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How to Relieve Rosacea Skin Disorder

Posted on March 9, 2010 by Toni
My mother is challenged with Rosacea which is an inflammatory progressive skin disease that persistently flares up. Being progressive, it has also affected her eyes. She has received a prescription for the condition but I've been trying to find her a natural "solution".

Rosacea (roz-ey-sha) is a very common skin disorder that affects many people. It is estimated to affect at least 14 million people in the United States alone. The main symptoms of this facial condition include red or pink patches, visible broken blood vessels, small red bumps, red cysts, and pink or irritated eyes.
Rosacea is considered a chronic, non-curable skin disease with flare-ups. As opposed to traditional acne, most adult patients do not "outgrow" rosacea. It causes persistent redness or "flushing" over the areas of the face and nose that normally blush—mainly the forehead, the chin and the lower half of the nose. Some people will have reddish streaks across their cheeks. It is most common among fair or light-skinned individuals.

- Hot foods or beverages
Spicy foods
Temperature extremes
Sunlight
Stress, anger or embarrassment
Strenuous exercise
Hot baths, saunas
Corticosteroids
Drugs that dilate vessels

Treatment

I found it interesting that doctors may recommend certain moisturizers, soaps, sunscreens and other products to improve the health of your skin to combat this condition. There are some topical medications that doctors prescribe, however, one that I am aware of can produce some known serious side effects. I am not a big proponent of taking drugs because so many are extremely harmful, but I do realize there are medical conditions that leave you with no other options but to take them.

Once you start a treatment regimen, you must give it at least 60 days before you see signs of improvement. Because Rosacea is recurring, you must accept that any treatment program you begin will be long-term.

- Wear sunscreen with a sun protection factor (SPF) of 15 or higher to protect your face from the sun.
Protect your face in the winter with a scarf or in harsh winter conditions, a ski mask.
Avoid irritating your facial skin by rubbing or touching it too much.
Wash problem areas with a gentle cleanser.
Avoid facial products that contain alcohol or other skin irritants.
When using moisturizer and a topical medication, apply the moisturizer after the medication has dried.
Use products that are labeled non-comedogenic. These won't clog your pores.
If you wear makeup, consider using green or yellow tinted pre-makeup creams and powders, because they're designed to counter skin redness.
Avoid drinking alcohol.

Alternative medicine may be an effective answer...

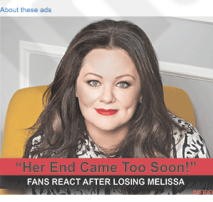
Among alternative therapies, colloidal silver, emu oil, laurelwood, and vitamin K—have been cited as possible ways to treat Rosacea. However, there's no conclusive evidence that any of these alternative therapies are effective.

As I promised, I mentioned that a woman had discovered a nutritional supplement that was effective in clearing up Rosacea. It just so happened to be one of Noevir's nutritional supplements, Inner Care Radiance. I have been taking Radiance but just for overall skin health not due to any kind of health condition. So I will be sending my mother Inner Care Radiance and I will give you a report back within 90 days to let you know if it was effective in clearing up the Rosacea or not.



Noevir's Inner Care Radiance is a unique and highly effective formulation which provides antioxidant protection and helps balance skin chemistry directly addressing the health of the skin. It works to provide essential nutrients to help promote the body's natural ability to cleanse, restore, protect and nourish the skin for a naturally healthier condition and glow. The synergistic effects of this formula may help prevent blemishes, acne, age spots, and uneven skin tone. This product benefits both dry and normal to oily skin types.

If you're considering dietary supplements or other alternative therapies to treat rosacea, consult your doctor. He or she can help you weigh the pros and cons of specific alternative therapies.



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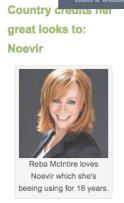
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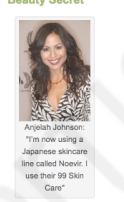
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