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Gluten sensitive free skin is healthy skin which is glass skin with Hematite with Low SPF Sunblock in skin care routine; Micro collagen in Diet and combination of chemical peel and LLLT

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Aim : To brighten the skin with Hematite and low SPF sunscreen and to heal and cure sensitive skin due to steroid and mercury containing fairness creams with absolute and complete gluten free diet for four months with micro collagen in diet and skin care routine and Omega-3 fatty acids topically and orally.

Conclusion: 0 % gluten diet and omega-3 fatty acids containing diet with micro collagen in skin care and diet with Hematite and low SPF sunscreen in gluten sensitive skin is glass skin which is healthy skin in gluten sensitive patients of all skin types.

Biography

Dr.Nadia Rumman has completed her MSc degree at the age of 32 years from Cardiff University, Wales, UK. She is the medical researcher within three years at multi-national journals. She has 2 publications that have been cited, and her publications in acne vulgaris and steroid induced rosacea, mercury containing fairness creams causing acne vulgaris and hyperpigmentation has been cited as well. She has been serving as an editorial board member of multiple multi-national Journals

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