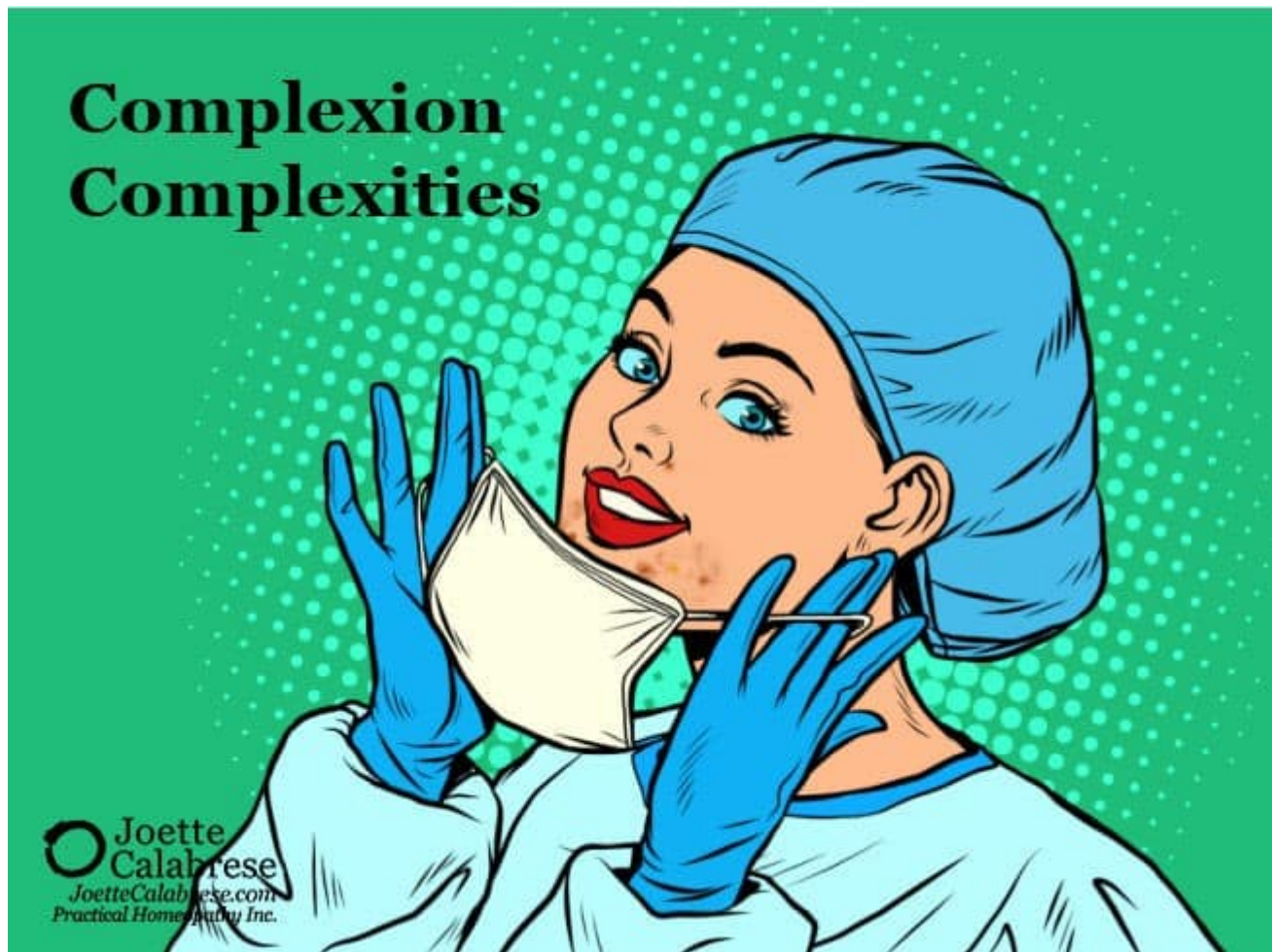


Complexion Complexities



Tomorrow is picture day at school.

Your wedding is this weekend.

It's time to get dressed for your high school reunion.

The whole family is gathering to celebrate your 50th wedding anniversary.

What do all these occasions have in common? The potential for acne (or just that one quintessential pimple) to rise up and blight our smiling countenance.

Our complexions are complex throughout our lives. Childhood, young adulthood, middle age or menopause – some of us may never feel entirely impervious from breakouts.

Hormones may play a part. Stress may play a part. Diet may play a part. And now, thanks to current circumstances, there's a new player in town: face masks.

But the end result is the same: a less-than-stellar complexion.

"Maskne" (acne caused by prolonged wearing of face coverings) is technically not new. Healthcare workers have certainly experienced it as an ongoing professional hazard. Unfortunately, now maskne has been released into the general population for those who wear them. For those of us who don't, enjoy the fresh air (and a clear complexion)!

I've seen people walking on windy beaches – alone, for crying out loud – wearing masks. Come on, folks. Use some common sense! (Maybe I should say "good" sense because it appears that common sense is commonly gone.)

Facial masks trap warm, humid air against facial skin, creating a breeding ground for bacteria and yeast to flourish. The next thing you know, you look like a teenager.

Giving your face some breathing room is the best solution for maskne.

However, let's get down to brass tacks. The homeopathic medicine for maskne must be different than the solution for other kinds of pimples I've written about before, right?

Wrong.

Okay. Let me backtrack for a moment. It's important you understand that my blog – this Remedy Reference Guide – is a representative timeline of my experience with homeopathy.

Years ago, I still subscribed to the classical approach. You'll find most of my early blog posts (through about 2013) reflect this.

As such, I wrote about several homeopathic remedies used classically to address different types of breakouts in a 2013 post entitled, [Out Blasted Spots](#).

Even as a classical homeopath, I had already been using protocols and more than one medicine at a time in one schedule.

In fact, a little secret: classical homeopaths do this all the time but don't admit it openly.

But then, over eight years, I worked side-by-side with the Drs. Banerji, and they substantiated my evolving ideas and downright revolutionized my practice – both with clients and students.

The Banerji Protocols are designed to meet the symptoms rather than get bogged down with the cause's complexities. Having a diagnosis is undoubtedly important; don't get me wrong. However, specific *symptoms* are the key to choosing the proper protocol.

Perhaps you remember Pippa from [Pippa, Pimples and Homeopathy](#). In this very popular blog post, I detailed the Banerji Protocol for adolescent pimples.*

However, on my forum sites, I've noticed that some of you with breakouts think this article doesn't apply to you because you're not a teenager. But indeed, this is where the Banerji Protocols shine.

Is the symptom the same? Then the homeopathic medicine is the same.

The Banerji Protocol for pimples is [Hepar sulphuris calcareum 200C](#) mixed with [Arsenicum album 200C](#) – one dose every other day.

Whether called upon by a teen, a stressed-out mom, a happy mom, or someone forced to wear a face mask all day, this

protocol has consistently worked in my experience.

The moral of the story? Maskne may sound newfangled, but it is no match for our 200-year-old medicine.

One more reason to pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in dark ink.

P.S. * I also mentioned a slightly different Banerji approach in [Pollution, Sinus Infections, Acne and Homeopathy](#). Don't let the difference confuse you. In homeopathy, there is generally more than one way to skin a cat.

P.P.S. I have noticed other questions on the forums related to mask-wearing. People have mentioned feeling over-heated, chapped skin (usually on the nose from rubbing), and irritation around the ears. While I might decide to address those specific issues in future blog posts if time allows, you can certainly choose a homeopathic medicine based on the symptoms.

Suppose you're unsure how to take a homeopathic case (assess your symptoms and find the correlating homeopathic medicine). In that case, I urge you to join a [Gateway to Homeopathy](#) study group. Not only will you learn (or refresh) your ability to effectively utilize homeopathy, but you'll also gain a band of like-minded friends who will share their

experience with homeopathy. Their experience will enhance yours – and yours will enhance theirs. Win-win!



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