



# **Acne - Skin diseases treated with Homeopathy, Schuessler salts (homeopathic cell salts) and Acupressure: A homeopathic, naturopathic and biochemical guide**

*Robert Kopf*

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Acne, medically known as acne vulgaris, is a skin disease that occurs when the openings of hair follicles become clogged and blocked with oil secretions (sebum) from the sebaceous glands, dead skin cells or bacteria.

Acne most commonly appears on the face, neck, shoulders, chest and back, because here are the skin areas with the largest number of oil glands. The symptoms are whiteheads, blackheads, pimples, papules, pustules, nodules and painful cysts. Acne often leads to scarring of the skin and can cause emotional distress and loss of self-esteem. Skin diseases are often a sign of an acidification of the body, metabolic diseases or hormonal imbalance.

In this homeopathic and naturopathic adviser, I will give you recommendations how to treat acne with homeopathy, Schuessler salts (also named cell salts, tissue salts, biochemistry), herbal tinctures and acupressure. I will present you the most proven homeopathic remedies and Schuessler salts, including the appropriate potency and dosage. Homeopathy works holistically and treats the whole body, spirit and soul.

Acupressure comes from the Far East. During the acupressure treatment special points are pressed, massaged or rapped. As long as the energy is distributed evenly throughout the energy channels (meridians) of the body, the person is healthy. When the energy flow is disrupted, the person is sick. By treating certain points, the energy between the meridians will be balanced and the patient gets enough power to become healthy.

I wish you much success in your treatment of acne and skin diseases, joy of life and especially your health. You will find more information about health in my other ebooks.

Robert Kopf

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