

- Acne

Skin conditions occur at any age

Wangaratta Chronicle · 22 Apr 2022 · 55

ACNE is the most common skin condition.



Many teenagers struggle with acne and it can linger well into adulthood.

Ranging from minor flare-ups to significant inflammation, acne is a condition that varies in appearance and severity, primarily appearing on the face, chest, and back.

Whether acne is mild or severe, the best approach to treatment is individualised, utilising natural and safe therapies from a qualified holistic health practitioner.

Scarring can result from acne that is inflamed, picked-at, or not properly treated.

Seven simple dietary habits to support healthy skin:

- Hydrate – drink plenty of water throughout the day. Two litres is optimum when you're over 12 years old. Talk with your practitioner about what's right for you, based on your health and lifestyle, including diet, exercise, supplements and other therapies;
- Avoid sugar-laden drinks and reduce caffeine intake – the theory is that caffeine invokes the stress response and circulating stress hormones contribute to acne. Overconsumption of caffeine may trigger and worsen existing acne;
- Eat fresh, raw fruits and vegetables, nuts, and seeds opt for nutrient-dense foods;
- Avoid hydrogenated oils/ fats such as those found in processed food;
- Take nutritional supplements to support the skin (e.g., Zinc, vitamin D/E/A, St Mary's thistle);
- Take a probiotic to support gut health (another detox pathway); and
- Take Essential Fatty

Acids, which are important to skin health.

Holistic Skin Care Tips

Avoid harsh cleansing products.

These initially feel refreshing, but their potency actually dries out the skin, signalling the glands to produce more oil.

Utilise plant-based (botanical) cleansers that contain herbs and floral components that are gentle and effective for nourishing and cleansing the skin.

Some common ingredients are calendula, chamomile, cucumber, citrus, rose, Manuka honey and tea tree among many others.

Wash daily with lukewarm water and a gentle soap such as one made from goat's milk, olive oil, or coconut oil.

Follow with a cool rinse. Use a toner when you are not able to wash your face during the day or after exercising (look for a mild herbal-based product).

Saturate a small face sponge or cotton ball and apply in smooth strokes across the skin to remove sweat, oil and dirt.

Change pillow covers weekly.

For allergy testing and natural skin management, contact Christos Miliankos or Tayla Adams at the NE Naturopathic Group on 5798 3344 to arrange an appointment.