

## Rosacea – Mild

**Rosacea** is a chronic inflammatory disease of the face, in which the skin appears abnormally red, usually occurring in adults after the age of 40, but can begin as early as 20. Rosacea can be identified by a red nose, forehead and most commonly the cheeks.

Characteristics of Rosacea include - Red Papules and sometimes pustules on the nose, forehead, cheeks and chin, but is generally not evident on the limbs. Frequent Blushing or Flushing, a red face due to persistent redness and or prominent blood vessels –telangiectasia. Dry flaky facial skin, aggravation by stress, alcohol, menopause, sun exposure and hot and spicy food or drink.

Juniper Australia recommends the following routine for mild Rosacea.

### Morning

Cleanse, using **Sensitive Cleansing Lotion** as per instructions on the bottle

Tone, using **Calming Rose-Otto Mist** as per instructions on the bottle. Please note that for sensitive skin types it is very important to tone twice as this will assist in calming the skin reducing redness.

Apply **Sensitive Rejuvenation Oil** all over face and neck paying special attention to areas that are irritated or have veins.

Apply **Sensitive Moisturising Lotion or Ultra Calm Replenishing Cream** as per instructions on the bottle • Please wait at least 10 minutes before applying any sunscreen

### Evening

Cleanse, using **Sensitive Cleansing Lotion** as per instructions on the bottle

Tone, using **Calming Rose-Otto Toner** as per instructions on the bottle. Please note that for sensitive skin types it is very important to tone twice as this will assist in calming the skin reducing redness.

Apply **Sensitive Rejuvenation Oil** all over face and neck paying special attention to areas that are irritated.

Please note that for moderate to severe/highly reactive rosacea. We recommend using the daily management routine – PDF (Rosacea Moderate to Severe)

## Inflammation

Did you know?

That people with rosacea and acne are at least ten times more likely to have gut issues?

That PCOS affects 10% of reproductive aged women where a diagnostic criterion is the presence of dermatologic manifestations?

Gut inflammation is also linked to premature ageing of the skin, frequently referred to as 'inflammaging'. Rosacea and acne aside, other visible signs of poor gut health include eczema, dullness and dryness which indicate an imbalance that lies deep within your gut. Simply put, where there is gut inflammation, there is commonly skin inflammation, which frequently results from Dysbiosis—an imbalance in your microbiome.

The 'GIT' (Gastrointestinal Tract / gut) sorts out the good bacteria from the bad bacteria, all while ensuring nutrients from food are optimally absorbed and the nasty toxins successfully excreted. When there is an imbalance of bad bacteria 'Inflammation' damages the precious lining our gut

wall, allowing free radicals to break free into your body and wreak havoc on your immune system resulting in further inflammation.

Several nutrition and lifestyle factors along with diseases states, drive inflammation, impair collagen production and change the quality and integrity of the skin. How can nutrition best support our skin?

### **The fibre rainbow.**

The simplest and most beneficial way to reduce inflammation is to fall in love with an array fresh produce that is based on a wholefoods approach. Foods from the earth both provide and support the growth of beneficial bacteria, where ample fibre (30g)/day builds short chain fatty acids which are potent anti-inflammatory compounds. Fibre also provides your gut with prebiotics probiotics. Prebiotics are a food first approach meaning your nutritional approach is essential, even if you are supplementing with a probiotic.

30g over the course of the day looks like:

- 2 pieces of fruit (i.e. apple and pear with skin on)
- 1 cup mixed gluten free wholegrains (i.e. quinoa and brown rice) 1/2 cup mixed pulses (chickpeas and lentils)
- 3 cups of mixed vegetables and salad greens
- 1 tbsp. nut butter
- 1 tbsp. fermented vegetables

### **Mindful stress management**

Excess cortisol (stress response hormone) leads to an increase in ageing free radicals, causing oxidative stress, which also damages the skin matrix and your DNA both, speeding up the ageing process. Further to this, Cortisol also disrupts the natural production of, and breaks-down collagen.

### **Food tips**

Reduce nervous system stimulants such as caffeine, alcohol and processed sugar.

Don't meal skip. A skipped meal alters the balance between food and insulin production. This creates a plummet in blood glucose by which we instinctively reach for high/processed sugar foods. This intern spikes blood glucose and stimulates the nervous system.

### **'Beauty sleep'...it's true!**

7-9 hours restful sleep

does help you glow! Sleep is an essential player in rest and digest mode (the A game anti- inflammatory response). This process is essential for ample nutrient uptake, cellular repair, blood flow, collagen production and toxin removal.

### **Food tips**

Caffeine flows through your system for 12 hours so mindful caffeine before 10am always. Booze does not help you snooze. Even one glass will disrupt your sleep hormone and hunger hormone production. An early dinner with a focus on non-starchy vegetables will balance your blood glucose and calm the nervous system.

## **hormone production**

An early dinner with a focus on non-starchy vegetables will balance your blood glucose and calm the nervous system.

## **A quick look at dairy**

Cow's milk contains the A1 protein which stimulates mast cell production that induce inflammation. However, thanks to goat and sheep dairy that contain only the A2 protein, research has found they do not produce the same inflammatory response to that of cow's dairy.

There are many coconut and nut based dairy alternatives. Avoid soy milk, cheese and yoghurt which can suppress thyroid function.

## **A quick look at gluten**

Gluten is a sticky protein (Gliadin) found in grains. An intolerance or sensitivity causes an inflammatory immune response, compromising the integrity of your intestinal wall and driving further inflammation throughout your body.

Opt for gluten free grains and noodles such as brown rice, quinoa, buckwheat, black bean and pulse. Look for breads and crackers that are almond meal, buckwheat, nut and seed based. If you suspect you have a gluten allergy, intolerance or sensitivity you should seek guidance from a registered health practitioner.

## **Hydrate**

Buy yourself a pretty glass water bottle and create healthy drinking habits. 2.5-3L / day.

## **Secret weapon anti-inflammatory foods for every day**

Olive oil \*Omega 3 \*anti-inflammatory  
Green Tea \*ECGG \*antioxidant  
Ginger \*gingerol \*antioxidant \*sulfur-rich \*vitamin C \*prebiotic  
Garlic & onion \*quercetin \*antioxidant \*sulfur-rich \*vitamin C \*prebiotic  
Turmeric \*curcuma \*antioxidant \*vitamin A \*vitamin C \*prebiotic Buckwheat  
\*gluten free \*anti-inflammatory \*protein \*fibre \*prebiotic  
Goji berries \*antioxidant \*fiber \*vitamin C \*vitamin A \*zinc \*prebiotic  
Fermented veggies \*Antioxidant \*fiber \*vitamin C \*vitamin A \*zinc \*probiotic

## Top supplements & smoothie additions

Hydrolyzed collagen or marine collagen powder \*complete protein Beetroot and pomegranate powder \*antioxidant  
Queen Garnet plum concentrate \*antioxidant  
Practitioner approved Zinc, Vitamin C and E supplements Practitioner approved prebiotics Lactobacillus Rhamnosus (LGG) (Always consult with your health care professional first)

## Radiate and glow, 3 ways

A++ Soothing Smoothie (antioxidant\* + anti-inflammatory\* + antiseptic\*) 2cm knob of ginger  
1 tsp coconut oil  
1 Scoop of collagen or hemp powder

1 tsp. chia seeds  
1 tsp of beetroot or pomegranate powder  
1/4 cup frozen raspberries  
4 large frozen strawberries  
1 frozen pear cheek.  
1 tbsp. soaked goji berries (optional)  
1 cup of nut or coconut mylk

*Place in blender and pulse until smooth.*

*Tip: the frozen fruit provides a thicker and more satisfying consistency.*

A++ Overnight Oats OR Warming Porridge (antioxidant\*+ anti-inflammatory\* + antiseptic\*) 2cm knob of ginger grated  
1 tbsp. plain coconut yoghurt  
1 level tbsp. of vanilla collagen or hemp powder

1 tbsp. chia seeds  
1/3 cup buckinis (activated buckwheat) or wholegrain oats 1/4 cup fresh raspberries  
4 large fresh strawberries  
1 tbsp. soaked goji berries  
1 cup of nut or coconut mylk

*To make the overnight oats:*

*Mix all ingredients evenly in a bowl, place in a jar or airtight container to refrigerate overnight. Eat chilled. To make the porridge:*

*Place all ingredients (excluding the yoghurt) + an additional 1/3 cup of filtered water in a small saucepan and cook on medium heat for 5-7 minutes.*

*Serve warm with a generous dollop of coconut yoghurt.*

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