

Rosacea – Moderate to Severe

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 to get the best results for aggravated Rosacea.

MORNING

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle. Massage the entire area with the **Calming Treatment Serum**. Moisturise with **Ultra Calm Replenishing Cream** or **Calming Jojoba Moisturiser**.

EVENING

Cleanse, using **Calming Face and Body Wash** as per instructions on the bottle. Massage the entire area with the **Calming Treatment Serum**. Moisturise with **Ultra Calm Replenishing Cream** or **Calming Jojoba Moisturiser**.

For routines on mild rosacea visit www.juniperaustralia.com under skin guides. Thank you for trusting Juniper and we look forward to giving you the gift of healthy skin.

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' (Gastro Intestinal 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.

Recipes and article written by Liv Crumpton for Juniper Australia. Nutrition & Dietetic BHSc (Nut D Med)
Livnutritious.com.au

Resources- Chen, Y., & Lyga, J. (2014). Brain-skin connection: stress, inflammation and skin ageing. *Inflammation & allergy drug targets*, 13(3), 177–190. <https://doi.org/10.2174/1871528113666140522104422>

Dreher M. L. (2018). Whole Fruits and Fruit Fiber Emerging Health Effects. *Nutrients*, 10(12), 1833. <https://doi.org/10.3390/nu10121833>

Gainder, S., & Sharma, B. (2019). Update on Management of Polycystic Ovarian Syndrome for Dermatologists. *Indian dermatology online journal*, 10(2), 97–105. https://doi.org/10.4103/idoj.IDOJ_249_17

Jianqin, S., Leiming, X., Lu, X., Yelland, G. W., Ni, J., & Clarke, A. J. (2016). Effects of milk containing only A2 beta casein versus milk containing both A1 and A2 beta casein proteins on gastrointestinal physiology, symptoms of discomfort, and cognitive behaviour of people with self-reported intolerance to traditional cows' milk. *Nutrition journal*, 15, 35. <https://doi.org/10.1186/s12937-016-0147-z>

Osiecki, H. (1998). *The nutrient bible* (9th ed.). Kelvin Grove, Qld.: Bio Concepts Publishing.

P. Oyetakin-White, A. Suggs, B. Koo, M. S. Matsui, D. Yarosh, K. D. Cooper, E. D. Baron (2014) Does poor sleep quality affect skin ageing? *Clinical and experimental Dermatology* <https://doi.org/10.1111/ced.12455>

Uhde, M., Ajamian, M., Caio, G., De Giorgio, R., Indart, A., Green, P. H., Verna, E. C., Volta, U., & Alaedini, A. (2016). Intestinal cell damage and systemic immune activation in individuals reporting sensitivity to wheat in the absence of coeliac disease. *Gut*, 65(12), 1930–1937. <https://doi.org/10.1136/gutjnl-2016-311964>