

Dear Alice,

Could acupuncture help my acne? Herbs?

Sincerely,

Bad Skin

Dear Bad Skin,

Chinese Medicine does usually have effective treatment to offer the acne sufferer. Typically with skin conditions herbs are the main part of the treatment with acupuncture being used as an adjunct therapy, if necessary.

Acne is usually a result of the body producing an excess of "Damp Heat" which is being discharged through the skin. There are any number of root cause reasons for this and they can vary from individual to individual but they typically involve a combination of poor dietary choices and weak digestive organs and/or organs of elimination. For women, reproductive cycles and energies can also be involved.

Sometimes some simple measures you can try yourself at home can be enough to begin to help clear your skin. First, look to your diet. Eliminate any greasy, fatty, spicy food in favor of lean proteins, whole grains and plenty of fruits and vegetables. Taking some food grade Aloe Vera Juice Daily can sometimes benefit the skin. One to four ounces daily mixed with a little juice is quite palatable. Be aware however that Aloe is slightly laxative - if it begins to loosen up your stools, cut back. If you are prone to diarrhea -do not use this remedy. Try it for three weeks to see if it will clear your skin.

If these measures do not improve your skin you may need to seek the help of a Chinese Medicine Professional. He or She can deeply assess the cause of your skin condition and give you stronger treatment in the form of Chinese Medicine herbal formulae and perhaps even some acupuncture treatments to bring your skin back to a healthy (and beautiful!) condition.

Alice