

intestines or liver. This may be due to the presence of bacteria such as Clostridia spp. and Yersinia enterocolitica, a low fiber diet; a lack of friendly gut flora such as lactobacillus spp.; an intestinal overgrowth of Candida albicans; and food allergies.

The interaction between the body's hormones, skin protein, skin secretions and bacteria determines the course of acne. Several other factors have also been shown to affect the condition

- AGE - Teenagers are more likely than anyone to develop acne.
- GENDER Boys have more severe acne and develop it more often than girls.
- HEREDITY Individuals with a family history of acne have greater susceptibility to the condition.
- HORMONAL CHANGES Acne can flare up before menstruation, during pregnancy and menopause.
- DIET Although they are not the primary cause of acne, certain foods may bring on flare ups or make the condition worse.
- DRUGS Acne can be drug induced, say from antibiotics, oral contraceptives and anabolic steroids.
- PERSONAL HYGIENE Use of abrasive soaps, hard scrubbing of the face, or handling pimples will often make them worse.
- COSMETICS Oil based makeup and hair sprays worsen acne.
- ENVIRONMENT Exposure to oils and greases, polluted air, and sweating in hot weather can all aggravate acne.
- STRESS Emotional stress may contribute to acne.
- FRICTION Continual pressure or rubbing on the skin by such thing as bicycle helmets, backpacks or tight clothing, as well as hard scrubbing if the skin can worsen acne.

SITE

The most common sites of acne are the face, chest, shoulders, and back, since these are the parts of the body where most of the sebaceous follicles are found. In teenagers, acne is often found on the forehead, nose and chin. As people get older, it tends to appear towards the outer part of the face. Adult women may have acne on the chin and around their mouth. The elderly often develop whiteheads and blackheads on the upper cheeks and skin around the eyes. Inflamed lesions may cause redness, pain, tenderness, itching, or swelling in affected areas.

DIAGNOSIS

Acne has a characteristic appearance and is therefore, not difficult to diagnose. A complete medical history should be taken, including questions about skin care, diet, factors that aggravate or ameliorate the condition, medicines used, and prior treatment. Physical examination includes the face, upper neck, chest, shoulders, back and other affected areas. Under good lighting, the doctor can determine what types and how

many blemishes are present, whether they are inflamed, whether they are deep or superficial, and whether there is scarring or skin discoloration. Blood tests are done when the patients appear to have hormonal or medical problems. Stool tests can be helpful in determining whether there is a bacterial or yeast overgrowth contributing to the condition. Food allergy or skin allergy testing should also be considered.

DIFFERENTIAL DIAGNOSIS

Acne rosacea, Oil acne, Chloracne, Excoriated acne, Seborrhoeic dermatitis, keloids, etc.

TREATMENT

- Focus on cleansing property to keep the skin oil free.
- Intermittent fasting is recommended.
- Eating a good balance diet
- An elimination diet where the individual avoid smoking, dairy products, alcohol ,caffeine, sugar ,processed foods, oily or fatty foods, junk food and food high in iodine-a mineral which contributes to acne.
- Supplementation with herbs that are blood cleansers or purifiers. Herbs or medicines that strengthen the action of liver and kidneys, helping with detoxification and excretion. Dandelion roots tinctures (Taraxacum officinale) is recommended.
- Other herbs useful in treatment of acne include Echinacea spp. and golden seal (Hydrastis Canadensis) .Golden seal is particularly helpful in clearing up underlying conditions of intestinal toxicity.
- Supplementation nutrients, such as essential fatty acids (EFAs) ,vitamin B complex, Zinc ,vitamin A or beta carotene and chromium are also recommended.
- Bowel toxicity may contribute to acne flare-ups and should be addressed. Lactobacillus acidophilus and L.bulgaricus should be taken in yogurt or in capsules to maintain a healthy balance of intestinal flora .Golden seal can be used to kill toxic bacteria .allergic food should be identified and removed from the diet.
- Dietary fiber, such as oats and wheat bran, beans, fruit and vegetables and their skins should be increased in the diet. The fiber will absorb toxins and carry them through the colon to be excreted.
- Movement therapy or yoga or exercise regimen may be helpful.
- The person may also consider stress reduction or meditation.
- Other treatments Surgical treatments are available to alleviate acne or the resulting scars: - comedone extraction; it is removed from the pore with a special tool. Exfoliating the skin.
- Phototherapy - In particular intense violet light is useful.