

ECZEMA BATTLE-PLAN



This is a battle-plan to heal eczema in a natural way. The purpose is to get as far in healing as possible by fine-tuning every aspect of your life and skincare. The result will be a lessening of symptoms and a reduced need for prescription creams. Mentally you will be aggressive in your approach, but patient with the results.

Natural healing takes a long time, but you will gradually see your skin health getting better. In time results will come!

BASED ON TRIED AND TESTED ADVICES FROM ECZEMA EXPERTS



DIET



Stop consuming **Dairy** and **Eggs**

Dairy are ie. yoghurt, icecream, cheese, as an ingredient in many processed foods

Eggs are found in ie. dressings, mayonnaise, as an ingredient in many processed foods

Sugar - Reduce overall intake of sugar

EAT MORE

Meat especially chicken. Healthier cooked than grilled.

Fish ie. mackerel, tuna, salmon



Vegetables - Colorful and coarse is better

Fruits - Full of vitamins, minerals, antioxidants



BATH

Stop using **Soap** and **Shampoo**

Soaps are removing essential oils from the skin, making the skin barrier leaky

Salt or Wash cloth should be used instead of soap products

Chlorhexidine 0,2 % can be used to disinfect areas with eczema

BATHING ADVICE

Bathe in lukewarm water - it reduces the itch and skin irritation

Tap dry after the shower

Quick - Keep the shower-time short

Cold - Rinse off in cold water - If you dare!



SKINCARE

Prescription cream are applied on eczema spots immediately after the shower



Moisturizing cream are applied to healthy skin after the shower



10 minute later the eczema spots are also applied moisturizing cream

SKINCARE ADVICE

Protect - Wear protective gloves when cleaning, doing the dishes ect. to protect the skin from soaps and chemicals

Wear - A long sleeve shirt, it keeps the skin moist in the cold winter months when the air is dry

Sunscreen - To avoid eczema from sun exposure in the summer time

TIPS N' TRICKS

"HAVE HEALTHY SNACK READY WHEN THE CRAVINGS COME"

"USE THE 'ECZEMA-DETECTIVE' METHOD TO IDENTIFY FOOD YOU ARE SENSITIVE TOWARDS"

"EXERCISE EVERY WEEK AND STAY LEAN"

"MAKE A SHOPPING LIST - AND STICK TO IT!"

"LEARN TO COOK - IT IS CHEAPER AND HEALTHIER THAN PROCESSED FOODS"

"EAT LESS WHITE BREAD AND PASTAS"

"COFFEE AND SPICES ARE FULL OF ANTIOXIDANTS"

"CERAVE IS MY FAVORITE MOISTURIZING CREAM"

"LOOK FOR VEGAN ALTERNATIVES TO PRODUCTS CONTAINING DAIRY AND EGGS"

"EAT ASIAN RATHER THAN WESTERN DIET"

