

Rosacea: Complementary/Alternative Medicine

Chronic acne-like eruption on the face of middle-aged and older adults associated with face The primary involvement occurs over the flushed areas of the cheeks and nose

More common in women (3:1), but more severe in men

QUICK REVIEW

' Low gastric acid output may be a factor in many cases.

- Lack of B-vitamins, especially vitamin B2 (riboflavin), may cause rosacea.

TREATMENT SUMMARY

Although the causes of rosacea have not yet been determined, sufficient information is available to adequately treat most patients. Addressing hypochlorhydria, avoiding foods that can cause flushing of the face, and B vitamin supplementation form the basis of therapy.

General Recommendations See the chapter ACNE.

Diet

- Avoid coffee, alcohol, hot beverages, spicy foods, and any other food or drink that causes a flush.
- Eliminate all refined and/or concentrated sugars from the diet.
- Do not eat foods that contain trans-fatty acids, such as milk, milk products, margarine, shortening, or other synthetically hydrogenated vegetable oils, as well as fried foods.
- Avoid milk and foods high in iodized salt.

Nutritional Supplements

Multiple-vitamin-and-mineral formula providing B-complex vitamins according to recommendations given in the chapter SUPPLEMENTARY MEASURES. Hydrochloric acid: as recommended in the chapter DIGESTION AND ELIMINATION Pancreatin (8-10 X USP): 350-500 mg before meals

Seasonal Affective Disorder (SADD);

Regularly occurring winter depression, frequently associated with summer hypomania

QUICK REVIEW

- Although many variables may be responsible for SAD, lack of exposure to full-spectrum natural light appears to be the most logical explanation.
- Nighttime melatonin use may be helpful.
- The antidepressive effects of full spectrum light therapy designed to replicate natural sunlight have been demonstrated in well-monitored, controlled studies.

The St. John's wort extract standardized to contain 0.3 percent hypericin (see DEPRESSION), at a dosage of 300 mg three times per day, has been shown to relieve SAD.

TREATMENT SUMMARY

Since the cause of SAD appears to be light related, the treatment goal is to extend the length of light exposure on winter days. This can be accomplished by using full-spectrum lighting, as described in this chapter. In addition, we recommend nighttime melatonin supplementation (3 mg forty-five minutes before retiring) and daytime St. John's wort extract (0.3% hypericin content, 300 mg three times per day).