

## A persistent yet treatable condition - Acne

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Most people have experienced Acne, and most people have also tried to treat it. Are you still suffering from this skin disorder? Why not get to the root of the problem, naturally? A healthy body aided by natural treatment can help your skin clear up!

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Many teenagers have some experience with Acne Vulgaris, the condition commonly known as "Acne". However, most sufferers expect that as they become adults, their skin will clear. Unfortunately, this is not always the case.

{bot\_wrgoogle}Acne treatments usually provide temporary relief from symptoms, as they are often not designed to treat the root causes of the condition. Most people who experience Acne are on the constant look-out for new treatments, ones which will not only clear their skin, but also prevent future breakouts from occurring. At the same time, nobody wants to have to medicate themselves for a lifetime in order to treat their Acne. Taking antibiotics long-term for Acne treatment

is a solution being rejected by many in favor of taking Zinc supplements. How does supplementation with Zinc help to treat Acne naturally?

### Acne Control and Zinc

One of the major causes of Acne, particularly in adults, is bacterial infections of the skin, Zinc works to target long-term natural treatment of Acne by fighting these infections. Studies have shown that Zinc has natural infection-fighting properties, and can be used to naturally treat Acne.

Zinc has been proven to be of use in treating other skin conditions naturally. For example, Zinc oxide has long been used in treating diaper rashes due to its soothing and healing properties. Numerous studies have shown zinc to be just as effective as tetracycline in Acne treatment. It is commonly recommended that 60-90mg of chelated zinc be taken per day for effective treatment of Acne.

As opposed to antibiotics, Zinc is a mineral that is naturally-occurring and essential for the body to function. Supplementation with a natural material is much preferred to antibiotics for natural treatment of acne.

### Other Tips for Acne Skin Care

Taking proper care of your skin, in addition to supplementation with zinc, is very important in controlling and treating Acne.

Blemishes on the skin come in many different forms. Blocked pores trapped with dead skin, sebum, or bacteria can form Whiteheads. These appear as white spots on the acne skin's surface, and may be treated by being squeezed carefully.

Blackheads occur when the pore is not totally blocked, and the skin's melanin reacts with the oxygen in the air. The treatment of blackheads is usually more complicated, and they take a longer time to clear.

Blemishes that are 5mm across or more in size, and are filled with pus, are called Cysts. Cysts should not be squeezed, as this may make their condition worse; instead, they may need to be treated by a professional. They are painful and may cause scars if treated improperly.

Whiteheads that become "inflamed" are called Pustules. They should only be treated professionally as they may cause scarring if squeezed.

Pimples, perhaps the most common blemish, are bumps on the skin that are red and inflamed. Again, it is best not to touch or squeeze pimples yourself.