

# Acne

## Harmony & Health

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Quality Products for Health

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Acne is an inflammatory condition of the skin that occurs when your hair follicles become clogged with oil and dead skin cells. Most common among teenagers and young adults undergoing hormonal changes, but acne can also occur during adulthood

There are several types of acne, including:

- Fungal- occurs when yeast builds up in your hair follicles. These can be itchy and inflamed.
- Cystic- causes deep, pus-filled pimples and nodules. These can cause scars.
- Hormonal - affecting teens & adults who have an overproduction of sebum that clogs their pores.
- Nodular - a severe form that has pimples on the surface & tender, nodular lumps under your skin.

Factors that can cause worsening of outbreak:

- Diet of too much fat and processed foods
- Hormones that are out of balance, including stress
  - Males-hormones can stimulate the production of keratin & sebum, leading to clogged pores
  - Females- premenstrual acne flare-ups
- Toxic condition in the blood and liver
- Low thyroid
- overactive oil glands causing the pores to become “sticky” which allows bacteria to be trapped & cause inflammation

**Supplemental support:**

- **Skin Detox, Cellular Detox, BP-X, or Burdock** are all good blood purifiers.
- **CleanStart** or **Tiao He Cleanse** are excellent general cleansing & detoxifying programs.
- Clean up diet, stay away from processed foods. Use healthier oils such as **flax seed** or **olive oils**.
  - Eat more green vegetables. Drink more water.
  - A low-glycemic diet may reduce the amount of acne you have
- For hormones: boys - **Sarsaparilla** girls - **MasterGland** or **Dong Quai**
- For thyroid: **Thyroid Activator** or **Thyroid Support**.
- For Stress: **Nutri Calm** is a B Complex vitamin Supplement containing Vitamin C, nervines and adaptogens to strengthen the nervous system, support adrenals, & reduce stress
- **Silver Shield Gel** or **Tea Tree**, which are antibacterial & antiseptic, may be helpful to use topically.

**Important:** This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.



*Building Better Health Naturally*