

DANDRUFF (SEBORRHEIC DERMATITIS)

Dandruff is a mild form of seborrheic dermatitis that causes the skin on the scalp, eyebrows, beard or mustache, and shoulders to flake. It may also itch or burn.

POSSIBLE CONTRIBUTING FACTORS



- Intake of processed and/or damaged fats (e.g. Omega-6 & 9 seed oils, trans fats, fried foods)
- Omega-3 fatty acid deficiency due to a lack in diet and/or gallbladder dysfunction
- Carbohydrate-rich diet leading to higher insulin & inflammation
- Yeast/fungal overgrowth caused by an inappropriate immune response & higher blood sugar
- Exposure to mold
- Food sensitivities
- SLS (sodium lauryl sulfate) chemical in shampoo

LIFESTYLE & DIETARY RECOMMENDATIONS



- Avoid vegetable oils (canola/rapeseed, corn, soybean, sunflower, safflower, etc)
- Eliminate fried foods & hydrogenated fats/oils
- Consume better oils: grass-fed butter, lard, ghee, extra virgin olive oil, coconut oil, etc
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Avoid flour products, sugar and sweeteners of all kind to stop feeding yeast
- Limit starchy carbs to ½ cup cooked grains and 1 cup root vegetables daily, and 1 to 2 low fructose whole fruits per day
- Exposure to sunshine daily (fungus hates the sun)
- Assess home or workplace for hidden mold growth
- Consider spritzing apple cider vinegar topically and let it sit for 15-20 minutes before showering. Dilute ACV in water if it burns
- Switch to a non-SLS shampoo

SUPPLEMENT CONSIDERATIONS



- Omega-3
- Liver/gallbladder support formula
- Vitamin D3 with K2
- Vitamin A (contraindicated in pregnancy)
- Zinc
- Probiotic containing *Lactobacillus parcasei*