

SATURDAY **8 JUNE** 2024
QEII CENTRE **LONDON** UK

Dr Radka Toms

Medical Doctor / Ophthalmologist /
Functional Medicine Practitioner /
Integrative Nutrition Health Coach, UK

PRESENTING:

**Gut Health - the key
to Rosacea healing**

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 ipmcongress.com

**food on
prescription**
CONFERENCE 24



Patient “Zero”

35-year-old woman. Suddenly dry eye syndrome with severe papulopustular rosacea.

High level of stress, night shifts, people pleaser

IBS symptomatology, elevated LDL, low vit D, mother-breast ca

Declined ATB treatment , trying to get pregnant

Patient "Zero"



Papules, Pustules, severe erythema, telangiectasia, blepharitis

What I do now?



..2010



uctv Sugar: THE BITTER TRUTH

Watch Later Share

SUGAR

THE BITTER TRUTH

with Robert Lustig

Watch on YouTube

The video player shows a dark background with several white sugar cubes. A portrait of Robert Lustig is overlaid on the right side. The text 'SUGAR THE BITTER TRUTH' is prominently displayed in white. A red play button icon is visible over the text 'with Robert Lustig'. In the top right corner, there are icons for 'Watch Later' and 'Share'. In the bottom left corner, there is a 'Watch on YouTube' button.

nature

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Comment | Published: 01 February 2012

Public health

The toxic truth about sugar

[Robert H. Lustig](#) , [Laura A. Schmidt](#) & [Claire D. Brindis](#)

[Nature](#) 482, 27–29 (2012) | [Cite this article](#)

204k Accesses | 548 Citations | 1562 Altmetric | [Metrics](#)

Added sweeteners pose dangers to health that justify controlling them like alcohol, argue Robert H. Lustig, Laura A. Schmidt and Claire D. Brindis.

NIH Human Microbiome Project



Characterization of the microbiomes of healthy human subjects at five major body sites, using 16S and metagenomic shotgun sequencing.

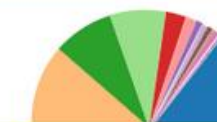
[Enter HMP1](#)



Characterization of microbiome and human host from three cohorts of microbiome-associated conditions, using multiple 'omics technologies.

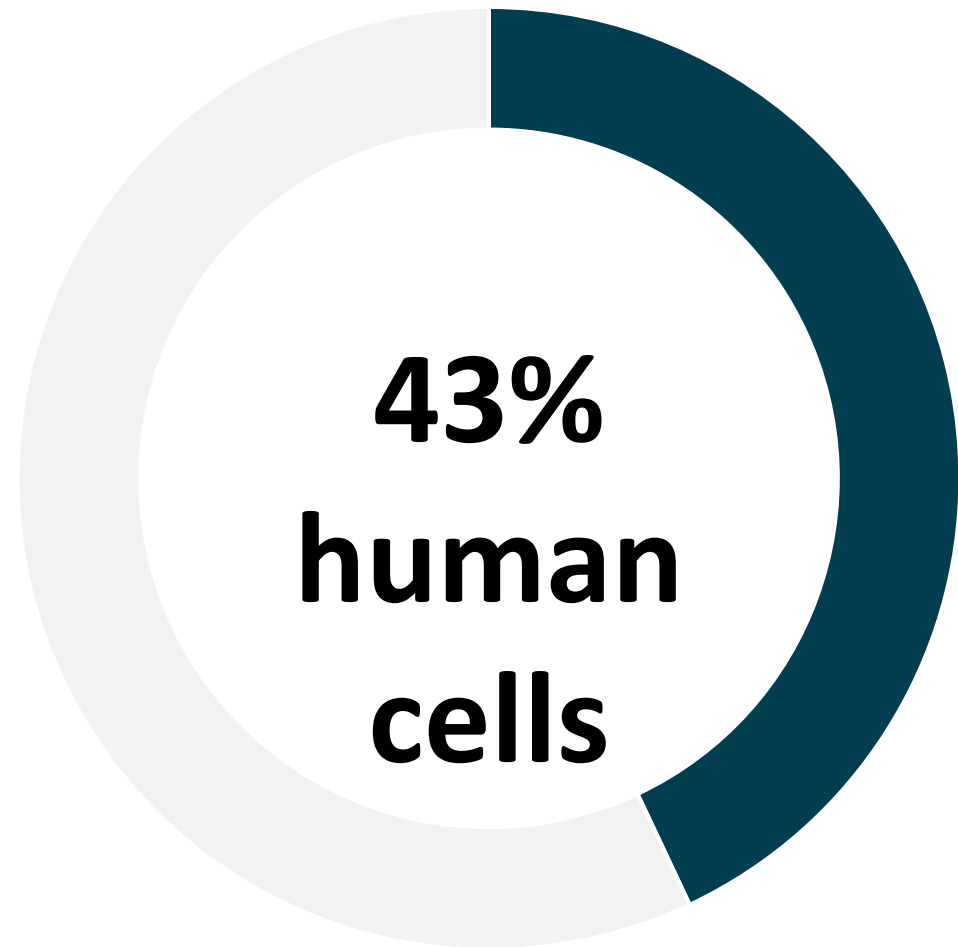
[Enter iHMP](#)

[Enter HMP Integrated Portal](#) 



We see an
organism that is
43% human

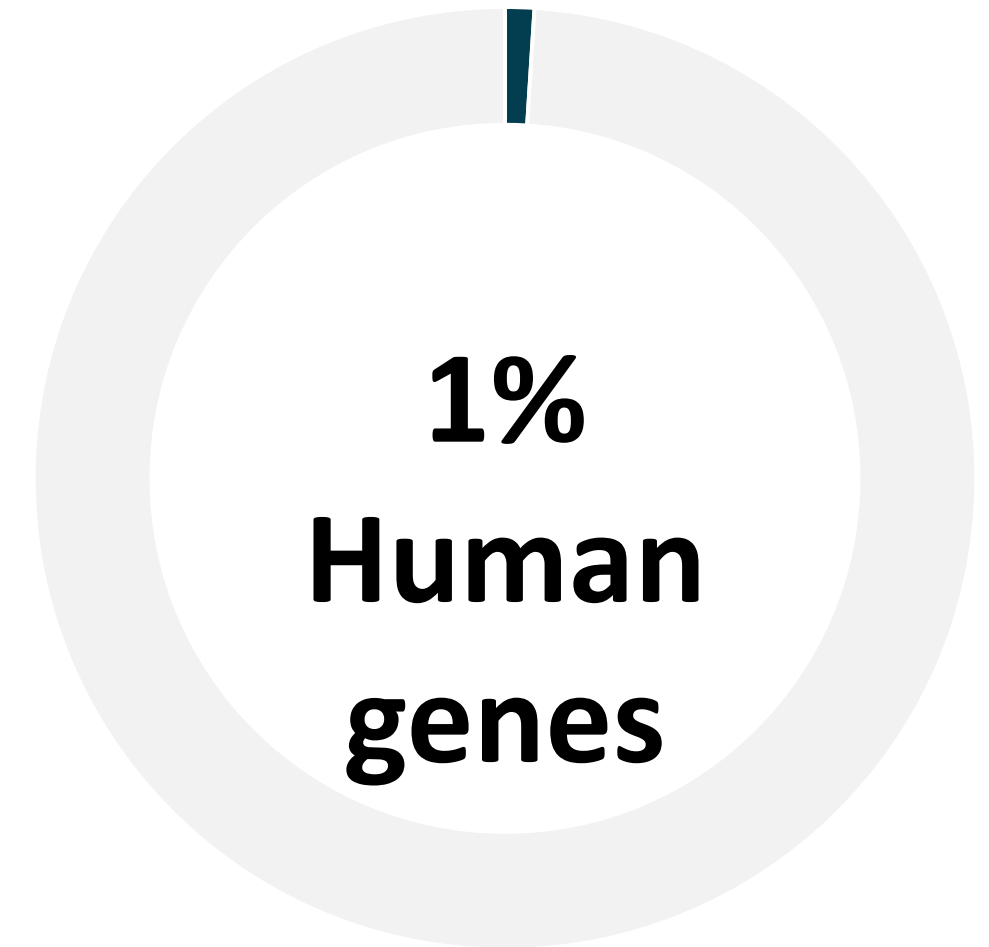





30 Trillion human cells **39** Trillion microbial cells



We ignore 99% of our genes.. the ones we can change!



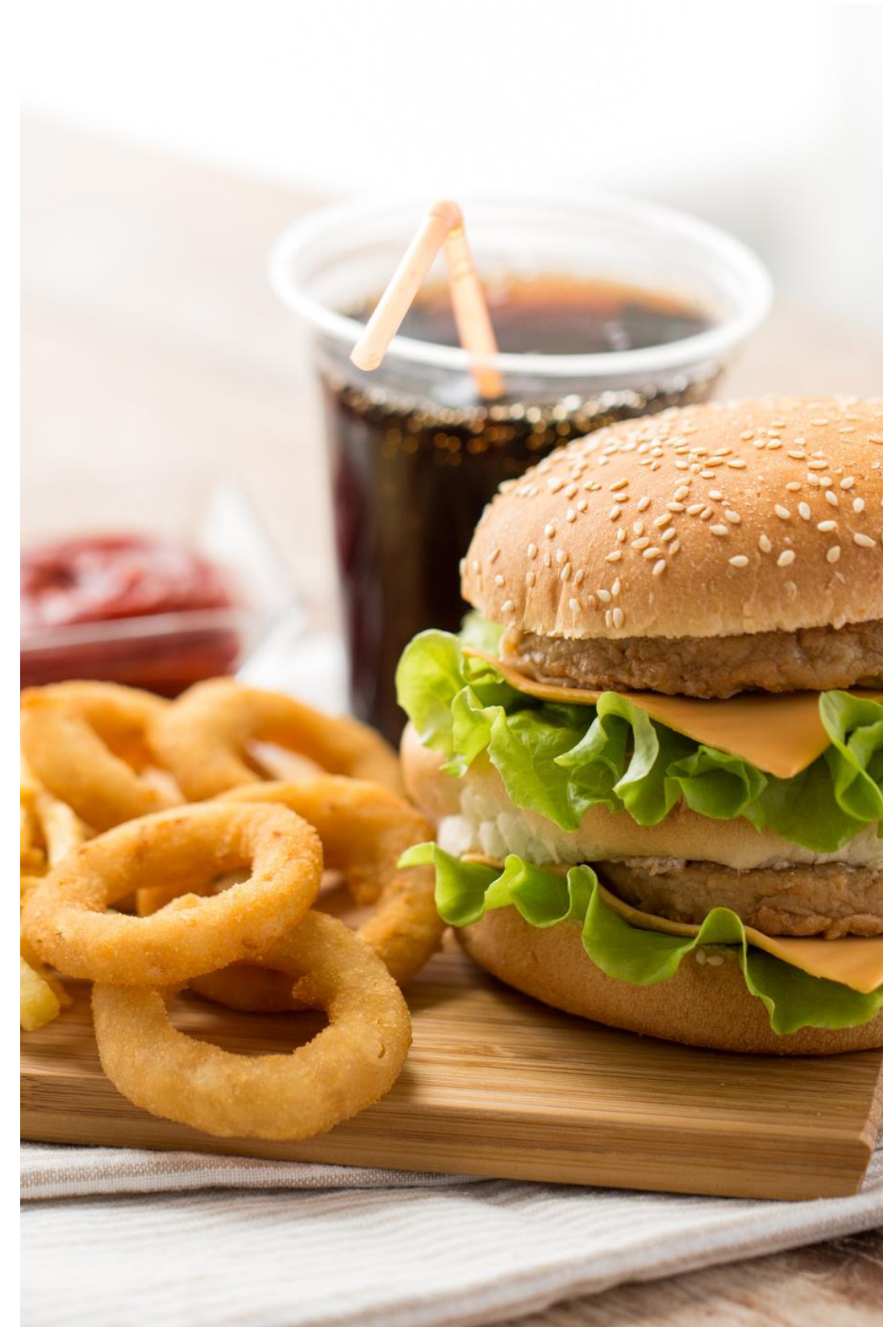
20,000 Human genes **2-20 million** Microbial genes

A 3D medical illustration of the human gastrointestinal tract, showing the pinkish-red mucosal lining of the intestines. The surface is covered with a dense population of colorful, stylized microorganisms representing the gut microbiome. The organisms are depicted in various colors including green, blue, and purple, and in different shapes such as rods, spheres, and branching structures. A white rectangular box is overlaid on the center of the image, containing text.

Growing evidence that repairing
the microbiome
"can actually lead to remission"
in diseases.

We are **losing microbiome diversity** through industrialization, including diet.

-Dr. Rob Knight



Two reviews were published looking at the impact of ultra-processed foods on our health

Ultra-processed foods are associated with increased risk of diseases including obesity, cancer, T2D, depression and IBD. For every 10% increase in UPF there's a 15% increase in all-cause mortality.






Research

Ultra-processed food exposure and adverse health outcomes: umbrella review of epidemiological meta-analyses

BMJ 2024 ; 384 doi: <https://doi.org/10.1136/bmj-2023-077310> (Published 28 February 2024)
Cite this as: BMJ 2024;384:e077310

Linked Editorial
Reasons to avoid ultra-processed foods

- Article
- Related content
- Metrics
- Responses
- Peer review

Melissa M Lane , associate research fellow¹, Elizabeth Gamage , doctor of philosophy candidate¹, Shutong Du , doctor of philosophy candidate^{2 3}, Deborah N Ashtree , associate research fellow¹, Amelia J McGuinness , associate research fellow¹, Sarah Gauci , associate research fellow, adjunct research fellow^{1 4}, Phillip Baker, senior research fellow⁵, Mark Lawrence, professor⁶, Casey M Rebholz, associate professor, core faculty^{2 3}, Bernard Srour, junior professor⁷, Mathilde Touvier, research director⁷, Felice N Jacka, professor^{1 8 9}, Adrienne O'Neil, professor¹, Toby Segasby, doctor of philosophy candidate¹⁰, Wolfgang Marx, senior research fellow¹

nature reviews gastroenterology & hepatology

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Review Article | Published: 22 February 2024

Ultra-processed foods and food additives in gut health and disease

[Kevin Whelan](#) , [Aaron S. Bancil](#), [James O. Lindsay](#) & [Benoit Chassaing](#)

[Nature Reviews Gastroenterology & Hepatology](#) 21, 406–427 (2024) | [Cite this article](#)





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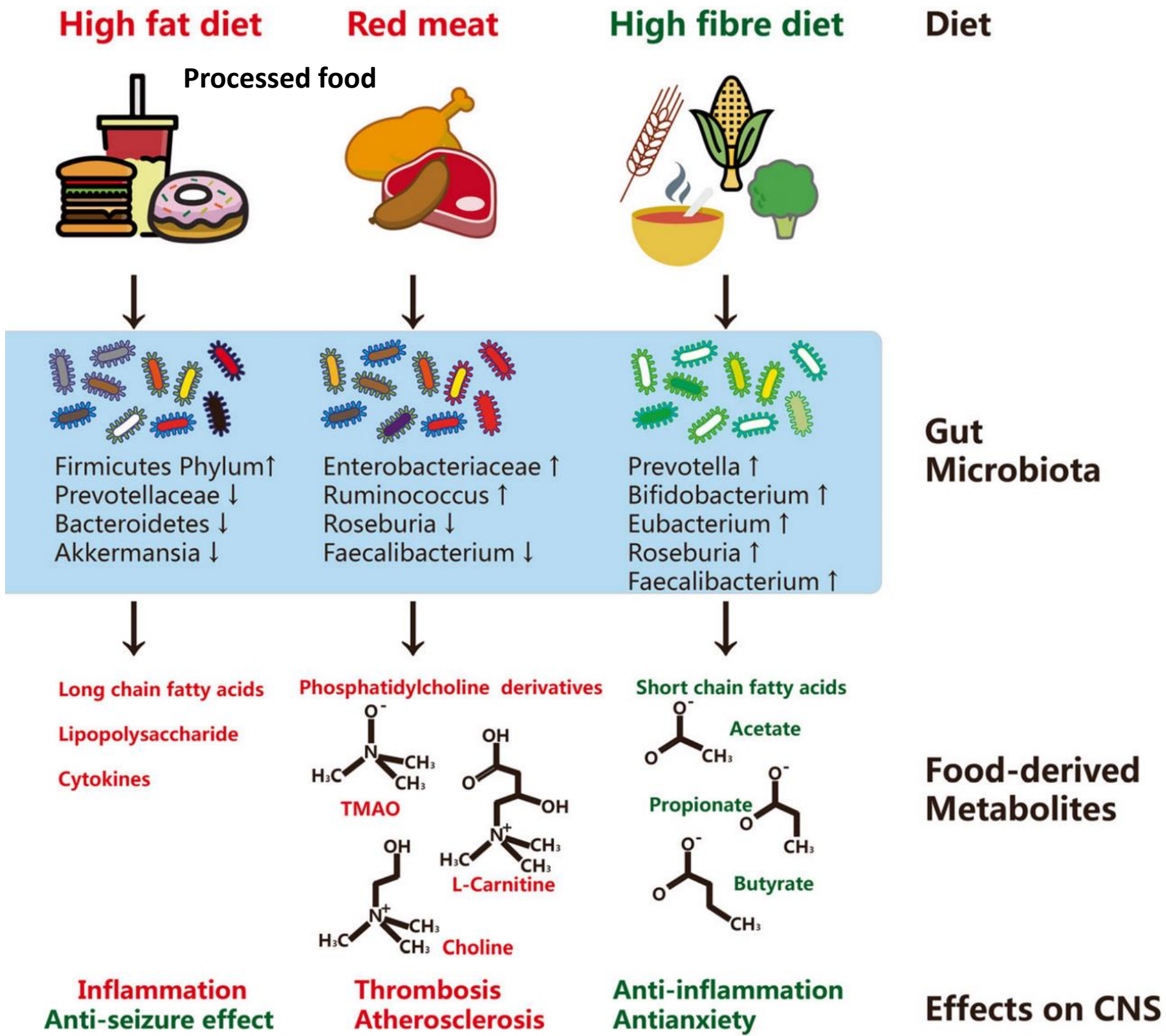


“Food is a **language** that speaks to our **genes**”

- Jeff Bland
Founder of Institute of
Functional Medicine

We are what we eat

Diet influences the Gut Microbiome

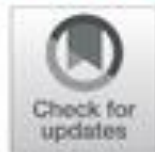


Zhu et al. *Journal of Neuroinflammation* (2020) 17:25
<https://doi.org/10.1186/s12974-020-1705-z>

Journal of Neuroinflammation

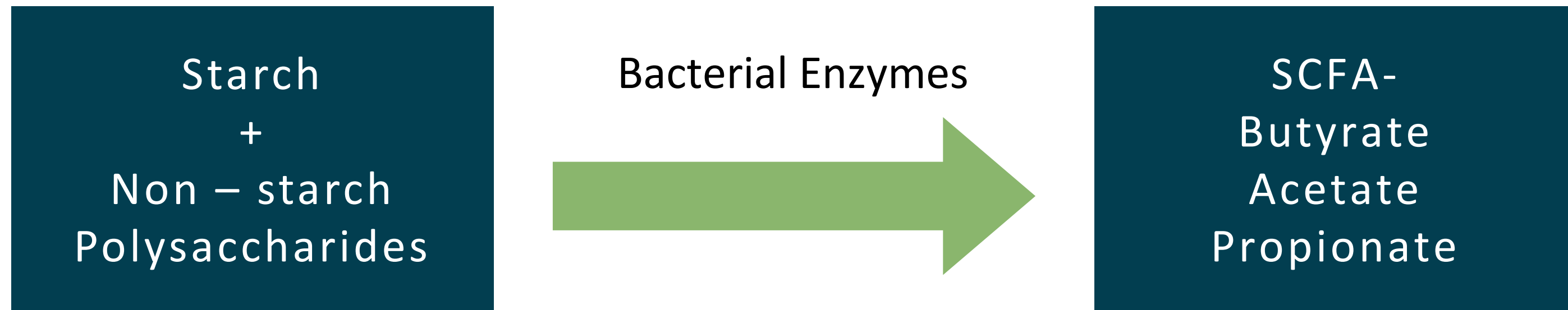
REVIEW **Open Access**

The progress of gut microbiome research related to brain disorders



Sibo Zhu^{1,2,3}, Yanfeng Jiang^{1,2}, Kelin Xu^{1,2,4}, Mei Cui⁵, Weimin Ye⁶, Genming Zhao⁴, Li Jin^{1,2,7} and Xingdong Chen^{1,2,7*}

Short-Chain Fatty Acids (SCFA) Production in Colon



We are Fiber Deficient

150g



10g



Gut symbiosis/gut dysbiosis

The prevalence of SIBO was higher in rosacea patients than controls (52/113 vs 3/60, $P < .001$).

CLINICAL GASTROENTEROLOGY AND HEPATOLOGY 2008;6:759-764

Small Intestinal Bacterial Overgrowth in Rosacea: Clinical Effectiveness of Its Eradication

ANDREA PARODI,* STEFANIA PAOLINO,† ALFREDO GRECO,* FRANCESCO DRAGO,‡ CARLO MANSI,* ALFREDO REBORA,‡ AURORA PARODI,‡ and VINCENZO SAVARINO*

*Department of Internal Medicine, Gastroenterology Unit, and †Department of Endocrine and Medical Sciences, Dermatology Unit, University of Genoa, Genoa, Italy

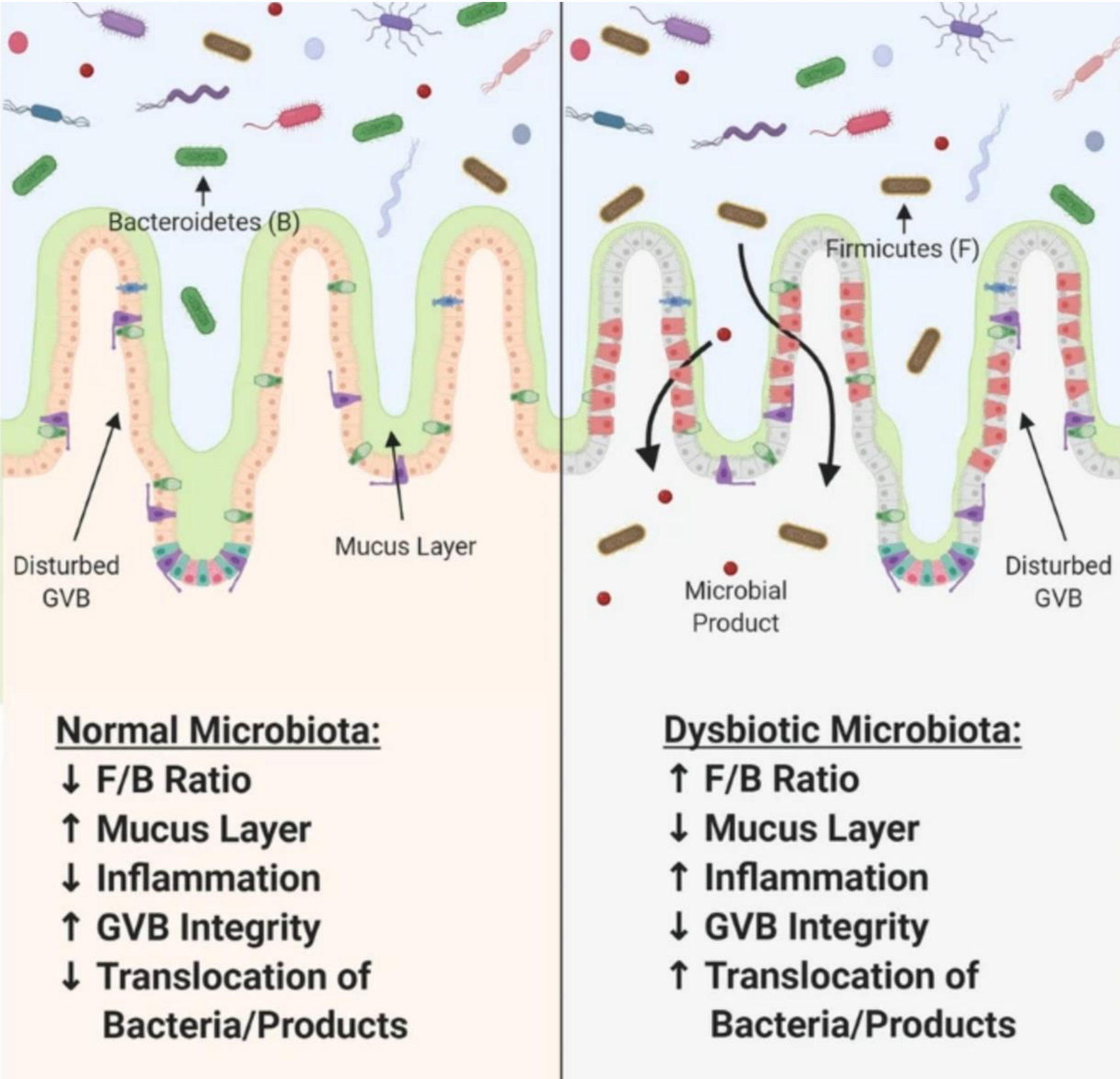
Ophthalmol Ther (2020) 9:499-513
<https://doi.org/10.1007/s40123-020-00278-2>



REVIEW

The Gut-Eye Axis: Lessons Learned from Murine Models

Jason L. Floyd · Maria B. Grant



THE GUT
IS NOT



What happens in the gut doesn't stay in the gut.

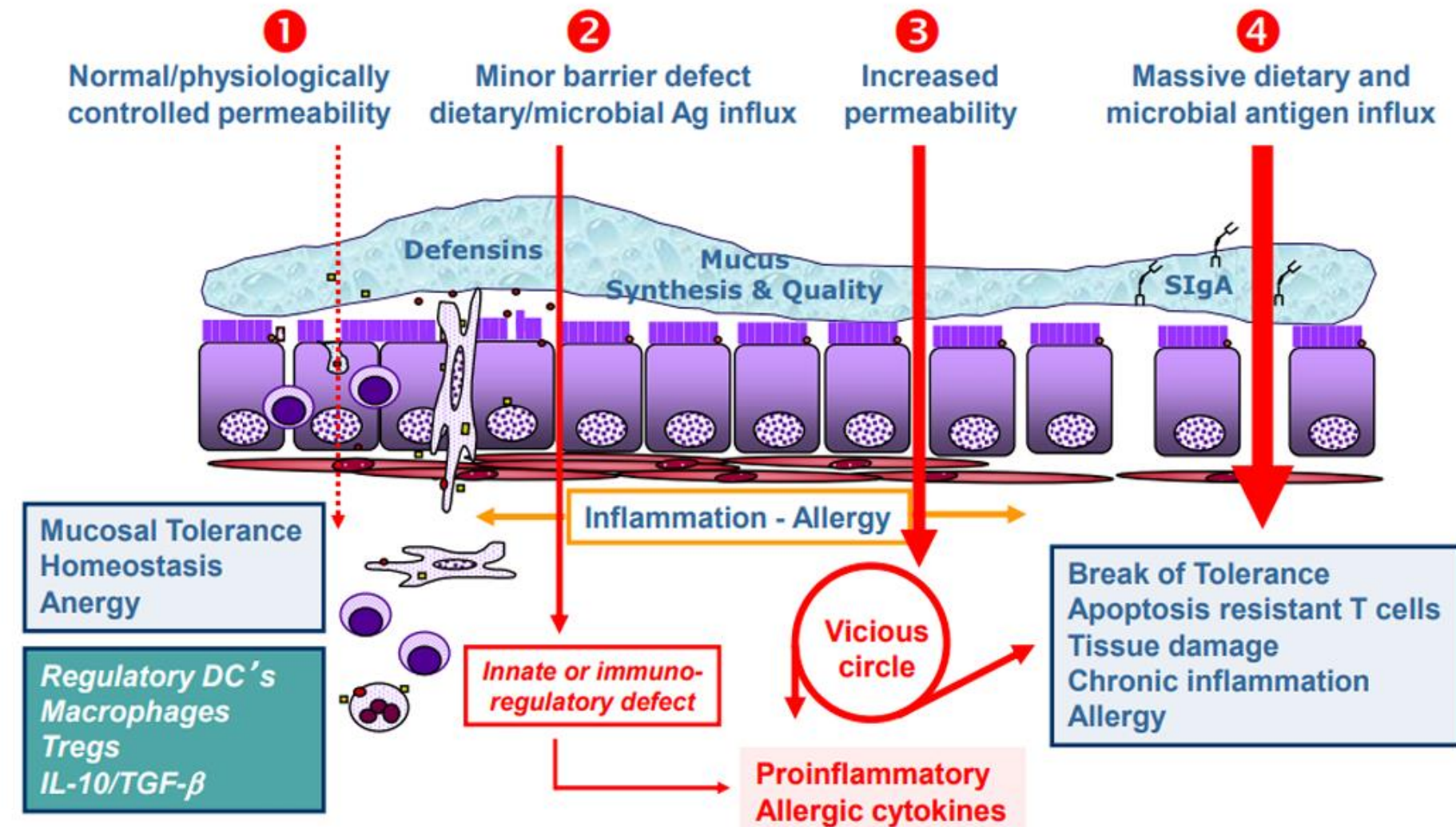
Leaky Gut – Increased Intestinal Permeability

Healthy gut lining

- ✓ An extensive intestinal lining covering more than 4,000 square feet of surface area.
- ✓ A tight barrier that controls what gets absorbed into the bloodstream.

Loss of Mucosal Immune Homeostasis

Chronic Inflammation-Allergy

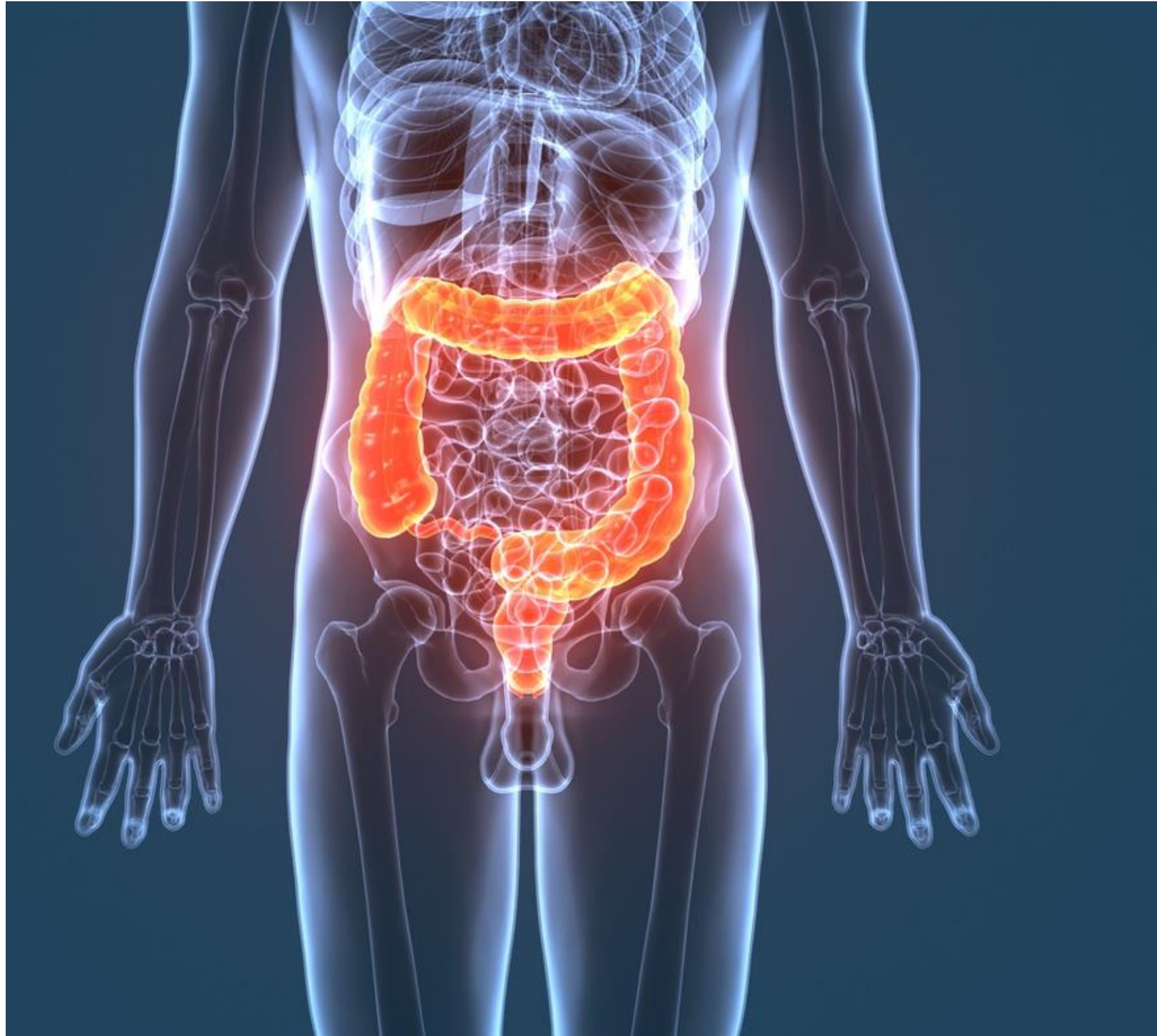


Adapted from P. Brandtzaeg, *Beneficial Microbes* 2010

An unhealthy gut lining

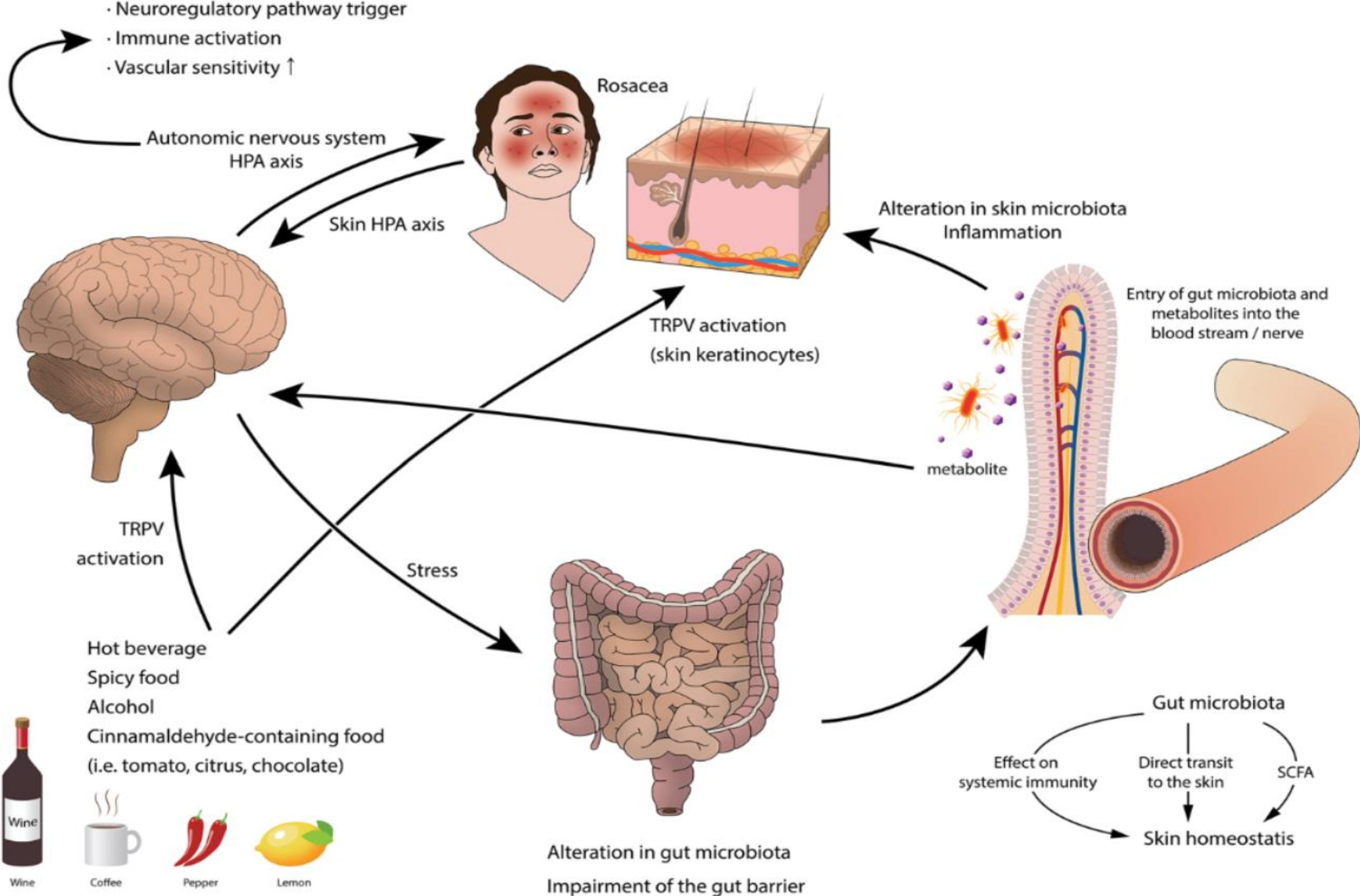
- ✗ Large cracks or holes, allowing partially digested food, toxins, and bugs to penetrate the tissues beneath it
- ✗ The tight junctions, or the proteins holding the intestinal walls together, are loosened --> sizable gaps for undigested food particles, digestive fluids, and toxins to enter the bloodstream.

Leaky Gut Potential Causes

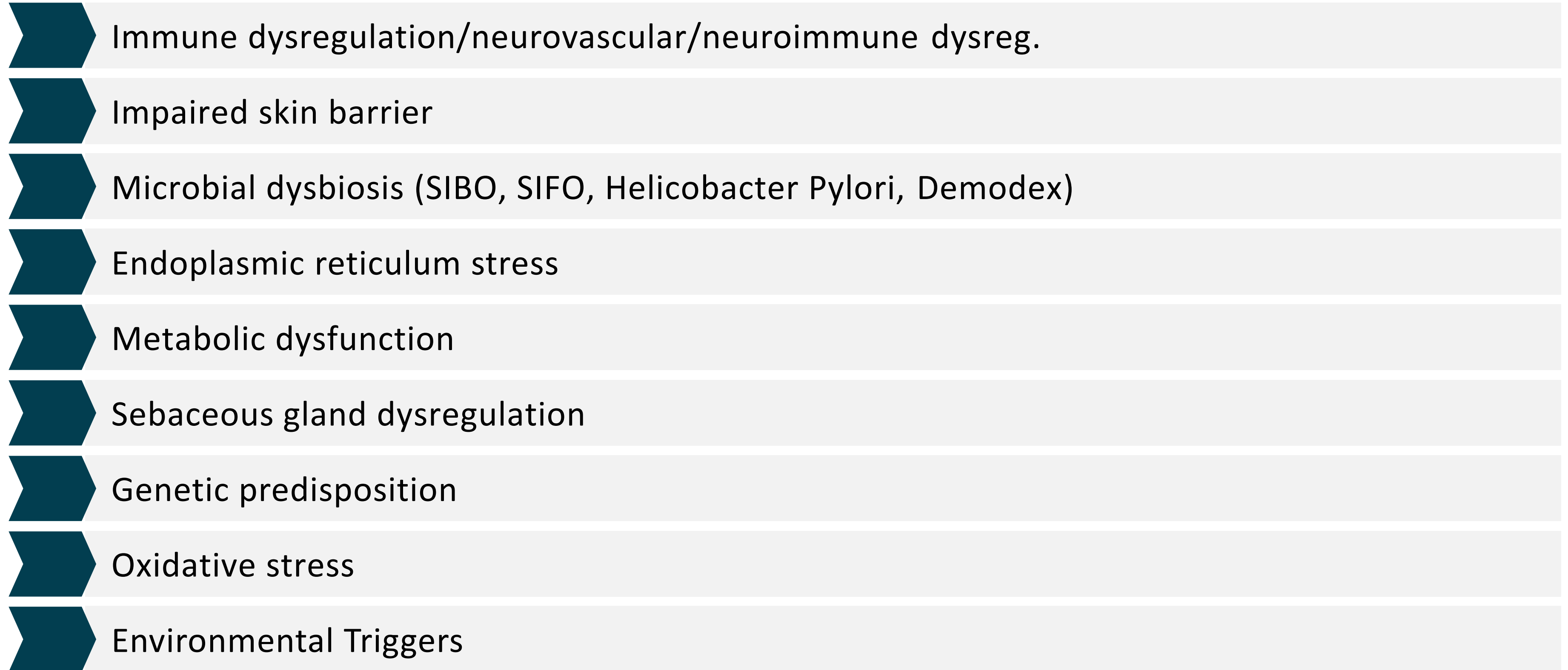


- Bacterial infections
- Oxidative stress
- Alcohol
- Dysbiosis
- Sugar, processed food
- Exposure to chemicals
- Gluten and other grains
- Food allergies
- Poorly managed stress

A proposed model of the gut-brain-skin axis in rosacea



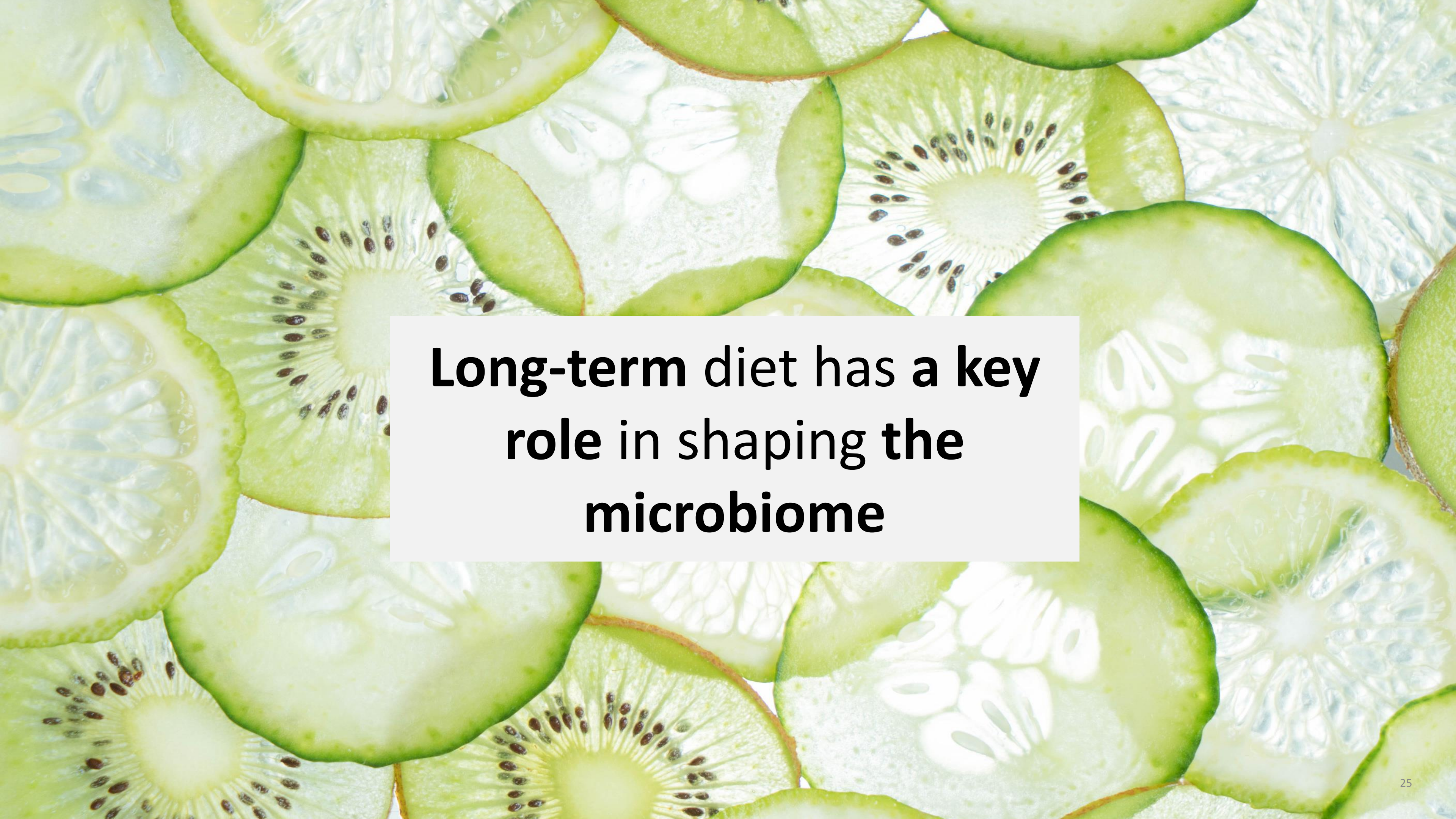
Pathogenesis of Rosacea



What can we do about it TODAY?



The microbiota composition is linked to our diet. If we change what we eat today, our microbiota will be different tomorrow. We can measure it and see it.

The background of the slide is a close-up, top-down view of several slices of kiwi fruit and cucumber. The kiwi slices are arranged in a circular pattern, showing their characteristic green flesh, white core, and numerous small, dark brown seeds. The cucumber slices are interspersed among the kiwi, showing their light green, slightly translucent flesh and darker green outer skin. The overall composition is fresh and vibrant, with a focus on natural, healthy ingredients.

**Long-term diet has a key
role in shaping the
microbiome**

Dr. Radka's Food Philosophy

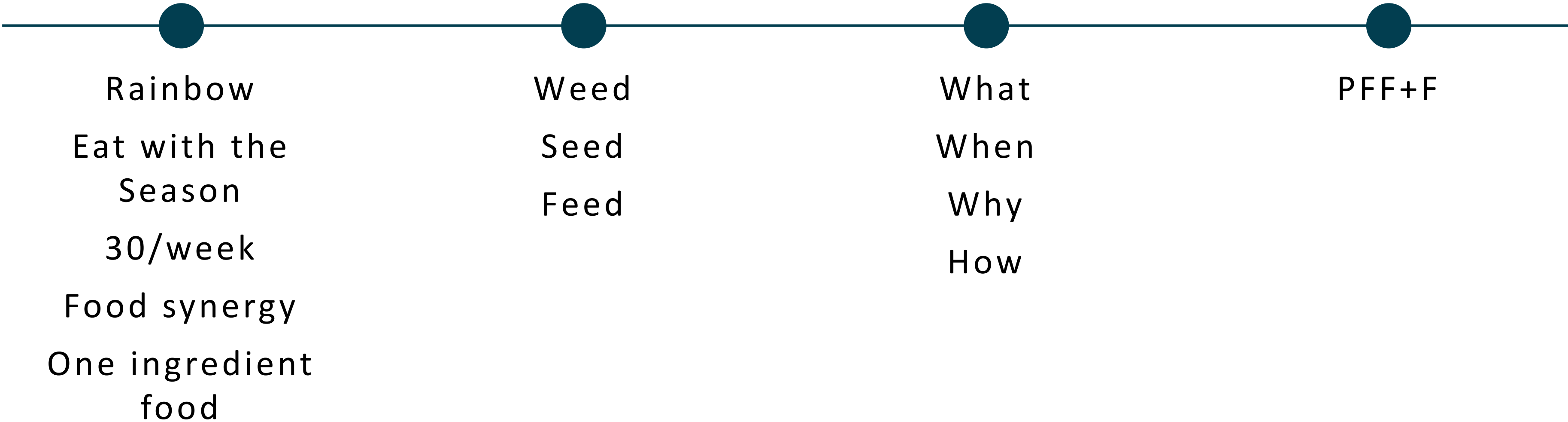
PFF + F

PFF + F

(P) Protein	(F) Fat	(F) Fiber	(F) Fermented
<p>Crucial for the growth, repair of tissues. Humanly raised meat, wild fish (SMASH), plant-based options</p>	<p>Essential fatty acids, minimally processed fats - avocado, nuts, seeds, olives</p>	<p>Supports digestive health, regulates blood sugar levels, food for gut microbiota</p>	<p>Start slowly. Crucial role in maintaining a healthy balance of gut microbiota</p>

Vegan, Pegan, Paleo, Vegetarian, Ketogenic, Omnivore, Carnivore
One Ingredient food, elimination diet, low FODMAPs, low-histamine

Food as medicine



Leaky Gut Remedies



Herbs

- Camellia sinensis (Tea plant)
- Hibiscus sabdariffa
- Liquorice plant
- Marsh mallow plant
- Zingiber officinale (Ginger)
- Mentha piperita (Peppermint)
- Ribwort Plantain plant



Probiotics

- Lactobacillus rhamnosus GG
- Lactobacillus acidophilus
- Lactobacillus plantarum
- Bifidobacterium infantis
- E. coli Nissle 1917
- Bifidobacterium animalis lactis BB-12



Polyphenols

- Quercetin
- Epigallocatechin gallate - ECGC
- Catechin
- Epicatechin
- Berberine
- Resveratrol
- Curcumin

R.O.S.A.C.E.A

Healing Blueprint

R Rejuvenate with nutrient-rich foods

O Optimize gut microbiome, leaky gut

S Strengthen metabolic health

A Alleviate histamine sensitivity

C Cultivate stress resilience and sleep quality

E Embrace effective circadian rhythm

A Activate autophagy for cellular renewal



OPEN **Detecting potential causal relationship between inflammatory bowel disease and rosacea using bi-directional Mendelian randomization**

Min Li, Si Xian He, Yuan Xiong He, Xiao Han Hu & Zhou Zhou✉

The association between rosacea and inflammatory bowel disease (IBD) has been studied in previous observational studies. It is unclear, however, whether the association is causal or not. Independent genetic variants for IBD were chosen as instruments from published Genome-wide association studies (GWAS) studies involving 38,155 cases with an IBD diagnosis and 48,485 controls in order to investigate the causal effect of IBD on rosacea. Summarized data for rosacea were gathered from various GWAS studies that included 1195 cases and 211,139 controls without rosacea. Reverse-direction Mendelian randomization (MR) analysis was done to investigate the relationship between genetically proxied rosacea and IBD. With the use of the inverse variance-weighted (IVW), MR-Egger, and weighted median approaches, a 2-sample Mendelian randomization study was carried out. Analysis of heterogeneity and sensitivity was performed to examine the pleiotropy and robustness of effect estimates. The forward-direction of the MR study was to reveal that genetic predisposition to IBD including its two main subtypes: Crohn's disease (CD) and ulcerative colitis (UC) was associated with an increased risk of rosacea. The reverse-direction MR analyses did not demonstrate that a genetic predisposition to rosacea was associated with total IBD, UC and CD. Our findings provided evidence for a causal impact of IBD, UC, and CD on rosacea, but not vice versa. The elevated incidence of rosacea in patients with IBD should be recognized by doctors to make an early diagnosis and initiate specialized therapy.

Result of the study: the genetic predisposition to IBD including (Crohn's disease and ulcerative colitis) was associated with an increased risk of rosacea.

The elevated incidence of rosacea in patients with IBD should be recognized by doctors to make an early diagnosis and initiate specialized therapy.

Key messages

- Rosacea is not only skin disease.
- Rosacea patients often experience systemic comorbidities, including cardiometabolic and gastrointestinal diseases.
- Microbiological reverberations are not limited to the skin (Demodex folliculorum), as recently described the potential cutaneous effects of alterations in the gastrointestinal microbiome - SIBO, Helicobacter pylori
- Testing is helpful: SIBO, Zonulin, GI stool test, micronutrient test, fatty acids.
- Rosacea patients are complex and need a comprehensive & compassionate approach.
- Integrative approach is the future of Rosacea treatment.

Transformation: Significant Alteration



Happiness is half health..

Thank you





Find out more about
Matrix Eye Clinic



SCAN ME

Let's connect

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