

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

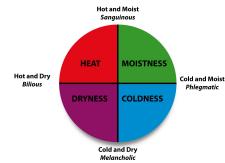
Scarring is a common complication of acne.

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.

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 Advice

- 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
- Acute acne flare-ups can be relieved by dabbing with a clean sponge soaked in cold, milk-free rooibos tea.

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.

Cold & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
beef	brussel sprouts	(all sour fruits)	peanuts	barley	sour cream	coconut oil	basil	coffee		balsamic		cornflakes	sour dishes
biltong (beef)	cabbage	green apples		beans(all types)	egg white	corn oil	tamarind	ice		vinegar		maltabella	
crabs	cauliflower	cherries, coconut		corn	sour milk	sesame oil		sour fruit juices		peanut butter		mielie meal	
fish	eggplant	china/dry fruit		couscous	yoghurt			tea (black)		pickles		millet	
knuckles	green beans	granadilla		lentils						tomato sauce			
mussels	mushrooms	grape fruit		maize						worcestershire			
ostrich	peas	lemon, lime		mielies						sauce			
oysters	potatoes	naartjies, oranges		popcorn						vinegar			
pork	sauerkraut	pineapple,plums		poppy seeds									
snails	tomatoes	prunes, pomegranate		samp									
snoek		raspberries		sesame seeds									
tripe		strawberries											
tuna		sultanas											

Cold & Moist Foods

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duck	beetroot	apricot	macadamia	cucumber seeds	coconut milk		cardamom	milk shakes	fructose		custard	pronutro	
rabbit	baby marrow	cranberries		linseed	cow's milk		coriander	rooibos	glucose		ice cream	rice crispies	
	butternut	figs		melon seeds	goats milk		cumin	sugar cane	rose syrup		sago		
	broccoli, carrots	kiwi fruit		pumpkin seeds	buttermilk		vanilla	juice		1			
	cucumber	litchis, melons		rice cakes	butter			water					
	squash	mulberries		rice	margarine								
	lady fingers (okra)	pawpaw, pears		semolina	rice milk								
	lettuce	prickly pears			soya milk								
	pumpkin	quince											
	radish, sprouts	spanspek											
	soya beans	sweet apples											
	tofu												
	zucchini												

Hot & Dry Foods

Meats	Vegetables	Fruits	Nuts	Grains & Seeds	Dairy Products	Oils	Spices & Herbs	Drinks	Flavourants	Condiments & Spreads	Confectionary & Desserts	Cereals	Dishes
all small bird	bitter gourd	avocado	cashews	celery seeds	eggs	mustard oil	aniseed	alcohol	pungent and	chilli sauce			spicy dishes
meat	celery	grapes	hazel nuts	chickpeas			cinnamon	grape juice	bitter	mustard sauce			
chicken	green pepper		pecan nuts	fenugreek seeds			cloves, garlic	herbal teas	flavourants	peri-peri			
lobsters	leek		walnuts	gram flour			green/red chilli	(see herbs)		sauce			
mackerel	onion			mustard seeds			fenugreek						
oily fish	red pepper			papad			lavender						
pilchards	yellow pepper						nutmeg						
prawns							oregano						
sardines							paprika						
							parsley						
							rocket, rosemary						
							saffron						
							tarragon						

Hot & Moist Foods

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buck	artichokes	bananas	almonds	bread	clarified butter	castor oil	bay leaves	green tea	honey	mayonnaise	biscuits	all bran flakes	sweet dishes
goat	asparagus	dates	brazil nuts	bulgar wheat	condensed milk	olive oil	black pepper	hot water	molasses		cakes	bran	
goose	olives	guavas	pistachios	flour	cheese	sunflower oil	cayenne pepper	juices	salt		chocolate	honey smaks	
lamb	spinach	mangoes	apricot kernels	pasta	cream cheese		chives	(see fruits)	sugar		liquorice	muesli	
liver	spring onion	peaches		rye bread	mother's milk		ginger, fennel	herbal teas			vermicelli	nutri-k	
mutton	sweet potato	papaya		sunflower seeds	(for babies)		green masala	(see herbs)				nutrific	
turkey	turnips			wheat	fresh cream		marjoram					oats	
				macaroni			mint, sage					puffed wheat	
				dill seeds			soya sauce					taystee wheat	
							thyme,turmeric					weetbix	
							watercress						
							white pepper						