

Acne: Clearing the Skin Program

Geoff D'Arcy, Lic. Ac., D.O.M.

In acne, sebum from the sebaceous glands gets trapped within the follicle. The result is blackheads and reddish, inflamed, pus-filled pimples, (you know the ones that can ruin teenage life for weeks on end). Acne is a common inflammatory skin problem, more common in teens than adults.

A few tips that may be able to help you get rid of acne:

1. Never pop a pimple, it just makes the acne worst and can cause infection, best to just leave it alone and it will heal quicker, otherwise you may make the inflammation worse.
2. Wash face to remove oils twice daily.
3. Wash pillowcases in chemical free detergents.
4. For women, remove all your makeup at night, wash your face completely and try to get the entire make up off. You could also use special makeup made for sensitive skin that doesn't use oil as a base.
5. Avoid medication such as anabolic steroids, testosterone, corticosteroids, oral contraceptives, and progesterone. These drugs can cause acne like lesions.
6. Get out and get some sunlight, as ultraviolet light tends to decrease acne
7. Dietary support: Mung beans, leafy greens and any foods that reduce "internal heat." According to traditional Chinese medicine theory, internal heat contributes to cysts and most skin problems. Stay away from yeast (bread), sugar, and alcohol. Avoid completely spicy, greasy, fatty, deep-fried or oily foods.
8. Regular cardio/exercise (everyday if possible) this can help tremendously. Often if you do not do regular exercise, skin problems are worse.
9. Daily bowel movements are important as constipation has a negative impact on healthy skin.
10. Drink an adequate amount of spring water daily.
11. Finish showers with cold water and briskly rub yourself dry to provide daily stimulation to your skin and circulation.

Cleanse Herbal Formula: 2 capsules, 3 times daily.

This formula cleanses toxicity from the blood and helps remove wastes held in the blood. These undesirable wastes are from both the internal and external world and may include pesticides, herbicides, internal cellular wastes, viral particles, yeast cells, and bacteria.

Renowned herbalist, Christopher Hobbs, defines a "blood purifier" as an herb that facilitates and supports the elimination of wastes from the blood through the skin, kidney, and bowels.

Dandelion is a great cleansing herb that supports liver function (as does blessed thistle), stimulating bile production and flow. Dandelion root opens up perspiration and is a wonderful diuretic; both dandelion and blessed thistle help excrete wastes. The yellow-flowered "weed" is the only diuretic that actually helps replace potassium, often depleted by all other diuretics, herbal and pharmaceutical.

Burdock is one of the foremost detoxifying herbs of the Eastern and the Western traditions; it is used to cool and cleanse toxic accumulations from the body, and, along with red clover, improves skin quality (rashes and other chronic skin problems). Fenugreek soothes and cleanses. Kelp is a nutritive food for the blood, a wonderful source of trace elements, and binds heavy metals in the gastrointestinal tract preventing their absorption. Kelp has the added bonus of soothing the gastrointestinal tract.

Ingredients:

