

Acne and Karin Herzog

Acne sufferers have a condition that Dermatologists call **RETENTION KERATOSIS**. This is where the sebaceous glands within the skin are over producing Oil.

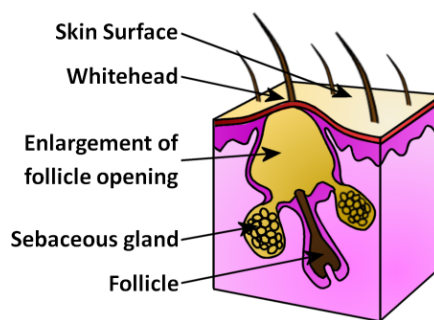
It is thought that hormones are generally responsible for some glands producing more oil than others. It is sometimes a reaction to environments and artificial stimulants such as the over-use of the wrong products that cause the problem to accelerate.

Dead skin cells are constantly being shed from the epidermis. Sometimes, and especially in an oily skin, these cells are not sloughed away and so can build up, eventually falling back into the openings of the Pores, and as a result the pore is blocked.

Fresh air can not get down into the follicle to deliver detoxifying Oxygen. The consequence is a plugged pore with a moist warm environment. This is the perfect breeding ground for Bacteria. As the bacteria gathers and multiplies, it swells in the follicle, and inflammation occurs. Both whiteheads and blackheads start out as a "microcomedone". These become either a whitehead or a blackhead or eventually a pustule spot:

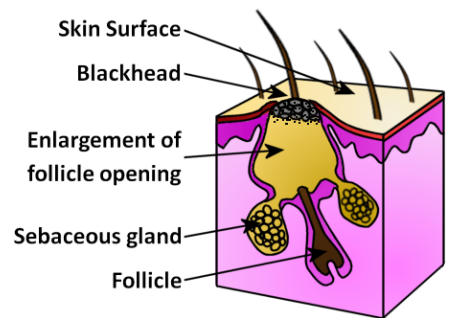
Either way, blackheads and whiteheads are filled with trapped sebum and bacteria.

Whiteheads



When the trapped sebum and bacteria stay below the skin surface, a whitehead is formed.

Blackheads



A blackhead occurs when the trapped sebum and bacteria partially open to the surface and turn black due to melanin, the skin's pigment. Blackheads can last for a long time because the contents very slowly drain to the surface.

How acne develops

Doctors describe acne as a disease of the pilosebaceous units (PSUs).

Found over most of the body, PSUs consist of a sebaceous gland connected to a canal, called a follicle that contains a fine hair. These units are most numerous on the face, upper back, and chest, which are the typical areas for breakouts and problems. Cells called keratinocytes line the follicle. The hair, sebum, and keratinocytes that fill the narrow follicle may produce a plug, which is an early sign of acne.

The plug prevents sebum from reaching the surface of the skin through a pore. The mixture of oil and cells allows bacteria *Propionibacterium acnes* (*P. acnes*) that normally live on the skin to grow in the plugged follicles. These bacteria produce chemicals and enzymes and attract white blood cells that cause inflammation.

(Inflammation is a characteristic reaction of tissues to disease or injury and is marked by four signs: swelling, redness, heat, and pain.) When the wall of the plugged follicle breaks down, it spills everything into the nearby skin leading to lesions or pimples.

People with acne frequently have a variety of lesions, the basic acne lesion, called the comedo (KOM-e-do), is simply an enlarged and plugged hair follicle. If the plugged follicle, or comedo, stays beneath the skin, it is called a closed comedo and produces a white bump called a whitehead. A comedo that reaches the surface of the skin and opens up is called an open comedo or blackhead because it looks black on the skin's surface. This black discoloration is due to changes in sebum as it is exposed to air. It is not due to dirt. Both whiteheads and blackheads may stay in the skin for a long time

Other acne lesions:

Papules

Inflamed lesions that usually appear as small, pink bumps on the skin and can be tender to the touch.

Pustules (pimples)

Papules topped by white or yellow pus - filled lesions that may be red at the base

Nodules

Large, painful, solid lesions that are lodged deep within the skin

Cysts

Deep and painful pus-filled lesions that can cause scarring.

What causes acne?

The exact cause of acne is unknown, but doctors believe it results from several related factors.

One important factor is an increase in hormones called androgens (male sex hormones). These increase in both boys and girls during puberty and cause the sebaceous glands to enlarge and make more sebum. Hormonal changes related to pregnancy or starting or stopping birth control pills can also cause acne.

Another factor is heredity or genetics. Researchers believe that the tendency to develop acne can be inherited from parents. For example, studies have shown that many school-age boys with acne have a family history of the disorder.

Certain drugs, including androgens and lithium, are known to cause acne.

Greasy cosmetics may alter the cells of the follicles and make them stick together, producing a plug.

Factors that can make acne worse

Changing hormone levels in adolescent girls and adult women 2 to 7 days before their menstrual period starts.

Oil from skin products (moisturizers or cosmetics) or grease encountered in the work environment (for example, a kitchen with fry vats) Pressure from sports helmets or equipment, backpacks, tight collars, or tight sports uniforms.

Environmental irritants such as pollution and high humidity. Squeezing or picking at blemishes without a sterile environment and hard scrubbing of the skin can all contribute to the worsening of acne.

Myths

There are many myths about what causes acne.

Chocolate and greasy foods are often blamed, but there is little evidence that foods have much effect on the development and course of acne in most people.

Another common myth is that dirty skin causes acne; however, blackheads and other acne lesions are not caused by dirt.

Stress does not cause acne, but research suggests that for people who have acne, stress can make it worse. This is because stress reduces the oxygen pressure within the skin.

The lower the oxygen the higher the bacteria within the tissues and the more bacteria can spread and multiply.

Who gets acne?

People of all races and ages get acne. It is most common in adolescents and young adults. An estimated 80 percent of all people between the ages of 11 and 30 have acne outbreaks at some point.

For most people, acne tends to go away by the time they reach their thirties; however, some people in their forties and fifties continue to have this skin problem.

It was medically proven by Dr Herzog that up until we reach the age of 16, we generally can expect to have between 98 – 100 Oxygen pressure in the skin both on the face and the body.

By the time we reach the benchmark ages of 24 - 30, our oxygen pressure levels in the face alone, rather than the body, has dropped a massive 30% and is down to around 70. From then on in this pressure slowly drops as other factors help to diminish O2 pressure.

You can therefore see conclusively that deterioration in Oxygen pressure has a direct link to an increase in acne and breakouts.

Factors that can reduce our oxygen pressure

- Age
- Smoking
- Pollution
- Medication
- Stress
- Alcohol
- Sun exposure
- Air conditioning & Central Heating



From this list we can see why some people older than 30 are still suffering from problematic skin.

Many people in today's modern society live life at a fast pace. Stress is on the increase, Pollution is rising which depletes the amount of natural Oxygen in the air. Most work environments are air conditioned or centrally heated, and many people are taking medications. Some are even subjected to more or all of the factors listed above.

Consequently mature Acne is on the increase.

How acne is best treated

The goals of treatment are to heal existing lesions, stop new lesions from forming, prevent scarring, and minimize the psychological stress and embarrassment caused by this condition

The key to treating acne effectively is to raise the Oxygen pressure within the skin.

Dr Paul Herzog, who developed the formula for the Karin Herzog skin care line, was the first, and remains the only Doctor, to have successfully stabilised Oxygen In a cream format. When applied to the skin this formula raises Oxygen levels sufficiently to allow the skin to safely and effectively detox.

During his research Dr Herzog was able to demonstrate that it is almost impossible for a well oxygenated tissue to become infected, since Oxygen destroys bacteria. In this way we know that every application of any of the Oxygen formulas within the Karin Herzog range will help destroy unwanted bacteria before it has a chance to multiply.

With every application the oxygen levels are raised for up to 8 hours allowing for a deep cleanse of the tissues. After 8 hours this Oxygen has been used by the skin and so it is vitally important that anyone with a history of breakouts apply the cream to clean skin TWICE PER DAY.

Treatments for blackheads, whiteheads, and mild acne

Many common methods of treating mild acne and congestion include Topical creams with acids and various chemical ingredients that help to strip the skin of oil and dry the breakout.

The problem with these is that if you dry the skin out too much you will panic it to produce additional sebum as the skin gets the message it needs additional lubrication. A catch 22 situation can arise where you actually perpetuate prolong the problem long term.

Acids such as Benzyl peroxide, Salicylic acid are common place. **Karin Herzog treats acne without acid.** Additionally the healing properties from oxygen provide a solid foundation for skin repair and will help reduce swelling and scar tissue.

It is the only product that works by giving back to the skin what age and modern living takes out. These safe and natural products only contain ingredients that your body recognises and can benefit from.

Treatments for mild acne and congestion

If the breakouts have not been a continual problem for a number of years and it is just a matter of regulating and normalising the skin, when it deviates from the norm during menstrual cycle the salon treatment recommended is THE PORE DRAW. A 1.5 hour manual extraction Oxygen based facial that under the best sterile and hygienic conditions will extract blackheads, whiteheads, and will even remove some pustule spots. A must for congested, dull and overly oily skins.

The oxygen helps the sebum to be lifted from the skin without force or pressure and then helps to heal and repair following extraction. The anti-septic properties help to eliminate the risk of contamination or cross infection. Oxygen also helps prevent scarring.

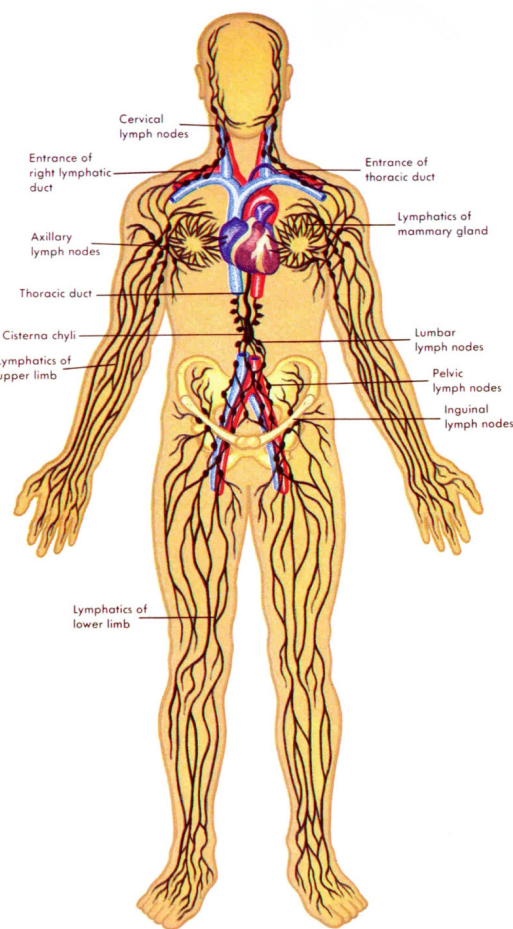
The lymphatic system

The lymph system is the natural waste elimination system of the body. Lymph flows around the entire body. It touches all major organs and passes through a series of lymph nodes collecting unwanted bacteria and waste matter on its travels. If the body carries too many toxins and the lymph system is compromised, we can suffer from lethargy, fatigue and can also encounter poor skin quality and breakouts. Too many toxins within the body can even seriously increase our chances of suffering from degenerative diseases and disorders. High toxicity will always be associated with lower oxygen levels since toxins are destroyed by oxygen; so in a well oxygenated tissue, bacteria are low or eliminated.

Many Acne sufferers may find that they have an impaired lymphatic system. If blockages occur in the lymph, bacteria destroyed by the Herzog oxygen creams can not wash out of the body quickly and efficiently, and so a back wash will occur. Typically this results in additional breakouts appearing around the jaw line and the neck during the first few weeks of application. If this occurs we recommend a full and effective body Manual Lymphatic Drainage massage to help dislodge the blockage and stimulate the free flow of lymph (a major general health benefit in itself!). You can also reduce the frequency of product application initially and build slowly to the optimum which is twice per day.

To enable your skin to detox slowly we would suggest the following:

- Week 1:** Apply Oxygen product every other night only.
- Week 2:** Apply Oxygen product every night
- Week 3:** Apply Oxygen product every night and every other morning
- Week 4:** Apply Oxygen product every night and every morning



LYMPHATIC SYSTEM

Home care products, hints and tips for the effective treatment of acne

UNDER 30 years old at active pustule stage

- Cleanse with any from the Karin Herzog range
- Tonic lotion (Morning and night)
- Mild scrub (once per day)
- Oxygen Face cream (optimum twice per day but see notes under lymphatic system) vita-A-Kombi 3 (available in 2 sizes / applied onto specific breakouts / spots and blisters etc)

OVER 30 years old (Anti-age as well as treating Acne) at active pustule stage

- Cleanse with either Professional Cleansing Cream or chocolate cleanser
- Tonic Lotion (morning and night)
- Mild scrub (once per day)
- Vita-A-Kombi 2

At any age when pustules' controlled but scarring remains

To help diminish scar tissue after the pustules have been controlled by the Oxygen in our creams, substitute the mild scrub with fruit acids cream in your routine at least 4 times per week

Apply Glyco-Rose serum to entire face twice per week underneath oxygen if the scarring is moderate to severe.