



DARK CIRCLES UNDER EYES (PERIORBITAL HYPERPIGMENTATION)

Dark circles under the eyes, or periorbital hyperpigmentation, are characterized by a visible darkening of the skin beneath the eyes.



Possible Contributing Factors

- Poor drainage pathways: sluggish liver, poor bile flow, constipation, sluggish lymph, can't sweat, dehydration, shallow breathing
- Toxic burden (e.g. mold, heavy metals, environmental toxins, agrichemicals, etc)
- Gut imbalances (e.g. dysbiosis, leaky gut, parasites, bacterial/fungal overgrowths)
- Food sensitivities (e.g. gluten, dairy, histamines)
- Nutrient deficiencies (iron, vitamin B12, vitamin K, antioxidants)
- Poor sleep / circadian rhythm imbalance
- Stress and HPA axis dysregulation – disrupts circulation & increases inflammation
- Genetic predisposition (e.g. skin tone, melanin concentration, vascular structure, detox capacity)

Lifestyle & Dietary Recommendations

- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Avoid refined sugar, flour, processed foods and alcohol to reduce inflammation and gut stress
- Avoid vegetable oils (canola/rapeseed, corn, soybean, sunflower, safflower etc.) and all fried foods
- Consume bitter foods before meals to support bile flow
- Drink lemon water or apple cider vinegar before meals to support overall digestion
- Consume 1 cup of dandelion root tea daily to aid liver detox
- Use a castor oil pack over the liver 3–4x/week to support drainage
- Do an elimination challenge of common food sensitivities (gluten, dairy, eggs, soy, corn, etc)
- Eat probiotic-rich foods like sauerkraut, kimchi, kefir, or coconut yogurt (if not histamine intolerant)
- Add fresh herbs like cilantro and parsley to help bind toxins and support detox
- Visit ewg.org/skindeep to assess and clean up personal care and household products
- Incorporate sauna sessions 2–3x/week to support sweating and toxin release
- Practice deep nasal breathing or breathwork daily to enhance lymph flow and oxygenation
- Practice sleep hygiene. Aim for 7–9 hours of restorative sleep and consistent sleep-wake times
- Get morning sun exposure on skin and eyes to reset circadian rhythm within 30 mins of waking
- Ensure daily bowel movements with magnesium, flaxseeds, and hydration

Supplement Considerations

- Digestive bitters
- Vitamin K2 (MK-7) – contraindicated with clotting disorders and blood thinners
- Iron bisglycinate (if needed)
- Methylated B complex or B12
- Vitamin C (liposomal or topical serum)
- Quercetin (if histamine intolerant)
- Multi-strain probiotic
- Caffeine + Vitamin K eye cream or pads