prevent clogging or salicylic acid to unclog pores.

Prescription medications can include oral antibiotics or topical antimicrobials that help reduce acne-causing bacteria. For women, prescription medication can include contraceptives that calm sebum producing glands and reduce oil.

If these don't work, then physical procedures can be performed by your doctor. These usually include chemical peels that unclog pores and remove dead skin cells.

If you go this route, be careful when choosing a dermatologist. Not all of them are experienced with acne. Check them out and ask them to show you photographs of patients who have used the treatment they recommend for you. They should be able to show you before and after shots.

If you've never had acne problems, you probably have no idea how expensive medical treatment can be. Here are just a few of the costs you can incur if you go the medicinal route to acne skin care:

- Over-the-counter regimens that include a cleanser, a toner and a medicated lotion that is not prescribed and used daily can cost from \$30-\$60 per month.
- If it's severe and your doctor prescribes antibiotics, topical creams, ointments or hormone therapy the treatment can cost anywhere from \$50-\$200 per month with a doctor visit.
- Others try acne treatments that include facials or chemical peels. These treatments can cost anywhere from \$75 to \$200 for each session, and may require more than one session in a month.
- Some people who suffer from acne become scarred by it. Often, these patients choose to endure additional treatments to remove or lessen the appearance of acne scars. Both microdermabrasion and dermabrasion are used for the scarring and can cost up to \$2,000 when more than one treatment is needed.

After the acne clears up using the medical treatments, you have to continue the medical treatment so it won't flare up again. Sometimes, these medical treatments are considered cosmetic and are not covered by insurance. Doctors will sometimes provide discounts for skin resurfacing treatments for their new patients. They may also offer package deals if you need

multiple treatments. You can also often find prescription drugs that are generic. These can cost you up to 50% less.

Here are a few specific medical treatment options and their costs:

- Tretinoin—Depending on the strength, it can cost you anywhere between \$35 and \$50 dollars for a 45 gram tube.
- Adapalene—this is generic and comes in different strengths. It is quite expensive. It can cost you approximately \$160 for a 45 gram tube.
- Epiduo—This combines adapalene with benzoyl peroxide. For a 45 gram tube of this gel, it can cost up to \$250. You can buy benzoyl peroxide cheaply, so it may not be worth it to you to pay this much for the combination of the antibiotic and the benzoyl peroxide.
- Retin-A Micro—This may cause less irritation and is a microsphere preparation of tretinoin. A 45 Gram tube can cost between \$260 and \$320. Avita is also a form of tretinon and is a bit cheaper ranging from \$150-\$175 for 45 grams.
- Tazorac treats acne and psoriasis. It is considered effective, but is also irritating. For only 30 grams of this gel, you can expect to pay between \$200 and \$250.

- Benzacilin—1% clindamycin and 5% benzoyl peroxide—This is a little more affordable. It costs between \$75 and \$90 for a tube that is 25 grams.
- Duac—A brand-name gel that is virtually the same as Benzacilin, but is more expensive. For 45 grams, it can cost you over \$200.
- Ziana—It is expensive, between \$225 and \$250 for only 30 grams. If you mix two generics—clindamycin and tretinoin—you can expect to pay somewhere between \$50 and \$100 for both of them.
- Doxycycline—This is a prescription pill where you take 50 mg to 100 mg two times a day. It's generic and you can usually get it for \$4 for the entire month's supply.
- Oracea—This is a 40 mg tablet to treat acne. It is effective, but is expensive. It can cost you \$400 for a month's supply.
- Minocycline—This medication is taken twice a day and is less likely to give you a rash with exposure to sun than doxycycline. For 50 mg to 100 mg doses, you can buy it for as low as \$12 to \$30 for a full month's supply.
- Solodyn—This is minocycline in an extended release form. While it is more convenient than daily dosing, it can cost you anywhere from \$560 to \$1,000 depending on the dose.

As you can see, acne sufferers can spend a lot of money. Often, it's wasted because the creams and pills don't work. You may have tried many of them yourself and feel like you're spending all your money trying to clear your skin to no avail.

What if there was a way you could rid yourself of acne and you wouldn't have to spend a penny, would you try it? You may find this to be the case. In fact, you just might have something in the kitchen or bathroom cabinets that will work just fine.

It's frustrating when you feel you don't have control of what is happening to your face. People try everything over-the-counter and take every medication their dermatologist gives them and still have terrible acne breakouts. Sometimes, however, the answer isn't in dermatologists or medications. Instead, the answer is found in nature. Natural remedies have been found to help clear up acne. They're less harmful to your skin, and can be just as effective, or even more effective, as the products you spend a lot of money on.

50 WAYS TO TREAT ACNE USING NATURAL REMEDIES

If you're one of those who suffer from severe acne, you're probably willing to try just about anything. If you've tried and tried to clear your face of acne and you've used every cleanser or acne cream you can think of and you are still plagued with acne, you should know that there are many natural ways to help you clear up your acne and often get rid of it permanently. You don't have to waste money, and most of these things you already have around your house. If you think this sounds too good to be true, trust me, it isn't.

You can have clearer skin in a short period of time for far less money than you'd spend buying medical creams and pills. Often, you don't have to use anything. You just have to adjust a few things that you do in your daily routine to help clear up your acne. Wouldn't that be awesome? Natural remedies have worked for others, and these remedies can work for you too. Try several of these methods until you find the combination of natural products that work for you.

Here are 50 tips you can use that will naturally help you clear up that dreaded acne and reclaim healthy, clear skin:

1. Baking Soda—When you think baking soda, you probably think

of keeping your refrigerator fresh. Baking soda, in fact, does much more. For acne, mix baking soda and water in equal parts. Use them to make a paste you can apply to your face. Don't put it all over your face. You'll only want to put it on each individual acne spot. It's usually easier to use a Q-Tip and dab it on. Leave it on your face until it dries. This usually takes around 10 minutes. Wash it off in water that is very cold. This helps close pores. Generally, doing this twice each day can give results.

2. Lemon Juice—Lemons have citric acid which fights bacteria that cause acne. It's easy to use as an acne treatment. Simply cut a lemon in half. Then rub the open side of the lemon gently on your face. You will feel it stinging, which mean it is working. Leave it on for about 10 minutes. Be sure to wash the lemon juice off. When you use lemon juice for your acne, you probably should use sunscreen if you're going outdoors. The citric acid can sometimes bleach the skin. This can make your skin more sensitive and makes it a higher risk for sun damage.
3. Potatoes—Slice a small, raw potato in half. Rub it on the acne. You want to rub it only on the affected areas, not your entire face. Potatoes not only have a healing effect, but are also an anti-inflammatory. This will help with that embarrassing and irritating swelling and redness acne can have on your face.

When you're finished, wash the potato residue off of your face gently.

4. Toothpaste—This works well for pimples. If you have one or two that you want to get rid of quickly, simply apply toothpaste to it. Toothpaste contains silica which dries out and reduces the size of the pimple overnight if you leave it on. Toothpaste that has silica but not sodium lauryl sulfate works best. Most big name-brand toothpastes have sodium lauryl sulfate, so stick with the simple, natural ones when you use it to treat your acne.
5. Ice—Ice has been used for years to treat inflammation in the body. That's why when there's swelling from any kind of an injury, ice is applied to the affected area. For acne, ice is used because it closes pores as well as helps reduce the inflammation of acne. If you have big pores, you can take ice cubes and rub them gently over the problem spots. Ice or even cold packs, work to constrict blood vessels beneath the skin. This causes irritation and/or inflammation to be less noticeable.
6. Tea Tree Oil—It is a well-known anti-fungal and antibacterial remedy. It's herbal, so it's great for mild-moderate acne. In tests, it has been just as effective as benzoyl peroxide for acne. The benzoyl peroxide may work more quickly, but teal tree oil

will have fewer side effects and treat your acne naturally.

7. Aspirin—You'll want to crush the aspirin and form a paste. Then use a Q-Tip or your finger to apply the paste on each pimple and let it dry. Aspirin contains salicylic acid. They use this in most acne treatments, because it will destroy bacteria which cause acne. It dries out pimples while it fights bacteria. Leave the mixture on your face for 10-15 minutes and wash off gently.
8. Alum—You can check the spice aisle in your local grocery store and look for Potassium alum. It is also used in natural deodorants and styptic to help reduce bleeding after a cut because it's a natural antiseptic and astringent that shrinks skin tissue. It works better in block form than powder. Just wipe it over your acne gently to avoid irritating pimples.
9. Reduce refined carbohydrates from your diet—Things like bread, pasta, etc. can cause your acne to worsen. You should also try to cut back on sugar. You may want to use a little natural sugar, but eating a lot of sweets will negatively affect your acne. When you're looking for something to munch on, instead of candy bars, go for things that are healthier, such as fruits and vegetables.
10. Fermented foods—Foods such as sauerkraut, kefir, natural

yogurt or goat cheese contain pro-biotic and enzymes which help reduce acne. Adding these to your diet can be beneficial when you're struggling with acne breakouts.

11. Stop using products on your face such as cleansers, makeup, and face cream—If you feel you need these things, you should look until you find natural products. Often these products aren't made to work together. If you're trying natural ways to cure your acne, then don't counteract the effect with other chemical products.
12. Vegetables—You've been told all your life it's important to eat your vegetables. If you have acne problems, you should definitely add more vegetables to your daily diet. They're healthy, and they clean toxins from your blood that can cause acne.
13. Water—Drinking water also helps cleanse the body. You should try to get about half your body weight in ounces of water daily. As the water cleanses your body, it will help cleanse the pores of the skin and keep them from clogging. If you drink more water instead of soft drinks, you'll probably not only see a difference in your acne, but your health in general.

14. Be active—Moving around helps your lymphatic system. Try doing things such as running, jumping rope, or even jumping on a trampoline. Join a gym and workout. Join a sports team in school or at your local YMCA. Whatever activity you enjoy that gets you moving. Often when one suffers from acne they stay home and seem to become a young couch potato. They don't want to go anywhere or do anything where others will see their acne. Forget about that. Don't worry about others, worry about yourself. You need to move, so get out and do it. Run laps around your yard if necessary, but move!

15. Vitamin A—Taking a multivitamin is good whether or not you have acne, but it is proven that Vitamin A does help reduce acne. You should try to get a vitamin that has a good supply of Vitamin A, because it helps regenerate skin. It can reduce wrinkles and help get rid of blemishes.

16. Keep your face clean—You can use simple soap and wash your face at least twice a day. If your skin tends to be oily, you should rinse it several times throughout the day. Use lukewarm water to help remove oil that leads to breakouts. You should use mild soap and a soft washcloth or soft sponge. Strong soaps and rough material will irritate acne. Just a little soap is enough. Make sure you rinse it thoroughly. After washing splash your face with cool water to close your pores. When

you're finished, pat your face dry—don't rub it.

17. Sleep well—The more you sleep, the less stressed you'll be. Every hour you lose of sleep causes you around 15% more stress. This can cause the hormones to go crazy causing acne. Instead of staying up late watching TV, or cramming for that test you forgot to study for, you should go to bed at a decent hour.
18. No popping or picking—If you're doing everything you can using natural remedies to treat your acne, it can be useless if you pop or pick at your acne. You may want to, but it won't be good for you in the long run. Acne is bacteria and when you pop it, you allow it to spread to more pores. In effect, you're spreading bacteria to the pores you just cleaned. That's not a good idea. Popping and picking acne also causes inflammation which can cause the acne to appear worse, and cause you to have scars.
19. Avoid glycemic foods—Foods with high glycemic content are not good for acne. This includes: soft drinks, white bread, rice, potatoes, beer, cake, and commercial cereals to name a few. Making a few changes in your diet, like substituting a baked sweet potato for your usual loaded baked potato, eating whole wheat cereals, or buying pasta enriched with soy protein can help reduce your glycemic intake.

20. Baby powder—Baby powder has long been used to absorb moisture. Lightly rub your face with baby powder before you go to bed and when you get up in the morning. The baby powder will keep your face dry and oil-free and will help dry up blemishes.

21. Honey—Use a honey mask on your face a few times a week. Honey is an antibacterial, and can disinfect and help heal blemishes. It is gentle enough for even the most sensitive skin. You use the honey like you would any commercial facial mask. Just rub the honey on your entire face. Let it sit until it's totally dry, and then peel it off.

22. Keep your hair away—Your hair contains oil and can help lead to breakouts. Wash your hair everyday and after every workout. If your hair is long or you have bangs, be sure to pull your hair away from your face. Cleaning your face and then allowing your hair to be on it can reduce the effect of your cleansing. Many people use their hair to hide their acne. They keep their hair over as much of their face as possible. You're not the first person to have severe acne, and you won't be the last. Pull your hair back and don't worry who sees it. You may be self-conscious at first, but when your acne begins to clear, you'll be glad you did it.

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