
Acne Natural Remedy

Contributed by The Health Nut
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Nobody wants to be embarrassed because of acne invasions on their face. There are safe and natural treatments for addressing acne and other skin disorders as well as prescription medications. The main problem with prescription medicated acne solutions is that often they cause severe side effects such as birth defect.

There are safe and natural ingredients that help fight acne effectively and cheaply. Look for these ingredients in your next acne-fighting product before ordering. Below I have listed some of these ingredients.

Vitamin A

Vitamin A contributes to the strengthening of your skin's protective tissue; it prevents acne. In addition, vitamin A assists to cut down on sebum creation in your body. If that was not all, vitamin A also proves quite effective for removing toxins from your body. Not consuming enough vitamin A in your daily diet may be a central cause for getting acne.

Vitamin B1

Vitamin B1 is great for providing energy production, better digestion, metabolism, and overall balance in your body. Since imbalances in your body can cause acne, vitamin B can help restore balance.

Vitamin B2

Vitamin B2 is extremely essential for healthy-looking skin, hair, and even nails. Acne is often a symptom of vitamin B2 deficiency. A safe recommended dosage of vitamin B2 in order to fight acne: 100mg, 3 times daily.

Vitamin B3

Vitamin B3 is very important for healthy skin through the improvement of circulation and the ongoing support of your body with the metabolism of fats, proteins, and carbohydrates. A deficiency in vitamin B3 will cause acne. A safe recommended dosage to effectively combat acne: 200mg, three times daily.

Vitamin B5

Vitamin B5 has become popular for decreasing stress levels which in turn help to minimize the break outs of acne. A safe recommended dosage to take: 100mg, three times daily.

Vitamin B6

Vitamin B6 is a vital for the proper functioning of the immune system and the antibody production. A deficiency in this vitamin may result in acne.

Chromium

Chromium helps to diminish skin infections. In order to get enough chromium in your diet, it ought to be consumed in either two forms: chromium polynicotinate, or chromium picolinate.

Zinc

Zinc helps stop scarring and supports the healing process of tissues. Zinc aids in the prevention of acne by the regulation of oil gland activities. Those who get acne may be deficient in zinc.

Vitamin E

Vitamin E helps improve the healing process and tissue repair. In addition, it stops cell damage by holding back the formation of free radicals and the oxidation of lipids. A safe recommended dosage to take for combating acne: 400 IU, once daily.

To read reviews on effective acne-fighting products that contain the above ingredients and more, visit the links below.

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www.acuzine-acne-remedy.co.uk/acne_natural_remedy.html>Natural Acne Remedy

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