



# ECZEMA (ATOPIC DERMATITIS)

A chronic, inflammatory skin condition characterized by red, itchy, dry, and oozing blisters on the skin that become scaly, crusted, or hardened often due to a dysregulated or autoimmune reaction of the immune system.



## Possible Contributing Factors

- Gut dysbiosis (imbalance in the gut microbes)
- Intestinal permeability (aka leaky gut)
- Allergies (IgE antibodies) and/or food sensitivities (IgA, IgG antibodies)
- Environmental toxins (or compromised detoxication/clearance)
- Nutrient deficiencies: zinc, vitamin A, vitamin D, antioxidants
- Dehydration
- Omega-3 & Omega-6 fatty acid deficiency (secondary to gallbladder dysfunction)
- Stress as a trigger

## Lifestyle & Dietary Recommendations

- Avoid vegetable oils (canola/rapeseed, corn, soybean, sunflower, safflower), fried foods, hydrogenated fats/oils, alcohol and
- Consume better oils: grass-fed butter, lard, ghee, extra virgin olive oil, coconut oil, etc
- Consume more fatty fish such as salmon, mackerel, anchovies, or sardines
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Hydrate with sole or electrolytes away from meals
- Remove common food sensitivities for a minimum of 30 days followed by a re-introduction: gluten, dairy, eggs, nuts, yeast, soy, corn, peas
- Visit EWG.org for non-toxic personal hygiene and skin care products
- Castor oil pack over the liver/gallbladder; 4-5 days per week for 30-45 minutes
- Regular sun exposure
- Stress reduction measures: grounding, meditation, Epsom salt bath, gratitude journaling, yoga, etc
- Prioritize sleep hygiene

## Supplement Considerations

- Omega-3, cod liver oil
- GLA: evening primrose oil
- Liver/gallbladder support formula
- Curcumin
- Histamine-degrading probiotic (L plantarum, L salivarius, B longum, B infantis, L rhamnosus, S Boulardii)