



# Rosacea

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Do you know what disease currently affects more than 16 million Americans?

*Hints:*

- *Many Americans don't even know they have it.*
- *It typically begins after the age of 30.*
- *It's a chronic and progressive disorder primarily affecting the facial skin.*
- *Did you read the title of this newsletter?*

Although this condition is not life threatening, it still can cause discomfort and embarrassment for those suffering from its effects. Not to mention this disease is poorly understood. Though there are many theories of why it develops, no one is quite certain which one of them actually causes the disease. What we do know, is that it is easily controllable and can be well managed naturally.

***Do you get sick more than once a year?***

*A comprehensive blood analysis includes many markers which can determine how severe an illness may be, if there are problematic conditions developing and what exactly the body needs to fight off those infections.*

*Underlying causes of inflammation, infection, and environmental exposures can also be recognized with a complete metabolic analysis.*

*Dosages for supplements vary according to age, weight and severity of illness.*

*Getting tested lends objective guidance to developing a lifestyle program and supplement recommendations unique to each individual.*

Rosacea typically begins as redness on your cheeks, nose, chin or forehead. This early stage redness often comes and goes, and can be confused with simple facial flushing. But, as the condition progresses, you may notice the redness becoming more constant and deeper in color with visible blood vessels forming. Left untreated, bumps and pimples could emerge with the nose swelling and becoming red and bulbous.

Right now, rosacea is prevailing among the baby boom generation due to them reaching a critical age in their life and their body handling the amount of stress that comes with it. Let's discuss some other triggers that may be factored into why you may be suffering from this skin condition.

**Is your immune system in overdrive?**

- A recently published study funded by a grant from the National Rosacea Society points to a protein in the skin called cathelicidin as the culprit.
  - Although these immune system proteins are necessary for prevention of skin infections, this study found that patients with rosacea had cathelicidin levels much higher than those without the disease.<sup>1</sup>
  - These proteins may trigger rosacea symptoms while they are in the process of protecting your body.
- To protect your immune system it is important to take optimal amounts of Vitamin C, Vitamin E, Antioxidants, and, one of the most important vitamins for your immune system's defense, Vitamin D.
  - Vitamin D receptors are present in virtually every tissue and cell in your body. However, most people are deficient. So get your levels checked to know where you stand.

## References:

1. Beasley, David. *What Causes Rosacea? New VA-Led Studies Try to Find Out.* Compendium of Federal Medicine. <http://www.usmedicine.com/compendium/what-causes-rosacea-new-va-led-studies-try-to-find-out.html> Accessed on May 28, 2013

2. National Rosacea Society. *Stress Management Relieves Unsightly Facial Disorder.* November 1, 2001

3. National Rosacea Society. <http://www.rosacea.org/grants/awards.php> Accessed on May 29, 2013

4. Colette Bouchez. *Want Healthy Skin? Feed It Well.* 2004. <http://www.webmd.com/beauty/skin/want-healthy-skin-feed-well?page=4>

Federal Law requires that we warn you of the following:  
1. Your individual health status and any required health care treatments can only be properly addressed by a professional healthcare provider of your choice.  
2. The information provided in this newsletter has not been evaluated by the FDA.

## Are you managing your stress levels?

- There is no doubt that stress can directly affect our health. Stress may cause rosacea flare-ups, and, on the flip side, the flare-ups cause stress.
- In a survey sponsored by the National Rosacea Society, 91 percent of rosacea patients claim stress is a factor in flare-ups with anxiety being the main source of stress.<sup>2</sup>
  - Dr. Richard Granstein, chairman of dermatology at Cornell University, believes that stress produces neuropeptides which produces chemical energies that initiates a sequence of events leading to or exacerbating inflammation in the skin. Which in turn cause the blood vessels to dilate and the skin to flush.<sup>3</sup>
  - By minimizing your stress levels with techniques such as yoga, tai-chi, exercise, and getting plenty of sleep, you can take control of one of the main triggers of rosacea and lessen the frequency of flare-ups.

## Are your dietary habits healthy?

Eating a healthy diet can help manage rosacea from the inside. Forget the topical creams; these will only mask the problem, literally.

### **FATS:**

- It's important to include healthy fats and proteins such as antioxidant and omega-three rich salmon, avocados, nuts, seeds, and olive oils.
- Ann Yelmokas McDermott, PhD, explains that these fatty acids are responsible for the health of the cell membrane, "which is not only what acts as the barrier to things that are harmful, but also the passageway for nutrients to cross in and out and for waste products to get in and out of the cell".<sup>4</sup>
- Be sure to include supplementing with an Omega 3 as well to keep your HDL cholesterol levels optimal.

### **SUGAR & OTHER CULPRITS:**

There are many trigger foods that you can avoid to reduce flare-ups as well. One of the most important foods is sugar. Avoiding foods that spike insulin levels, such as white sugar, white flour, and starchy foods can irritate any skin condition influenced by inflammation, which is pretty much all skin conditions. Other foods to avoid include spicy foods, alcohol, and caffeine.

### **Get tested!**

As mentioned before, rosacea can be easily managed and controlled naturally with the right advice. Lifestyle habits must be addressed and changed if needed.

Many people may not know where to start and may feel overwhelmed with their condition. An experienced nutritionist can be of help and with the right testing can advise you on exactly what to do. By testing a comprehensive blood panel and tissue mineral analysis, deficiencies and toxicities can be brought to attention and managed with proper guidance of vitamins, supplements, and diet. Get your condition under control by getting tested today!