

Acne

What is Acne?

Acne is a skin condition that occurs when the hair follicles become plugged with oil and dead skin cells. Acne most commonly appears on the face, neck, chest, back and shoulders.

Signs & Symptoms

Blackheads, pimples, whiteheads and pus-filled cysts form on the face, shoulders, upper back and chest, which becomes sore and inflamed. The affected skin is greasy or oily.

Complications

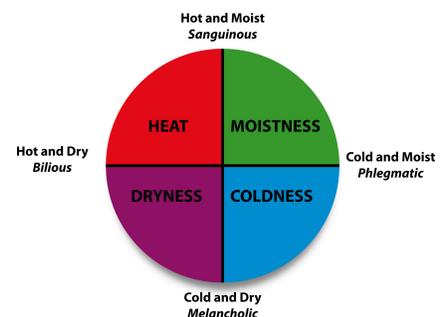
Scarring is a common complication of acne.

What Causes Acne?

During puberty, a natural increase in hormone production occurs, which stimulates the over-production of sebum (an oily substance which protects the skin). This in turn leads to clogged pores. People with an oily skin, or who consume junk food like chocolates and deep fried foods, are prone to acne. Stress can aggravate acne, but does not usually cause it.

The Tibb View on Acne

According to Tibb, acne results from excessive **heat** in the body. During adolescence a lot of heat is produced in the body, as this is a period of increased growth. This growth also leads to the increased production of hormones which causes more oil to be produced by the skin and can cause acne. A lifestyle that increases heat, from poor diet and increase stress, will further contribute to the development of acne. While most teenagers may suffer from mild to moderate acne individuals with a dominant/sub-dominant sanguinous temperament will be more at risk.



Treatment and Management of Acne

Treatment and management is aimed at **reducing the excess heat** associated with acne, by implementing Tibb Lifestyle Factors that **increases the quality of coldness**. This assists Physis in addressing both the symptoms, and the causes of acne.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Cold & Moist foods** - such as carrots, cucumber, lettuce, and rice, **followed by Cold & Dry foods** - like citrus fruit, yogurt, fish and beans.
- Eat **less of Hot & Dry foods** – such as eggs, chickpeas, onion and chili, and the **least amount of Hot & Moist foods** – like sugar, white flour products, cheese, and mutton.
- Avoid heavily spiced foods, alcohol, fried and grilled foods.
- Limit the intake of sugary foods and drinks, as this serves to feed the causative bacteria as well as lowering the immune response. Stabilizing your blood sugar is important because spikes produce more androgens.
- Steamed fish should be preferred over red meat, as a high intake of saturated or hydrogenated fats contributed to acne formation; Adopt a low glycaemic diet which is rich in raw/steamed vegetables and fruits, and low in refined and processed grains.
- Nutritional deficiencies are a contributing factor to acne formation and high fibre helps to keep the colon clean. Add carrots, cucumber and lettuce to salads, as this will reduce the heat that causes acne; Add plain yogurt to salads to increase probiotic intake.
- Follow a fasting programme to allow Physis to restore healing by eliminating toxins.

Other Lifestyle Factors

- Take up a regular aerobic exercise programme, like walking, jogging or swimming.
- Carry out regular breathing exercises, preferably in the morning.
- Squeezing pimples aggravates acne. Avoid washing with hot water, as this can worsen your acne.
- Cut a strawberry or section of pineapple and use it to exfoliate the skin. They contain alpha-hydroxy acids which help remove the dead skin cells responsible for clogged pores.
- Acute acne flare-ups can be relieved by dabbing with a clean sponge soaked in cold, milk-free rooibos tea.

Medication

Herbal Remedy

- Take a handful of washed coriander leaves and place them in a blender. Place the paste on a sieve to extract the juice. Add a pinch of turmeric powder and mix well. Apply this to the face every night.

Tibb Medication

Haemoclear tablets or syrup - This blood purifier assists in managing acne.

Livotibb tablets or syrup - This ensures the liver works better to eliminate any aggravating toxins.

Septogard tablets or syrup - Boosts the immune system so helps prevent and fight infection.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix