



# Hyperpigmentation

## What is it?

Excess of melanin causing skin to become darker than other areas of the skin can show up in patches or as freckles. More common in women than men and generally shows up on face and areas most exposed like the hands and decollete. Other common names melasma and pregnancy mask.

## What are the Causes?

- hormonal changes / pregnancy
- sun damage
- medication
- scarring from acne

## What You Could Do

- Always always use a minimum SPF 30 mineral-based broad spectrum sunscreen
- Avoid the sun during the hottest time of the day
- Wear a hat when possible

## Foods to avoid

Some foods can cause skin to become more sensitive to the Sun such as:

- celery
- citrus fruit
- earl grey tea

## Try instead

- anti oxidant rich foods (berries)
- omega 3 fatty acids (fish, almonds)
- greens the darker the better (spinach, kale)
- green tea
- lots of water

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