

Acne

What is Acne?

Acne is a skin condition that occurs when the hair follicles become plugged with oil and dead skin cells. Acne most commonly appears on the face, neck, chest, back and shoulders.

Signs & Symptoms

Blackheads, pimples, whiteheads and pus-filled cysts form on the face, shoulders, upper back and chest, which becomes sore and inflamed. The affected skin is greasy or oily.

Complications

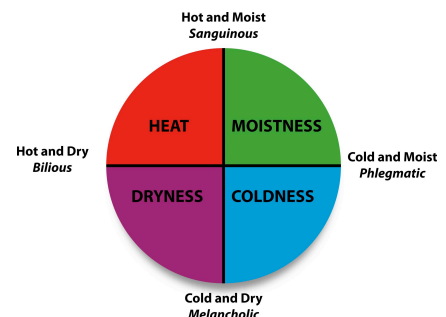
Scarring is a common complication of acne.

What Causes Acne?

During puberty, a natural increase in hormone production occurs, which stimulates the over-production of sebum (an oily substance which protects the skin). This in turn leads to clogged pores. People with an oily skin, or who consume junk food like chocolates and deep fried foods, are prone to acne. Stress can aggravate acne, but does not usually cause it.

The Tibb View on Acne

According to Tibb, acne results from excessive **heat** in the body. During adolescence a lot of heat is produced in the body, as this is a period of increased growth. This growth also leads to the increased production of hormones which causes more oil to be produced by the skin and can cause acne. A lifestyle that increases heat, from poor diet and increase stress, will further contribute to the development of acne. While most teenagers may suffer from mild to moderate acne individuals with a dominant/sub-dominant sanguinous temperament will be more at risk.



Treatment and Management of Acne

Treatment and management is aimed at **reducing the excess heat** associated with acne, by implementing Tibb Lifestyle Factors that **increases the quality of coldness**. This assists Physis in addressing both the symptoms, and the causes of acne.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, lettuce, and rice, **followed by Cold & Dry foods** - like citrus fruit, yogurt, fish and beans.
- Eat **less of Hot & Dry foods** – such as eggs, chickpeas, onion and chili, and the **least amount of Hot & Moist foods** – like sugar, white flour products, cheese, and mutton.
- Avoid heavily spiced foods, alcohol, fried and grilled foods.
- Limit the intake of sugary foods and drinks, as this serves to feed the causative bacteria as well as lowering the immune response. Stabilizing your blood sugar is important because spikes produce more androgens.
- Steamed fish should be preferred over red meat, as a high intake of saturated or hydrogenated fats contributed to acne formation; Adopt a low glycaemic diet which is rich in raw/steamed vegetables and fruits, and low in refined and processed grains.
- Nutritional deficiencies are a contributing factor to acne formation and high fibre helps to keep the colon clean. Add carrots, cucumber and lettuce to salads, as this will reduce the heat that causes acne; Add plain yogurt to salads to increase probiotic intake.
- Follow a fasting programme to allow Physis to restore healing by eliminating toxins.

Other Lifestyle Factors

- Take up a regular aerobic exercise programme, like walking, jogging or swimming.
- Carry out regular breathing exercises, preferably in the morning.
- Squeezing pimples aggravates acne. Avoid washing with hot water, as this can worsen your acne.
- Cut a strawberry or section of pineapple and use it to exfoliate the skin. They contain alpha-hydroxy acids which help remove the dead skin cells responsible for clogged pores.
- Acute acne flare-ups can be relieved by dabbing with a clean sponge soaked in cold, milk-free rooibos tea.

Medication

Herbal Remedy

- Take a handful of washed coriander leaves and place them in a blender. Place the paste on a sieve to extract the juice. Add a pinch of turmeric powder and mix well. Apply this to the face every night.

Tibb Medication

Haemoclear tablets or syrup - This blood purifier assists in managing acne.

Livotibb tablets or syrup - This ensures the liver works better to eliminate any aggravating toxins.

Septogard tablets or syrup - Boosts the immune system so helps prevent and fight infection.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

http://www.tibb.co.za/concepts_tibb.html; diet charts: <http://www.tibb.co.za/food.html> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products

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