

# SKIN HEALTH

## Naturopathic Medicine Can Help

Skin problems can be greatly reduced by eating whole, unprocessed foods, plenty of fresh vegetables and avoiding refined carbohydrates, fried foods and trans fat-rich foods (margarine, shortening, hydrogenated vegetable oils and processed foods). In addition to a healthy diet, supplementing with essential fatty acids, zinc, and vitamin B can be particularly helpful. Herbs - including yellow dock, burdock, cleavers, nettle, red clover, chickweed, chamomile, calendula, St. John's Wort, and goldenseal - can be ingested and applied topically to relieve symptoms. Lifestyle adjustments, acupuncture and detoxification can all improve the way your skin looks and feels.

### Acne

Caused by an abnormal response to testosterone, acne can be triggered by poor diet, food sensitivities, hormonal fluctuations, excess body fat, stress, prescription medications, recreational drugs, environmental toxins and cosmetics. A naturopathic doctor (ND) will treat the cause of your acne, guiding you through diet and lifestyle adjustments, and recommending topical creams, detoxification treatments, herbs, nutritional supplements, homeopathic remedies and Asian medicine/acupuncture.

### Psoriasis

Though the causes of psoriasis are unique to each individual, a naturopathic doctor (ND) can help you identify triggers such as excessive sun exposure, alcohol consumption, being overweight, stress and skin irritation from fabrics or cosmetics. Advice about diet and lifestyle adjustments, nutritional supplements and herbs, and naturopathic treatments such as hydrotherapy and acupuncture, can significantly reduce the frequency and severity of your psoriasis flare-ups.

### Eczema

Frequently associated with a family history of allergic disorders, eczema flare-ups may be triggered by stress, fragrances, air quality, dust mites, household furnishings, chemicals, fabrics, detergents and foods. Some patients find relief from avoiding foods they are sensitive to, such as wheat, dairy, shellfish, oranges, peanuts, food preservatives, and corn. A naturopathic doctor (ND) can help relieve your symptoms by prescribing dietary and lifestyle adjustments, nutritional supplements, acupuncture, detoxification, botanical remedies and topical herbal applications.

### Rosacea

By addressing the root cause of your rosacea, a naturopathic doctor (ND) can dramatically reduce your symptoms. After conducting a thorough health assessment, your ND may recommend supplements (such as hydrochloric acid, B vitamins, pancreatic enzymes and fish oils), diet and lifestyle adjustments, topical creams containing botanicals and/or azelaic acid, detoxification treatments, and therapies to boost immunity and reduce stress. Many patients with rosacea also suffer from indigestion and migraines, since all three can share common causes such as food sensitivities and low stomach acid. Treating the underlying cause of rosacea using naturopathic medicine will often relieve other, seemingly unrelated health concerns.

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