

Out, Out Blasted Spots



Jessie's mother was in an unenviable position. She tried to keep her family as healthy as possible by cooking hearty, nutrient-packed meals and using homeopathy to address acute ailments. But as soon as her daughter turned fourteen, she was plagued with acne that embarrassed her at school and drained her self-confidence.

Dermatologists offered therapies that seemed like overkill. Put her young daughter on a birth control pill and flood her body with synthetic hormones? Antibiotics taken every day for months or even years? Creams and ointments that left her daughter's skin red and cracked?

Jessie's mother turned to a more powerful, gentler way: homeopathy.

This acne problem was deep-seated and required the expertise of a homeopath, who carefully evaluated Jessie's entire life history and carefully recorded her symptoms. The process took much longer than the quick dermatologist visits they had both come to expect.

The homeopath explained that Jessie would be taking remedies

that would get to the underlying cause of the acne and stimulate her body to heal itself. Another important aspect of her treatment would be diet. She needed to fuel her body with saturated fats, which soothed the skin and nourished her brain.

Fats and Acne

Often what a child eats has a large influence on how the skin appears and feels. Although we don't want to believe the foods we like the most can be causing such a problem, often the very food we crave is the culprit. And, most frequently, the culprits are gluten, preservatives, dyes and manufactured oils. But processed dairy and sometimes even raw dairy may also be at fault. What does your teen eat daily? What foods can he or she not live without? If your teen loves toast for breakfast, and you suggest no toast for a while, will you hear cries of anguish? If so, then wheat might be the offender. The foods we've grown accustomed to will most likely be causing an addiction of sorts.

The fats teens eat need to be saturated and traditional, such as butter, tallow, coconut oil and palm kernel oil. Healthy monounsaturated fats include lard and cod liver oil. If eaten in abundance, contrary to what you might think, these fats are the most valuable for ridding the skin of acne. These traditional fats have been tarred with a bad reputation as a result of modern, unhealthy oils being touted as healthy for the last half-century. The real culprits are vegetable oils, such as soy oil, Crisco, cottonseed oil and other highly refined vegetable oils. Teens should avoid foods such as commercial potato chips and premade popcorn.

Selected Homeopathic Remedies for Acne

If the acne is concentrated on the back, then ***Calc sulph*** 12X or 12C and ***Silica*** 6X is the best combination. Drop 4 pills

of each remedy together in 4 ounces of water, wait for them to dissolve and stir once to incorporate. Then one sip is equal to one dose. One dose should be taken 3 times each day for 6 weeks.

Calc sulph is the cell salt for cleansing the systems. The skin is the largest organ of the body and protects the other organs and tissues, not only by protecting them from outside influences but also allowing the other organs to eliminate through the skin. Hence, the skin is the site where a good deal of purifying is done. Yellowish skin eruptions point to a deficiency in this cell salt.

Jessie's acne was always worse just before her period was due. In this case, the remedy **Mag mur** is the most efficacious response. If Jessie took this remedy twice daily for three months, she would likely watch her acne slowly dissipate to a mere whisper, and her menses would comfortably stabilize.

Think **Kali brom** for bluish-red pimples that scar. **Silica** is often needed when hard, deep blemishes refuse to come to a head and leave pitting scars. Another supremely useful remedy for acne is **Sulphur**, indicated when the face is very oily. The pimples are not as deep and hard as with *Silica* or *Kali brom*, but there may be lots of pus.

If these remedies don't resolve the acne problems, consider a consultation with a professional homeopath who has learned from years of careful study how to choose the correct remedy for each particular case.