

Vitamin & Mineral Supplementation for Skin Disorders

Acne

According to Mayo Clinic, Acne is a skin condition that occurs when your hair follicles become plugged with oil and dead skin cells. It often causes whiteheads, blackheads, or pimples, and usually appears on the face, forehead, chest, upper back, and shoulders. Acne is most common among teenagers, though it affects people of all ages.

Effective treatments are available, but acne can be persistent. The pimples and bumps heal slowly, and when one begins to go away, others seem to crop up.

Depending on its severity, acne can cause emotional distress and scar the skin. The earlier you start treatment, the lower your risk of such problems.

- **Chromium**
Tomatoes, apples, burros, grapes, mushrooms, green peppers, avocados, basil, onions, romaine lettuce
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin B5**
Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas
- **Vitamin B6**
Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins
- **Zinc**
Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini
- **Vitamin B3**
Black Currant, Avocado, Tomatoes, Mushrooms, Tahini, Dandelion Greens, Dates, Swiss Chard, Paprika, Prunes, Mangoes, Nectarines, Burros, Baby Bananas, Teff, Bell Peppers

Bruises

According to WEB M.D, A bruise is a common skin injury that results in a discoloration of the skin. Blood from damaged blood cells deep beneath the skin collects near the surface of the skin, resulting in what we think of as a black and blue mark.

Causes of a Bruise

People typically get bruises when they bump into something or when something bumps into them.

- Bruises can occur in some people who exercise vigorously, such as athletes and weightlifters. These bruises result from microscopic tears in blood vessels under the skin.
- Unexplained bruises that occur easily or for no apparent reason may indicate a bleeding disorder, especially if the bruising is accompanied by frequent nosebleeds or bleeding gums.
- Often, what are thought to be unexplained bruises on the shin or the thigh, for example, result from bumps into a bedpost or other object and failing to recall the injury.
- Bruises in elderly people frequently occur because their skin has become thinner with age. The tissues that support the underlying blood vessels have become more fragile.
- Bruises are also more common in those taking medicine to thin the blood.

Symptoms of a Bruise

Initially, a fresh bruise may be reddish. It will then turn blue or dark purple within a few hours, then yellow or green after a few days as it heals.

1. A bruise is commonly tender, and sometimes even painful for the first few days, but the pain usually goes away as the color fades.
 2. Because the skin is not broken in a bruise, there is no risk of infection.
- **Bioflavonoids**
Green peppers, key limes, grapes, cherries, plums, onions, oregano, Ceylon cinnamon, blackberries, strawberries, raspberries, blueberries, peaches, apples, walnuts
 - **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
 - **Vitamin K**
Romaine, green pears, strawberries, avocados, kiwi, cucumbers, honeydew, arugula, key limes, prunes, swiss chard, olive oil, peppers, squash, tomato, apricots, onions, okra, blueberries

Burns

According to Healthline, Burns are one of the most common household injuries, especially among children. The term “burn” means more than the burning sensation associated with this injury. Burns are characterized by severe skin damage that causes the affected skin cells to die.

Burn levels

There are three primary types of burns: first-, second-, and third-degree. Each degree is based on the severity of damage to the skin, with first-degree being the most minor and third-degree being the most severe. Damage includes:

1. first-degree burns: red, no blistered skin
2. second-degree burns: blisters and some thickening of the skin
3. third-degree burns: widespread thickness with a white, leathery appearance
4. There are also fourth-degree burns. This type of burn includes all the symptoms of a third-degree burn and extends beyond the skin into tendons and bones.

Burns have a variety of causes, including:

- scalding from hot, boiling liquids
- chemical burns
- electrical burns
- fires, including flames from matches, candles, and lighters
- excessive sun exposure

The type of burn is not based on the cause of it. Scalding, for example, can cause all three burns, depending on how hot the liquid is and how long it stays in contact with the skin.

Chemical and electrical burns warrant immediate medical attention because they can affect the inside of the body, even if skin damage is minor.

- **Beta-carotene**
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados
- **Vitamin A**
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin D**
Sunlight, mushrooms, dried figs
- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

- **Potassium**

Avocados, burros, mushrooms, zucchini, eggplant, squash, leafy greens, tomatoes, watermelon, coconut water, swiss chard, kiwi, cantaloupe, brazil nuts, dried fruit

- **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

- **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

- **Vitamin B12**

Cremini mushrooms, nori, cereal, nuts, leafy greens

Chicken Pox

According to Mayo Clinic, Chickenpox is an infection caused by the varicella-zoster virus. It causes an itchy rash with small, fluid-filled blisters. Chickenpox is highly contagious to people who have not had the disease or been vaccinated against it.

Symptoms

The itchy blister rash caused by chickenpox infection appears 10 to 21 days after exposure to the virus and usually lasts about five to 10 days. Other signs and symptoms, which may appear one to two days before the rash, include:

- Fever
- Loss of appetite
- Headache
- Tiredness and a general feeling of being unwell (malaise)

Once the chickenpox rash appears, it goes through three phases:

- Raised pink or red bumps (papules), which break out over several days
- Small fluid-filled blisters (vesicles), which form in about one day and then break and leak
- Crusts and scabs, which cover the broken blisters and take several more days to heal

New bumps continue to appear for several days, so you may have all three stages of the rash — bumps, blisters, and scabbed lesions — at the same time. You can spread the virus to other people for up to 48 hours before the rash appears, and the virus remains contagious until all broken blisters have crusted over.

The disease is generally mild in healthy children. In severe cases, the rash can cover the entire body, and lesions may form in the throat, eyes, and mucous membranes of the urethra, anus, and vagina.

- **Beta-carotene**
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados
- **Vitamin A**
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
- **Potassium**
Avocados, burros, mushrooms, zucchini, eggplant, squash, leafy greens, tomatoes, watermelon, coconut water, swiss chard, kiwi, cantaloupe, brazil nuts, dried fruit
- **Zinc**
Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

Cold Sore/Fever Blisters

According to Mayo Clinic, Cold sores — also called fever blisters — are a common viral infection. They are tiny, fluid-filled blisters on and around your lips. These blisters are often grouped together in patches. After the blisters break, a scab forms that can last several days. Cold sores usually heal in two to three weeks without leaving a scar.

Cold sores spread from person to person by close contact, such as kissing. They are usually caused by herpes simplex virus type 1 (HSV-1), and less commonly herpes simplex virus type 2 (HSV-2). Both viruses can affect your mouth or genitals and can be spread by oral sex. Cold sores are contagious even if you do not see the sores.

Symptoms

A cold sore usually passes through several stages:

- Tingling and itching. Many people feel itching, burning or tingling around the lips for a day or so before a small, hard, painful spot appears, and blisters erupt.

- Blisters. Small fluid-filled blisters typically erupt along the border of your lips. Sometimes they appear around the nose or cheeks or inside the mouth.
- Oozing and crusting. The small blisters may merge and then burst, leaving shallow open sores that ooze and crust over.

Signs and symptoms vary, depending on whether this is your first outbreak or a recurrence. The first time you have a cold sore, symptoms may not start for up to 20 days after you were first exposed to the virus. The sores can last several days, and the blisters can take two to three weeks to heal completely. Recurrences typically appear at the same spot each time and tend to be less severe than the first outbreak.

In a first-time outbreak, you also might experience:

- Fever
- Painful gums
- Sore throat
- Headache
- Muscle aches
- Swollen lymph nodes

Children under 5 years old may have cold sores inside their mouths and the lesions are commonly mistaken for canker sores. Canker sores involve only the mucous membrane and are not caused by the herpes simplex virus.

- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Zinc Lozenges**
Elderberry

Dandruff

According to Mayo Clinic, Dandruff is a common condition that causes the skin on the scalp to flake. It is not contagious or serious. But it can be embarrassing and difficult to treat.

Mild dandruff can be treated with a gentle daily shampoo. If that does not work, a medicated shampoo may help. Symptoms may return later.

Dandruff is a mild form of seborrheic dermatitis. In babies, seborrheic dermatitis is called cradle cap.

Symptoms

Dandruff signs and symptoms may include:

- Skin flakes on your scalp, hair, eyebrows, beard or mustache, and shoulders
- Itchy scalp
- Scaly, crusty scalp in infants with cradle cap

The signs and symptoms may be more severe if you are stressed, and they tend to flare in cold, dry seasons.

- **Selenium**
Brazil nuts, mushrooms, onions, walnuts, sesame seeds, peaches
- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin B6**
Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins
- **Vitamin B12**
Cremini mushrooms, nori, cereal, nuts, leafy greens
- **Zinc Lozenges**
Elderberry

Dermatitis

According to Mayo Clinic, Dermatitis is a general term that describes a skin irritation. Dermatitis is a common condition that has many causes and occurs in many forms. It usually involves itchy, dry skin or a rash on swollen, reddened skin. Or it may cause the skin to blister, ooze, crust or flake off. Examples of this condition are atopic dermatitis (eczema), dandruff and contact dermatitis.

Symptoms

- Atopic dermatitis
- Contact dermatitis on the wrist
- Seborrheic dermatitis on the face

- Follicular

Each type of dermatitis may look a little different and tends to occur on different parts of your body. **Signs and symptoms of different types of dermatitis include:**

Atopic dermatitis (eczema). Usually beginning in infancy, this red, itchy rash usually occurs where the skin flexes — inside the elbows, behind the knees and in front of the neck. The rash may leak fluid when scratched and crust over. People with atopic dermatitis may experience improvement and then seasonal flare-ups.

Contact dermatitis. This red, itchy stinging rash occurs where your skin has meet substances that irritate the skin or cause an allergic reaction. You may develop blisters.

Seborrheic dermatitis. This condition causes scaly patches, red skin, and stubborn dandruff. It usually affects oily areas of the body, such as the face, upper chest and back. Seborrheic dermatitis can be a long-term condition with periods of improvement and then seasonal flare-ups. In infants, this condition is called cradle cap.

Follicular eczema. With this type, the affected skin thickens and develops bumps in hair follicles. This condition is common in African Americans and in people with dark-brown skin.

- **Biotin**
Mushrooms, Walnut, Wild Rice, Avocado, Berries, Tomatoes, Swiss Chard, Onions, Watermelon
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin B6**
Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins
- **Vitamin B12**
Cremini mushrooms, nori, cereal, nuts, leafy greens
- **Vitamin B3**
Black Currant, Avocado, Tomatoes, Mushrooms, Tahini, Dandelion Greens, Dates, Swiss Chard, Paprika, Prunes, Mangoes, Nectarines, Burros, Baby Bananas, Teff, Bell Peppers

Dog Bite

- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

Dry Skin

According to Mayo Clinic,

Dry skin is not usually serious. In most cases it is caused by factors like hot or cold weather, low moisture in the air, and soaking in hot water.

You can do a lot on your own to improve your skin, including using moisturizers and avoiding harsh, drying soaps. But sometimes dry skin happens often or is severe. In these cases, you may need help from a doctor who specializes in skin (dermatologist).

Symptoms

Dry skin is often temporary — you get it only in winter, for example — but it may be a lifelong condition. Signs and symptoms of dry skin depend on your age, your health, where you live, time spent outdoors and the cause of the problem. Dry skin is likely to cause one or more of the following:

1. A feeling of skin tightness, especially after showering, bathing, or swimming
 2. Skin that feels and looks rough
 3. Itching (pruritus)
 4. Slight to severe flaking, scaling, or peeling
 5. Fine lines or cracks
 6. Gray, ashy skin
 7. Redness
 8. Deep cracks that may bleed
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
 - **Vitamin B12**
Cremini mushrooms, nori, cereal, nuts, leafy greens
 - **Vitamin A**
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
 - **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
 - **Zinc**
Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

Eczema

According to Mayo Clinic, Atopic dermatitis (eczema) is a condition that makes your skin red and itchy. It is common in children but can occur at any age. Atopic dermatitis is long lasting (chronic) and tends to flare periodically. It may be accompanied by asthma or hay fever.

Atopic dermatitis (eczema) signs and symptoms vary widely from person to person and include:

1. Dry skin
 2. Itching, which may be severe, especially at night
 3. Red to brownish-gray patches, especially on the hands, feet, ankles, wrists, neck, upper chest, eyelids, inside the bend of the elbows and knees, and in infants, the face and scalp
 4. Small, raised bumps, which may leak fluid and crust over when scratched
 5. Thickened, cracked, scaly skin
 6. Raw, sensitive, swollen skin from scratching
- **Biotin**
Mushrooms, Walnut, Wild Rice, Avocado, Berries, Tomatoes, Swiss Chard, Onions, Watermelon
 - **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
 - **Vitamin B6**
Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins
 - **Vitamin B12**
Cremini mushrooms, nori, cereal, nuts, leafy greens
 - **Vitamin B3**
Black Currant, Avocado, Tomatoes, Mushrooms, Tahini, Dandelion Greens, Dates, Swiss Chard, Paprika, Prunes, Mangoes, Nectarines, Burros, Baby Bananas, Teff, Bell Peppers
 - **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
 - **Zinc**
Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini
 - **Magnesium**
Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds

Fungal Infections

According to Healthline, Fungal infections can affect anyone, and they can appear on several parts of the body. A jock with athlete's foot, a baby with thrush, and a woman with a vaginal yeast infection are just a few examples.

Fungi are microorganisms characterized by a substance in their cell walls called chitin. Some fungi, like many types of mushrooms, are edible. Other types of fungi, like aspergillus, can be extremely dangerous and lead to life-threatening diseases.

Different types of fungi can cause fungal infections. In some cases, fungi that are not typically found on or inside your body can colonize it and cause an infection. In other cases, fungi that are normally present on or inside your body can multiply out of control and cause an infection.

Fungal infections can be contagious. They can spread from one person to another. In some cases, you can also catch disease-causing fungi from infected animals or contaminated soil or surfaces.

Common types

A fungal infection is also known as mycosis. Although most fungi are harmless to humans, some of them can cause diseases under specific conditions.

Fungi reproduce by releasing spores that can be picked up by direct contact or even inhaled. That is why fungal infections are most likely to affect your skin, nails, or lungs. Fungi can also penetrate your skin, affect your organs, and cause a body-wide systemic infection.

Some common types of fungal infection include:

- athlete's foot
- jock itch
- ringworm
- yeast infection
- onychomycosis, or a fungal infection of the nail

Some types of fungi do not normally cause infections in humans but can cause sickness in people with weakened immune systems. These are called opportunistic infections.

- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
- **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

- **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

- **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums

- **Vitamin B5**

Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas

Gangrene

According to Mayo Clinic, Gangrene refers to the death of body tissue due to either a lack of blood flow or a serious bacterial infection. Gangrene commonly affects the extremities, including your toes, fingers, and limbs, but it can also occur in your muscles and internal organs.

Your chances of developing gangrene are higher if you have an underlying condition that can damage your blood vessels and affect blood flow, such as diabetes or hardened arteries (atherosclerosis).

Symptoms

When gangrene affects your skin, signs and symptoms may include:

- Skin discoloration — ranging from pale to blue, purple, black, bronze, or red, depending on the type of gangrene you have
- Swelling or the formation of blisters filled with fluid on the skin
- A clear line between healthy and damaged skin
- Sudden, severe pain followed by a feeling of numbness
- A foul-smelling discharge leaking from a sore
- Thin, shiny skin, or skin without hair
- Skin that feels cool or cold to the touch

If you have a type of gangrene that affects tissues beneath the surface of your skin, such as gas gangrene or internal gangrene, you may notice that:

- The affected tissue is swollen and very painful
- You are running a low-grade fever and generally feel unwell

A condition called septic shock can occur if a bacterial infection that originated in the gangrenous tissue spreads throughout your body. Signs and symptoms of septic shock include:

1. Low blood pressure
2. Fever, possibly, though temperature may also run lower than the normal 96.8 F (36 C)
3. Rapid heart rate
4. Lightheadedness
5. Shortness of breath
6. Confusion

- **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

- **Potassium**

Avocados, burros, mushrooms, zucchini, eggplant, squash, leafy greens, tomatoes, watermelon, coconut water, swiss chard, kiwi, cantaloupe, brazil nuts, dried fruit

Hair Loss

According Mayo Clinic, Hair loss (alopecia) can affect just your scalp or your entire body, and it can be temporary or permanent. It can be the result of heredity, hormonal changes, medical conditions, or a normal part of aging. Anyone can lose hair on their head, but it is more common in men.

Baldness typically refers to excessive hair loss from your scalp. Hereditary hair loss with age is the most common cause of baldness. Some people prefer to let their hair loss run its course untreated and unhidden. Others may cover it up with hairstyles, makeup, hats, or scarves. And still others choose one of the treatments available to prevent further hair loss or restore growth.

Symptoms

- Male-pattern baldness
- Female-pattern baldness
- Patchy hair loss (alopecia areata)
- Traction alopecia
- Frontal fibrosing alopecia

Hair loss can appear in many ways, depending on what is causing it. It can come on suddenly or gradually and affect just your scalp or your whole body.

Signs and symptoms of hair loss may include:

Gradual thinning on top of head. This is the most common type of hair loss, affecting people as they age. In men, hair often begins to recede at the hairline on the forehead. Women typically

have a broadening of the part in their hair. An increasingly common hair loss pattern in older women is a receding hairline (frontal fibrosing alopecia).

Circular or patchy bald spots. Some people lose hair in circular or patchy bald spots on the scalp, beard, or eyebrows. Your skin may become itchy or painful before the hair falls out.

Sudden loosening of hair. A physical or emotional shock can cause hair to loosen. Handfuls of hair may come out when combing or washing your hair or even after gentle tugging. This type of hair loss usually causes overall hair thinning but is temporary.

Full-body hair loss. Some conditions and medical treatments, such as chemotherapy for cancer, can result in the loss of hair all over your body. The hair usually grows back.

Patches of scaling that spread over the scalp. This is a sign of ringworm. It may be accompanied by broken hair, redness, swelling and, at times, oozing.

- **Biotin**
Mushrooms, Walnut, Wild Rice, Avocado, Berries, Tomatoes, Swiss Chard, Onions, Watermelon
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin B6**
Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins
- **Vitamin B5**
Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas
- **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
- **Zinc**
Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini
- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Inositol**
Green Leafy Vegetables, Cantaloupe, Key Limes, Eggplant, Kiwi, Tomato, Okra, Chickpeas, Wild Rice, Strawberries

Insect Bite

According to Mayo Clinic, most reactions to insect bites and stings are mild, causing little more than redness, itching, stinging or minor swelling. Rarely, insect bites and stings, such as from a bee, a wasp, a hornet, a fire ant, or a scorpion, can result in severe reactions. Some insects also carry disease, such as West Nile virus.

1. For mild reactions
2. To take care of an insect bite or sting that causes a mild reaction:
3. Move to a safe area to avoid more bites or stings.
4. If needed, remove the stinger.
5. Wash the area with soap and water.
6. Apply a cool compress. Use a cloth dampened with cold water or filled with ice. This helps reduce pain and swelling. If the injury is on an arm or leg, elevate it.

- **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

Oily Skin

According to Healthline,

What causes oily skin?

Notice that your skin emits a little extra shine. Fact is, everyone has oil in their skin. Under each of your pores is a sebaceous gland that produces natural oils called sebum. This helps keep your skin hydrated and healthy.

In some people, though, the sebaceous glands can produce too much oil. This creates oily skin.

You know you have oily skin if your skin constantly looks shiny, and you go through several blotting sheets a day. Oily skin can even feel greasy within hours of cleansing.

Breakouts are also more likely because the sebum mixes with dead skin cells and gets stuck in your pores.

The causes of oily skin include genetic, environmental, and lifestyle factors. While you cannot necessarily get rid of oily skin, you can take steps to make your skin less oily. The key is to identify one or more of these seven underlying causes.

1. Genetics

Oily skin tends to run in families. If one of your parents has oily skin, you are likely to have overactive sebaceous glands, too.

2. Age

While you do not necessarily grow out of oily skin, your skin will indeed produce less sebum as you age. Aging skin loses protein, such as collagen, and the sebaceous glands slow down.

Therefore, many people who have aging skin also have dry skin. This is also the time when fine lines and wrinkles are more noticeable because of the lack of collagen and sebum.

One benefit of oily skin is that you may not show signs of aging as quickly as your drier counterparts.

You may have oily skin now, but you will need to evaluate your skin as you get older. Even people in their 30s may not have the same skin composition as they did in their teens and 20s.

An aesthetician can help evaluate your skin type every few years to see if you need to make any changes to your skin care routine.

3. Where you live and the time of year

While genetics and age drive the underlying causes of oily skin, where you live, and the time of year can also make a difference.

People tend to have oilier skin in hot, humid climates. You are also more likely to have more oil on your skin during the summer than you would in the fall or winter.

While you may not be able to pick up and move away because of your oily skin, you can adjust your daily routine during days of high heat and humidity.

Keep blotting sheets on hand to touch up excess oil throughout the day. A matte moisturizer or foundation can also help soak up extra oil.

4. Enlarged pores

Sometimes your pores can stretch out due to age, weight fluctuations, and previous breakouts. Larger pores also tend to produce more oil.

You cannot shrink your pores, but you can take extra care to blot areas of your face with enlarged pores throughout the day.

5. Using the wrong skin care products

Oily skin can also be brought on by using the wrong skin care products for your skin type. Some people mistake combination skin for oily skin, and they might use too heavy creams, for example.

If you have drier skin during the winter months, you may need to change your skin care plan for the spring and summer with lightweight moisturizers and gel-based cleansers.

6. Overdoing your skin care routine

On the flip side, washing your face or exfoliating too often can also make your skin oily. This can seem like an oxymoron since the purpose of washing and exfoliating is to get rid of oil.

But if you do this too often, you strip away too much of the oil from your skin. This can cause your sebaceous glands to go into emergency mode, where they produce even more oil to make up for the loss.

You only need to wash your skin twice a day to keep excess oil at bay.

Failing to wear sunscreen can also dry out your skin, leading to more sebum production. Make sure you wear sunscreen every single day. Moisturizers and foundations with sunscreen tend to be less oily, but you may still need to reapply throughout the day.

7. Skipping your moisturizer

It is a myth that moisturizer causes oily skin. In fact, if you are using acne treatments such as salicylic acid or benzoyl peroxide, you need a good moisturizer to keep your skin from drying out. Without moisturizer, any skin type will dry out.

So instead of skipping moisturizer, the key is to find the right kind of moisturizer. Lightweight, water-based moisturizers work well for oily skin. Always make this your last step after cleansing and toning.

- **Vitamin A**
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Zinc**
Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini
- **Vitamin B12**
Cremini mushrooms, nori, nuts, cereals
- **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

Poison Ivy/Oak/Sumac

According to Mayo Clinic, Poison ivy rash is caused by an allergic reaction to an oily resin called urushiol (u-ROO-she-ol). This oil is in the leaves, stems and roots of poison ivy, poison oak and poison sumac.

Wash your skin right away if you come into contact with this oil, unless you know you're not sensitive to it. Washing off the oil may reduce your chances of getting a poison ivy rash. If you develop a rash, it can be very itchy and last for weeks.

Symptoms

Signs and symptoms of a poison ivy rash include:

- Redness
- Itching
- Swelling
- Blisters
- Difficulty breathing if you have inhaled the smoke from burning poison ivy

Often the rash looks like a straight line because of the way the plant brushes against your skin. But if you come into contact with a piece of clothing or pet fur that has urushiol on it, the rash may be more spread out. You can also transfer the oil to other parts of your body with your fingers. The reaction usually develops 12 to 48 hours after exposure and lasts two to three weeks.

The severity of the rash depends on the amount of urushiol that gets on your skin. A section of skin with more urushiol on it may develop a rash sooner.

Your skin must come in direct contact with the plant's oil to be affected. Blister fluid does not spread the rash.

- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

Psoriasis

According to Mayo Clinic, Psoriasis is a skin disease that causes red, itchy scaly patches, most commonly on the knees, elbows, trunk, and scalp.

Psoriasis is a common, long-term (chronic) disease with no cure. It tends to go through cycles, flaring for a few weeks or months, then subsiding for a while or going into remission.

Treatments are available to help you manage symptoms. And you can incorporate lifestyle habits and coping strategies to help you live better with psoriasis.

Symptoms

- Plaque psoriasis
- Guttate psoriasis
- Scalp psoriasis
- Inverse psoriasis
- Nail psoriasis
- Pustular psoriasis
- Erythrodermic psoriasis

Psoriasis signs and symptoms can vary from person to person. Common signs and symptoms include:

- Red patches of skin covered with thick, silvery scales
- Small scaling spots (commonly seen in children)
- Dry, cracked skin that may bleed or itch
- Itching, burning or soreness
- Thickened, pitted, or ridged nails
- Swollen and stiff joints

Psoriasis patches can range from a few spots of dandruff-like scaling to major eruptions that cover large areas. The most commonly affected areas are the lower back, elbows, knees, legs, soles of the feet, scalp, face, and palms.

Most types of psoriasis go through cycles, flaring for a few weeks or months, then subsiding for a time or even going into remission.

There are several types of psoriasis, including:

Plaque psoriasis. The most common form, plaque psoriasis causes dry, raised, red skin patches (lesions) covered with silvery scales. The plaques might be itchy or tender, and there may be few or many. They usually appear on elbows, knees, lower back, and scalp.

Nail psoriasis. Psoriasis can affect fingernails and toenails, causing pitting, abnormal nail growth and discoloration. Psoriatic nails might loosen and separate from the nail bed (onycholysis). Severe cases may cause the nail to crumble.

Guttate psoriasis. This type primarily affects young adults and children. It is usually triggered by a bacterial infection such as strep throat. It is marked by small, drop-shaped, scaling lesions on the trunk, arms, or legs.

Inverse psoriasis. This mainly affects the skin folds of the groin, buttocks, and breasts. Inverse psoriasis causes smooth patches of red skin that worsen with friction and sweating. Fungal infections may trigger this type of psoriasis.

Pustular psoriasis. This rare form of psoriasis causes clearly defined pus-filled lesions that occur in widespread patches (generalized pustular psoriasis) or in smaller areas on the palms of the hands or the soles of the feet.

Erythrodermic psoriasis. The least common type of psoriasis, erythrodermic psoriasis can cover your entire body with a red, peeling rash that can itch or burn intensely.

Psoriatic arthritis. Psoriatic arthritis causes swollen, painful joints that are typical of arthritis. Sometimes the joint symptoms are the first or only symptom or sign of psoriasis. And at times only nail changes are seen. Symptoms range from mild to severe, and psoriatic arthritis can affect any joint. It can cause stiffness and progressive joint damage that in the most serious cases may lead to permanent joint damage.

- **Beta-carotene**
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados
- **Vitamin A**
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin D**
Sunlight, mushrooms, dried figs
- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Zinc**
Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini
- **Vitamin B12**
Cremini mushrooms, nori, cereal, nuts, leafy greens
- **Vitamin B6**
Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins
- **Vitamin B5**

Wild Rice, Avocado, Tomatoes, Mushrooms, Bell Peppers, Onions, Ginger, Strawberries, Squash, Pomegranate, Raspberries, Guavas, Burros, Baby Bananas

- **Selenium**

Brazil nuts, mushrooms, onions, walnuts, sesame seeds, peaches

- **Vitamin B1**

Wild rice, mushrooms, romaine lettuce, quinoa, tahini, squash, watermelon, tomatoes, sesame seeds, apricots

- **Folic Acid (Folate)**

Rye, walnuts, avocados, chickpeas, guava, strawberries, burros, tahini, cantaloupe, mangoes, papaya, okra, bell peppers, leafy greens, quinoa, arugula, romaine lettuce

Rosacea

According to Mayo Clinic, Rosacea (roe-ZAY-she-uh) is a common skin condition that causes redness and visible blood vessels in your face. It may also produce small, red, pus-filled bumps. These signs and symptoms may flare up for weeks to months and then go away for a while. Rosacea can be mistaken for acne, other skin problems or natural ruddiness.

Signs and symptoms of rosacea include:

Facial redness. Rosacea usually causes a persistent redness in the central part of your face. Small blood vessels on your nose and cheeks often swell and become visible.

Swollen, red bumps. Many people with rosacea also develop pimples on their face that resemble acne. These bumps sometimes contain pus. Your skin may feel hot and tender.

Eye problems. Many people with rosacea also experience dry, irritated, swollen eyes and red, swollen eyelids. This is known as ocular rosacea. In some people, the eye symptoms precede the skin symptoms.

Enlarged nose. Over time, rosacea can thicken the skin on the nose, causing the nose to appear bulbous (rhinophyma). This occurs more often in men than in women.

- **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums

- **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

- **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

- **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

- **Vitamin B12**

Cremini mushrooms, nori, cereal, nuts, leafy greens

Scabies

According to Mayo Clinic, Scabies is an itchy skin condition caused by a tiny burrowing mite called *Sarcoptes scabiei*. Intense itching occurs in the area where the mite burrows. The urge to scratch may be especially strong at night.

Scabies is contagious and can spread quickly through close physical contact in a family, childcare group, school class, nursing home or prison. Because scabies is so contagious, doctors often recommend treatment for entire families or contact groups.

Symptoms

Scabies signs and symptoms include:

- Itching, often severe and usually worse at night
- Thin, irregular burrow tracks made up of tiny blisters or bumps on your skin
- The burrows or tracks typically appear in folds of skin. Though almost any part of the body may be involved, in adults and older children scabies is most often found:
 - Between the fingers
 - In the armpits
 - Around the waist
 - Along the insides of the wrists
 - On the inner elbows
 - On the soles of the feet
 - Around the breasts
 - Around the male genital area
 - On the buttocks
 - On the knees

In infants and young children, common sites of infestation usually include the:

1. Scalp
2. Palms of the hands
3. Soles of the feet

- **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums

- **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

Sebaceous Cyst

According to Healthline, Sebaceous cysts are common noncancerous cysts of the skin. Cysts are abnormalities in the body that may contain liquid or semiliquid material.

Sebaceous cysts are mostly found on the face, neck, or torso. They grow slowly and are not life-threatening, but they may become uncomfortable if they go unchecked.

Causes of a sebaceous cyst

Sebaceous cysts form out of your sebaceous gland. The sebaceous gland produces the oil (called sebum) that coats your hair and skin.

Cysts can develop if the gland or its duct (the passage from which the oil is able to leave) becomes damaged or blocked. This usually occurs due to a trauma to the area.

The trauma may be a scratch, a surgical wound, or a skin condition, such as acne. Sebaceous cysts grow slowly, so the trauma may have occurred weeks or months before you notice the cyst.

Other causes of a sebaceous cyst may include:

- misshapen or deformed duct
- damage to the cells during a surgery
- genetic conditions, such as Gardner's syndrome or basal cell nevus syndrome

Symptoms of a sebaceous cyst

Small cysts are typically not painful. Large cysts can range from uncomfortable to considerably painful. Large cysts on the face and neck may cause pressure and pain.

This type of cyst is typically filled with white flakes of keratin, which is also a key element that makes up your skin and nails. Most cysts are soft to the touch.

Areas on the body where cysts are usually found include:

- scalp
- face
- neck
- back

A sebaceous cyst is considered unusual — and possibly cancerous — if it has the following characteristics:

1. diameter that is larger than five centimeters
 2. fast rate of reoccurrence after being removed
 3. signs of infection, such as redness, pain, or pus drainage
- **Vitamin A**
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
 - **Zinc**
Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini
 - **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
 - **Vitamin B12**
Cremini mushrooms, nori, cereal, nuts, leafy greens
 - **Beta-carotene**
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados

Seborrhea

According to Mayo Clinic, Seborrheic (seb-o-REE-ik) dermatitis is a common skin condition that mainly affects your scalp. It causes scaly patches, red skin, and stubborn dandruff. Seborrheic dermatitis can also affect oily areas of the body, such as the face, sides of the nose, eyebrows, ears, eyelids, and chest.

Symptoms

Seborrheic dermatitis signs and symptoms may include:

1. Skin flakes (dandruff) on your scalp, hair, eyebrows, beard, or mustache
 2. Patches of greasy skin covered with flaky white or yellow scales or crust on the scalp, face, sides of the nose, eyebrows, ears, eyelids, chest, armpits, groin area or under the breasts
 3. Red skin
 4. Itching
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
 - **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

- **Vitamin B6**

Peppers, Avocado, walnuts, bananas, sunflower seeds, figs, Watermelon, chickpeas, quinoa, tomato juice, raisins

- **Biotin**

Mushrooms, Walnut, Wild Rice, Avocado, Berries, Tomatoes, Swiss Chard, Onions, Watermelon

Skin Cancer

According to Mayo Clinic, Skin cancer — the abnormal growth of skin cells — most often develops on skin exposed to the sun. But this common form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight.

There are three major types of skin cancer — basal cell carcinoma, squamous cell carcinoma and melanoma.

Types

- Basal cell carcinoma
- Squamous cell carcinoma of the skin
- Melanoma
- Merkel cell carcinoma

Where skin cancer develops

Skin cancer develops primarily on areas of sun-exposed skin, including the scalp, face, lips, ears, neck, chest, arms, and hands, and on the legs in women. But it can also form on areas that rarely see the light of day — your palms, beneath your fingernails or toenails, and your genital area.

Skin cancer affects people of all skin tones, including those with darker complexions. When melanoma occurs in people with dark skin tones, it is more likely to occur in areas not normally exposed to the sun, such as the palms of the hands and soles of the feet.

Basal cell carcinoma signs and symptoms

Basal cell carcinoma usually occurs in sun-exposed areas of your body, such as your neck or face.

Basal cell carcinoma may appear as:

- A pearly or waxy bump
- A flat, flesh-colored, or brown scar-like lesion

- A bleeding or scabbing sore that heals and returns
- Squamous cell carcinoma signs and symptoms

Most often, squamous cell carcinoma occurs on sun-exposed areas of your body, such as your face, ears, and hands. People with darker skin are more likely to develop squamous cell carcinoma on areas that are not often exposed to the sun.

Squamous cell carcinoma may appear as:

- A firm, red nodule
- A flat lesion with a scaly, crusted surface

Melanoma signs and symptoms

Melanoma can develop anywhere on your body, in otherwise normal skin or in an existing mole that becomes cancerous. Melanoma most often appears on the face or the trunk of affected men. In women, this type of cancer most often develops on the lower legs. In both men and women, melanoma can occur on skin that has not been exposed to the sun.

Melanoma can affect people of any skin tone. In people with darker skin tones, melanoma tends to occur on the palms or soles, or under the fingernails or toenails.

Melanoma signs include:

- A large brownish spot with darker speckles
- A mole that changes in color, size or feel or that bleeds
- A small lesion with an irregular border and portions that appear red, pink, white, blue, or blue-black
- A painful lesion that itches or burns
- Dark lesions on your palms, soles, fingertips, or toes, or on mucous membranes lining your mouth, nose, vagina, or anus

Signs and symptoms of less common skin cancers

Other, less common types of skin cancer include:

Kaposi sarcoma. This rare form of skin cancer develops in the skin's blood vessels and causes red or purple patches on the skin or mucous membranes.

Kaposi sarcoma mainly occurs in people with weakened immune systems, such as people with AIDS, and in people taking medications that suppress their natural immunity, such as people who have undergone organ transplants.

Other people with an increased risk of Kaposi sarcoma include young men living in Africa or older men of Italian or Eastern European Jewish heritage.

Merkel cell carcinoma. Merkel cell carcinoma causes firm, shiny nodules that occur on or just beneath the skin and in hair follicles. Merkel cell carcinoma is most often found on the head, neck, and trunk.

Sebaceous gland carcinoma. This uncommon and aggressive cancer originates in the oil glands in the skin. Sebaceous gland carcinomas — which usually appear as hard, painless nodules — can develop anywhere, but most occur on the eyelid, where they are frequently mistaken for other eyelid problems.

- **Beta-carotene**
Raspberries, melons, papayas, mangoes, cherry tomatoes, cantaloupe, watermelon, apricots, dandelion greens, peaches, peppers, squash, avocados
- **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
- **Vitamin D**
Sunlight, mushrooms, dried figs
- **Vitamin B Complex**
Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers
- **Vitamin A**
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Selenium**
Brazil nuts, mushrooms, onions, walnuts, sesame seeds, peaches

Sunburn

According to Mayo Clinic, Sunburn is red, painful skin that feels hot to the touch. It usually appears within a few hours after too much exposure to ultraviolet (UV) light from sunshine or artificial sources, such as sunlamps. Home remedies can usually provide sunburn relief, but sunburn may take days to fade.

Intense, repeated UV light exposure that results in sunburn increases the risk of other skin damage, such as dark spots, rough spots, and dry or wrinkled skin. It also raises the risk of skin cancers such as melanoma.

Symptoms

Sunburn signs and symptoms can include:

- Changes in skin tone, such as pinkness or redness
- Skin that feels warm or hot to the touch
- Pain and tenderness
- Swelling
- Small fluid-filled blisters, which may break
- Headache, fever, nausea, and fatigue, if the sunburn is severe
- Eyes that feel painful or gritty

Any exposed part of your body — including your earlobes, scalp, and lips — can burn. Even covered areas can burn if, for example, your clothing has a loose weave that allows ultraviolet (UV) light through. Your eyes, which are extremely sensitive to the sun's UV light, also can burn.

Sunburn signs and symptoms usually appear within a few hours after sun exposure. But it may take a day or more to know how severe the sunburn is.

Within a few days, your body may start to heal itself by peeling the damaged skin's top layer. After peeling, your skin may temporarily have an irregular color and pattern. A bad sunburn may take several days to heal.

- **Vitamin C**
Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears
- **Vitamin E**
Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash
- **Vitamin A**
Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums
- **Potassium**
Avocados, burros, mushrooms, zucchini, eggplant, squash, leafy greens, tomatoes, watermelon, coconut water, swiss chard, kiwi, cantaloupe, brazil nuts, dried fruit

Warts

According to Web M.D, Warts are skin growths that are caused by the human papillomavirus (HPV). There are more than 60 kinds of HPV, some of which tend to cause warts on the skin. HPV stimulates quick growth of cells on the skin's outer layer. In most cases, common warts appear on the fingers, near the fingernails, or on the hands. Certain types of HPV can also cause warts to appear in the genital area.

Types of Warts

Plantar warts: This type of wart usually appears as flesh-colored or light brown lumps that are flecked with small clotted blood vessels that appear as tiny black dots. Plantar warts appear on the soles of the feet.

Genital warts: Genital warts can appear in the pubic area, on the genitals, in or around the anus, and/or in the vagina. They look like small flesh-colored, pink, or red growths. The warts may look like the small parts of a cauliflower or they may be very tiny and difficult to see. They often appear in clusters of three or four and may grow and spread rapidly. They usually are not painful, although they may cause mild pain, bleeding, and itching. HPV infection is the most common sexually transmitted disease in North America and certain forms of the virus can cause cervical cancer.

Flat warts: This type of wart is more common in teens and children than in adults. Flat warts are smoother, flatter, and smaller than other warts and they generally occur on the face. Flat warts also can appear on the legs, especially among females.

Warts are caused through direct contact with HPV, which is contagious. HPV may spread by person-to-person contact or through direct contact with an object used by a person with the virus. The virus that causes warts also can spread to other places on the body of the person with warts.

- **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

- **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

- **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

- **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

- **Vitamin A**

Raspberries, melons, honeydew, tomatoes, peppers, mangoes, squash, papaya, peaches, avocados, apricots, plums