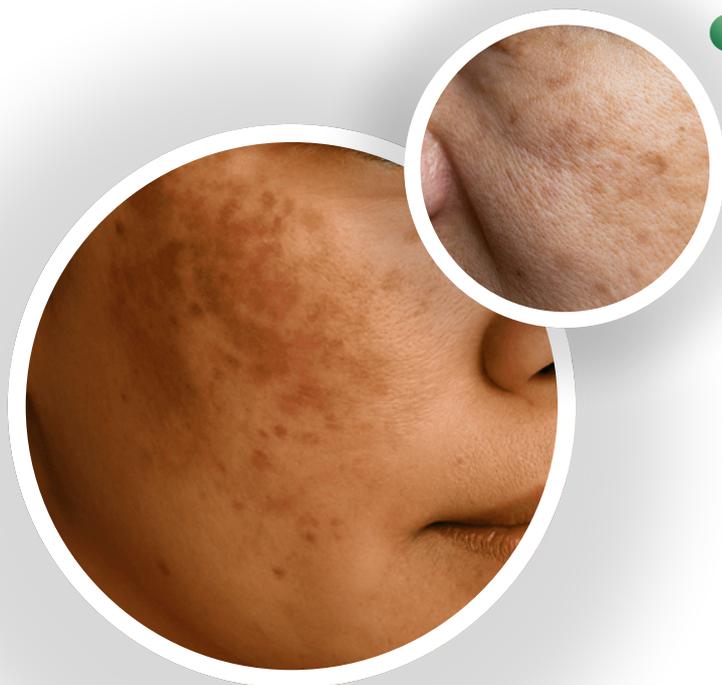




MELASMA

A skin condition where excess melanin pigment creates brown or gray-brown patches on sun-exposed areas. It's most common on the face and is often triggered by hormones, heat, and UV exposure.



Possible Contributing Factors

- Estrogen imbalance
- Pregnancy-related hormone shifts
- Birth control pills or unbalanced hormone therapy
- Thyroid dysfunction (hypo-, hyper-, or autoimmune)
- Nutrient deficiencies (zinc, vitamin D, antioxidants, B vitamins, EFAs)
- High copper (often linked to copper IUD)
- Sluggish liver detoxification
- Gut dysbiosis or impaired gut function
- Mold and environmental toxins
- Photosensitizing medications or chemicals

Common Triggers

- UV exposure (including through windows)
- Heat exposure (sun, saunas, hot yoga, cooking heat)
- Artificial blue light (screens, indoor LEDs)
- Harsh skincare or over-exfoliation
- Lasers, IPL, deep chemical peels
- Microneedling done too deep or too often

Lifestyle & Dietary Recommendations

- Prioritize anti-inflammatory, antioxidant-rich foods (berries, leafy greens, citrus, herbs, colorful veggies)
- Focus on protein + healthy fats to support hormone balance and skin repair
- Reduce sugar, refined carbs, and processed foods that burden liver detox pathways
- Limit alcohol and caffeine, which can worsen estrogen imbalance and pigmentation
- Support liver function with foods like cruciferous vegetables, lemon water, beets, garlic, and turmeric
- Consume more zinc-rich foods: oysters, beef, chicken, crab, lobster, beans, pumpkin seeds
- Consume more vitamin C rich vegetables: red peppers, Brussel sprouts, broccoli, cabbage, kale
- Hydrate well with filtered water throughout the day; avoid excessive fluids with meals
- Switch to non-toxic skincare, avoiding fragrances, harsh acids, benzoyl peroxide, or strong retinoids
- Use physical sun protection: hats, shade, umbrellas, car-window films, and zinc-oxide SPF when outside for long duration
- Reduce heat exposure to the face (saunas, hot yoga, hair dryers pointing at face, cooking steam)
- Reduce screen exposure or use blue-light filters on devices
- Prioritize stress reduction: breathwork, yoga, nature walks, meditation, grounding
- Aim for 7–9 hours of restorative sleep to regulate hormones and skin repair

Supplement Considerations

- Antioxidants (glutathione, polypodium leucotomos, topical niacinamide, topical azelaic acid)
- Estrogen detox support (NAC, glutathione, DIM, calcium-D-glucarate)
- Hormone balance support (B vitamins, chaste tree/vitex when appropriate, magnesium)
- Thyroid support complex (selenium, iodine, zinc, vitamin A)
- Omega-3s