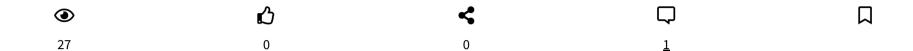


Post: Vegan specific-dermatitis



Created by **Brittany Bunk** on 30-Sep-2021

- Article



Content

Vegan specific diseases series: part 1. Other: part 2.

In the future, as more people go vegan, we're going to have to worry about vegan-specific health conditions popping up - which do exist. Most abundant is dermatitis. Food allergens will give <u>atopic dermatitis</u> - but that's not only specific to vegan foods and going vegan can help it out. Here's a brief list:

- phytophotodermatitis when someone eats citrus (and other food, but mainly citrus) and then goes into the sun, it forms a phototoxic reaction that leads to dermatitis
- hexane, especially to workers, from vegetable oil can cause dermatitis and processing plant emissions
- contact dermatitis
 - o Systemic/Pruritic rash comes from cashew nut shell oil, which could enter the food system by mistake
 - o Allergic essential oils on skin directly
 - o protein a-amylase in flour additives gives bakers this
 - o <u>CICD chemical irritant</u> chemicals are embedded in skin, like oxalic acid crystals of agave sap
 - <u>purpuric irritant</u>
 - agave dermatitis specific to agave
- * shiitake dermatitis https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4371686

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Comments



Brittany Bunk

01-Oct-2021

I'm writing these down, because there was someone who got phytophotodermatitis and their doctor didn't tell them what their dermatitis is from. I had to, as I knew about it - now everyone can know to take charge of their health.

If you eat citrus, don't go outside in the sun after that. Cool!







