

# Natural Response

**Q** ■ I'm fifteen with a terrible case of acne. My parents recommended I write to ask what I can do to get rid of it. They don't want me to use any antibiotics, either pills or creams, even though they seem to help my friends. What can I do?  
— A.T., Spokane, Washington

**A** ■ Antibiotics are definitely not the best way to go for acne treatment. Prevention of acne eruption in the first place is best; if acne occurs anyway, there certainly are many useful natural treatments that help as much as or more than antibiotics.

Antibiotics can kill the "acne bacteria" but they also kill many "friendly" bacteria, normally present and beneficial to our bodies. Among the many problems caused by continuous use of antibiotics against acne are stubborn "yeast" infections in both men (intestinal) and women (intestinal and vaginal). Continuous antibiotic use disrupts intestinal function in other ways, and can change the normal skin bacteria. (One of the commonly-used types of antibiotics, tetracycline, deposits in the bones. Archeologists have discovered skeletons that "glow in the dark" under a blacklight due to their tetracycline content, accumulated from eating molds that sometimes naturally grow on grains! Really "neat" at Halloween, no?)

To prevent acne, it's necessary to eliminate *all* refined sugar from what you eat and drink. This was discovered in studies of diet change in Northern Canadian Eskimos. In small quantities, raw, filtered honey, "blackstrap" molasses, and 100% maple syrup are OK. Make sure all your food is whole, unprocessed, unrefined, and contains no food chemicals. Be especially careful to eliminate all "hydrogenated" or "partially hydrogenated" oils. Your parents can help you with all this.

Many teens who get acne are sensitive to foods, even whole, natural foods. Two of my teenagers had "a lot less zits" when they stayed away from milk, cheese, and other dairy products. Other teens have "acne breakout" with wheat, corn, eggs, soy, beef, chocolate...in fact

nearly any food is possible and these are just some of the common ones. Accurate testing is important!

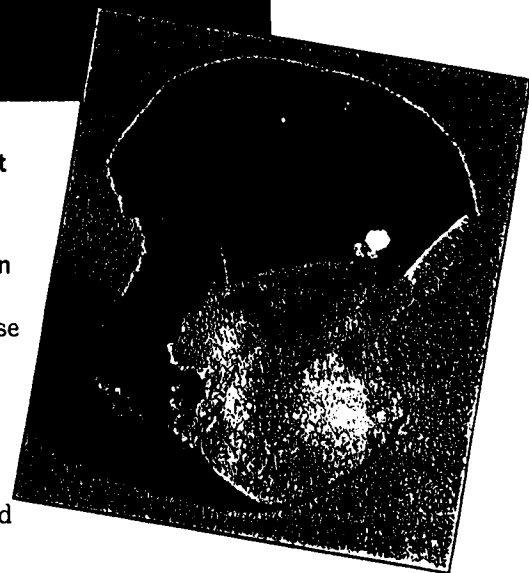
Useful supplements include zinc, Vitamin A, folic acid, Vitamin B<sub>6</sub> (for women) and selenium (for men). To be effective, zinc is needed at "medium-high" quantities, and sometimes needs to be "offset" with a small amount of copper. We usually recommend 30-milligram zinc (picolinate or citrate) capsules, two twice daily, and copper (sebacate) 4 to 8 milligrams daily. Vitamin A (not beta-carotene) is needed in medium-high to high quantities. It's best to use "medium-high" and "high" quantities of zinc and Vitamin A under medical supervision.

Folic acid is quite safe at 10 milligrams daily: a useful source is "Folirinse" with 5 milligrams naturally concentrated folate per drop. Your natural-food store can find Folirinse or call the Tahoma Clinic Dispensary at (206) 850-5661.

Vitamin B<sub>6</sub>: 50 milligrams two or three times daily is especially helpful for women who have premenstrual acne "flares." Selenium: 200 micrograms daily appears to be more helpful for men than women.

Even though Retin-A is available only on prescription in the USA (no prescription needed in Mexico and the rest of the medically-free world), it is a natural molecule, and helpful for some. It can be "irritating" to others, especially those with "sensitive skin." Azelaic acid is another natural topical treatment than can be helpful. My observation has been that it helps some teens a lot, and "strikes out" completely for others. (See page 3.)

Researchers recently reported 4% niacinamide (Vitamin B<sub>3</sub>) cream to be more effective than one of the most widely prescribed topical antibiotics, clindamycin. Even though it's only been available for a year or so,



teens have told me it's very helpful. You can obtain 4% niacinamide cream through Key Pharmacy, (800) 878-1322 or Professional Arts Pharmacy, (800) 832-9285.

**Q:** I am subscribing to your newsletter against my rule of "no more newsletters and magazines"...because your *Book Of Nutritional Therapy* helped me heal an impossibly painful sciatica, when neither the M.D. nor the acupuncturist helped at all....taking Vitamin B<sub>1</sub> and Vitamin B<sub>12</sub>, the extreme pain was gone within half an hour. Thank you very much.  
— L.K., Fairhope, Alabama

**A:** Thank you for letting us know, and for subscribing to *Nutrition & Healing*.

Vitamins B<sub>1</sub> (100 mg) and B<sub>12</sub> (1000mcg) given together in an intramuscular injection daily and tapered according to response helps a large majority of those with pain from "sciatica," sometimes eliminating it completely. A small percentage are not helped, but certainly aren't hurt by trying this treatment.

*Dr. Wright's Book Of Nutritional Therapy* (1978), which sold nearly 500,000 copies, is currently out of print but is usually available in or through your local library, and is often for sale in used book stores. □