

## **Treating Fungal Folliculitis**

- Antifungal Cleansers, shampoos and topical products
- Oral antifungal supplements
- Appropriate dietary changes
- Exfoliation – regular but gentle peels

## **Lifestyle Factors and Things to Avoid**

- Discuss with your doctor whether you can stop oral and topical antibiotics. They are not necessary for us to clear your acne and antibiotics can contribute to folliculitis
- Avoid use of very emollient or creamy moisturizers, sunscreens, cleansers, etc.
- Keep the affected area as dry as possible
- For body folliculitis, avoid wearing constrictive clothing or clothing that doesn't allow skin to breathe. Cotton is best.
- Avoid foods high in sugar, yeast and carbohydrates including alcohol, breads, candy, etc.
- Don't use fabric softener or harsh detergents on sheets or clothing
- Avoid using hot tubs or taking very hot showers or baths (especially for body folliculitis)

## **Antifungal Topical Products**

- Mandelic Products
  - Mandelic Wash or Scrub
  - Mandelic Serums
- Regenepure shampoo or other shampoos 1% or 2% ketoconazole or zinc pyrithione (make sure there are no pore clogging ingredients if you also have acne)
- Joesoef Sulfur Soap – the sulfur is anti-fungal
- Syringa Vulgaris (Lilac Stem Cells) which is in our Hydrabalance
- Topical zinc oxide can be calming and help skin maintain an optimal PH. Our Ultimate Protection SPF 28 contains 11.6% zinc and is not occlusive.
- Gold Bond powder for body folliculitis to help keep the skin dry

## **Antifungal Supplements**

**Select one or two and rotate every few weeks:**

- Probiotic supplements – good if you have been on antibiotics for a long time. No need to rotate as often as other supplements. Take for several months, then take out of diet for two weeks and start again.
- Coconut Oil (or caprylic acid) – taken internally, NOT as a topical product.
- Undecylenic Acid (bioactive nutrients combines this with two antifungals – neem and grapefruit seed oil.
- Olive Leaf Extract
- Neem Oil
- Oil of Oregano
- Apple Cider Vinegar tablets or liquid
- Garlic
- Pau d'arco
- Berberine
- Grape Seed Oil