

HOW TO PREVENT OR REMEDY A KETO RASH

BE PATIENT

Acetone levels go down when fully in ketosis (3 weeks or less).



EAT MORE CARBS

A little more carbs may reduce inflammation. Wait for it to subside, then try keto again.



CLEAN UP AFTER EXERCISE

Get out of your exercise clothes and take a shower to wash away the sweat.

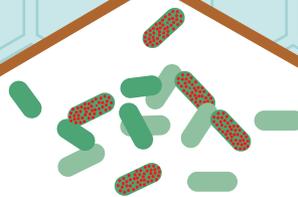
DRESS FOR SUCCESS

Wear cool, loose, lightweight, comfortable clothing (especially around the rash areas) so your skin can breathe.



CONSIDER FOOD ALLERGIES

It could be allergies. Remove some of the common food allergens and test your glucose and ketone levels to see if you are reacting.



ADD A SUPPLEMENT

If it's triggered by gut imbalance, take probiotics either as a supplement or in food like kimchi.



SEE YOUR DOCTOR

If still no relief, it could be from an underlying condition. See your doctor for help.

