

Rosacea

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At one time, rosacea, a rosy red skin condition, was referred to as acne rosacea, but this only created condition confusion, as rosacea is not truly acne. Rosacea is a vasodilation blood disease that originates in the deeper tissues. It can feel like a burning sensation that appears as a reddish rash, especially on the nose and cheeks in a butterfly like pattern initially, and also the chin and forehead. The neck, scalp, chest and ears can also be affected. Over time, the redness can become more ruddy, causing visible blood vessels, bumps, pimples and in severe cases cause the nose to become bumpy and swollen. The eyes can even become irritated and bloodshot. There may be pimples or raised red bumps that look like acne, which often leads to this conditioned being misdiagnosed. Dry flaky skin of rosacea is unlikely to be soothed by moisturizers and a persistent red splotchy characteristic causes the skin to appear red.

As the condition progresses, small red puss filled bumps may occur. In advanced cases, a condition called rhinophyma, can occur, where the nose can become puffy, enlarged and red, which can spread to the cheeks nearby, and most often affects men. Women undergoing hormonal changes related to menopause may suffer from rosacea. Though women are more likely to experience rosacea, men are more likely to have more intense cases of it. Fair skinned people and middle aged to older people are also more susceptible.

Emotions of anger, anxiety, frustration, inability to “let go,” pressure, and stress can all aggravate the condition. Sufferers tend to suffer from anxiety, yet suppressing emotions can worsen the condition.

It is not certain what causes rosacea, but a bacteria under the skin is suspect. It is associated with absent stomach acids, food allergies, and stress and sometimes accompanied by migraines. A microscopic skin mite known as *Demodex folliculorum* can also be present in cases of rosacea. Staph infection can also be an underlying cause. Oil of oregano capsules 250 mg. twice daily and a diluted cream containing oil of oregano can one overcome these invasions.

Do gentle exercise such as yoga, and swimming in cool water but avoid practices that cause overheating such as running and intense aerobics. Exercise three times weekly, for at least one half hour; enough to get a sweat going. Weekly take a warm (not hot) Epsom salts detoxifying bath. Rinse off with fresh water afterwards. Avoid open fires, hot tubs, saunas, smoking, rubbing the skin, excess sun, and extreme temperatures, (including hot stoves and ovens).

Eat foods that cool the blood such as beets, burdock root, carrots, celery, cucumbers, dandelion greens, lettuce, squash, papaya, pear, melons, millet, mung

beans (best sprouted), turnips, and plenty of winter squash.

An inflamed digestive system can be associated with inflammation elsewhere in the body. Avoid any food allergens, as well as alcohol, sugar, and coffee.

Minimize animal fats and hydrogenated oils, red meat and fried food. Avoid eating very hot foods (both temperature wise and also vasodilating foods such as chilis, salsas and horseradish). Avoid refined carbohydrates and sugar, which can fuel an underlying yeast overgrowth condition. Sugar excess also contributes to a toughening of the collagen protein fibers in the skin and thus aging. Avoid both histamines such as those in red wine, beer, gin, vodka, bourbon and champagne as well as tyramine rich foods such as aged cheese, pickled and smoked foods. Avoid MSG, organ meats, citrus fruits and tomatoes. Avoid overconsumption of sweets, fats, coffee, alcohol, and tobacco. Coffee, black tea and cola drinks should also be avoided.

Drink a shot glass of aloe vera juice ten minutes before each meal for its cooling anti-inflammatory properties. Beneficial herbs to use as teas, tinctures or capsules that cool the blood and reduce inflammation include burdock root, chamomile flowers, dandelion root, gotu kola, dandelion root, and burdock root. Taking three turmeric capsules is a wonderful skin healing agent.

Beta carotene is a helpful supplement to strengthen the skin. A vitamin C supplement with bioflavonoids strengthens capillary fragility. B complex deficiency is often a factor in patients with rosacea. If you choose to use this as a supplement, make it one that is yeast free. Zinc, if deficient, can cause the sebaceous glands to become enlarged. Zinc also helps skin cells to heal more quickly. Pancreatic enzymes help as most rosacea patients have decreased pancreatic enzymes. Enzymes reduce inflammation, and of course are present in fresh raw foods. A supplement of hydrochloric acid can be helpful as many people with rosacea are low in this digestive aid. A supplement of Omega 3 fatty acids and GLA such as found in borage oil can help reduce inflammation.

Homeopathic remedies that can help reduce rosacea include:

Arsenicum album is used for dry, flaky skin that burns. The person may be restless.

Nux vomica helps skin made worse from alcohol or coffee consumption.

Rhus tox calms swollen, red skin with itchy painful areas. The person may feel worse in wet or cold weather.

Sanguinaria is beneficial for itchy burning skin worse from heat.

Sulfur soothes inflamed skin worse after a hot bath or heat exposure.

Vitamin K and horse chestnut cream can help the capillaries be less fragile.

Chamomile and or lavender essential oils, when diluted can help calm the irritation.

Tea tree oil can be applied directly to painful inflamed areas. Rosacea can be calmed with essential oils of chamomile, or peppermint.

Soak a towel in comfrey or marshmallow root tea and apply wet and just above room temperature to the skin for ten minutes daily.

Use only tepid water in cleansing. Only gentle cleansers, containing light moisturizing ingredients that are anti-inflammatory should be used. Products that might aggravate rosacea include alcohol, exfoliants, facial steams, scrubs, astringents, toners, menthol, eucalyptus, and synthetic fragrances. Demodicidin is a Chinese soap formula that can kill the Folliculorum and Brevis types of Demodex mites that are associated with rosacea.

Rosacea Mask

This mask will calm inflammation:

2 teaspoons turmeric powder
4 teaspoons coriander powder
2 tablespoons plain yoghurt

Mix ingredients together. Apply evenly on face and allow to sit for ten minutes. Rinse. It can be used daily.