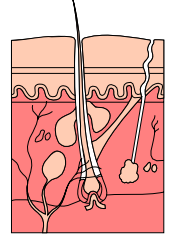


Skin Disorders



What is it?

*Reflects internal problems- alcoholism, general malnutrition, GI problems

Skin Conditions:

*Acne- hormone dependent

*Eczema- itching, scaling skin rash, blistering, oozing

*Atopic Dermatitis- respond to y-linolenic acids, primrose oil with linoleic

*Dermatitis herpetiformis- need a Gluten Free Diet

*Epidermolysis bullosa- heredity condition, blistering of the skin, vitamin/mineral deficiencies, protein calorie malnutrition, anemia

*Nickel sensitivity affects 8-15% of women
-1% of men

-Low Nickel Diet is needed- avoid canned fish, corn, tomatoes, spinach, canned vegetables, nuts, do not cook with stainless steel

*Nickel dermatitis- use chocolate, nuts, dried beans and peas, whole grains

*Actinic keratoses- low fat diet

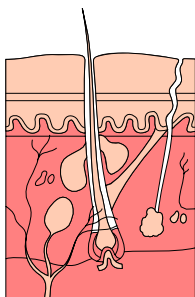
*Hypercarotenemia- reduce carotene (carrots, tomatoes)

*Psoriasis- Add Vitamins D, E, Zinc (Meats, seafood, whole grains), may precede arthritis, increase omega 3 fatty acids

*Chronic urticaria- reduce aspirin, salicylates (berries, dried fruits, herbs, spices, FD and C yellow dyes number 5, 6) penicillin, molds

*Infantile eczema- hypersensitivity to milk, wheat, egg albumin, linoleic acid defect, control calories if obese infants

*Acrodermatitis enteropathica- zinc absorption impairment- add zinc, use HBV (High Biological Value) Protein, decrease fiber to normalize bowel function



What can I do?

*See your Physician

*See RD for help as needed

*See FFF RD- on line for help, see vitamins, minerals

*Reduce inflammation, edema good nutrition habits

*Increase Zinc and Vitamin A

© 2004 Food Fitness First, Inc.

www.foodfitnessfirst.com

