

# What to do about Acne?

## Harmony & Health

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**Acne**, an inflammatory condition of the skin, can be caused by several factors:

- diet of too much fat and processed foods
- hormones that are out of balance
- toxic condition in the blood and liver
- low thyroid
- stress
- for males, hormones can stimulate the production of keratin & sebum, leading to clogged pores
- for females, premenstrual acne flare-ups
- overactive oil glands causing the pores to become “sticky” which allows bacteria to be trapped & cause inflammation

### Some things to try:

- For boys - **X-A, Skin Detox** or **Sarsaparilla** For girls - **MasterGland** or **Dong Quai**
- **Burdock** or **All Cell Detox** or **BP-X** are all good blood purifiers.
- **CleanStart** or **Tiao He Cleanse** are excellent general cleansing and detoxifying programs.
- Stay away from hydrogenated oils. Use healthier oils such as flax seed or olive oils. **Burdock** and **Chickweed** help the body metabolize fats.
- Eat more green vegetables. Drink more water.
- For thyroid issues, try **Thyroid Activator** or **Thyroid Support**.
- **Silver Shield Gel**, which is antibacterial and antiseptic, may be helpful to use topically.

**Important:** The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-

*Help Your Body Stay Healthy with Natural Remedies.*

