

## Dealing with Keto Rash

Experiencing a reaction to going keto? We can help!

The keto rash, known medically as prurigo pigmentosa develops rarely when one starts a ketogenic diet and is believed to be a reaction to the circulating ketones. It typically is a red, itchy rash that mostly affects the upper body around the chest, neck and back. It often improves gradually with continued ketosis.

**There are no specific treatments, but the following protocol may help:**

### **1. RAW, UNFILTERED APPLE CIDER VINEGAR (WITH THE MOTHER):**

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#### **Internal use**

Add two tablespoons to one cup water and drink three times a day for two weeks. Reduce vinegar to one tablespoon of vinegar in water three times a day for another two weeks.

#### **External use**

Mix equal parts vinegar and water and apply topically to the affected area twice a day. Leave on for 15 to 30 minutes before rinsing off.

### **2. CONSUME SOME BERRIES: STRAWBERRIES, RASPBERRIES AND BLACKBERRIES**

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Consume one cup of berries per day for one week, and then reduce to half a cup of berries per day for a subsequent week

### **3. ELIMINATE BERRIES AND CONTINUE SOLELY WITH THE RAW, UNFILTERED APPLE CIDER VINEGAR**

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### **4. CONSUME A GOOD QUALITY PROBIOTIC**

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