

Intertrigo

Written by Delores A. Hampton
Sunday, 24 February 2013 14:24

This disorder is a skin rash that occurs in the folds of the skin when moisture is trapped for too long. Diaper rash is a common form of intertrigo.

HELPFUL NUTRIENTS FOR THIS CONDITION

Natural carotenoid complex (Betatene) Importance: Moderate Comments: Free radical scavengers. Stimulates immune system.

Essential fatty acids (primrose oil) Importance: Moderate Comments: Helps with tissue reconstruction.

Free-form amino acid complex Importance: Moderate Comments: Provides needed protein. Helps with tissue reconstruction. A formula with all essential fatty acids is recommended.

Garlic Importance: Moderate Comments: Combats bacteria and fungi. Stimulates immune system.

Silica Importance: Moderate Comments: Provides silicon which helps reconstruct skin.

Vitamin B complex Importance: Moderate Comments: Helps metabolize protein. Promotes healing and reconstruction of the skin.

Vitamin C Importance: Moderate Comments: Helps with tissue reconstruction. Decreases scarring. Ascorbate form is recommended.

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Zinc Importance: Moderate Comments: Stimulates immune system. Promotes healing of tissues.

Helpful herbs and supplements for this condition.

No Herbs Listed.