

Rosacea

Possible Causes and Contributing Factors:

- Low levels of stomach acid
- High fat/low fiber diet
- Food allergies
- B vitamin deficiency
- Imbalance of gut bacteria (dysbiosis)
- Hormone imbalance
- Reaction to synthetic hormones
- Repeated exposure to wind, sun

Suggested Dietary Changes:

- Check for food allergies
- Steroid creams worsen condition

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.