

Functional Wellness Support for Hidradenitis Suppurativa

1. Root Cause Identification

Assess for:

- Gut dysbiosis & leaky gut (zonulin, calprotectin, stool PCR testing)
- Food sensitivities (especially dairy, gluten, brewer's yeast, and nightshades)
- Insulin resistance/metabolic dysfunction
- Hormonal imbalance (androgens, progesterone deficiency, estrogen dominance)
- Detoxification overload (especially liver and lymphatic sluggishness)
- Chronic low-grade infections (staph, strep, biofilm producers)
- Genetics (MTHFR, FUT2, TNF-alpha polymorphisms may play a role)

2. Dietary Strategy

Anti-Inflammatory, Low-Glycemic, Microbiome-Supportive Diet

Eliminate:

- Gluten
- Dairy
- Nightshades (4-week trial: tomatoes, eggplants, peppers, potatoes)
- Sugar, high glycemic foods
- Processed and fried foods
- Brewer's yeast (beer especially)

Emphasize:

- Cruciferous vegetables
- Omega-3 rich foods (wild salmon, flaxseed, walnuts)
- Fermented foods (if tolerated)
- Polyphenol-rich foods (berries, green tea, turmeric)

3. Botanical Medicine



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Internal Herbal Allies:

- Turmeric (*Curcuma longa*)
- Burdock root (*Arctium lappa*)
- Cleavers (*Galium aparine*)
- Milk thistle (*Silybum marianum*)
- Oregon grape root (*Berberis aquifolium*)
- Vitex (Chaste tree)

Topical Botanicals:

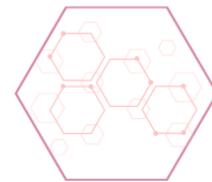
- Manuka honey compresses
- Calendula salve
- Tea tree oil (diluted)
- Turmeric paste

4. Supplement Protocol

- Zinc (30-50 mg/day)
- Vitamin A (retinol form)
- Vitamin D3 (test levels first)
- Omega-3 fatty acids (2-3g/day EPA/DHA)
- Berberine
- Probiotic (spore-based or broad-spectrum)
- N-acetyl cysteine (NAC)

5. Lifestyle & Physical Medicine

- Dry brushing
- Sweating therapies: Sauna, infrared, Epsom salt baths
- Avoid tight clothing, synthetic fabrics
- Mind-body therapy: mindfulness, somatic therapy, vagus nerve support



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6. Hormone Balancing

If HS flares with cycle or signs of imbalance:

- Run DUTCH or salivary hormone panel
- Adaptogens (Ashwagandha, Rhodiola, Maca)
- DIM, calcium-D-glucarate
- Vitex (cycle-dependent)

7. Clinical Labs to Consider

- Stool PCR (GI-MAP, GI Effects)
- Food sensitivity testing (MRT or IgG/IgA)
- Insulin, A1C, fasting glucose
- CRP, ESR
- Hormones: DHEA, testosterone, progesterone, estrogen
- Zinc, Vitamin D, Vitamin A



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