

ROSACEA

Rosacea is a chronic inflammatory skin disorder usually affecting adults (ages 30 to 50), especially those with fair skin. Rosacea usually begins with frequent flushing of the face. Dilation of the tiny blood vessels in the skin results in blotchy red areas often accompanied with small bumps. Pimples can occur in rosacea which resemble acne and the skin tissue can swell and thicken, becoming sensitive to the touch.

What Triggers Rosacea?

Since every person is unique, there are quite a number of different factors that trigger rosacea including:

- Impaired functioning of the digestive tract
- poor digestion is strongly associated with inflammation of the skin
- Vitamin deficiencies such as deficiencies in zinc, Vitamin A or B vitamins
- Infection
- Diet: food allergies/sensitivities, caffeinated beverages, alcohol and spicy foods
- Environmental triggers: exposure to sunlight, change in humidity, strong winds, extremes of temperature
- Makeup or skin products containing alcohol

- Emotional factors: stress, fear, anxiety, and embarrassment

Natural Treatments for Rosacea

A Naturopathic doctor will provide you with a comprehensive treatment plan. The following are tips to get started with as a foundation:

1. Anti-inflammatory diet with plenty of antioxidants such as blueberries, blackberries, cherries, cranberries, raspberries, purple grapes. Aim for one serving of one of these fruits per day (fresh or frozen).
2. Drink 3 cups of green tea per day. While it does contain a small amount of caffeine, green tea is full of very important antioxidant nutrients to calm inflamed skin.
3. Reduce your intake of sugar and refined carbohydrates (white bread, white rice, pasta, pastries, bagels, cookies, desserts)
4. Probiotics: help support good digestion which is reflected in healthy skin. As well, if you've used antibiotics to treat your rosacea, it is crucial to replenish the digestive tract with probiotics ("healthy bacteria").

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