

## Diet and acne treatment

The largest organ of the human body is the skin. Needless to say, waste needs to be eliminated efficiently so as not to interfere with its health. That requires a healthy diet - otherwise, any signs of unbalanced eating habits will undoubtedly interfere with what your skin looks like. One of the most important organs that need to be taken care of in acne treatment is the liver. Liver is responsible with getting rid of the excess of hormones in your body, as well as of toxins. Therefore, "messing" with your liver may have horrible effects, and you're very likely to end up with oily skin. Out of all the toxins, those which have to be firstly controlled as an acne remedy are Mycotoxins. Yeast and other bacteria, usually located in the intestines, secrete these toxins and they're partly responsible for affecting the liver's activity. Eating the right foods as part of acne treatment is the first step towards success. Two basic items that should be in your fridge permanently are apples and psyllium husks. They are excellent instruments in removing any waste left in your intestines, sometimes even from years before. Such waste makes great breeding ground for bacteria such as Mycotoxins; therefore apples and psyllium are part of the ultimate acne remedy. Not to be ignored are beetroot and milk thistle. They're well known for cleansing the liver and protecting it from a wide range of damaging factors, from alcohol to all sorts of viruses. When faced with such a problem, a good acne treatment is a must. Something like this is impossible to hide, and on the long term it may have terrible effects on one's self-esteem. Also, the most important thing is the right kind of information. Any acne remedy may have opposite effects if not used wisely. Documentation is the key. For example, it's not recommended to try to get rid of cysts by squeezing or bursting them. It will definitely take the cyst a much longer period of time to heal, and it will undoubtedly leave a mark. In any case, there is no disease worldwide more common than acne. It may appear anywhere around 14 and 25 years of age, although many suffer from it at an adult age. Over 20 million people are affected by acne in the U.S. alone. However, the same everlasting misinformation can have drastic effects. The multitude of creams, gels and lotions (as part of acne treatment) available nowadays are known to cause rashes and irritations if not used appropriately and under professional supervision. Antibiotics are also known as a frequent acne remedy. However, their long term abusive use annihilates all uncontrolled amounts of bacteria in one's body, including those that play an important role in its good functioning as a whole. The point is that causes and cures of acne may be diverse, but either way, the best approach to the problem is treating it from the inside in order to see the best outcomes on the outside.

### About the Author

Includes list of herbs using in naturopathic remedies, with information about their uses and hazards.

Source: <http://productsherbal.com>