



# Keto Rash

Experiencing a reaction 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):

**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

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
4. Consume a good quality probiotic