





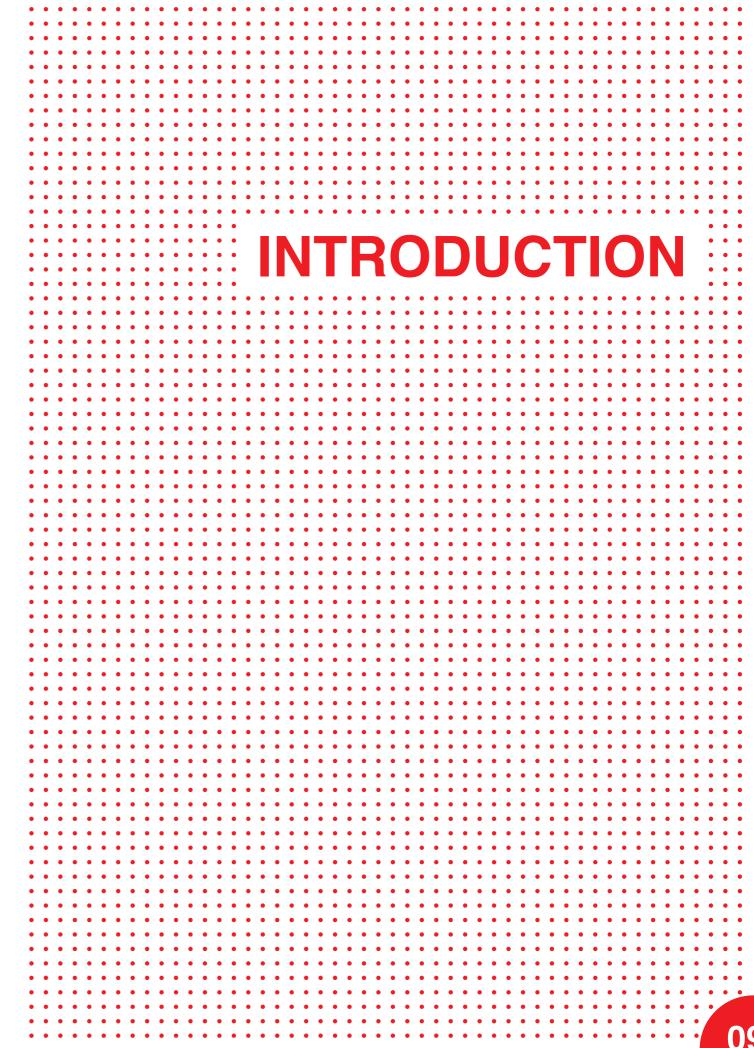
Paulette Lambert

California Health & Longevity Institute Director of Nutrition Paulette Lambert, RD, CDE (registered dietitian and certified diabetic educator) is a nationally recognised expert in her field with an ability to translate medical nutritional scientific research into practical advice and tips for consumers. With more than 30 years of experience, Paulette's expertise includes prevention and treatment of chronic disease and the promotion of wellness and longevity. She consults with the Four Seasons hotel group, asisting them in developing healthy menu options for their restaurants, in-room dining and banqueting facilities. She works closely with CHLI's medical team, assisting them in providing for each guest's individual health needs, and has published her own healthy living guide, "The Wellness Kitchen".



Ron Moy

Ron Moy, MD has been a dermatology researcher for more than 30 years. He has written over 300 scientific publications, 6 textbooks and has received individual National Institute of Health and VA grants. He has been the President of the American Academy of Dermatology, the American Society for Dermatologic Surgery, the Pacific Dermatologic Society and Medical Board of California. He was Editor-In-Chief of Dermatologic Surgery and currently is in private practice, both in Beverly Hills and at the California Health and Longevity Institute at the Four Seasons in Westlake Village. Moy has also developed a range of skin care and dietary supplements that focus on improving skin health and preventing skin aging. He has treated many patients with all types of rosacea.





Facial redness, the hallmark of rosacea, is only a small component of living with this debilitating condition; acne and other skin problems, immunological complications and social problems all contribute to a negative impact on the quality of life of people with rosacea. For some people choosing the right diet can make a significant improvement in the symptoms of rosacea. However, since the influence of diet on rosacea is so variable, managing nutrition on an individual basis can be overwhelming. This book of rosacea-friendly foods offers a simplified approach that effectively manages rosacea symptoms, the kind that can last a lifetime.

We have written this cookbook to help people with rosacea and their families in understanding food triggers as one of the causes for flares of rosacea and to show them how to minimise these flares. It also includes general information about the disease in order to provide a more holistic approach to a condition which is complex and affects people in a variety of ways. A short period spent monitoring your symptoms and developing an active nutrition plan can provide a lifetime of fewer episodes of facial redness caused by rosacea.

This book combines the knowledge of world-renowned dermatologist Ron Moy, MD and Chef Paulette Lambert, RD., CDE, both from the California Health & Longevity Institute, to give you a 360° approach to the understanding of rosacea in simple but concise language. Read, cook and enjoy great food without triggering your rosacea.



CHAPTER 1 THE MEDICAL ASPECTS OF ROSACEA



GENERAL INFORMATION

Rosacea is known as a skin disease that features facial redness often associated with pimples, and sometimes thickening of the skin over the nose. Although rosacea is not life-threatening, its appearance can have damaging social and psychological effects. The general symptoms include pain, burning, stinging, itching and flushing of the face, with flushing being the most emotionally upsetting (Steinhoff et al, 2011, Weinkle et al, 2015, Wilkins et al, 2002). These symptoms can be stubborn to treat.

The medical community has categorised rosacea into four types:



Erythematotelangiectatic Rosacea Facial redness with visible blood vessels.



Papulopustular Rosacea Facial redness with acne-like pimples.



Rhinophyma Rosacea
Thickened nose skin with, at times, an enlarged nose.



Ocular RosaceaRed, watery or burning eyes.

Despite there being four rosacea categories, an individual may have more than one type, can progress from one type to another or they might even have symptoms from all four types at the same time.



An estimated 40 million people worldwide have rosacea, but many of them have not been diagnosed. Rosacea most commonly affects adults of northern European Celtic background (Gold and Draleos, 2015). Rosacea also affects people with brown skin, particularly those who are from multiple racial and ethnic groups like African, Asian, Native American, Latino and Caucasian (Woolery-Lloyd & Good, 2011). Patients report that rosacea often increases in severity with age. In fact, the majority of patients are diagnosed for the first time after age 50 (Steinhoff et al., 2011, Chang et al, 2015). There are patients with milder rosacea with only mild redness at an early age. Although there is a lack of definite proof, rosacea affects women more often than men. Some of those suffering from rosacea have close relatives who also have rosacea. This raises the question, might genes and heredity play a role? However, the "rosacea gene", if it exists, has yet to be identified. To complicate matters, a recent study revealed that each type of rosacea may have its own set of different genes. It's also been shown that more than 500 genes of rosacea patients differ from the genetic makeup in people with healthy skin (Steinhoff et al., 2013).

The psychological impact of rosacea, both on people with rosacea and those who interact with them, are generally negative. Today, there is increased focus on the treatment of the redness and pimples, but the effect of this disease on mental health is often ignored. Because the symptoms of rosacea show on the face, it is understandable that how rosacea affects your appearance can also affect your emotional health. This can lead to depression and anxiety. This psychological impact has been shown in studies that say there are high depression rates among individuals with rosacea¹. People who have rosacea are also faced with people making incorrect conclusions about their social life, including viewing them as alcoholics.

A recent survey was conducted on 6831 participants with and without rosacea, where people were shown images of those with and without facial redness². When shown these photos and questioned on their opinions, their responses were as follows:

	RED FACE	CLEAR FACE
I can be friends with this person	58%	71%
This person is married or dating someone	77%	87%
This person has a managerial/professional job	43%	61%
I am likely to hire this person for a job	70%	85%

Others should perceive people with facial redness as nothing more than having a "red face". Unfortunately, there is a psychological phenomenon known as the "halo effect". This refers to an effect that occurs when a characteristic (facial redness), is linked to an unrelated observation (personality, intelligence, etc.)².

The psychological aspects of rosacea have been scientifically studied, and treatment has been shown to improve both the emotional and social effects of this disease. This information will hopefully help rosacea patients understand that some of the difficulties they have experienced of living with this skin disease are not unique to them. These problems emphasise the need to use every technique to control the symptoms of this disease.

References

- 1. Huynh T. Burden of Disease: The Psychosocial Impact of Rosacea on a Patient's Quality of Life Am Health Drug Benefits. 2013;6(6):348-354
- 2. Dirschka, T, Micali, G, Papadopoulos L, Tan J, Layton A, Moore S. Perceptions on the Psychological Impact of Facial Erythema Associated with Rosacea: Results of International Survey. Dermatol Ther (Heidelb) (2015) 5:117–127.

POSSIBLE CAUSES OF ROSACEA

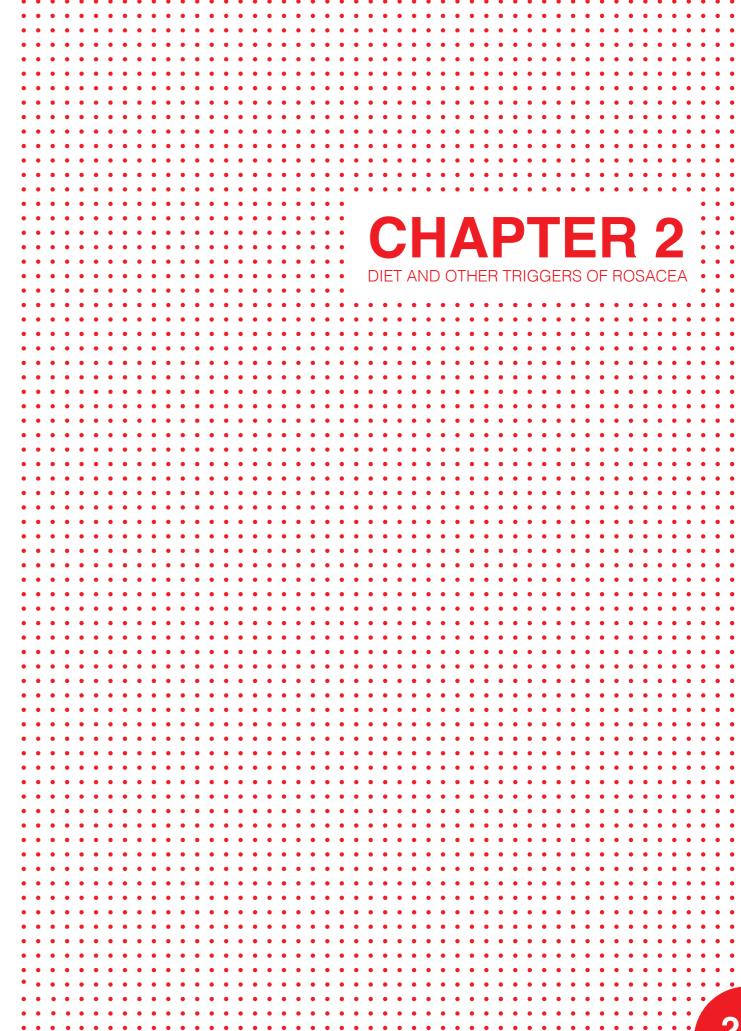


The exact cause of rosacea remains unknown. It often appears to flare after eating particular foods, exposure to sunlight or consumption of alcohol. But these factors are probably not its true cause. They may act as triggers that can worsen rosacea symptoms (Cribier, 2013).

Though the truth still lies undiscovered about rosacea's cause, over time, many theories have evolved. One theory describes having an overactive immune system where the body tries to fight off a perceived "invader" in sufferers of rosacea. Others say the skin could have faulty nerve fibres or blood vessel complexes. Interesting research has also shown that microscopic parasitic mites within hair follicles of rosacea patients could be linked with its cause (Wollina, 2014, Wilkin et al, 2002, Sibenge et al, 1992, Borrows, 2003). Another area of investigation involves an overactive sympathetic nervous system (the fight or flight response) as the culprit. A recent study challenged rosacea patients by asking them to do arithmetic; their stress response was higher than those without rosacea (Metzler-Wilson, 2015). This raises the possibility of stress being involved in the cause of this disease. Increased body temperature has been associated with increased facial redness in people with rosacea that improves when the body temperature cools down. The presence of large amounts of bacteria in the gut is also seen with rosacea. In some studies treatment with probiotics has improved symptoms (Parodi, et al, 2008, Weinstock and Steinhoff, 2013).

Although there have been advancements in the treatment of rosacea, the question still remains: how can a single theory explain the wide range of rosacea's signs and symptoms? The medical understanding today is that rosacea is not limited to one cause.





CHAPTER 2 DIET AND OTHER TRIGGERS OF ROSACEA

Most of the information available about the role of diet in controlling rosacea is complicated because the triggers seem to vary in individual patients. However, a thorough questionnaire showed that certain foods trigger rosacea at much higher rates than other foods (Rosacea. org). Such triggers include alcohol, spicy foods, and heated beverages. Despite this, there is a lack of good evidence supporting a specific rosacea diet. This is not only due to the difficulty of running a high-quality diet experiment, but also to a lack of consistent recognition of exact food triggers in people with rosacea. Clinically, a few foods and food compounds are believed to be some common triggers for rosacea.

Commonly reported food triggers include alcohol and spicy foods. Other reported triggers include: hot beverages, refined sugars, carbohydrates, and saturated fats. Non-food triggers include prescription medications, non-prescription medications such as niacin (Vitamin B3), and allergy mediators such as histamine.

FOODS TO AVOID:





Alcohol/wine

Chocolate

Fermented foods







Spicy foods

Processed/ canned meats

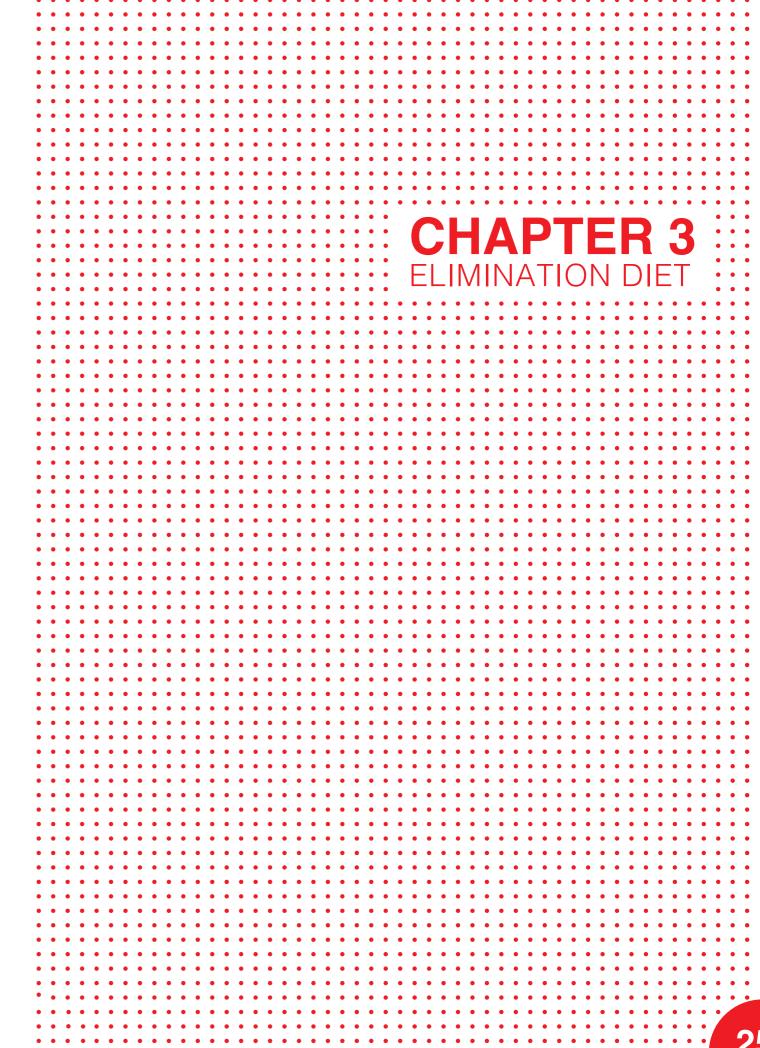
Hot beverages

Histamine, a compound found in many foods, and stored in some of the cells in the human body, commonly causes rosacea flare-ups (rosacea.org; Li and Luo, 2012). The body's normal immune response uses histamine compounds to fight infection and increase inflammation. If you have rosacea, when you eat foods high in histamine, it can trigger any of the symptoms previously mentioned. Foods high in histamine that trigger rosacea include: yoghurt, bacon, citrus fruits, smoked meats, wine and alcohol, leftover meat, aged cheee, broad-leaf beans and pods (i.e. lima or pea), mushrooms, and spinach. Foods that can cause the release of histamine from your cells into the blood include: strawberries, pineapples, tomatoes, chocolate, milk, nuts, avocados, shellfish, and bananas. Even though these food items can be part of a healthy diet, people with rosacea may need to first determine if they could trigger a rosacea flare-up before including them in their diet.

Spicy foods can trigger pain sensors in the nervous system (Liu, et al. 1996) and cause blood vessels to open, causing facial redness, which is often seen in rosacea (Steinhoff 2013, Gerber 2011, Nilus 2007, Steinhoff 2011). Another common source of rosacea flare-ups is excess sugar in the diet. A diet high in sugar increases sugar levels in the blood. This leads to a greater production of insulin, a hormone that controls sugar levels in the blood. High insulin activates the body's inflammatory system, which can also trigger rosacea symptoms (Barrows, 2003).

A wide variety of drugs can worsen rosacea. The most common are steroid creams, pills, and inhalers (Martin, 2011). Other drugs, including the class of heart medications called beta-blockers and niacin (vitamin B3), can worsen symptoms.

In Chapter 3, The Elimination Diet will help you identify foods that trigger rosacea symptoms for you. Most of these are known to stimulate inflammation and their removal from your diet will have a beneficial effect on your overall health as well. In this book, data from the medical literature is combined with expert knowledge to provide the most accurate and current rosacea diet. This diet will not only improve rosacea symptoms but also prevent it from appearing at all.



CHAPTER 3ELIMINATION DIET



An elimination diet can have a powerful impact on the management of your rosacea as well uncover other sensitivities and food intolerances you may have. While there have been technological advancements in traditional allergic reaction testing, the elimination diet still provides the most reliable results in uncovering non-traditional allergic reactions and intolerances to foods such as those that occur in rosacea. The elimination diet requires effort, motivation, and commitment on your part, but it can really make a difference in controlling your rosacea symptoms.

This chapter explains the Elimination Diet Protocol which includes two phases: the elimination phase and the reintroduction phase. The elimination phase, where potentially problematic foods are avoided and replaced with safer alternatives, should last 3 to 4 weeks. The list of foods and food types to be avoided during this phase include the most commonly reported triggers.



Foods that commonly trigger Rosacea flare-ups:

- Liver
- Yoghurt
- Sour cream
- Cheese (except cottage cheese or fresh cheeses)
- Chocolate
- Vanilla
- Soy sauce
- Yeast extract (bread is OK)
- Vinegar and salad dressings containing vinegar
- Eggplant
- Avocados
- Spinach
- Broad-leaf beans and pods, including lima, navy or pea
- Citrus fruits, tomatoes, bananas, red plums, raisins or figs
- Spicy and thermally hot foods
- Foods high in histamine (see Histamine list)



Beverages:

- Alcohol, especially red wine, beer, bourbon, gin, vodka and champagne
- Hot drinks, including hot cider, hot chocolate, hot coffee or tea (room temperature or iced coffee and tea is tolerated)

ONE WEEK MEAL PLAN

FOR ELIMINATION DIET AND TREATMENT OF ROSACEA

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	Ancient porridge with fresh blueberries, low fat or fat free milk, chopped almonds Warm herbal tea (not hot)	Cinnamon French toast with margarine and pure maple syrup Natural apple sauce Herbal tea	Wheat or rye toast with lite cream cheese, blackberry jam Sliced honeydew melon Herbal tea
LUNCH	Chopped lettuce salad with beetroot, artichoke hearts, endive, diced fresh mozzarella cheese and grilled chicken with pomegranate vinaigrette Roll with margarine Sliced apple	Chicken noodle soup Rye crisp crackers Grapes	Carrot ginger soup Turkey burger on bun with cranberry sauce, lettuce and cucumber Natural apple sauce
DINNER	Roasted halibut with red pepper sauce Brown rice with chopped dates and pistachio Steamed broccoli Sliced pear	Zucchini basil soup Chopped vegetable salad with Romaine lettuce, shredded carrot, red cabbage and celery with pomegranate vinaigrette Pasta with fresh ricotta, broccoli, and turkey "sausage"	Chicken ginger pho Cut melon Coconut rice pudding
SNACKS	Fresh popcorn	Baked pita chips, cut fruit	Pear and pistachios
WATER			

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Carrot-apple muffin Low fat cottage cheese Herbal tea	Barley breakfast porridge with peach compote, slivered almonds Herbal tea	Granola, berries, and low fat or fat free milk	Frittata Wheat toast with margarine and apricot preserves Mixed berries Herbal tea
Quinoa, beet, and apple salad with roasted chicken and apple maple vinaigrette Roll with margarine Grapes	Pureed cauliflower soup Grilled chicken breast with olive oil, garlic, and rosemary Baked sweet potatoes with margarine Mixed berries	Almond butter and honey sandwich Raw carrots, celery, and cucumber Oatmeal cookies	Salad with baby greens, shaved fennel, grapes, sliced green apple, chopped dates, roasted chicken and apple honey vinaigrette Roll with margarine
Romaine salad with carrots, cucumbers and blackberry vinaigrette Meatloaf Smashed roasted potatoes with garlic Roasted green beans with almonds	Mixed green salad with shaved fennel, celery, green apple and apple-maple vinaigrette Crispy fish sticks Brown rice with fresh herbs Roasted carrot puree with cumin	Butternut squash soup with apples and sage Pasta with fresh ricotta, broccoli and turkey "sausage"	Pureed cauliflower soup Grilled salmon with blackberry sauce Roasted sweet potatoes Sautéed green beans Rustic pear tart
	Cottage cheese and fresh diced apple, chopped macadamia nuts	Apple carrot muffin with cream cheese	Oat bar

THE PROTOCOL INCLUDES TWO PHASES:

THE ELIMINATION PHASE AND THE REINTRODUCTION PHASE.

Elimination Phase:

This should last for 3 to 4 weeks where all potentially problematic foods are avoided and replaced with safer alternatives. In addition to the common triggers, any specific food that you know will trigger your symptoms should be considered problematic and avoided as much as possible. While there is much information available on what to avoid, it is equally important to know what you can eat and how to make delicious healthy food that can be incorporated into your lifestyle. The purpose of this book is to provide you with safer alternatives not just for the elimination phase, but as a long-term solution.

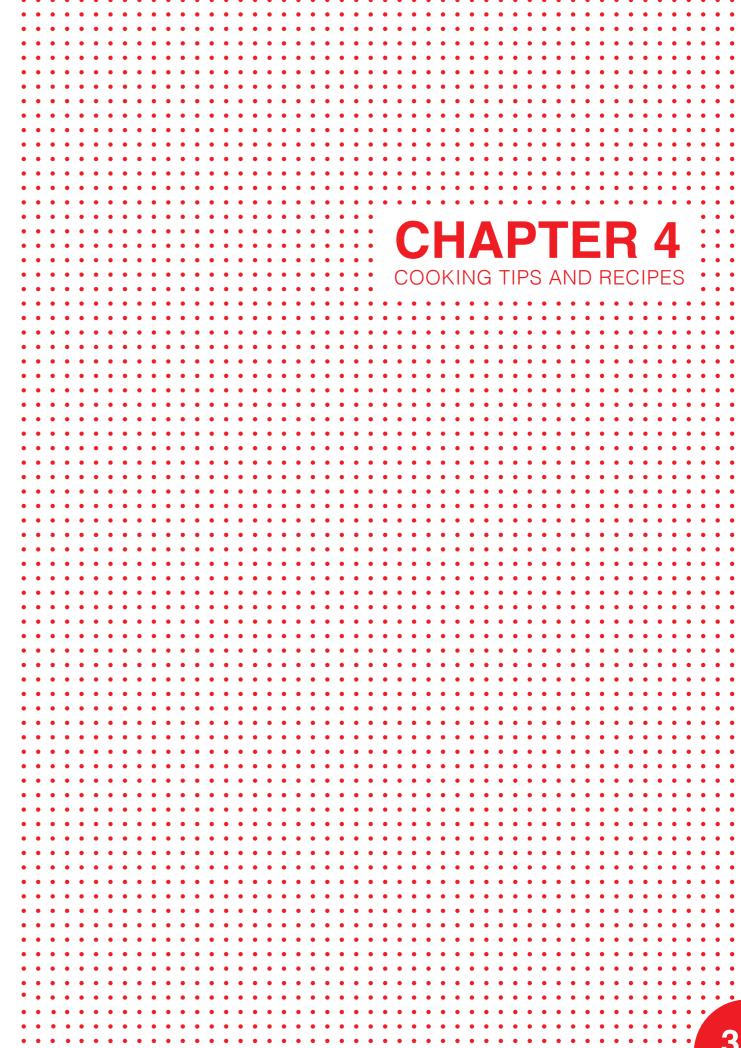
Reintroduction Phase:

Once the elimination phase has resulted in significant improvements in your skin, the reintroduction phase can begin. In this phase, you will reintroduce eliminated foods into your diet one at a time for 2 to 3 days to assess your tolerance. Any food that triggers symptoms should then be considered problematic and avoided as much as possible in the future. Foods that do not seem to cause any reaction are deemed to be safe and can be added back into the diet. Foods that are badly tolerated may be still tolerable in small amounts occasionally.

Again, it may be helpful to keep the journal provided in the back of the book during this phase to help ensure compliance and track any changes in symptoms and overall well-being. As mentioned before, the more information you gather during this time, the more likely it is that you will be able to identify your individual sensitivities.

It is important to follow a balanced diet to avoid other nutritional concerns in the future. There will be well and poorly tolerated foods in each food group. If you find it difficult to achieve an optimal healthy diet, consult a Registered Dietitian who can help you find ways to keep your diet balanced.





This chapter will help you prepare a variety of nutritious foods that should not trigger rosacea symptoms. Below are 30 recipes which you can use to see if meals that do not contain traditional triggers will help reduce your symptoms. If these recipes do reduce your symptoms, you will likely want to expand your dietary options. To help with this, there are some general recommendations about food preparation to minimise food triggers. Lastly, there is a list of foods low in histamine that you can use to create your own rosacea-friendly recipes.



BREAKFAST

INTRODUCTION TO BREAKFAST

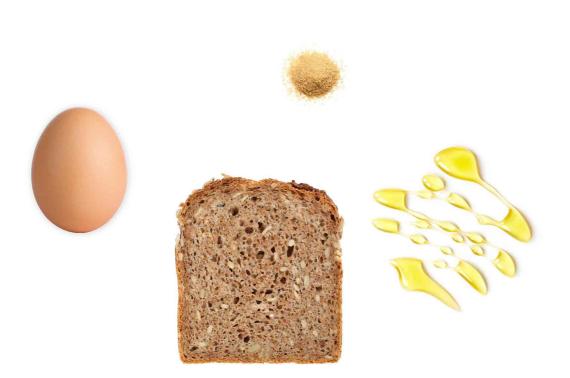


We all have heard the old saying that breakfast is the most important meal of the day, which has great merit in regards to nutrition. When you wake up in the morning it has usually been been 10 to 12 hours since your last meal. Your body needs fuel for energy and performance, so eating something an hour after waking up can make a big difference in how well you perform and may determine the kind of food you eat for the rest of the day. Poor choices and too much volume are often associated with being overly hungry at the end of the day.

A quick bowl of healthy cereal (high fibre) with fruit and some type of milk works for some of us, while others may need something more substantial. The following recipes will inspire you to make your morning meal as nutritious as it is flavourful.



CINNAMON FRENCH TOAST





As recommended by the National Rosacea Society, if you have found cinnamon has no effect on your rosacea you can try a small amount of the ground version. You can either eliminate it, the whole grain flavour of the bread gives this French toast a nice nutty flavour by itself, or add a dash of nutmeg instead. Limiting the syrup to 1 Tbsp. makes this a healthy treat!

INGREDIENTS:

1 egg plus 1 egg white

1 Tbsp. milk

1/4 tsp. cinnamon (or 1/4 tsp. nutmeg)

2 pieces whole grain bread

1 tsp. no trans fat margarine

1 Tbsp. pure maple syrup

DIRECTIONS:

- 1. Crack eggs into flat baking dish; add milk, and cinnamon or nutmeg. Whisk until well blended.
- 2. Place bread in bowl, turning once to coat each side of bread with egg mixture. Let sit while pan is heating.
- 3. Add margarine to medium sauté pan over medium low heat. Place bread in pan and cook until golden, about 2 minutes. Turn over and cook other side until golden.
- 4. Place on serving plate and drizzle with 1 Tbsp. pure maple syrup.

Serves: 1

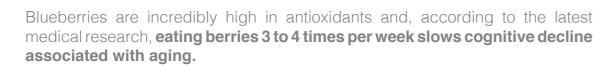
Calories per serving: 395

Equivalent to: 1½ oz. protein, 2 carbohydrates, 1 fat

40 40 4

BLUEBERRY COMPOTE





This compote, which tastes just like blueberry pie filling, can be spooned onto cottage cheese, dolloped onto hot or cold cereal or simply enjoyed plain as a high-antioxidant snack.

INGREDIENTS:

16 oz. (450g) frozen blueberries

1 Tbsp. sugar or honey (or non-caloric sweetener)

1 Tbsp. cornstarch / cornflour mixed with 2 Tbsp. of cold water



DIRECTIONS:

- 1. In a small saucepan, combine berries, sugar, and cornstarch paste; cook over medium heat for about 10 to 15 minutes or until the mixture thickens.
- 2. Remove from heat and serve warm or cold.

Serves: 4

Calories per serving: 80
Equivalent to: 1 fruit serving

ANCIENT GRAINS PORRIDGE WITH FRESH BLUEBERRIES AND RICOTTA



Ancient grains add flavour, texture and nutrition to this delicious oatmeal. The ricotta cheese and berries add decadence and give the dish a protein and antioxidant boost. (Tip: you may find you consume healthy, ancient grains more frequently if you cook them ahead and store individual portions in freezer bags for easy defrosting.)

INGREDIENTS:

½ cup (80g) rolled oats, cooked in 1 cup water

1/4 cup (40g) red or tricolour quinoa, precooked

½ cup (40g) barley, precooked

1 cup (150g) of fresh or frozen blueberries (may use raspberries or blackberries)

2 tsp. of brown sugar or honey

½ cup (60g) low fat ricotta cheese

2 Tbsp. chopped pecans or sliced almonds



DIRECTIONS:

1. In a small pan over medium heat combine cooked grains, and berries, warming until heated through. Divide porridge into 2 bowls, top with ricotta cheese, and 1 tsp. brown sugar or other sweetener and sprinkle with nuts.

Serves: 2

Calories per serving: 270

CARROT AND APPLE BRAN MUFFINS



If you love carrot cake you will love these carrot and apple bran muffins. The sweetness of the fresh apple allows for less sugar, and ginger gives these muffins spicy warmth and added antioxidants, while oat bran helps lower your cholesterol. These keep well in the freezer and can be easily reheated in the microwave for 45 seconds so you can enjoy fresh warm muffins every morning.

INGREDIENTS:

Organic canola oil cooking spray
1 large egg + 2 egg whites, beaten
1 cup (240ml) low fat milk mixed with
1 Tbsp. distilled white vinegar
(let stand for 10 minutes)
½ cup (120ml) canola oil
¼ cup (60ml) natural maple syrup
½ cup (50g) unprocessed oat bran

1½ cups (30g) unsweetened bran cereal
1 cup (170g) whole wheat pastry flour
¼ cup (50g) sugar
1 tsp. baking soda
1 tsp. baking powder
1½ tsp. ground ginger
¼ tsp. nutmeg
1 tsp. sea salt
1 cup (120g) shredded carrot
1½ cups (180g) shredded apple



DIRECTIONS:

- 1. Preheat oven to 200°C.
- 2. Lightly coat a 12-cup muffin tin with cooking spray or use paper liners.
- 3. In a large bowl, whisk together the eggs, milk and vinegar mixture, canola oil and maple syrup. Stir in the oat bran and bran cereal. Set aside for 5 minutes.
- 4. Meanwhile, in a small bowl, combine the flour, sugar, baking soda, baking powder, ginger, nutmeg and salt.
- 5. Add dry mixture to the wet and stir until just combined; be careful not to overmix.
- 6. Fold in the shredded carrot and apple.
- 7. Spoon the mixture into the muffin tin until each cup is 2 thirds full and bake for about 20 minutes or until the edges begin to brown and a toothpick inserted into the centre of the muffin comes out clean.
- 8. Leave in the tin for 5 minutes then remove muffins and cool completely on a wire rack.

Serves: 12

Calories per serving: 185

Equivalent to: 1 carbohydrate, 1 fruit, 1 fat

FRITTATA



A frittata is an Italian omelette, often eaten at room temperature as a lunch dish. In this version, an array of fresh vegetables is bound together with eggs and a little cheese. It makes for a great on-the-go meal that's rich in protein, which helps keep your brain working optimally throughout the day. Make sure you use a cheese that is not aged and is on the histamine approved list in the index.

The frittata can be made and kept refrigerated up to 3 days in advance.

INGREDIENTS:

Organic olive oil cooking spray

- 1 Tbsp. olive oil
- 1 sweet red bell pepper, diced
- 1 small white onion, finely chopped
- 1 tsp. sea salt, divided in two
- 1 tsp. garlic, finely chopped
- 1 cup (67g) kale, finely chopped, tightly packed

2 cups (70g) chard, tightly packed, finely chopped

1/4 tsp. freshly grated nutmeg

10 whole eggs (or 16 oz. (470ml) egg substitute)

2 scallions, minced

1/3 cup (40g) fresh mozzarella cheese, diced fine

1 Tbsp. fresh thyme, chopped

2 Tbsp. fresh basil or parsley, chopped



DIRECTIONS:

- 1. Preheat oven to 190°C.
- 2. Lightly coat a 15 x 20cm baking dish with cooking spray.
- 3. In a large skillet, heat the olive oil over medium heat. Add the red bell pepper, onion, and ½ tsp. salt; sauté for 3 minutes. Add the garlic and sauté until fragrant, about 30 seconds. Stir in the kale and continue to sauté for 5 minutes. Add the chard, sautéing until the greens are wilted and tender, about 5 minutes more. Remove from the heat, add nutmeg and stir to combine. Arrange the cooked greens on the bottom of the baking dish and top with the crumbled cheese.
- 4. In a large bowl, whisk together the eggs, scallions, thyme, and remaining salt. Pour the egg mixture over the greens and bake until the eggs are just set and the frittata is lightly browned on top, approximately 15 minutes.

Serves: 6

Calories per serving: 200

48 49

APPETISERS INTRODUCTION TO SNACKS



We all know that too much snacking is not healthy, often adding unneccessary calories to our day. We also tend to snack on less healthy foods that are usually available. However, it's recommended that we eat every 5 hours to keep energy optimal, which means you may need to have a snack if your dinner is late. Having a late afternoon snack can help keep your energy up as well as help to control your appetite so you do not overeat at dinner.

Healthy snacks are those between 150 and 200 calories. Try to avoid snack foods that add nothing but empty calories to your day. Instead, choose something nutritious. Fruit and vegetables are always a great choice, but we often want something to go with them like cheese and yoghurt, which do not work well with the limitation of Rosacea, so we have included a few delicious, healthy alternatives.



FIRE ROASTED PEPPERS:



When it comes to vegetables, the more vibrant the colour, the higher the antioxidant level, making these sweet peppers a nutritional powerhouse. These are sweet peppers, not chilli peppers, so no Rosacea flare-ups! Grilling the sweet peppers adds a smokiness that pairs so well with the slight saltiness of the mozzarella. It's a simple party appetiser that always goes down well.

INGREDIENTS:

12 mini salad peppers (red, yellow, orange)
½ cup (60g) fresh mozzarella cheese cut in small cubes
1 Tbsp. olive oil
¼ tsp. sea salt



DIRECTIONS:

- 1. Preheat the oven grill, outdoor grill, or a griddle pan on the stove.
- 2. Using a paring knife, cut the top of each pepper and remove the seeds and ribs.
- 3. Stuff each pepper with a small amount of cheese.
- 4. Brush peppers with olive oil and sprinkle with salt. If grilling in the oven, place on a baking sheet lined with foil.
- 5. Grill the peppers until they are (over medium heat if using a griddle pan), slightly charred and the cheese is melted, about 2 to 3 minutes on each side.

Serves: 6

Calories per serving: 75

Calorie equivalent: 14g protein, 1 vegetable

KALE CHIPS



There is not a chip out there as healthy as these and yet they are sure to please. Placing the kale chips in a hot oven with just a touch of olive oil makes them just as crispy as potato chips without the unhealthy fat of a commercial deep fryer. They are best enjoyed hot out of the oven.

INGREDIENTS:

1 bunch fresh kale 1 Tbsp. olive oil Sea salt, to taste



DIRECTIONS:

- 1. Preheat oven to 200°C. Line a baking sheet with foil or parchment.
- 2. Remove stems from kale and tear into bite-sized pieces.
- 3. Place kale on the baking sheet and drizzle with oil and salt, tossing gently to coat well.
- 4. Spread kale chips out on the baking sheet in a single layer and roast for 10 to 15 minutes until crisp.

Serves: 6

Calories per serving: 50

BAKED PITA CHIPS



These easy pita chips are just as crispy as the fried kind.

INGREDIENTS:

2 whole wheat pita bread pockets Organic olive oil cooking spray Sea salt



DIRECTIONS:

- 1. Preheat oven to 180°C.
- 2. Cut pita into 8 wedges. Open each triangle to yield 16 chips from each pita.
- 3. Place pita chips in a single layer on a baking sheet, spray chips with olive oil and sprinkle lightly with sea salt.
- 4. Bake for 10 to 12 minutes or until golden brown and crisp.
- 5. Serve baked pita chips with hummus as an appetiser.

Serves: 4

Calories per serving: 85

Calorie equivalents: 1 carbohydrate

Alternative: Replace pita pockets with four corn tortillas, to make tortilla chips.

SOUPS AND SALADS

INTRODUCTION TO SOUPS AND SALADS



Soups and salads can be exciting additions to a meal, or meals on their own. The soup recipes in this chapter are simple and quick, using a standard formula that can be applied to many vegetables. Pureed vegetable soups are a good way to increase your vegetable intake and are often more acceptable to the picky vegetable eaters due to the silky texture.

Salads truly reflect the way we cook and eat today. There is no in-depth preparation involved, just layering and combining of flavours to create a healthy, fresh tasty side dish or a complete meal when a piece of grilled chicken or fish is added. With both soups and salads remember to use really fresh produce or frozen when not in season. Bottled, prepared salad dressings should be avoided because of the vinegar content among other things but we have included simple recipes that are Rosacea friendly and simply delicious.





Beetroots contain phytonutrients called Betalains, which are powerful antioxidants and play a role in reducing inflammation. **Unlike many vegetables, the antioxidants in beetroots become more available when cooked.** Here in this recipe the beetroots are roasted to make them easier to peel and to intensify the sweet earthiness. Adding the red quinoa and the hemp seeds adds additional antioxidants and Omega 3's that help fight inflammation.

INGREDIENTS:

2 large beetroots, rinsed and trimmed

1 Tbsp. olive oil

1 lb. (450g) asparagus, trimmed

Sea salt

8 oz. (227g) baby arugula or mixed baby greens

3 oz. (85g) feta cheese, crumbled

1 cup (170g) red quinoa, cooked (or other whole grain such as faro or barley)

1/4 cup (40g) hemp seeds, toasted

16 pcs of asparagus

Vinaigrette

3 Tbsp. pomegranate or apple juice

1 Tbsp. apple cider vinegar

1 Tbsp. water

1 Tbsp. olive oil

½ tsp. sea salt



DIRECTIONS:

- 1. Preheat oven to 400°F (200°C).
- 2. Wrap beets in foil and roast for 45 to 60 minutes in the oven.
- 3. In large bowl, toss asparagus with the olive oil, and salt. Grill asparagus for 3 to 4 minutes. Cut in bite-sized pieces, on bias.
- 4. In a small bowl, whisk together vinaigrette. Cover and chill until ready to use.
- 5. To serve, toss the arugula, beetroots, asparagus, and cooked quinoa with the vinaigrette. Top with crumbled feta cheese and toasted hemp seeds.

Serves: 6

Calories per serving: 225



The silkiness of the butternut makes for a healthy soup that feels rich and decadent, while the apple and sage enhance its subtle flavour. Like its cousins, pumpkin and carrot, butternut is high in vitamin A, promoting skin health and adding antioxidants that help lower inflammation.

INGREDIENTS:

2 small (or 1 large) butternut squash

1 Tbsp. olive oil

½ cup (75g) onion, chopped

2 celery stalks, chopped

1½ cup (270g) diced apple (cut into 6mm dice)

1½ qt. (1½ litres) reduced sodium, fat free organic chicken broth

3 Tbsp. brown sugar

1 Tbsp. fresh thyme

½ cup (120ml) fat-free, or 2% low fat milk

Salt to taste

2 tsp. no trans fat margarine

6 fresh sage leaves, thinly sliced



DIRECTIONS:

- 1. Preheat oven to 170°C.
- 2. Pierce squash with sharp knife. Place in the microwave to soften for 5 to 6 minutes. Remove from microwave and when cool enough to handle, cut lengthwise. Remove seeds and place squash halves on a parchment or foil-lined baking sheet.
- 3. Roast for 35 to 40 minutes until squash is tender. Remove and when cool, scrape the squash flesh into a bowl. Set aside.
- 4. Heat olive oil in large soup pot, sauté onion, celery, and 1 cup of diced apple until soft and golden.
- 5. Add broth, squash pulp, and brown sugar. Bring to a boil.
- 6. Turn heat to low and simmer soup for about 10 minutes. Add thyme and simmer for a further 5 minutes.
- 7. Remove soup from heat and puree soup in blender in small batches or in the pot using an immersion blender.
- 8. Add milk, season to taste with sea salt. Keep warm.
- 9. Meanwhile, in a small sauté pan, melt margarine over medium heat. Add remaining diced apple and sauté until tender and golden. Add sage leaves.
- 10. Ladle warm soup into bowls and garnish with 1 Tbsp. of diced apples and sage.

Serves: 8 (1 bowl serving) Calories per serving: 220



Homemade chicken noodle soup is a comfort food classic. This version uses traditional ingredients, but is far quicker to prepare.

INGREDIENTS:

3 cups (700ml) water (for poaching chicken)

4 (1 lb. / 450g) boneless, skinless, chicken breasts

2 gts (2 litres) water (for noodles)

1 cup (90g) fine egg noodles

1 Tbsp. olive oil

½ small onion, chopped

3 stalks of celery, diced

1 Tbsp. garlic, chopped

6 cups (1.4 litres) reduced sodium, fat-free, organic chicken broth

2 cups (460g) carrots (about 2 or 3) peeled and sliced

1 Tbsp. fresh thyme or 1 tsp. dried thyme

1 Tbsp. fresh parsley

Sea salt, to taste



DIRECTIONS:

- 1. In a large saucepan, bring the 700ml water to the boil. Once boiling, add chicken breasts then reduce to a simmer for 15 minutes or until cooked through. Remove and place on a cutting board, reserving the poaching liquid. Cool slightly then cut chicken into bite-sized pieces.
- 2. In another medium saucepan, bring the 2 litres of salted water to a boil and cook the egg noodles for about 6 minutes. Drain and set aside.
- 3. Meanwhile, heat the olive oil in a Dutch oven or large soup pot, add the onion, celery, and garlic; sauté until soft.
- 4. Add chicken broth, reserved poaching liquid and carrots, bring to the boil and reduce to a simmer for 10 minutes or until carrots are just tender.
- 5. Add chicken, noodles, thyme, and parsley. Season to taste.

Serves: 4

Calories per serving: 350

FARMER'S MARKET SALAD ::::::::::

FARMER'S MARKET SALADWITH ROASTED BUTTERNUT SQUASH



This salad is a treat to both the eve and the palate. Pomegranate seeds add crunch and colour, while pomegranate molasses brings a sweet-tart intensity to the salad. Research has shown that pomegranates are very high in vitamin C and antioxidants, so they are good for heart health and can help decrease redness associated with rosacea.

INGREDIENTS:

4 cups (700g) butternut squash, cut into 1.3cm cubes

1 Tbsp. olive oil

1 tsp. sea salt

3 Tbsp. pomegranate juice

1 Tbsp. apple cider vinegar

1 Tbsp. water

2 Tbsp. olive oil

1 bag / 6 cups (240g) baby greens salad mix

½ cup (55a) feta cheese

1/4 cup (30g) hazelnuts or pecans, toasted, chopped

½ cup (80g) pomegranate seeds (can use dried cranberries as an alternative)

3 Tbsp. pomegranate molasses



DIRECTIONS:

- 1. Preheat oven to 180°C.
- 2. Toss squash cubes with olive oil, red pepper flakes and ½ teaspoon salt. Spread out on a baking sheet and roast for 30 to 40 minutes until tender and golden. Set aside to cool. (This can be done a day in advance.)
- 3. In a small bowl, whisk together the juices, water, remaining ½ teaspoon of salt and pepper, then slowly pour in the oil while whisking vigorously. Set dressing aside.
- 4. To serve: toss the arugula with the dressing and place on a platter, arranging the butternut squash over the top. Sprinkle salad with crumbled cheese, walnuts, pomegranate seeds and finish with a drizzle of the pomegranate molasses.

Note: If pomegranate molasses is unavailable, place 230ml pomegranate juice in a saucepan. Reduce over low heat for 20 minutes until thick and syrupy. Watch carefully as the sugar in the juice can burn easily.

Serves: 6

Calories per serving: 195

ZUCCHINI BASIL SOUP



The combination of zucchini and basil makes for a fresh, brightly flavoured soup. The zucchini gives the soup its velvety texture and the fresh basil adds an antioxidant boost.

INGREDIENTS:

- 1 Tbsp. olive oil
- 1 large yellow onion, chopped
- 2 tsp. chopped garlic
- 2 lbs. (450g) zucchini, sliced into 6mm-thick coins
- 4 cups (900ml) reduced sodium, fat-free, organic chicken broth
- 1 cup (40g) fresh basil leaves, loosely packed
- ½ cup (60ml) low fat milk
- Sea salt
- 2 Tbsp. basil, chopped



DIRECTIONS:

- 1. Heat olive oil in a large soup pot over medium heat.
- 2. Add onion and sauté for 5 minutes. Add garlic and sauté for 1 minute.
- 3. Add zucchini, chicken broth and basil. Reduce heat to a simmer and cook for 15 minutes.
- 4. Puree soup in batches in a blender or blend with an immersion blender.
- 5. Return soup to pot and reheat. Reduce to a simmer, add milk and season with sea salt.
- 6. To serve, ladle soup into serving bowls and top each bowl with fresh chopped basil.

Serves: 4

Calories per serving: 100

Calorie equivalent: 2 vegetables, 1 fat

MAINS INTRODUCTION TO MAINS



The main dish is the centrepiece of the meal; the most important dish on the table. The main meals in this chapter are light and healthy but still satisfying with clean vibrant flavours. All these recipes are easy to prepare with quick cooking times to preserve the freshness and taste of the ingredients. We hope they inspire you to get creative in the kitchen!



BEST TURKEY BURGER ::



The addition of cottage cheese makes these burgers juicy and delicious. **If you are really histamine intolerant, condiments that contain vinegar can be a problem**. Instead, try a tablespoon of apricot or peach jam on your burgers for that sweet-savoury flavour.

INGREDIENTS:

1 lb. (450g) lean ground turkey or ground chicken ½ cup (115g) low-fat cottage cheese 3 green onions, sliced 1 Tbsp. chopped garlic Sea salt, to taste 4 whole wheat burger buns 1 cup (75g) romaine lettuce leaves ½ red onion sliced thinly 2 tsp. olive oil Sea salt



DIRECTIONS:

- 1. Preheat an outdoor grill or griddle pan to medium-high heat.
- 2. In large bowl combine ground turkey, cottage cheese, green onions, garlic, and salt.
- 3. Form 4 patties of equal size.
- 4. Toss greens and red onion with olive oil and season with salt. Set aside.
- 5. Brush grill lightly with olive oil. Turn grill to medium heat and place burgers on grill; cook for 3 to 4 minutes. Flip over and cook for another 3 minutes until burgers are no longer pink inside.
- 6. To assemble, place burger patty on bun, top with greens and red onion.

Serves: 4

Calories per serving: 420

Calorie equivalent: 113g protein, 12 carbohydrates, 1 vegetable

CHICKEN GINGER PHO



Most Asian recipes call for soy sauce or other soy products that are high in Histamines, making it difficult to indulge in this tasty cuisine. This very authentic PHO gets its flavour from fresh ginger, cilantro and basil, which have high anti-inflammatory properties; you will not miss the soy sauce!

INGREDIENTS:

3 large shallots, peeled and sliced thinly

2 pieces, 1½ inch (4cm) each, fresh ginger, peeled and sliced into ½ inch (1cm) thickness then finely minced.

2 quarts (1.8I) organic, fat-free, reduced sodium chicken stock

2 carrots, sliced

½ bunch green onions, use the white part for broth, reserve green part for garnish

2 Tbsp. rock sugar or brown sugar

Additional ingredients & garnishes

1 lb. (450g) boneless, skinless, organic, chicken breast cut in half ½ lb. (225g) rice noodles, (cooked according to package directions) 1/4 onion, sliced thin 2 Tbsp. cilantro leaves, coarsely chopped

Green onion (reserved), sliced thin

½ cup bean sprouts

1/4 cup fresh basil leaves, coarsely chopped



DIRECTIONS:

- 1. Preheat oven to 400° F (200°C).
- 2. Put the shallots and ginger on a foil-covered baking sheet and roast for 10-15 minutes, or until softened and lightly browned. Set aside.
- 3. Add the broth to a large soup pot. Add the carrots, chicken breast, and whites of green onion to pot and bring to a boil. Add the roasted shallots and ginger. Lower the heat to medium low and simmer until the carrots are tender and the chicken is not pink, approximately 15 minutes.
- 4. Remove the chicken breast to a cutting board and allow to cool. Strain the vegetables from the broth and add the broth back to the soup pot. Add rock sugar to the broth and continue to simmer on low.
- 5. Slice chicken breast thinly, set aside.
- 6. To serve: Add rice cooked noodles, sliced chicken breast, and onion to soup bowls. Add the hot broth, garnish with cilantro leaves and reserved green onion. Serve with bean sprouts, and chopped basil.

Serves: 4 (entrée)

Calories per serving: 430

FRENCH CHICKEN IN A POT



With only 10 minutes of prep work, this is one of the easiest ways to make a chicken dinner. **Braising the chicken in stock and fruit juice results in moist, flavourful meat.**

Serve with roast potatoes, carrots or other root vegetables.

INGREDIENTS:

1 (2½-3 lbs./ 2 to 2½ kg) organic roasting chicken, rinsed and patted dry

2 tsp. sea salt

½ onion, roughly chopped

1 celery rib, roughly chopped

6 cloves of garlic, peeled

1 bay leaf

1 fresh rosemary sprig

1 apple, quartered

1 Tbsp. olive oil

½ cup (120ml) apple juice

1 cup (230ml) organic chicken stock



DIRECTIONS:

- 1. Preheat oven to 160°C.
- 2. Season chicken with salt. Put the onion, celery, garlic, bay leaf, rosemary and apple slices inside the chicken cavity.
- 3. Heat a large oven-proof pot over medium high heat. Add olive oil and swirl to cover the bottom of the pot. Brown the chicken in the pot, breast side down or until golden, for about 5 minutes. Turn chicken over and brown the other side.
- 4. Pour broth and apple juice into the bottom of the pot and cover tightly with a lid.
- 5. Put the pot in the oven and braise chicken for 60 to 70 minutes or until temperature reaches 74°C in the thigh.
- 6. Transfer chicken to a cutting board and rest for 15 minutes.
- 7. Remove skin from chicken and carve meat. Serve on a platter with roasted root vegetables.

Serves: 4-6

Calories per serving: 113g serving 175 calories

Calorie equivalent: 113g lean protein

GRILLED CHICKEN THIGHS

WITH 7 SPICE RUB





A dry spice rub is an easy way to add flavour to grilled chicken. This recipe calls for smoked paprika, which gives the chicken a distinctive smoky taste. Removing the chicken skin makes this recipe low in fat.

INGREDIENTS:

For the 7-spice rub

- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 1½ tsp. smoked paprika
- 1½ tsp. ground cumin
- 1½ tsp. dried thyme
- 1½ tsp. dried oregano
- 1½ tsp. sea salt

For the chicken

8 organic chicken thighs, skin removed



DIRECTIONS:

- 1. Preheat an outdoor grill or griddle pan to high heat.
- 2. In a small bowl, combine the spice rub ingredients and mix well.
- 3. Rub chicken thighs thoroughly with olive oil.
- 4. Sprinkle dry rub onto the chicken pieces.
- 5. Grill chicken pieces for 5 to 6 minutes on each side over high heat. Move chicken to indirect heat, turn off grill, and close lid. Chicken is cooked when an internal temperature of 74°C is reached.

Serves: 4

Calories per serving: 210

Calorie equivalent: 113g protein

SEA BASS



Sea bass on a bed of creamy red pepper sauce makes for a delicious lunch or dinner. The sweet smokiness of the roasted peppers is a great complement to the firm white fish and the creamy texture of the sauce adds a note of indulgence, without the use of cream. Plus, **the red peppers make this dish very high in antioxidants.**

INGREDIENTS:

4 sweet red bell peppers, roasted (can use jarred)

3 shallots, minced

2 Tsp. garlic finely chopped (2 cloves of garlic)

½ cup (120ml) low fat milk or fat-free half and half

2 Tbsp. olive oil

½ tsp. sea salt

4, 5-6 oz. (140g) sea bass fillets

2 Tbsp. fresh Italian chopped parsley (optional)

DIRECTIONS:

1. Preheat the oven to 200°C. Put the red peppers in a foil-lined roasting pan then roast, turning the peppers as each side browns until they have darkened, charred, and "collapsed". This should take about an hour.

OR

Heat a gas / electric grill and place the rack about 10cm from the heat source. Put the peppers directly over the heat and grill, turning each side as the peppers blacken and collapse; about 15 minutes.

- 2. After roasting the peppers, wrap them in foil or plastic wrap (if roasted in the oven, you can use the same foil that lined the pan) and let cool for 10 to 15 minutes. Once you're able to safely handle the peppers without burning your fingers, remove the skins, seeds and stems. Place under running water to make the process easier. The peppers may fall apart.
- 3. Combine the roasted peppers, minced shallots, garlic and milk in a blender or food processor and blend until smooth. Slowly add 1 Tbsp. olive oil until the sauce is emulsified. Add sea salt to taste.

Chilean Sea bass:

- 1. Brush both sides of the fish with oil and season on one side with sea salt.
- 2. Heat a sauté pan, over medium high heat. Add remaining olive oil to the pan and once the olive oil has heated, add the fish, skin side down, and cook for 3 to 4 minutes or until skin is golden brown.
- 3. Turn the fish over and continue cooking for 2 to 3 minutes. This will give you medium-well fish. (Alternatively, grill fish over medium high heat, making sure to wipe a thin coat of oil directly on the grill before grilling.)
- 4. Spoon the sauce onto a large platter and place the fish fillets on top. Garnish with fresh chopped parsley. Drizzle the fish with more sauce, if desired.

Serves: 4

Calories per serving: 280

HONEY PECAN CRUSTED CHICKEN



Young and old alike will love these chicken strips coated in cornflakes for extra crunch, and baked in the oven, **for that delicious fried chicken taste without the added fat.** Any leftovers are great as a packed lunch or an addition to a salad the next day.

INGREDIENTS:

4 boneless, skinless chicken breasts (approximately 16 oz. / 450g) 2 Tbsp. honey
1½ cup (30g) cornflake crumbs
1 tsp. salt
¼ cup (30g) chopped pecans
Olive oil spray



DIRECTIONS:

- 1. Preheat oven to 170°C. Spray a 23 x 33cm baking dish with olive oil spray.
- 2. Cut each chicken breast into 4 strips.
- 3. Place honey in a medium bowl big enough to hold the chicken later, and microwave for 10 seconds to warm.
- 4. Place cornflake crumbs, salt and pecans in a freezer bag and crush with your hands until crumbly. Pour the mixture into a shallow bowl.
- 5. Place all the chicken strips into the bowl of honey and toss to coat evenly. Dredge each chicken strip in the cornflake crumbs.
- 6. Place strips on the baking dish and spray lightly with olive oil spray.
- 7. Bake for 25 minutes until golden and crisp.

Serves: 4

Calories per serving: 250

MEDITERRANEAN FISH IN PARCHMENT



Steaming fish and vegetables in parchment infuses subtle flavour for an aromatic, no-fuss dish. The vegetables must be sliced thinly to cook in the same amount of time as the fish. If you're using vegetables that take longer to cook like carrots, blanch them in boiling water beforehand.

For a complete meal, add 100g pre-cooked brown rice, quinoa, faro or cooked potato slices to the bottom of the parcel.

INGREDIENTS:

4 (5 oz. / 140g) fish fillets (Sea Bass, Halibut, Salmon, Branzino, Black cod, raw, large peeled shrimp)

½ tsp. sea salt

1½ Tbsp. olive oil

2 Tbsp. vegetable broth

2 tsp. finely chopped garlic

1 sweet red pepper, seeded, finely sliced

1 green onion, finely sliced

1 small fennel bulb, thinly sliced

2 Tbsp. fresh basil, finely chopped



DIRECTIONS:

- 1. Rinse fish fillets and pat dry. Sprinkle with sea salt.
- 2. In a small bowl, combine olive oil, vegetable broth and garlic. Set aside.
- 3. Prep the vegetables. Set aside.
- 4. Place ¼ of each sliced vegetable in the centre of each medium piece of parchment paper. Place a fish fillet over each portion of vegetables and spoon ¼ of the vegetable broth mixture over each fish fillet. Sprinkle with basil. Bring the two long sides of parchment together and fold over 2 to 3 times, then fold under to seal the parchment packet.
- 5. Arrange the packets on a baking sheet and place in oven at 160°C for 15 minutes until the fish is cooked through. The fish is done when the flesh is flaky and opaque. (The thicker the fillet, the more cooking time needed.)

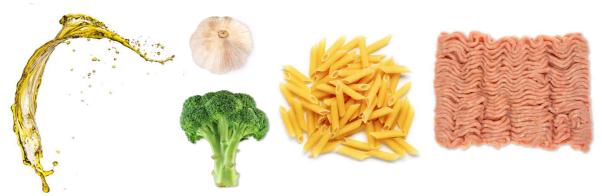
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6. To serve, transfer the fish, vegetables and cooking juices onto a plate.

Serves: 4

Calories per serving: 245

PASTA WITH FRESH RICOTTA, BROCCOLI AND TURKEY SAUSAGE



This hearty pasta dish uses a homemade version of "turkey sausage" flavoured with fennel seeds. Make sure you save some of the pasta water and add it to the other ingredients for a silky sauce.

INGREDIENTS:

1 Tbsp. olive oil

2 lbs. (900g) broccoli cut in florets (may use fresh asparagus cut into 5cm lengths)

1 yellow onion, sliced thinly

1 Tbsp. chopped garlic

½ tsp. sea salt

12 oz. (340g) high protein penne pasta

1 cup (125g) fresh low fat ricotta cheese

2 Tbsp. parsley, chopped

1 Tbsp. thyme, chopped

1/4 cup (9g) or a handful fresh basil, chopped

1 lb. (450g) cooked "turkey sausage"

Turkey Sausage:

1 Tbsp. olive oil

1 lb. (450g) ground turkey breast

2 tsp. chopped garlic (2 cloves)

1/4 tsp. dried oregano

1/8 tsp. rosemary, finely chopped

1½ tsp. dried fennel seeds

½ tsp. sea salt

Tbsp. fresh chopped basil



DIRECTIONS:

- 1. Preheat oven to 170°C.
- 2. On a rimmed baking sheet, toss broccoli florets, sliced onion, and chopped garlic with olive oil, mixing well. Season with sea salt to taste and place in oven to roast for 30 to 40 minutes or until just golden. Remove and set aside.
- 3. Bring a large pot of water to the boil. Cook pasta until al dente, drain, and reserve 120ml pasta water. Set aside.
- 4. In a small bowl combine ricotta cheese and fresh chopped herbs.
- 5. Add ricotta mixture to warm pasta along with cooked, crumbled turkey sausage, roasted broccoli and onion mixture and half of the reserved pasta water, tossing well. (If the mixture is too dry, add remaining pasta water.)

Turkey Sausage:

- 1. Heat oil in sauté pan over medium heat. Add ground turkey and all remaining ingredients except for the fresh basil.
- 2. Stir and crumble into small pieces until completely cooked through. Add basil and remove from heat.

Serves: 6

Calories per serving: 365

STUFFED MEATLOAF ::



This meatloaf is truly a culinary treat. The carrots form pinwheel shapes when the meatloaf is sliced, and are a delicious pairing with the meat. A fruity glaze works just as well as ketchup, but is far lower in histamines.

INGREDIENTS:

- 1 lb. (450g) carrots, thinly sliced
- 1 Tbsp. olive oil
- 1 cup (150g) onion, finely chopped
- 1 Tbsp. chopped garlic
- 2 lbs. (900g) lean ground beef or ground bison (or 425g ground turkey and 425g ground beef)
- 2 tsp. sea salt
- 2 tsp. fresh thyme, chopped (½ tsp dried)
- 2 Tbsp. fresh chopped parsley (1 Tbsp. dried)
- ½ cup (60ml) chicken broth
- ½ cup (30g) bread crumbs
- 1 whole egg plus 1 egg white
- 2 Tbsp. fruit only peach preserves



DIRECTIONS:

- 1. Preheat oven to 170°C.
- 2. Place sliced carrots in a bowl with 1 Tbsp. water and microwave until just tender, about 3 or 4 minutes. Drain and set aside.
- 3. Heat olive oil in large sauté pan over medium-high heat.
- 4. Add onions and garlic; cook for 10 minutes until soft. Transfer to a large bowl.
- 5. In a large bowl, combine the ground meat, salt, thyme, broth, bread crumbs and egg.
- 6. On sheet of wax paper, shape meat mixture into a rectangle, about 30cm wide, and 3cm thick. Spread cooked sliced carrots over the meat in a thin layer. Roll up meatloaf, jelly-roll style.
- 7. Place meatloaf seam-side down on a baking sheet.
- 8. Spread peach preserves on top of meatloaf. Bake for 45 minutes.
- 9. Let rest 10 minutes before slicing.

Serves: 8

Calories per serving: 245

SWEDISH TURKEY MEATBALLS



Using milk-soaked breadcrumbs is an old Italian trick for making lighter meatballs. The fat-free milk adds creaminess to the sauce without increasing the fat content.

INGREDIENTS:

½ cup (100g) finely diced day-old whole grain bread, crust removed

½ cup (60ml) fat-free milk

½ cup (75g) chopped onion

½ cup (20g) finely chopped parsley

1 egg plus 2 egg whites

2 Tbsp. chopped garlic

1 tsp. sea salt

2 lbs. (900g) ground turkey breast (or lean ground beef)

2 Tbsp. canola oil or no trans fat margarine

3 Tbsp. all-purpose flour

3 cups (700ml) reduced sodium, fat-free organic chicken broth

½ tsp. nutmea

½ cup (120ml) fat-free half and half or reduced fat milk

½ tsp. of salt

2 Tbsp. fresh chopped parsley



DIRECTIONS:

- 1. Pour the milk into a small bowl. Add bread and leave to soak for 5 minutes.
- 2. In large bowl, combine onion, parsley, eggs, garlic and sea salt.
- 3. Using your hands, squeeze the soaked bread to press out the milk. Add soaked bread and ground turkey to onion mixture. Gently combine all ingredients, being careful not to overmix.
- 4. Using an ice cream scoop or your hands, form mixture into 5cm meatballs. Place meatballs on baking sheet.
- 5. If desired you may brush meatballs with canola oil and cook in oven at 170°C for 13 minutes.
- 6. Turn down heat on sauté pan to medium low and add flour, whisking until lightly golden.
- 7. Add chicken broth, nutmeg, and sea salt and continue to whisk until just boiling.
- 8. Whisk in milk and turn down to a simmer.
- 9. Add meatballs to sauce and continue to simmer for 3 to 4 more minutes to cook meatballs through. Add fresh parsley (add more broth if sauce gets too thick).
- 10. Serve over egg noodles or brown rice.

Serves: 8

Calories per serving: 315



Lightly coating the salmon with **just a touch of sugar allows it to caramelise on the grill**. Just make sure that your grill is not too hot, as **sugar can burn quickly**. The sweetness of the corn and red peppers is just right with the flavour of the salmon and looks so appetising on the plate.

INGREDIENTS:

1 Tbsp. of olive oil

1 cup (145g) of corn kernels (frozen, defrosted or 2 ears of fresh corn removed from the cob)

1 sweet red pepper, diced fine

2 green onions, sliced thin

1 tsp. garlic

1 tsp. dried thyme or 2 tsp. of fresh, chopped fine

1/8 cup (30ml) chicken broth

1 Tbsp. pomegranate juice

1 Tbsp. honey

2 Tbsp. fresh Italian parsley, chopped

11/4 lbs. (560g) skinless salmon fillets (4 portions of 41/2 oz. (140g))

½ tsp. sea salt

1 Tbsp. sugar



DIRECTIONS:

Relish:

- 1. In a medium sauté pan, heat olive oil over medium heat; add corn kernels, sauté until lightly brown. Add red pepper, onion, and garlic. Sauté for 2 minutes and add 1 tsp. salt and ½ of a tsp. of pepper.
- 2. Add thyme, pomegranate juice and honey. Sauté for 2 more minutes. Add parsley, remove from heat, and set aside.

Salmon:

- 1. Rinse salmon in cold water, pat dry with paper towels.
- 2. Place fillets on a plate and season with sea salt, sprinkle the fillets with the sugar.
- 3. Heat grill to medium heat and lightly wipe with olive oil. Grill fish, sugar side down for 4 to 5 minutes, then gently turn over using a spatula and grill and turn over until just opaque in the centre.
- 4. Transfer fillets to a serving platter and top with corn relish.

Serves: 4

Calories per serving: 320

SIDESINTRODUCTION TO SIDES



Side dishes can turn a chicken breast or piece of meat or fish into an exciting meal. Seasonal vegetables have great natural flavour and texture, so roasting or pureeing them with a handful of herbs can make them the most exciting part of a meal.

One of the healthiest things that you can do for your skin health and overall health is to increase your intake of vegetables and fruit and whole grains. These plants all have anti-inflammatory properties due to their high antioxidant and vitamin content. Research shows that a diet rich in plant-based foods is healthy for all of us, so they should always form the largest part of your meal.



HONEY ROASTED FALL VEGETABLES



INGREDIENTS:

11/4 lbs. (570g) parsnips, peeled, sliced 1.3cm thick

11/4 lbs. (570g) carrots, peeled, sliced 1.3cm thick

11/4 lbs. (570g) celery root, peeled, quartered, and sliced 1.3cm thick

11/4 lbs. (570g) golden beets, peeled and sliced 1.3cm thick

1 Tbsp. olive oil

2 Tbsp. honey

6 thyme sprigs

Sea salt



DIRECTIONS:

- 1. Preheat oven to 200°C.
- 2. In a large bowl, toss vegetables with oil, honey and thyme; season with salt. On two baking sheets coated with nonstick spray, spread vegetables out in a single layer.
- 3. Cover with foil and roast for 40 minutes, shifting pans once, until vegetables are tender. Remove foil and roast for 10 minutes longer, until golden.

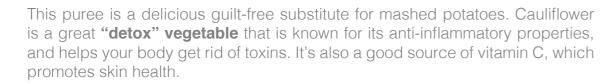
Serves: 6

Calories per serving: 60

Calorie equivalent: 1 vegetable, 1 fat

CAULIFLOWER PUREE





Make sure the cauliflower is fork tender after boiling, to ensure a smooth puree.

INGREDIENTS:

1 lb. (450g) cauliflower, chopped (discard large stems)

2/3 cup (170ml) reduced sodium fat-free organic chicken broth

1 tsp. garlic, chopped

1 tsp. sea salt

1/4 cup (60ml) low fat milk

1 Tbsp. no trans fat margarine



DIRECTIONS:

- 1. Place the cauliflower, broth, garlic, milk and salt in a saucepan over medium heat. (You can also place these ingredients in a microwaveable bowl and steam until fork tender.) Cook for 15 minutes, or until tender.
- 2. Place cauliflower in a food processor or mash by hand with a potato masher. Add margarine, and puree until smooth.

Serves: 4

Calories per serving: 50

MANGO SALSA





This zesty salsa is made with mango rather than tomatoes, so it's **less likely to cause inflammation.** It makes a great topping for grilled fish and chicken, and a delicious snack when served with tortilla chips. When fresh mango isn't available, frozen mango chunks can be used instead.

INGREDIENTS:

1 mango, cut into 6mm dice 1 sweet red pepper, cut into 6mm dice 2 green onions, sliced thinly 2 Tbsp. pomegranate juice ½ tsp. sea salt

DIRECTIONS:

1. Combine diced mango, tomato, sliced green onions, pomegranate juice, and salt. Cover and refrigerate until ready to use.

Serves: 6

Calories per serving: 35

ROASTED CARROT PUREE SPICED WITH CUMIN



This puree tastes like pure indulgence, but it's incredibly healthy. The warm cumin flavour is a perfect complement to the sweet carrots.

Carrots are high in the vitamin A that's needed for healthy skin, and antioxidants called carotenoids and polyacetylenes that work together to stop the oxidation process that contributes to aging and many chronic diseases. Cooking the carrots releases even more of these antioxidants.

INGREDIENTS:

1½ lbs. (680g) carrots (about 8 large), cut into 1.3cm slices

1 Tbsp. olive oil

1½ tsp. ground cumin

½ tsp. sea salt

1 Tbsp. no trans fat margarine

34 cup (170ml) fat-free milk



DIRECTIONS:

- 1. Preheat oven to 200°C.
- 2. In a roasting pan, toss the carrots with the oil, cumin, and salt. Roast, stirring occasionally, until tender and browned; about 20 minutes.
- 3. In a food processor, puree the roasted carrots with margarine and milk. Season with salt to taste.

Serves: 4

Calories per serving: 125

SMASHED GARLIC AND ROASTED POTATOES



These moreish potatoes are an excellent substitute for French fries. Cooking the potatoes in white vinegar, one of the few vinegars that is low in histamine, gives them the flavour of salt and vinegar chips.

INGREDIENTS:

2 lbs. (900g) fingerling or small Yukon Gold potatoes, cut lengthwise, unpeeled ½ cup (120ml) distilled white vinegar

1 Tbsp. kosher or sea salt

2 Tbsp. olive oil

½ tsp. smoked paprika

1 Tbsp. chopped garlic

2 Tbsp. fresh chopped parsley



DIRECTIONS:

- 1. Preheat oven to 200°C.
- 2. Put the potatoes in a large pot and cover with cold water. Add vinegar and salt and place over medium high heat. Cook for 10 to 15 minutes or until potatoes are almost tender. Set aside.
- 3. Mix olive oil, paprika, and garlic together in a small bowl.
- 4. Let potatoes cool slightly then flatten with a meat tenderiser. Place the smashed potatoes on a baking sheet and toss gently in the olive oil mixture, mixing well to coat.
- 5. Roast for 20 to 30 minutes until golden.
- 6. To serve, place on a platter and sprinkle with fresh parsley.

Serves: 6

Calories per serving: 175

DESSERTS

INTRODUCTION TO DESSERTS



Most of us love dessert, which can be difficult when trying to maintain your health and weight. However, it is possible to make desserts a little healthier by using more fresh fruit, less sugar, whole grains and healthier fats where possible. It's best to enjoy dessert in small portions and savour each bite. While the Rosacea diet requires some limitations such as no vanilla extract, cinnamon, chocolate and limited fruit and nuts, the following recipes are truly satisfying and delicious. After the elimination diet is completed, some with Rosacea may find they can tolerate a small amount of cinnamon and vanilla, which can be added to any of these recipes. It's a good idea to limit your dessert intake to just 2 or 3 times per week.



ALMOND BUTTER COOKIES



Similar to classic, chewy peanut butter cookies, these flourless treats are made with just 5 ingredients. **Unlike peanuts, almonds are low in histamine and contain healthy fats including Omega 3's, which help to lower inflammation.** However, these cookies still contain sugar, so it's best to only indulge in them 2 or 3 times a week.

INGREDIENTS:

1 cup (230g) natural almond butter
½ cup (110g) brown sugar, lightly packed
½ cup (110g) sugar
1 egg
1 tsp. baking soda
¼ cup (30g) sliced or slivered almonds
150g flour



DIRECTIONS:

- 1. Preheat oven to 170°C.
- 2. Spray baking sheet with nonstick cooking spray.
- 3. In a medium bowl, add almond butter and both sugars. Beat with a hand mixer until creamy, about 2 minutes. Add egg and baking soda; mix for another 2 minutes.
- 4. Roll dough into 2.5cm balls and place on a baking sheet about 2.5cm apart.
- 5. Press the cookies gently with a fork to create a criss-cross pattern on top. Sprinkle with almonds.
- 6. Bake for 10 minutes. Place on a rack to cool.

Cooking Tip

Freeze half the cookies before baking, so you can enjoy freshly baked cookies any time.

Makes: 16 cookies

Calories per serving: 195

BEST OATMEAL COOKIES



There are many oatmeal cookie recipes, but this one is likely to become a favourite. **These cookies are dense and chewy with just the right amount of oatmeal.** Be careful not to overbake them or they will lose that chewy texture.

INGREDIENTS:

Organic canola oil cooking spray

3/4 cup (170g) no trans fat margarine

3/4 cup (170g) brown sugar, lightly packed

3/4 cup (170g) sugar

1 egg plus 2 egg whites

1/2 cups (120g) oats

1/2 cup (65g) whole wheat flour

1 cup (125g) all-purpose flour

1 tsp. baking powder

½ tsp. baking powder 2 tsp. ground ginger

2/2 cup (90a) almonds or page

% cup (90g) almonds or pecans, chopped

1 cup (75g) flaked coconut



DIRECTIONS:

- 1. Preheat oven to 170°C.
- 2. Spray baking sheet with nonstick spray.
- 3. In an electric mixer, cream together margarine, sugars and eggs until light and fluffy.
- 4. In a medium bowl, add the oats, flours, baking soda, baking powder, ginger, nuts and coconut. Whisk thoroughly. Add dry ingredients to wet and combine well
- 5. Drop 1 Tbsp. spoonful of dough onto baking sheet about 2.5cm apart.
- 6. Bake for 15 minutes until golden.

Cooking Tip

Freeze half the cookies before baking, so you can enjoy freshly baked cookies any time.

Yields: 24 cookies

Calories per serving: 180 per cookie

LITE COCONUT RICE PUDDING WITH MANGO



A real taste of the tropics, this easy dessert is made with very little sugar and lite coconut milk, which is lower in fat.

INGREDIENTS:

½ cup (100g) jasmine rice

1 cup (230ml) water

1 cup (230ml) lite coconut milk

1/4 cup (50g) sugar

½ tsp. nutmeg

2 tsp. sugar

1 cup (180g) fresh mango, diced (blueberries can be used instead)



DIRECTIONS:

- 1. In medium saucepan, combine rice and water and bring to the boil. Turn down to a simmer, cover and cook until rice is tender, about 25 minutes. Add coconut milk and sugar and simmer, stirring occasionally, for about an hour or until the mixture has thickened. Stir in nutmeg.
- 2. Place diced mango or papaya in a medium bowl and toss with 2 tsp. sugar. Refrigerate while rice is cooking.
- 3. To serve, spoon pudding into dessert glasses and top with fruit.

Serves: 4

Calories per serving: 145

RUSTIC PEAR TART



This rustic pear tart tastes like something you would find in a French pastry shop. Using healthy oil instead of butter and whole wheat flour in the pastry makes this a healthier dessert option. Adding a little sugar to the pears gives them a caramelised flavour without masking their taste.

INGREDIENTS:

1/3 cup (80ml) canola oil

½ cup (60g) bleached whole wheat flour

34 cup (90g) cup all-purpose flour

1 Tbsp. sugar

½ tsp. salt

½ tsp. baking powder

½ cup (60ml) ice water

1½ tsp. apple cider vinegar

4 Anjou or Bartlett pears

1 cup (180g) frozen or fresh blueberries (or raspberries)

1½ Tbsp. all-purpose flour

2 Tbsp. sugar

½ tsp. cardamom

2 Tbsp. maple syrup



DIRECTIONS:

- 1. Place oil in plastic container and freeze for 1-1½ hours until consistency of honey.
- 2. Preheat oven to 170°C.
- 3. In a food processor, combine whole wheat flour, 90g all-purpose flour, 1 Tbsp. sugar, salt and baking powder. Add oil, ice water and vinegar; pulse until a ball is formed. Remove dough from processor, wrap in plastic wrap and chill for 30 minutes in the fridge.
- 4. Peel pears and slice thinly.
- 5. In a medium bowl, toss pear slices and blueberries with 1 Tbsp. flour, sugar and cardamom.
- 6. Line a baking sheet with parchment and spray with nonstick spray. Place another pastry sheet on a smooth surface and lightly flour. On floured baking sheet, roll dough into a 30cm round. Carefully slide the pastry round onto the second baking sheet lined with parchment.
- 7. Place pear mixture in centre of pastry, leaving a dough edge of 5 to 7cm.
- 8. Fold the edge of dough around pears. Bake for 35 to 40 minutes until golden.
- 9. Brush tart with syrup while still hot. Cool and slide onto serving platter.

Serves: 8

Calories per serving: 205

Buy and eat fresh produce as much as possible.

Avoid or reduce eating canned foods and prepared meals.

Avoid or reduce eating ripened and fermented foods (aged cheeses, pickled foods, alcohol).

Avoid overly ripe fruits and vegetables which will have a higher histamine level. Ask your grocer what the "pack date" is of the meat or fish being sold. "FAS" (frozen-at-sea) fish may be your best bet. Grass-fed and pastured meats are often shipped from farther away, and may not be the best choice when it comes to histamine content. Purchase meat fresh from your butcher and cook it within 48 hours of purchase. Ground meats are higher in histamine and should be cooked the same day.

Cook meats gently but quickly. Steaming, poaching, and pan-frying proteins will prevent a sharp histamine rise in cooked meat.

Immediately freeze the meat to halt histamine production. Do not store leftover meat in the fridge. Defrost individual portions of meat for each meal.

Ensure that your food preparation area (kitchen) is always kept clean.

Most vegetables are naturally low in histamine and many have an anti-histamine effect, especially fresh herbs like parsley, cilantro, rosemary, garlic and red onion. Base your meals around lower histamine salads with the right salad dressings, steamed and roasted squash and root vegetables.

When eating out be extra vigilant when questioning menu items. Ask questions such as "How fresh is the meat?", "Is the steak aged?", "When was the meat cooked?", "Can you add fresh herbs to my meal?"

I usually stick with a grilled meat or poultry, having fish only if it is absolutely fresh plus a grain and fresh steamed vegetables.

Don't allow foods to linger outside the refrigerator – especially meat products.

Avoid the leftovers in the fridge and ensure your food is as fresh as possible, as histamine is formed from the bacterial action that takes place as food starts to spoil.

LOW HISTAMINES FOODS:

FRUITS



Passion fruit Cantaloupe

VEGETABLES



Lettuce, iceberg,

Onion

Snow pea

OILS



Canola oil Olive oil

SEEDS



Chia seeds

PROTEIN FOODS



Fresh or flash frozen poultry (chicken, turkey) Fresh meat Fresh fish

SEASONINGS



Cinnamon
Ginger
Nutmeg
Paprika (not ho
Poppy seeds

Cumin
Vinegar (apple,
distilled only)
Fresh herbs,
basil, oregano,
rosemary, sage

NUTS



Almond Hazelnut Macadami Pistachio

SWEETENERS



Maple syrup
Palm sugar
Stevia
Sugar (beet, car

CARBOHYDRATES



Barley
Bread
Cereals (with allowed grains)

Oats
Potato

BEVERAGES



Coffee Espresso
Fruit juice from
allowed fruits
Rice milk
Oat milk
Almond milk

herbal, peppermint, rooibos) Vegetable juice from allowed vegetables

CHAPTER 5 THE MEDICAL TREATMENT OF ROSACEA

CHAPTER 5 THE MEDICAL TREATMENT OF ROSACEA

Because of the varied presentations of rosacea, there are a large variety of treatments. All of the medicines currently being used are only used to improve specific symptoms, rather than to cure the disease. The medicines used for the appearance of the pimples and the redness associated with pimples decrease the intensity of flares (Steinhoff et. al, 2013; van Zuuren et. al, 2007). The most effective creams are metronidazole, available in 0.75% gel, 1% gel and 1% ointment, azelaic acid, available in 15% gel or foam, and 5% dapsone. Ivermectin 1% is a new drug, originally created to treat parasite infections. It is now being used to treat small amounts of Demodex mites found in the skin of rosacea patients, which leads to less inflammation and possibly improved redness (Wollina, 2014). Antibiotics can also greatly improve the signs and symptoms of rosacea. Your doctor may start you on a daily low dose of doxycycline (40mg), or a combination of doxycycline with 0.75% metronidazole. If this doesn't decrease pimples within 6-8 weeks, you might be switched to a higher dose of doxycycline (50mg-200mg) (Weinkle et al. 2015).

Unfortunately, these medications have not been shown to treat the redness from rosacea when it is not associated with pimples. Instead, brimonidine 0.33%, a drug that closes off blood vessels to the skin, can be applied directly to the skin daily. It will take about 30 minutes to an hour to work. Botulinum toxin (Botox) has also been shown to significantly improve redness of the face months after the first injection (Weinkle et al, 2015). The treatment of visible blood vessels and redness can be treated with either the pulse dye laser, or the intense pulse light laser. In recent years, dermatologists have combined the pulsed light laser with radio frequency, which has been successful in improving facial redness (Taub and Devita, 2008). Repeated treatment sessions may be needed because the underlying disease process is still present. A non-prescription preventative approach includes the use of sunscreen because the sun worsens rosacea symptoms.

Rosacea of the eye has a significant impact on the quality of life for its patients. Its treatment includes a daily low dose of doxycycline, artificial teardrops, and proper eyelid hygiene with the daily cleansing of the eyelashes using mild shampoo and a damp cloth (Wollina, 2014).

ROSACEA MEDICATIONS

SYMPTOM	MEDICATION
Thickened nose skin	Isotretinoin
Facial redness	Brimonidine 0.33%, Botulinum Toxin Laser Treatments
Red, watery, or burning eyes	Doxycyline 40mg Artificial teardrops
Acne-like pimples	Doxycyline 40-200mg Ivermectin 1% Metronidazole 0.75%

Low-dose isotretinoin has been used, with modest success, to treat abnormal skin thickening in patients with rhinophya rosacea (rosacea skin changes of the nose). However, it is occasionally not prescribed in middle-aged patients due to its side effects. Other possibilities for cosmetic improvements of thickened skin include dermabrasion, often described as a gentle sanding of the skin, shaving off the excess skin using a razor-like device, erbium or carbon dioxide laser treatments, or hot loop reshaping of the nose, which uses a flexible wire hoop with electric current to seal off blood vessels. The best method for sculpting the nose back to a normal shape is the use of the loop cautery followed by fine detail shaping using the carbon dioxide laser. Rosacea naturally comes and goes; yet, its damage can be progressive, so early treatment is key.

Although rosacea affects the outside appearance, it is important to know that the problem starts within. What you eat can play a significant role in preventing and managing your symptoms. Along with the change in diet, the careful use of medications can drastically improve the signs and symptoms of rosacea.

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CHAPTER 6 ROSACEA SKIN CARE AND COSMETICS

Proper and consistent skin care is extremely important in helping care for the skin of rosacea sufferers and further minimising irritation and redness. Because of the sensitivity of the skin of people with rosacea, it is recommended that any products that may burn, sting or cause skin irritation be avoided. In a well-constructed questionnaire, about half of the patients with rosacea reported that certain skin care products made their condition worse and a smaller amount stated that certain cosmetics caused flare-ups. To minimise flare-ups, patients should avoid using the following rosacea irritants on their skin: alcohol, witch hazel, fragrance, menthol, peppermint, and eucalyptus oil. In addition, avoid the use of harsh sponges and strong toners, as they may be too abrasive for sensitive skin. Instead, only fragrance-free and allergy-tested makeup should be used.

It is also important to test an area of skin away from your face, but close by, like the neck, to monitor for skin reactions. If a reaction develops, like redness, itchiness, or bumps, avoid the product and make a note of the ingredients.

FACIAL CLEANSERS

A gentle cleanser to remove bacteria, excess oil, and residual makeup is an important step in both soothing and treating the skin. In order to decrease skin irritation, use the fingertips, as opposed to an abrasive washcloth or sponge. Do not use a toner or face pads that contain alcohol or chemicals. Hot or cold water may cause skin irritation and flushing, so lukewarm water should be used to rinse off a cleanser. Then, dry the skin with a thick, cotton towel and avoid rubbing the skin; it may cause undesired irritation.

Since stinging can be caused by applying medication on damp skin, wait for the face to be fully dry before applying any medications to your skin. After applying medications, a bland moisturiser, sunscreen or makeup can then be used. You may need to try many moisturisers and cleansers before you find one that does not irritate your skin. If you are suffering from ocular rosacea, daily cleansing of the eyelashes with mild shampoo and a damp cloth is recommended.

MOISTURISERS

The use of moisturisers is important in preventing the itching, stinging and burning skin sensations that are often associated with rosacea. The barrier created by a moisturiser helps keep out dirt, impurities, and irritants, which can worsen skin conditions. There are also facial moisturisers that have been specifically made to soothe and calm aggravated skin by preventing redness. In addition, some moisturisers have colour correctors that can cover up redness.

SUNSCREENS

The use of sunscreen is another important step to take when caring for the skin. Exposure to the sun is often listed as the main trigger for rosacea flare-ups, visible blood vessels, and severe redness. When choosing a sunscreen, select only those that are broad spectrum, UVA and UVB, with SPF greater than 30. Be sure to apply sunscreen daily, even if the weather is cloudy. When having extreme sun exposure, a day at the beach or pool, use about a shot glass full of sunscreen (30ml) to cover the face and body.

FOR **MEN**

For men with rosacea, shaving the face creates a challenge, given the need and difficulty of achieving a close shave without irritating the skin. Use electric razors and mild shaving lotions or creams. Instead of harsh aftershave liquids, moisturisers will help to soothe the skin.

COSMETICS

Despite the use of medications to help treat the underlying cause of rosacea, the use of makeup can drastically change the look of your skin's imperfections, while boosting confidence.

Before applying makeup, make sure the face is both cleansed and moisturised. To apply makeup, use an anti-bacterial brush rather than a sponge. This decreases bacteria and minimises irritation. Since the use of multiple products means a higher chance of aggravating the skin, it may be useful to use combination products, like a green-tinted primer with added sunscreen. The green tint helps to visually correct redness, while the sunscreen aids in blocking irritating sunrays.

Oil-free foundations and concealers will provide coverage without clogging the pores with excess oils, which leads to more irritation. Mineral makeup is an excellent option for rosacea, as it lacks the potentially irritating ingredients found in most foundations. There are also new mineral powder formulas that are made to correct redness. To achieve added toning-down of redness, a light dust of a yellow-toned mineral powder over foundation can improve the skin's appearance.

For those with ocular rosacea, the use of gentle eye makeup is a must. Select products that are designed for sensitive eyes and are fragrance-free. Mascara and eyeliner are acceptable to apply, and it is important to find easy ways to remove mascara. A mineral powder eye shadow is also an excellent choice for sensitive eyes.

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SUMMARY

Rosacea creates a difficult problem for patients, families, dermatologists, aestheticians, dieticians and others who deal with the physical, social and psychological effects of this condition. Studies showing that people with rosacea may feel socially limited by the way others percieve them were the motivation to write this book. This book focuses on the dietary triggers of rosacea not because diet is the single best treatment but because treatment of this condition is difficult and a detailed approach to dietary control of rosacea can be very helpful. Hopefully, this book will provide at least some knowledge and relief of symptoms to individuals dealing with rosacea. There are several organisations which provide help to people with this disease. Some of these are listed below. This is not an endorsement of any one of these organisations, but is included to assist those who wish to learn more or seek out individuals with an interest in helping people with rosacea.

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WEEK ONE WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE	• • •						
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
CALORIES							
WATER							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
CALORIES							
WATER							

WEEK THREE WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
CALORIES							
WATER							

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE							-,,,
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
CALORIES							
WATER							

WEEK FIVE WEEK SIX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
CALORIES							
WATER							

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
DATE	• • •					.,,
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
CALORIES						
WATER						

WEEK SEVEN

WEEK EIGHT

	MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
DATE	•••					
BREAKFAST						
LUNCH						
DINNER						
SNACKS						
CALORIES						
WATER						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE							
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
CALORIES							
WATER							

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