

## Gluten Sensitive Patients with Steroid-Mercury Induced Rosacea is Treatable with Cutting-Edge Ingredient “Hematite: Raw Organic Extracts of Iron Minerals”

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### ABSTRACT

**Aim:** To show clinical efficacy of triple therapy with cosmeceuticals and diet with counselling for gluten sensitivity with depression. In this study, combination treatment with medical aesthetics using diet rich glutathione, antioxidants and omega-3 fatty acids and gluten free cosmetics in order to get healthy and natural skin.

**Patients and methods:** 5 patients were selected under the age group of 25-35 years. All patients were given triple therapy with or without quadruple therapy and medical aesthetics like platelet rich plasma therapy, once every month and chemical peels containing 20% glycolic acid and two sessions of 15% lactic acid two weeks apart; and light therapy (combination of red/blue/green light) for 3 months, each sessions two days apart for 10 minutes was given.

**Result:** All the patients showed drastic improvement in skin dryness and skin color was improved by two to three shades respectively. Skin allergic reactions like allergic contact dermatitis and atopic dermatitis due to gluten free diet and gluten free living changed the skin to an absolutely healthy looking and glowing skin with maximum patient satisfaction at 16 weeks.

**Conclusion:** Triple and quadruple cosmeceutical therapy with double sunscreens boosts clinical efficacy, eliminating allergic reactions in gluten-sensitive individuals, revealing that allergy equates to gluten sensitivity, ultimately promoting glass skin's authenticity through allergy-free, healthy, and bright skin.

**Key words:** Rosacea; Skin allergic reactions; Dermatitis; Antiaging

### DESCRIPTION

Five patients were enrolled and observed for four months, of both genders, male and female, at an age of 25-35 years. History of gluten sensitivity and anxiety neurosis because of COVID-19 and post pregnancy in one patient was observed. They had slightly thickened skin on forehead and chin area with slight drooping of both nasolabial folds commonly. Further even history of teenage acne vulgaris and have similar socio-economic conditions been also observed. In order to get healthy glass skin, all the patients were treated with medical aesthetics, triple and cosmeceutical quadruple therapy. All the patients had followed similar skin care regime in my clinic. The skin care routine includes cosmeceuticals and gluten free cosmetics.

HemaTite is an iron-rich active extracted from hematite. This novel antiaging active stimulates collagen synthesis and increases the thickness of the epidermis with a retinol-like action: Wrinkles are erased and skin is visibly firmer and thicker. It is a good anti-aging mineral complex. Mineral Matters™ liquid stone extracts apply special technology to extract important minerals from precious stones and make them bioavailable to the skin. The result is a unique line of substantiated stone actives that enhance and protect. The other actives in this Mineral Matters™ line: Mala'Kite™, Rhodo'Lite™, Zin'Cite, Oli'Vine™. The lightness and saturation of hematite layers are related to the distribution and size of pigments when applied on skin quantitatively [1]. Today, in modern days, sunscreens and cosmetic products contain both organic and inorganic [2,3],

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ultraviolet absorbers aiming to minimize the UVB and UVA exposure on the skin thereby reducing risk of developing cutaneous cancers, UV induced skin immunosuppression and photoaging [4-6]; currently, sunscreens contain highly photocatalytic zinc oxide and titanium dioxide formulation with skin penetration capabilities thereby exhibiting toxic effects. But novel methodology uses encapsulated metal oxide (Fe<sub>2</sub>O<sub>3</sub>) nanoparticles in poly (lactic acid) microspheres to increase the Sun Protection Factor (SPF) as ultraviolet filters in sunscreens. Hence, UV attenuation is enhanced and cytotoxic side effects are reduced when used in this combination [7].

Low spf 20+ containing hematite and high spf 50+ at night, coverage from all kinds of Infrared Radiation (IR) rays and visible light at night; and *Centella asiatica* (CICA) containing creams with moisturizing agent in lotion and gel cream forms in summer season; and cream formulation for atopic prone, dry skin and sensitive skin in summer and winter.

Constitution of gluten is a group of ethanol soluble proteins namely glutelins and prolamins, found in grains like wheat (gliadins and glutenins), oats, rye and barley. Intestinal protein proteases which are resistant to human digestion proteins are rich in proline and glutamine residues. Gluten is responsible for elasticity in the dough as well. The intestinal barrier is an 'anatomical-morphological' unit whose functions are secretion, absorption, immunological, motor and neuroendocrine. Conditions like autoimmune diseases, food sensitivities, intolerances and allergies are related to intestinal barrier alterations [8]. Hence, gluten free diet is helpful in patients with dermatitis.

## CONCLUSION

Therefore, clinically, efficacy of triple and quadruple cosmeceutical therapy is high when used with double sunscreens. Gluten free

diet causes removal of bouts of allergic reactions in gluten sensitive patients. Hence allergy is nothing but gluten sensitivity and glass skin is real. Because only when skin is allergic free, skin looks healthy and bright.

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