



Dr. Graham Duncombe

Dr. Graham Duncombe is a General Practitioner, with a special interest in Integrative, Anti-aging & Aesthetic Medicine. He is part of the medical team at Skin, Body, Brain & Health Renewal and consults at the Cape Quarter, Willowbridge and Somerset West branches in the Western Cape.



A Holistic Approach to Treating Acne

Living with acne at any age is unpleasant and sufferers would do just about anything for a cure.

Until recently treatments focused mostly on topical skin remedies and long-term oral antibiotics. This strategy, however, does not address the underlying problem and treats only the symptoms of the problem. This offers no long-term solution and the acne is likely to recur.

There are numerous significant medical conditions that are associated with acne, such as low stomach acid, dysbiosis and leaky gut. Not only do they compromise the condition of the skin, but may also have future health ramifications such as autoimmune disease, food sensitivities and even cancer if not adequately addressed.

Research has shown that acne very often starts in the gut. As 70% of our immunity depends on a healthy gut, it is problematic that our modern lifestyle affects a great number of people. These days, most people suffer from some form of gut imbalance.

Think of the skin as the dashboard to the system – when a light flashes on the dashboard of a car, it alarms the driver to a problem. Similarly, if the skin flares up with acne we should be alarmed to a problem that needs addressing in the system.

Restoring harmony in the gastrointestinal tract will improve overall health and wellbeing, and will ultimately improve acne breakouts.

Skin damage such as acne scarring, roughness and hyperpigmentation can now be successfully treated achieving great results, with topical treatments such as chemical peels, Dermapen, Titan and Carboxytherapy.

Should you wish to find out more about gut health in order to clear up your acne for good, contact Health Renewal on 0861 7546 72.

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