

Woman who battled severe cystic acne cures it in THREE weeks after finding 'miracle' herbal tablets on Instagram

- Kara Eden, 22, from Manchester started suffering with acne in 2015, aged 18
- The production coordinator's confidence was seriously affected by breakouts
- Wouldn't leave the house without heavy make-up and clothes covering her back
- After four years of trying different products found tablets by 'Zilch' on Instagram
- The tablets cured her acne 'from the inside' within three weeks and ever since

By [JESSICA RACH FOR MAILONLINE](#)

PUBLISHED: 20:03 AEST, 26 July 2019 | **UPDATED:** 03:21 AEST, 27 July 2019

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A young woman has revealed her blemish-free skin after a four year battle with acne, thanks to a 'miracle' product she found on Instagram.

Kara Eden, 22, a production coordinator from Trafford, Manchester, started suffering with acne in 2015, aged 18, and found it seriously affected her self confidence.

The acne started to develop on Kara's back which soon spread to her face as well.

But after discovering an Australian brand called Zilch, back in April, she couldn't be happier with her results, with the £78 [\$139 AUD] tablets clearing her skin 'from the inside' within weeks.





After discovering an Australian brand called Zilch, back in April, she couldn't be happier with her results, with the £78 [\$139 AUD] tablets clearing her skin 'from the inside' within weeks-seen after treatment

Kara said: ' I had just come off the contraceptive pill and was going through a bit of a stressful time with starting a new job, when I noticed I was getting spots on my back, I really didn't know what to do.

'I left it in hope that it'd go away and after a while those spots then appeared on my face all over my forehead and cheeks.

'It took me around a year to come out of denial and realise that I had acne and that's when I actually started to research different skin products.

'It really affected my confidence at first and I would always wear makeup to cover up my face.



Kara is seen when her acne is at its worst, and it severely affected her confidence



Kara wouldn't leave the house without heavy make-up and tried an endless stream of products which didn't help

'I'd never wear anything that could show my back off as well because to me my acne was ugly and disgusting.

'I didn't know anyone personally who suffered with it either, so I felt so isolated.'

Kara found a lot of comfort by reaching online where she found support groups with lots of people going through the same thing as her.

By joining the groups and sharing her experiences on social media, Kara realised acne was quite a common thing and she wasn't alone in her journey at all.

Kara began to research online acne cures when she came across an Australian brand called 'Zilch'.

She said: 'I was just scrolling through the internet when I came across Zilch.

'I knew then and there that this was something I needed to try because I believe that acne starts from within with your gut health and inflammation of the body, however I'd spent so much money on 'acne cures' that I was sceptical whether it would work for me.

