

Acne Bacteria and The Acne Environment

Contrary to popular belief, acne bacteria do not cause acne. Life long acne researcher exposes the true connection between acne bacteria and acne formation. Discover why acne is not a problem with your skin.

Propionibacterium acnes, or p acne bacteria, the bacteria we all have on our skin is an essential life form. Like all life forms it fights to survive and sustain their lives. Surprisingly, these microscopic creatures that conventional medicine taught us to believe are the cause of acne, are actually a small part of the acne puzzle and a vital player in sustaining our inner balance and the health of our skin.

Acne bacteria are not contagious and everyone has acne bacteria on their skin, regardless if the individual suffers from acne or not. Streptococcus bacteria, for example, exist in everyone's throat, but it doesn't always cause a strep throat or tonsillitis. The reason is that similar to the acne bacteria these bacteria will not trigger the formation of a strep throat (or acne in the case of the acne bacteria) unless the specific condition or the right "environment" is created.

It is important to know that as long as the acne bacteria stays in balance with your internal system, acne bacteria will "mind their own business" and will defend the body from colonization of harmful bacteria. Acne bacteria feed themselves from the secretions of our sweat and sebaceous glands, and in a balanced biological state, sustains the flexibility of our skin.

Acne is an environment that forms only when the production of sebum on the skin is excessive. This excessive production of oil is triggered mainly by hormonal imbalance.

When blood toxins (usually blood toxins that are expelled through your skin) are mixed with this over production of oil, the p.acne invades the hair follicles and starts to multiply. The P. acne multiplies by feeding themselves of the oil using enzymes. As part of this feeding process, acne bacteria produces free fatty acids that irritate the skin. The body calls the white and red blood cells to defend itself. The red and white blood cells often cause an inflammatory response, that results in the familiar symptoms of acne: swelling, pus, whiteheads, nodules and pustules.

Killing the acne bacteria using antibiotics is a fruitless and destructive approach. Taking antibiotic is destructive because it upsets the natural balance of the P.acne in our body, eradicates the good probiotic bacteria and enables the intrusion of harmful bacteria to skin. Taking antibiotics is fruitless because constant intake of antibiotics will eventually cause the p.acne to become resistant to antibiotics. It is a fruitless approach also because it doesn't stop the environment that caused the P.acne to multiply.

The only way to stop acne permanently is to neutralize the acne environment (when the bacteria multiplies and feeds on blood toxins and excessive production of oil). To stop

acne, you must balance oil secretion and discharge your body from accumulated toxins and control the nutritional, hormonal, psychological and environmental triggers.

The secret for permanent clear skin is therefore, neutralizing all the factors that form the acne environment while keeping the p. acne bacteria at an optimal balance.

Mike Walden is a certified nutritionist, independent medical researcher, natural health consultant and author of the #1 best-selling e-book, "Acne No More- Open The Door To An Acne Free Life." Mike has written dozens of holistic health articles and has been featured in ezines and print magazines, as well as on hundreds of websites worldwide. For information on Mike's Holistic Clear Skin program, visit:

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