

# Acne

By Sandra Alcide



## Induced by Exercise?

Yes, there is such a problem for dedicated exercisers, but what causes this? Scientists are still uncertain what the exact cause is, but the new following studies have proved evident: Your lymphatic system is controlled by movement and operates best during exercise. The lymphatic system is also known as “the drainage system of the body”. This system consists of lymph nodes and vessels that carry lymph fluid around your body. This amazing system collects waste from tissues and returns it to the blood after it has been purified.

If the lymph is insufficiently activated, cells swim in their own waste which can block pores. Lymph fluid is a transparent, pale yellow fluid which carries cells that help fight infection. When the blood cells are not able to unload their toxins via the kidneys, they go to the next best eliminative organ-

your skin! When bacteria start to set in the pores, it causes acne. A raised heart rate brought on by exercise also activates your oil producing sebaceous glands. Several people have over active sebaceous glands and when mixed with lymph fluid toxins/bacteria produce blemishes induced by exercise. This condition can creep up on us over a long period of time, which is why persons who never had acne are suddenly plagued by it, regardless of what age the exerciser is.

Because acne appears on one’s outermost layer, the epidermis, there are natural topical remedies which can be used to the exercisers’ advantage. Most acne treatments tend to dry the skin with chemicals and mass production methods. Organic botanical and herbal extracts which use a processing method called “cold pressing” eliminates alcohol content. Some key plant ingredients in acne treatments are salicylic acid, derived from willow bark and horse tail extract and coltsfoot. Salicylic acid is a natural, beta hydroxy acid which exfoliates surface dead skin cells (keratinocytes) and debris that cause acne. Horsetail extract and coltsfoot are both known for their detoxifying and healing properties. Although there is no quick fix for acne there are treatments which can help to keep the acne at bay once healed. Camphor, a thick oil derived from the wood of the Cnamonum Caphora tree, is grown in the Far East. It has been valued for natural remedies since the 12<sup>th</sup> century. Camphor is now being used to cure acne as a medicinal ingredient which purges skin to remove toxins from the skin. Bentonite is a fine mineral clay used to draw excess oil from the skin. When using products containing this combination of natural ingredients as a daily treatment, it has been proven to help with acne induced by exercise without drying the skin.



Written by Sandra Alcide, Founder of Fitness Botanical Skin Care Co, innovators of Motion Medica, a skin care line which provides solutions to common skin problems associated with exercise. For information regarding Motion Medica’s Acne Kit containing the above botanicals please visit [www.motionmedica.com](http://www.motionmedica.com)

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