

## ACNE

Acne is an inflammatory disease of the sebaceous glands and hair follicles of the skin characterized by pustules. The exact cause is unknown, but contributing factors are heredity, bacteria, sebum production, and androgens (male hormones) produced in increased amounts when a female or male reaches puberty. Other causes may be oral contraceptives, allergies, food sensitivities, stress, environmental toxins overwhelming the organs of elimination, or excess junk food. Imbalances in the endocrine system may also play a role.

### Homeopathics

- \* **Acnetone™**- homeopathic tonifier for relief of eruptions on face and head, as well as relief of burning and itching.\*\*
- Acne HPT™**- high potency formula indicated for relief of symptoms due to acne, recommended for chronic or severe situations.\*\*
- Allerstat I™**- detoxifier of common food allergies that may temporarily relieve indigestion with flatulence, bloating, and loss of weight.\*\*
- Bactestat™**- detoxifier of various bacterial infections that may aid in reducing infections of the skin.\*\*
- BAC HPT™**- high potency formula indicated for chronic bacterial infections, swelling, and inflammation of the lymph nodes.\*\*
- Endopar™**- glandular homeopathic that balances the endocrine system.\*\*
- Endopar F™**- glandular homeopathic that balances the female endocrine system.\*\*
- \* **Genstat™**- this homeopathic and magnesium chloride blend stimulates detoxification of the elimination centers.\*\*

### Herbals

- Black Radish**- single herb to support the liver and healthy detoxification.
- \* **Burdocom™**- fortifier for the smooth muscles, skin, and liver, indicated for skin disorders.
- Cleansing Formula**- Amazon Rainforest formula that purifies blood and increases circulation to organs.
- Dandecom™**- fortifier for the liver, cleanser, and detoxifier, indicated for skin disorders.
- Echinacom™**- enhances the immune system, indicated for skin disorders.
- Environmental Formula**- Amazon Rainforest formula that detoxifies environmental toxins, promotes liver and gallbladder health, and promotes healthy skin.
- \* **Gencom™**- detoxifier for the general system, indicated for skin disorders.
- Junicom™**- fortifier for the prostate gland, may be helpful in hormone related cases.
- Lomacom™**- topical ointment for cuts, burns, cold sores, canker sores, dry cracked skin, shingles, eczema and nail fungus, and indicated for psoriasis and skin disorders.
- Scrophularicom™**- fortifier for the lymph, spleen, and liver, indicated for skin disorders.

*\*Denotes primary remedies*



## THERAPEUTIC GUIDE

### ACNE (CONTINUED)

#### Nutritionals

- \* **B-Complex**- B Vitamins are important for healthy skin. Deficiencies of these vitamins have been linked to acne.
- B-6 250 MG**- vitamin B6 capsules to support healthy skin during the menstrual cycle.
- Chromium Picolinate**- this mineral aids in reducing infection of the skin.
- Flax Seed Oil**- this essential fatty acid is important for healthy skin and hair.
- H.D.A. (High Delivery Acidophilus)**- encapsulated live “friendly” bacteria specially processed to deliver the greatest amount of beneficial cultures to the intestines to aid intestinal flora and control overgrowth of troublesome microorganisms.
- Initial E-450™** or **Natural E-400**- Vitamin E strengthens the epithelial skin tissue.
- Pancreazyme Plus**- digestive enzymes to optimize gut health, which can be the basis for healthy skin.
- \* **Primrose Oil**- this essential fatty acid supplies the essential gamma-linoleic acids needed for healing and used in clinical studies with good results.
- Selenium Plus E 400**- low selenium is associated with inflammatory conditions. This mineral may be particularly helpful for men.
- Zinc**- zinc aids in fighting infection and helping to heal skin tissue.

#### Additional Considerations

Have the individual keep the affected area clean. Washing the face with lemon juice three times daily has been recommended. Inform him/her not to pick or scratch blackheads; this may result in scarring. If food allergies are suspected, try an elimination diet to find irritants, and use Energique’s homeopathic Antigens products described in the Homeopathics section of our catalog. Fiber intake should be increased and only whole foods consumed, especially vegetables.

As a detoxification program may also be helpful, see the Detoxification section of this guide.

\*\*These statements are based upon traditional homeopathic practice.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

\*Denotes primary remedies