

## Hempseed Oil for Atopic Dermatitis

Hempseed oil is a rich and balanced source of omega-6 and omega-3 polyunsaturated fatty acids. It has been used as a food and medicine for at least 3000 years in China.

Dietary hempseed oil and olive oil were compared in a 20-week randomized, single-blind crossover study with atopic patients.

The researchers found significant improvement in skin barrier, itchiness, and dryness, and also found that the patients on the hempseed oil used less topical medication.

**[Reference:** Callaway J, Schwab U, Harvima I, Halonen P, Mykkänen O, Hyvönen P, Järvinen T. Efficacy of dietary hempseed oil in patients with atopic dermatitis. *Journal of Dermatological Treatment*. 2005 Apr 1;16(2):87-94.]

In the study they had the patients take 2 tablespoons (about 30mL) of Hempseed oil each day.

This is a cold-pressed preparation very similar to the study:

2 tablespoons each day is recommended. The taste is a bit off-putting, so mixing it in a smoothie may be best. **DO NOT** cook with it as it becomes rancid almost immediately upon heating.



For those who prefer capsules, approximately 6 per day may approximate the effect. It is best to take with meals:

