

Successfully Reverse Acne with Naturopathic Medicine

Dr. Margaret Schenck, ND, a California Licensed Naturopathic Doctor, explains in a very popular three and a half minute video how she uses Naturopathic Medicine to successfully treat and reverse acne.

Online PR News – 04-March-2010 In a popular three and a half minute video produced by [natural living](#) expert Larry Cook, Dr. Margaret Schenck, ND shares how she uses [Naturopathic Medicine to successfully reverse acne](#) (video: <http://www.thenaturalguide.com/nd/ms-acne.html>).

Acne is an inflammatory process of the skin that usually occurs on the face, but may also occur on the chest and/or on the back. Acne can be a very painful inflammatory process where red or white pustules appear. Unfortunately, it can also be very debilitating to one's self esteem.

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Acne is caused by a number of imbalances in the body, including blood sugar dysregulation issues, liver congestion, hormonal imbalances, and imbalances of the intestinal microflora (bacteria and/or yeast). Acne can also be caused by food sensitivities.

Dr. Schenck says, "I think of acne as diabetes of the skin. So when someone with acne comes to me, I want to thoroughly investigate their diet and understand their digestive health. I'll find out about their menstrual history, history of antibiotic use, oral contraceptive use, and also get a good understanding of their digestive health. I will do a blood test to identify food sensitivities, a stool analysis to understand microbial imbalances, a urine analysis for a neurotransmitter assessment, and a saliva test to identify hormonal imbalances."

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[Naturopathic Medicine is a natural medicine model](#) that emphasizes the identification and treatment of the root cause of disease in order to restore health. Conventional and alternative diagnostic testing is used to evaluate the root cause of disease symptoms and then diet and lifestyle modifications are prescribed along with appropriate nutrients, botanical medicine, homeopathic remedies and other natural therapies to enable healing of the affected areas of the body.

Mr. Cook says, “Natural living and Naturopathic Medicine work because the body will heal itself when given the right conditions. When people take full responsibility for their food choices and lifestyle choices that affect overall health and also decide to work with a qualified natural medicine professional such as a Naturopathic Doctor, acne will completely disappear.” To watch the video of Dr. Schenck share in detail how she successfully diagnoses and treats acne, visit <http://www.thenaturalguide.com/nd/ms-acne.html>. To learn more about natural living, visit <http://www.thenaturalguide.com>.

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Image Gallery



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