

ROSACEA TRIGGERS

FOODS HIGH IN HISTAMINES

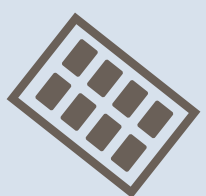
Consume the following in moderation:



Meat



Spicy Foods



Chocolate



Alcoholic Beverages

Red Wine, Beer, Bourbon, Gin, Vodka, & Champagne



Hot Beverages

Hot Coffee, Hot Chocolate, Hot Cider, Tea



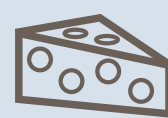
Specific Vegetables

Eggplant, Lima Beans, Spinach, Tomatoes, and Avocados



Specific Fruits

Bananas and Red Plums



Specific Dairies

Yogurt, Cheese, and Sour Cream



Specific Ingredients

Vanilla and Yeast



SKIN CARE

Skin Care Ingredients to Avoid

- ➔ Alcohol
- ➔ Retinol/Retin A
- ➔ Fragrances
- ➔ Caffeine

OTHER

1

Stress

Lowers Immune Capacity Hormone

2

Sun Exposure

UV Rays damage the skin and increase inflammation

3

Hormone Imbalance

Results in an Impaired Skin Barrier