

SELENIUM METALLICUM

Selenium

Se

Acne punctata

Seborrhea and seborrheic alopecia

Asthenia and memory disorders (students)

Oily skin, dotted with comedones and small sebaceous cysts.

Loss of hair

Asthenia and memory disturbances due to lack of sleep

Aggravation:

- in warm weather, in the sun,
- from tea, acidic drinks, alcohol.