

ROSACEA

Rosacea is a chronic relapsing inflammatory skin disease with a high prevalence among adults with fair skin, and each case seems to involve a unique combination of factors

POSSIBLE CONTRIBUTING FACTORS



- Infectious insults (SIBO, yeast overgrowth, H Pylori overgrowth due to hypochlorhydria)
- Immune dysregulation (insufficient vitamin D, vitamin A, zinc, poor sleep)
- Vascular vulnerability (insufficient omega-3 essential fats, low estrogen)
- Genetics
- Artificial sweetener sucralose consumption (e.g. Splenda)

LIFESTYLE & DIETARY RECOMMENDATIONS



- Eliminate sugar/artificial sweeteners, alcohol, and all flours (any form) to stop feeding overgrowths
- Consider an elimination diet removing the common offenders like gluten and dairy for a minimum of 30 days followed by a re-introduction. Also consider eggs, nuts, yeast, soy, corn, peas.
- Consume a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate processed & refined foods, fried foods, vegetable oils, and hydrogenated/trans fats
- Focus on stress reduction measures (grounding, spending more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, etc)
- Regular sun exposure
- Focus on sleep hygiene

SUPPLEMENT CONSIDERATIONS



- Gut healing formula (aloe, slippery elm, marshmallow root, zinc carnosine, glutamine, etc)
- Broad spectrum probiotic including S. Boulardii (if not sensitive to yeast)
- Immune support (vitamin D, vitamin A, zinc as needed)
- Anti-fungal/anti-microbial formula
- Omega-3