

[IMAGE]

## **Black Raspberries for Skin Allergies**

By Editorial Staff

Suffering from skin allergies? Contact skin dermatitis presents as a red, itchy rash. It's caused by direct contact with a foreign substance or an allergic reaction to it. Some people have a single allergy to a substance; others are allergic to just about everything. Regardless, the skin inflammation that results is painful, frustrating and depending on the location, embarrassing.

While blueberries and strawberries are the most popular members of the berry family, another member – black raspberries – deserves its share of the spotlight, particularly with regard to its impact on skin inflammation. Recent research suggests black raspberries - as little as a single serving per day - can reduce contact skin dermatitis.

In the study, which appears in the research journal *Nutrients*, including black raspberries in the diet for three weeks reduced skin swelling / inflammation when exposed to common irritants. A control group that did not include black raspberries in their diet did not experience reductions in skin inflammation under the same circumstances.

Keep in mind that as a member of the berry family, black raspberries have other important health benefits, including a potential role in preventing cancer. In other words, berries (including black raspberries) are berry, berry good for you!

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