

WHAT'S THE ALTERNATIVE?

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fluid-filled pustules that are difficult, if not impossible, to disguise.

I have found a website that sells rosellane cream (www.beautycenter.co.uk), but because I am not familiar with the product, I cannot comment on its effectiveness for treating acne rosacea.

What I can recommend, though, thanks to feedback from happy users, is another topical cream, Kaswera Zaro. This product is made from the African potato plant, which has an anti-inflammatory effect on problem skin.

Kaswera Zaro (it translates as "the day before yesterday") was originally formulated as a soothing night cream, but acne rosacea sufferers who have taken a leap of faith and tried it on their skin instead of conventional antibiotic preparations have been delighted by the results. It also contains antibiotic aloe vera and moisturising evening primrose oil.

The cream costs £19.99, plus £1.50 p&p, for a 60g pot, which should last for several months, and is available from The Little Herbal Company (01484 685100), which specialises in African remedies.

You might also like to check out the Sher Skincare range (www.sher.co.uk), which was developed to help manage acne and acne rosacea. To book an appointment with Helen Sher, the Canadian founder of the London clinic, call 020 7499 4022.

For more information on natural health, visit my website: www.whatsreallyworks.co.uk

If you have any questions or tips, write to *What's the Alternative?* Style, The Sunday Times, 1 Pennington Street, London E9B 1ST. We can only provide replies to published letters.

Before following any medical or dietary advice in this column, please consult your GP if you suffer from any health problems or special conditions, or are in doubt as to its suitability.

Q I suffer from acne rosacea, for which I have been prescribed "rosellane cream". Unfortunately, my pharmacist is having trouble tracking this down, and I am not optimistic that he will succeed. Can you help?

J Clancy, by e-mail

A A chronic inflammatory disease that can affect adults of all ages, acne rosacea is characterised by a redness of the skin on the face, particularly around the nose, forehead and cheeks. Even more distressing for sufferers, these affected areas erupt in papules (skin lesions) and