



# UNDER-EYE BAGS (PERIORBITAL PUFFINESS)

Swelling, puffiness, or sagging skin beneath the eyes, often more pronounced in the morning or with fatigue.



## Possible Contributing Factors

- Lymphatic stagnation/poor drainage
- Liver congestion/poor liver detox
- Kidney stress or imbalance (poor detoxification or fluid retention)
- Food sensitivities (esp. gluten, dairy, histamines)
- Environmental or seasonal allergies
- Chronic sleep deprivation or poor sleep quality (sleep is critical for detox and lymph drainage)
- Thyroid hypofunction
- High alcohol or sugar intake
- Aging & collagen breakdown

## Lifestyle & Dietary Recommendations

- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Eliminate sugar, artificial sweeteners, alcohol, and all flours to reduce systemic inflammation
- Eliminate processed foods, fried foods, seed/vegetable oils, and trans fats that burden the liver
- Remove common food sensitivities like gluten and dairy for at least 30 days, then reintroduce one at a time. Also consider removing eggs, nuts, corn, soy, peas, and yeast if symptoms persist
- Hydrate with mineral-rich water (add a pinch of sea salt or trace minerals to filtered water)
- Consume cruciferous vegetables (broccoli, cauliflower, arugula), bitter greens (dandelion, rocket), and herbs like parsley and cilantro to support detoxification
- Limit high-histamine foods such as aged cheese, cured meats, fermented foods, and leftovers if histamine intolerance is suspected
- Prioritize sleep hygiene
- Move daily to promote lymphatic drainage; rebounding, walking, yoga, stretching, dry brushing
- Avoid makeup or skin products with irritants like synthetic fragrance, parabens, or phenoxyethanol
- Prioritize stress relief: grounding, nature time, journaling, meditation, delegation, and saying 'no' more often

## Supplement Considerations

- Quercetin (natural anti-histamine and anti-inflammatory)
- Stinging nettle leaf (if linked to fluid retention or allergies)
- Lymphatic support formula (e.g., red root, cleavers, burdock root)
- Liposomal glutathione or NAC
- Collagen peptides or oral hyaluronic acid with vitamin C
- Topical cold-pressed, organic aloe vera gel (inner leaf only)
- Chilled green tea bags or chamomile compresses