

# Natural Help 4...

## Rosacea



### What is Rosacea?

**Rosacea** is a skin condition that causes redness and pimples over the areas of the face. It mainly affects the forehead, lower half of the nose and chin. **Rosacea** most commonly affects women and fair-skinned people and tends to start between the age of 30 and 60. When **rosacea** occurs, **tiny blood vessels in the facial area dilate** (enlarges) and become more noticeable through the skin. These blood vessels emerge as tiny red lines known as telangiectasias.

Initially when **rosacea** develops, it begins with a tendency to blush or flush easily – it appears, disappears and then reappears. The skin, however, does not return to its normal color and the enlarged **blood vessels accompanied with pimples emerge**. This condition is frequently mistaken for acne - it resembles teenage acne. It often leads to social and psychological problems such as depression and low self esteem. If left untreated, this condition will only worsen.

### What Causes Rosacea?

The exact **cause of rosacea** is not known. It is believed that **rosacea** may be caused by **hereditary or environmental factors**. Another theory holds that **rosacea** may be a vascular disorder as it is linked with symptoms of flushing, redness and visible blood vessels. It may also be associated with the nervous system because **rosacea** is often triggered when patients are under stress. Many also believe that an immune system that has malfunctioned may cause **rosacea**.

### Diagnosing Rosacea

The **diagnosis of rosacea** can be based on clinical examination by a dermatologist. A **skin biopsy may have to be performed** in order to differentiate the type of **rosacea** that the patient may have. If the eye is affected, an ophthalmological examination is required.

The symptoms and **signs of rosacea** may include:

- Frequent redness, flushing or ruddiness of the face
- Dilated blood vessels or small bumps runs down the center of the face
- Thick skin on the chin, cheeks and forehead
- Swollen nose
- Acne
- Blushing or flushing in hot weather, when you are under emotional stress or after exercise
- Vision problems such as red, dry, itchy eyes

**Sign up for our  
Email Newsletter  
for Even More  
Natural Health  
Information!**



[Click Here >>](#)

The content of this ebook is intended for informational purposes only.

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.

## Help for Rosacea

Although [rosacea](#) cannot be cured, with the proper treatment and elimination of certain triggers from your lifestyle this condition can be controlled. Treatment options such as **oral antibiotics and topical creams are commonly prescribed** to reduce inflammation and redness. Topical cortisone preparations for short-term use may also be prescribed as topical topical vitamin C therapy and cosmetic surgery.

## Natural remedies

Often the harsh chemicals and synthetic ingredients that are contained in today's skincare products do more damage to your skin than you may realize. Herbal remedies, on the other hand have carefully selected natural ingredients to **improve the appearance of the skin and prevent future break outs**. Two well known herbs such as Melaleuca Alternifolia (Tea Tree Oil) and Lavender Essential Oil have wonderful healing powers attributed to their anti-bacterial, anti-fungal and anti-septic actions.

Other herbs such as Arctium lappa and Bulbine frutescence have been used widely to **treat skin conditions including acne**, eczema, and psoriasis. In addition, Apparatus linearis (Rooibos) an indigenous shrub that hails from South Africa is known worldwide for its anti-oxidant and healing properties as well as its soothing and healing effect on the skin.

## Tips to cope with rosacea

- Follow these tips to help you manage flare-ups of rosacea.
- Avoid any triggers that may increase the onset of rosacea
- Keep a diary that will help identify and reduce triggers
- Wear an extra sensitive sunscreen with an SPF 15 daily
- Avoid situations that create excessive heat such as hot tubs or extreme exercise
- Reduce your intake of hot beverages and alcoholic drinks – it is safer to only drink cold non-alcoholic drinks
- Use fragrance and alcohol free skin care products (Dove, Neutrogena or DDF Rosacea Relief serum)
- Avoid foods such as tomatoes, eggplant, spinach or spicy, hot dishes that may cause a flare-up
- Carry make-up such as a general coverage foundation with you to conceal redness, bumps or pimples
- Stop smoking as smoke aggravates rosacea

## 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.



**NativeRemedies**  
THE NATURAL CHOICE

**LIVE A HEALTHY LIFE!**



Proven, Safe,  
100% Natural Herbal and  
Homeopathic Remedies  
for You and Your Family

[CLICK HERE](#)

### 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.

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, 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

## **Ask Our Experts a Product Question**

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## **Great Health Sites**

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4 - Free Natural Health Ebooks](#)

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 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:**

**RosaRex:** Homeopathic remedy temporarily reduces facial redness, flushing and bumpy texture

**RosaRex** is a safe, non-addictive natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **reduce facial flushing and redness**, without side effects.

RosaRex should be used at the onset of symptoms to **reduce the appearance of tiny red bumps** on the face and nose in the short-term. RosaRex helps **balance out skin tone** naturally and as a result, can make all the difference, without compromising health.

[Learn more about RosaRex](#)

**Skin Dr.:** Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**



**Monthly Specials**  
**Up to 25% Savings!**  
**CLICK HERE!**

**Native Remedies**  
*The Psychologist's Natural Choice*

**Proven Products. Excellent Service and Delivery**

The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Skin Dr.](#)

**ClearSkin-A Gel:** Natural skin wash with herbal ingredients for skin health and nourishment

ClearSkin Skin Wash - a 100% natural, safe and proven herbal wash for clean and healthy skin that **cleanses skin thoroughly without drying or flaking.**

ClearSkin Skin Wash supports the skin's texture – also leaving an **invisible therapeutic layer on the skin to provide a natural barrier against pollution and other environmental toxins** for healthy and smooth skin.

[Learn more about ClearSkin-A Gel](#)

**ClearSkin Skin Wash:** Natural skin wash with herbal ingredients for skin health and nourishment

ClearSkin Skin Wash - a 100% natural, safe and proven herbal wash for clean and healthy skin that **cleanses skin thoroughly without drying or flaking.**

ClearSkin Skin Wash supports the skin's texture – also leaving an **invisible therapeutic layer on the skin to provide a natural barrier against pollution and other environmental toxins** for healthy and smooth skin.

Used regularly, ClearSkin Skin Wash is nature's answer to a clear skin and will not dry or upset the skin like some other products do. It is most effective when used together with [Clearskin-A Gel](#) as a natural skin care routine to help you maintain clean and healthy skin!

[Learn more about ClearSkin Skin Wash](#)

Read the testimonials for these quality products [here!](#)

### **Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

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](#).



**[Read more about the Native Remedies Full Spectrum Approach™](#)**

Find More Great Health Ebooks at [Remedies4.com](http://Remedies4.com)

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.