

Natural Help 4...

Blackheads



What are Blackheads?

While we may not realize it, those tiny black dots on our noses, backs, in our ears and on our cheeks are blocked skin pores known as blackheads. Blackheads are dark in color because the tops of the skin pores are open to the air, so the top part of the **hardened sebum or oil oxidizes, turning black** (and where the term blackhead comes from).

Sebaceous glands tend to produce more oil than usual during puberty, and may be regulated to due specific hormonal changes, with **some individuals continuing to experience blackheads into adulthood**. Acne results when the oil gland is blockage by the blackhead and becomes infected.

Blackheads can be controlled through healthy skin regimens and the right treatments. Common health disorders like indigestion, constipation, under active thyroid and anemia may also cause blackheads.

What causes Blackheads?

When an **over active sebaceous gland** (the gland that produce healthy oils) in the skin becomes clogged with sebum, the oily secretion and dead skin cells begin to harden in the pore and results in a blackhead.

Help and treatment for people with Blackheads

Many herbal and homeopathic remedies have been formulated with specific ingredients to help keep pores unblocked and promote a healthy amount of skin oils. Melaleuca Alternifolia (Tea Tree Oil) has exceptional anti-bacterial, anti-fungal and anti-septic actions and will not dry out the skin. Arctium lappa is used naturopathically for the treatment of chronic skin conditions, including acne, eczema, psoriasis and canker sores.

Aspalathus linearis (Rooibos) is now known worldwide for soothing and healing effect on the skin while Bulbine frutescence is effective in preventing skin infection, healing and soothing cuts, rashes, insect bites, burns, cold sores, pimples and other skin problems. Zingiber officinalis, Aloe ferox and Hamamelis Virginianum are also exceptional natural remedies for skin health and moisturizing.

Tips regarding blackheads

- As far as possible, keep your skin clean and try to get regular facials (done by a professional) or if you can't afford them, try a simple, natural facial at home.



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- If your skin is very oily, remember that very oily skin attracts even more dirt from the environment. Keep absorbent tissues on hand, and blot your oily patches at regular intervals throughout the day.
- As far as possible try to apply only natural-ingredients based products on your face. (Use natural or chemically prepared cleansers, astringent solutions or masks). Avoid harsh soaps that may irritate the skin or any creams that leave an oily finish. Don't be tempted to use 'quick fix' methods or odd lotions, and if you are unsure, or if something sounds odd, consult with a dermatologist beforehand.

Helpful tips to remove blackheads


- The main aim is to remove a blackhead with as little damage to your skin as possible – so use a gentle exfoliant to keep the dead cells off your skin and away from the pore openings. Steam your face by running hot water in a basin (place a towel over your head and position your face above the running tap, in the steam cloud).
- Never squeeze or scrape at a blackhead with a fingernail. Excessive squeezing can actually increase the size of the pore leading to more [blackheads](#) in the future, besides – fingernails are germ carriers! Rather wrap a clean cloth around your forefingers and apply very gentle pressure to either side of the blackhead.
- Commercial “blackhead strips” (a tape like substance that is placed over the nose and then pulled off) can help to remove some [blackheads](#) that are at the surface. *Caution should be used with these products and it is important to read the directions completely!*

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.


Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe,



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity

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associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

MediAc: Homeopathic remedy temporarily treats symptoms of acne vulgaris including blackheads on the face and body

MediAc is a safe, non-addictive, FDA-registered natural acne remedy containing *100% homeopathic ingredients* selected to temporarily **treat symptoms of acne vulgaris** including blackheads on the face and body.

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**Six Good Reasons
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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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