

Rosacea Trigger Management

A naturopathic guide to identifying triggers.

Dietary Triggers

Spices:

Certain spices can exacerbate rosacea. Consider moderating your intake of:

- Foods containing capsaicin (chillies, capsicums, peppers, paprika)
- Vanilla
- Cinnamon
- Mint herbs or essential oil

Beverages:

Be mindful of how these affect your skin:

- Hot beverages or foods (allow to cool slightly)
- Caffeine (observe your individual response)

High Histamine Foods:

Histamine-rich foods can contribute to rosacea flares. Opt for fresh, whole foods whenever possible. Consider limiting:

- Preserved/processed meats (salami, hams etc.)
- Tinned fish, shellfish
- Soy sauce
- Dried fruits
- Pickles, fermented vegetables
- Yoghurts, kefir
- Certain probiotic strains: *Lactobacillus casei*, *Lactobacillus Bulgaricus*, *Streptococcus thermophilus*, *Lactobacillus delbrueckii*, *Lactobacillus helveticus*
- Alcohol

Environmental Factors

Your environment plays a crucial role in managing rosacea. Prioritize gentle care and protection:

- **Ultraviolet Light (UVB):** Limit sun exposure, especially between 10am-4pm. Seek shade, wear protective clothing, and use a natural, mineral-based sunscreen.
- **Wind:** Protect your skin from harsh winds with scarves or other coverings.
- **Temperature Changes:** Avoid extreme temperature fluctuations (heated rooms to cold outdoors). Use lukewarm water for showers.

Topical Irritants

Choose gentle, natural skincare products. Avoid:

- Medications such as steroid creams (unless specifically prescribed and monitored by a healthcare professional)
- Personal care products containing sodium lauryl sulfate

Internal Stress & the Microbiome

Stress Management:

Address both psychological and physiological stress through practices like:

- Mindfulness
- Yoga
- Gentle exercise
- Prioritizing sleep

Microbial Balance:

Support a healthy skin and gut microbiome:

- Address *Demodex* mite overgrowth (consult a practitioner for natural options)
- Investigate *Helicobacter pylori* infection
- Consider Small Intestinal Bacterial Overgrowth (SIBO) testing if indicated

In Summary

This information sheet outlines common rosacea triggers with a focus on natural approaches. By identifying and managing these triggers, you can empower yourself to achieve clearer, healthier skin. Remember that individual responses vary; tracking your symptoms and working with a qualified healthcare practitioner is essential for personalized care.

