

## DIET AND ROSACEA

**SUCCESS REPORTED** If you have rosacea, it's possible that eliminating certain "trigger" foods may help. In one survey of patients by the National Rosacea Society, 78% had altered their diet, and 95% of this group reported fewer flares afterwards. The triggers seemed to fall into 4 main groups.

- Alcohol
- Hot beverages, such as coffee and tea
- Capsaicin-related, including spices and hot sauce
- Cinnamaldehyde-related (tomatoes/chocolate/citrus)

**TRIGGERS** We definitely need more research into dietary triggers. Since surveys suggest they play a role, I recommend keeping a food diary. Another option is 6 weeks avoidance of the common triggers. If you experience improvement, you can then reintroduce each food, one at a time, every few days, to see if you can pinpoint your particular triggers.

**HELPERS** More research is needed, but there does seem to be a gut-skin connection in rosacea.

One study of close to 50,000 patients with rosacea found that they had a higher prevalence of certain GI conditions (including celiac disease, small intestinal bacterial overgrowth, and irritable bowel syndrome).

Given this finding, foods that maintain good gut health may be important, including foods that are naturally rich in fiber and foods that contain probiotics.