
Subject: Kein Erfolg weil man „Biofilm“ und wiederherstellen der Haut“Barriere“ missachtet ?

Posted by [Intoleranz1](#) on Fri, 25 Mar 2022 13:14:39 GMT

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Meinungen dazu?

This is why Derms are often not as helpful: they are only getting 1/5 of the story

Hi there, it's me again. I've been doing more research into sebderm.

Here is a useful summary of what I have found. This is a supplement to my earlier post ([\[https://www.reddit.com/r/SebDerm/comments/qrc53i/how_i_got_severe_sebderm_and_hair_loss_under/\]](https://www.reddit.com/r/SebDerm/comments/qrc53i/how_i_got_severe_sebderm_and_hair_loss_under/)(https://www.reddit.com/r/SebDerm/comments/qrc53i/how_i_got_severe_sebderm_and_hair_loss_under/)).

([\[https://www.researchgate.net/publication/264904431_A_high_glycerol-containing_leave-on_scalp_care_treatment_to_improve_dandruff\]](https://www.researchgate.net/publication/264904431_A_high_glycerol-containing_leave-on_scalp_care_treatment_to_improve_dandruff)(https://www.researchgate.net/publication/264904431_A_high_glycerol-containing_leave-on_scalp_care_treatment_to_improve_dandruff)).

Therefore, adding a scalp treatment as a moisturizer may be beneficial. Be aware of the other ingredients in the formula that may feed malassezia though. I'm going to experiment with a DIY glycerin/niacinamide/panthenol scalp treatment.

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****More on 4. mild surfactants****

Many of the anti-dandruff shampoos in the market use very harsh surfactants that may further disrupt our skin barrier...

[\[https://kanebiotech.com/biofilms/\]](https://kanebiotech.com/biofilms/)(<https://kanebiotech.com/biofilms/>)

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[\[https://www.dandruffdeconstructed.com/biofilms-seborrheic-dermatitis/\]](https://www.dandruffdeconstructed.com/biofilms-seborrheic-dermatitis/)(<https://www.dandruffdeconstructed.com/biofilms-seborrheic-dermatitis/>)

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