

## **Remedies to Fight Acne**

Acne is one of the major skin problems which bother people, especially the teenagers, and at the same time make it embarrassing for them. Although it is not possible to get rid of it completely, it can certainly be controlled and its effects can be minimized. Although there are numerous remedies available in the market, many making loud claims, you need to identify which remedy will work in the best manner for you. This article will tell you about some of the best solutions, which will help you to deal with acne efficiently.

First of all, you need to start eating right and consume nutritious food, in order to boost your immune system. Studies recommend that consuming vegetables, fruits, whole grains and lean meats can help to fight and prevent acne. People with acne must include minerals and vitamins in their diet in the right amount and at the same time go for limited dairy products. Also, smoking, intake of dangerous drugs and alcohol must be avoided.

Secondly, it is essential to maintain proper hygiene levels. Although poor hygiene is not the cause of acne, it certainly promotes it. Bacterium present over and under the skin causes acne. One should therefore properly wash the face and also exfoliate it with mild products at regular intervals, to keep the skin healthy and acne free.

Thirdly, natural remedies like acupuncture and light therapy can also help you to deal with your acne problems. You can also try certain antibacterial and antibiotic products which help to fight acne. Products with tea tree oil and Benzoyl peroxide can also help.

It is always advised that you consult a reputed and experienced skin specialist before trying any product or the over the counter medications, as choosing the wrong products can worsen the situation.