

## Use herbal remedies and herbal supplements for stress free treatment of Acne

Acne is one of the most common skin disorders and it affects more than 80 percent of humans. Root cause of the problem is the clogging of the pores of the skin. Cause of clogging may be oil, skin cells that have gone dead or some sort of infection. Medical term describing the disorder in health articles is Acne vulgaris. Acne can affect people irrespective of their age but it is more common during the years of puberty and adolescence.

Acne and its Types&nbsp;

Sebaceous follicles contain sebaceous glands and hair follicles and open up on the skin with pores. Sebaceous glands in these follicles produce an oily secretion known as sebum which is normally allowed to reach out of the skin through the skin pores. In situation when there is excess secretion of sebum due to certain enhanced biological processes, clogging of the pores may take place. Sebum may join hands with dead cells, which will enhance the clogging process. This clogging of the pores may result into any of the following: White heads Blackheads Infection and inflammation  
Acne Diagnosis&nbsp;

Acne is easy to diagnose because of its characteristic symptoms. Medical expert will normally look for Medical history of the patient including medication use Physical examination of the affected body areas Blood test to find out hormonal problems and other tests to find out excess bacterial and yeast growth Treatment

Depending on the symptoms your medical expert will prescribe appropriate medication for you. Normally medication will try to unplug the pore or tackle bacteria in case of infection or inflation. If hormonal imbalance has been observed medication will be aimed at correcting the imbalance. Normally topical cream alone or in combination with antibiotic of some sort will be sufficient to control the acne. As a patient one should remember it is a natural process and can not be healed overnight. In case proper care is not taken it may leave permanent scars on your skin. One can use benzoyl peroxide cream or gel in the initial stages. This medication is available with out any prescription from the pharmacy.

Another method that has proved effective down the centuries is Acne Natural Treatment. Acne is not some modern day disorder, down the history people have faced the disorder and safely got rid of it using various herbal remedies and herbal supplements. Natural herbs that has been found effective in acne treatment include Cleavers Burdock Butternut Mixed with tincture, these herbs normally prove effective in the treatment of acne. Herbal remedies and home remedies commonly make use of the following elements in their recipes Orange peel Neem Garlic Coriander and mint juice Lemon Cucumber Common home remedies use lemon juices in combination with rose water or yogurt. Another popular home remedy uses sandal wood and turmeric powder.

Regarding dietary restriction, it has been found out taking sulfur rich food enhances the result of herbal medicine.

One should not be phobic to acne, if it happens make use of herbal remedies and herbal supplements to tackle it. It may take some time but one will be able to heal acne in a stress free natural way.

### About the Author

David Clifton is expert writer on holistic health. He has many articles to his credit.&nbsp;In this article he explains the use of [herbal remedies](#) and herbal supplements that can be used for the [acne Natural Treatment](#).

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