



acne solutions

In a society that often judges a book by its cover, acne can cripple your confidence.

Naturopath Caroline Robertson shares nature's secrets to a clear complexion, so you can shine with assurance and self-esteem.



Skin sins

For a clear complexion avoid the following:

- **Smoking** can cause impaired blood flow, making it more difficult for acne lesions to heal.
- **Harsh cleansers**, oily skincare and some makeup can clog your pores.
- **Some foods** can breed breakouts such as vegetable oil, dairy, alcohol and acidic foods such as chilli and tomatoes.
- **Excess sugar consumption** is a much debated issue when dealing with acne conditions. The resulting rise in insulin from excess sugar may trigger an increase in androgens in women, which may in turn increase acne prevalence.
- **Salicylate allergy** can cause pimples around the mouth, cheeks and eyes, so

if you suffer this reduce high salicylate foods such as berries, peppermint and aspirin.

- **Squeezing pimples** forces sebum into the surrounding skin, causing redness and swelling.
- **Pollution** clogs pores so remember to cleanse thoroughly every evening.
- **Air conditioning** can dry skin causing reflex oiliness. Combat this with a regular moisturiser, spritzing spray and hydrating mask.
- **Stress** increases cortisol which promotes pimples. A recent study found that acne severity correlated with increasing emotional stress.



Skin supporters

For radiant skin consume these things:

- **Aloe vera juice**, an ideal liver and hormonal tonic that helps prevent breakouts.
- **Avocado** protects and plumps skin with antioxidant carotenoids, vitamins C and E and fatty acids.
- **Carrots**, bursting with betacarotene which accelerates skin healing.
- **Liquid chlorophyll** added to a glass of water, cleanses blood for a clearer complexion.
- **Evening primrose oil** supplements, balance hormonal acne and lubricate skin from within.
- **Fresh garlic** or in supplemental form, contains antibacterial allicin.
- **Kale** is cleansing, alkalising and mineral rich – ideal for skin health.
- **Pumpkin seeds** are high in zinc which thins sebum and hastens healing.
- **Fresh salmon**, a rich source of omega 3 fatty acids soothes and moisturises skin.
- **Turmeric's** active component curcumin reduces inflammation and purifies blood.
- **Fresh chemical-free, alkalisied water** hydrates your skin cells and removes wastes, aim for two litres daily.
- **Vitamin A** helps to maintain structural and functional integrity of your skin cells and may also help reduce sebum production.
- **Pantothenic acid or vitamin B5** is beneficial as it reduces oil production by the sebaceous glands.
- **Vitamin B6** may help reduce premenstrual or mid cycle acne problems in women, 50-100mg is recommended daily. Chaste tree (*Vitex agnus castus*) is also beneficial premenstrually to eliminate acne.
- Supplements of the **cell salt Calc Sulph** calm red inflamed spots.

The jojoba oil and acne story

When skin is in balance, sebaceous glands continuously pump sebum out of the skin, carrying with it dead skin cells and waste. It also delivers wax esters to the skin's surface which are responsible for killing germs, smothering viruses and dissolving any dried sebum that may build up in hair follicles and skin pores. These wax esters also create a natural protective barrier on the surface that holds moisture in the deeper skin cells, keeping skin young, smooth and elastic.

However when skin is out of balance and sebaceous glands over produce sebum with not enough wax esters, the sebum can build up and clog skin pores. Surrounding skin tissue becomes irritated and inflamed, and the resulting sebum plug becomes infected and erupts as acne.

Jojoba is the only plant in the world known to produce pure liquid wax esters like those in your skin. Jojoba wax esters are naturally antibacterial, antifungal, antiviral, analgesic, highly anti-inflammatory and hypoallergenic. Jojoba oil applied to active acne can soothe the pain, reduce redness and inflammation and also help kill the acne bacteria, dissolving the sebum plug to get sebum flowing again. Applying jojoba oil to acne affected skin is the natural way to put back what is missing from skin, to bring it back into balance.



- **Zinc** is an important nutrient to help control acne particularly in teenage boys where zinc levels have found to be low.
- **Liver tonics** such as burdock, yellow dock and St Mary's thistle have been shown to detoxify the system and stimulate the liver function, as well as helping to purify the blood.

Anti-acne daily routine

- **Exfoliate:** weekly exfoliation to remove dead skin cells, will smooth and soften skin, brighten the complexion and reduce blackheads by ensuring the follicles are free of blockages. Look for gentle and non-irritating ingredients, exfoliants containing micro-beads are best for acne prone skin.
- **Cleanse:** Try a cleanser with tea tree or neem oil for antibacterial action.



- **Masks:** Green clay dries spots and draws out impurities.
- **Toner:** Cooling rose water or colloidal silver soothes skin.
- **Spot cure:** Jojoba oil makes an ideal spot treatment.
- **Moisturiser:** Minimal aloe vera gel, rosehip oil or jojoba oil with a little sandalwood oil are ideal for reducing sebum.
- **Mineral makeup:** Ensure this is free from comedogenic oil and bismuth oxychloride (gives makeup a shimmery appearance) which exacerbates acne.
- **Sunscreen and hat:** Acne can flare up with heat so sun protection is a must. ☀️



Masks
Green clay dries spots and draws out impurities.

Naturopath Caroline Robertson has practised and taught natural therapies for the past 25 years. For consultations, health retreats and guided meditations visit www.carolinerobertson.com.au



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