

9 Nourishing Recipes for Eczema and TSW

Calmer Skin, a Healthier Gut & a Regulated Nervous System

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Disclaimer

The recipes in this guide are for informational and educational purposes only and are not intended to diagnose, treat, cure, or prevent any medical condition, including Eczema or Topical Steroid Withdrawal (TSW). Please consult with your Medical Doctor before making any changes.

This guide does not constitute medical or nutritional advice.

Individual responses to food vary.

If you have known food allergies, intolerances, or a complex health history, please consult your healthcare provider before making dietary changes.

The information shared here reflects general anti-inflammatory nutrition principles and personal experience — not clinical treatment.

9 Recipes for Eczema & TSW Relief

If you're navigating the frustrating and uncomfortable journey of eczema or topical steroid withdrawal (TSW), **you're not alone**. I understand the challenges – the itching, the inflammation, and the constant search for relief.

This recipe guide has been created with you in mind.

Inside, you'll find 9 delicious and nourishing recipes specifically designed to support your body's natural healing processes.

We know that what you eat plays a key role in calming inflammation, nurturing your gut health, and even soothing your nervous system – all key factors in finding comfort and relief from eczema and TSW symptoms.

I am super excited for you to explore these recipes and experience the power of gentle, supportive nutrition on your healing journey.



The Intertwined Web: How Diet Impacts Eczema & TSW



The Power of Anti-Inflammatory Foods

Soothe the body's overactive immune response and reduce inflammation



The Gut-Skin Axis

Support a healthy microbiome to regulate inflammation and support the detoxification process



The Nervous System's Role

Stabilize stress response to benefit your skin, mind and body

Eczema and topical steroid withdrawal (TSW) are complex conditions with contributing factors. While topicals offer relief, understanding the connection between our internal health and our skin is key for long-term healing.

Inflammation is at the root of both eczema and TSW. Certain foods are naturally anti-inflammatory, helping calm the body's overactive immune reaction. This guide provides ingredients rich in antioxidants, healthy fats, and others to heal from the inside out.

A diverse and balanced gut microbiome supports a healthy immune system and can help regulate inflammation. Supporting your gut with fiber-rich foods and gut-friendly additions can have a positive impact on your skin.

The recipes in this guide are designed to be gentle on your system while providing the nutrients needed to support these crucial internal connections, working in harmony with your body's natural healing abilities.

Connecting What You Eat to How You Feel

Reduce Inflammation

Ingredients known for their anti-inflammatory properties, helping to soothe irritated skin from the inside and out



Support Gut Health

A healthy gut contributes to a stronger immune system and can reduce overall inflammation

Calm Your Nervous System

Certain foods and balanced meals can help regulate your nervous system, promoting a sense of calm

By focusing on these connections, this recipe guide empowers you to nourish your body in a way that actively supports your journey towards healthier, more comfortable skin.



Breakfast Recipes

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Soothing Berry & Oat Bowl with Hemp Seeds

A gentle and nourishing start to the day, packed with antioxidants from berries, fiber from oats, and omega-3 fatty acids from hemp seeds to help reduce inflammation.

Key Ingredients:

- **Rolled oats (gluten-free if needed)** – *(fiber to support gut health)*
- **Mixed berries (fresh or frozen)** – *(packed with antioxidants)*
- **Milk (cow's , almond, oat, rice)**
- **Hemp seeds** – *(Omega-3 &-6 fatty acids to support skin hydration and reduce inflammation)*
- **Drizzle of maple syrup (optional)**
- **A pinch of cinnamon** – *(anti-inflammatory and may help balance blood sugar, which is beneficial for skin flare-ups)*

Berry Glow Smoothie

A vibrant, antioxidant-rich smoothie featuring mixed berries, known for their skin-soothing and anti-inflammatory benefits. Avocado adds creaminess and healthy fats to support the skin barrier, while flaxseed delivers gut-friendly fiber and omega-3s.

Key Ingredients:

- 1 cup mixed organic berries
- ½ avocado (healthy fats to support skin barrier + reduce dryness)
- 1 tbsp ground flaxseed (omega-3s + fiber for gut support)
- ½ frozen banana (natural sweetness + calming magnesium)
- 1 scoop collagen powder *(optional)* (supports skin repair)
- 1 handful spinach or baby kale *(optional)* (adds antioxidants with no taste)





Avocado & Egg Toast with Olive Oil Drizzle

A simple yet satisfying breakfast with healthy fats from avocado, protein from eggs, and the anti-inflammatory benefits of extra virgin olive oil. Choose gluten-free bread if needed.

Key Ingredients:

- **Whole-grain toast** (*provides fiber and sustained energy*)
- **Ripe avocado** – (*rich in healthy fats and vitamin E to support skin*)
- **Organic eggs** (poached, scrambled, or fried) – (*high-quality protein and biotin for skin healing and regeneration*)
- **Extra virgin olive oil** – (*anti-inflammatory, antioxidants*)
- **A sprinkle of sea salt and black pepper** – (*black pepper boosts nutrient absorption*)
- **Optional: a few sprouts or microgreens** – (*nutrient-dense and support detox and cellular repair*)

Lunch Recipes

Ground Turkey & Veggie Wrap

A nourishing, anti-inflammatory wrap packed with lean protein, skin-loving veggies, and healthy fats. Garlic, ginger, and coconut aminos add gut-soothing flavor while avocado and greens support skin repair from within.

- **1 whole wheat wrap** *(provides fiber and nutrients to support digestion)*
- **½ cup ground turkey** *(cooked with garlic, ginger, coconut aminos) – (lean protein for skin repair; garlic & ginger are anti-inflammatory; coconut aminos are a gut-friendly soy alternative)*
- **Sliced cucumber** *– (hydrating and cooling)*
- **Grated carrots** *– (supports skin cell turnover and repair)*
- **¼ avocado** *– (adds healthy fats and vitamin E)*
- **Handful of greens** *– (loaded with antioxidants and chlorophyll to support detox and reduce inflammation)*
- **Optional: drizzle of tahini** *– (rich in zinc and healthy fats, supporting skin regeneration and hormone balance)*





Turmeric & Vegetable Wraps (Gluten-Free)

Flavorful and easy-to-assemble wraps using gluten-free tortillas filled with sautéed vegetables and a touch of anti-inflammatory turmeric.

Key Ingredients:

- **Gluten-free tortillas**
- **Coconut/olive oil** – *(healthy fats that support skin repair and reduce inflammation)*
- **Sliced bell peppers** – *(rich in vitamin C and antioxidants that support collagen production)*
- **Zucchini** – *(hydrating high in antioxidants, supports digestion)*
- **Spinach** – *(Vit. A, C, K to support skin healing & immune system)*
- **Onion** – *(contains quercetin, a natural antihistamine)*
- **Spices: Turmeric powder, cumin, sea salt, black pepper** – *(turmeric and cumin are powerful anti-inflammatories)*
- **Optional: cooked chicken or chickpeas** – *(protein supports skin regeneration; chickpeas also offer fiber for gut health)*

Quinoa Salad with Cucumber, Mint & Lemon Dressing

A refreshing and light salad featuring quinoa, a complete protein, combined with cooling cucumber and mint, and a bright lemon dressing.

Key Ingredients:

- **Quinoa:** (B vitamins for nerves, magnesium for gut, zinc for skin)
- **Cucumber:** (Silica for elasticity & hydration skin, vitamin K for healing)
- **Fresh mint:** (Menthol soothes digestion, vitamin A for skin)
- **Extra virgin olive oil:** (Vitamin E protects skin)
- **Lemon juice:** (Vitamin C for collagen, citric acid aids digestion)
- **Sea salt:** (trace minerals for digestive enzymes)
- **Black pepper:** (Piperine enhances nutrient absorption, manganese for nerves, vitamin K for skin)
- **Bell peppers:** (Vitamin C for collagen, Vit B6 for nerves, vitamin A for skin)
- **Sunflower seeds:** (Vitamin E protects skin, zinc heals skin)



Dinner Recipes

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Baked Salmon with Roasted Sweet Potatoes & Broccoli

A nutrient-dense and anti-inflammatory meal featuring omega-3 rich salmon, vitamin A-packed sweet potatoes, and detoxifying broccoli.

Key Ingredients:

- **Organic wild caught Fish fillets:** (Omega-3s for skin inflammation)**Sweet potatoes:** (Beta-carotene for skin repair, fiber for gut microbiome)
- **Broccoli florets:** (Vitamin C for collagen, sulforaphane for gut barrier)
- **Extra virgin olive oil:** (Vitamin E protects skin, oleic acid for gut barrier)
- **Black pepper:** (Piperine enhances nutrient absorption, manganese for nerves, vitamin K for skin)
- **Lemon slices:** (Vitamin C for collagen synthesis, citric acid aids digestion, flavonoids support nerves)

Gentle Chicken & Vegetable Stew with Coconut Milk

A comforting and creamy stew made with coconut milk, which has mild anti-inflammatory properties. Gentle vegetables and tender chicken make it easy to digest.

Key Ingredients:

- **Organic chicken thighs or breast** *(protein for skin repair)*
- **Coconut oil** – *(anti-inflammatory, supports skin barrier)*
- **Onion (if tolerated)** – *(rich in antioxidants, detox support)*
- **Carrots** – *(high in beta-carotene)*
- **Parsnips** – *(fiber-rich, supports digestion)*
- **Sweet potatoes** – *(anti-inflammatory, skin-nourishing carbs)*
- **Low-sodium chicken broth** – *(gut-healing and mineral-rich)*
- **Full-fat coconut milk** – *(healthy fats for hydration)*
- **Herbs (thyme, bay leaf)** – *(soothing and immune-supportive)*
- **Sea salt, black pepper** – *(enhances flavor and absorption)*



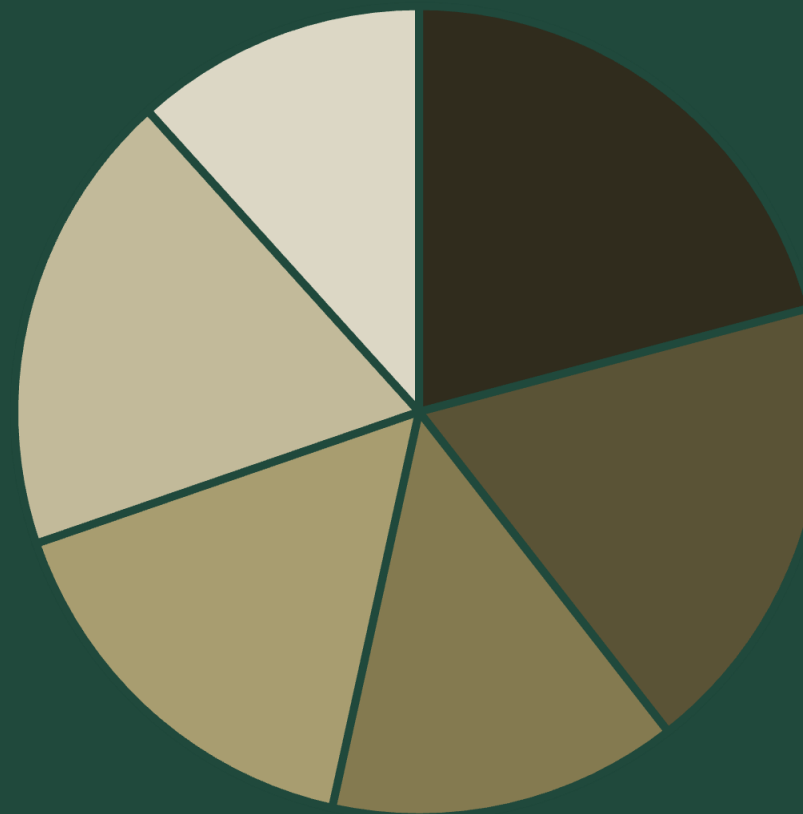


Chickpea Pasta with Roasted Red Pepper Sauce

- 1 cup cooked chickpea pasta – *(protein + fiber for gut health)*
- 1 roasted red pepper (jarred or homemade) – *(rich in vitamin C + antioxidants)*
- 1 tbsp olive oil – *(anti-inflammatory, supports skin barrier)*
- 1 garlic clove – *(natural antimicrobial + immune support)*
- 2 tbsp dairy-free milk – *(gentle on digestion, creamy texture)*
- 1 tbsp nutritional yeast (optional) – *(B-vitamins for skin + energy)*
- Salt + pepper to taste – *(enhances flavor + nutrient absorption)*

Prep: Blend sauce ingredients until creamy. Warm in a pan and mix with hot pasta. Top with sautéed greens or hemp seeds.

The Healing Benefits of These Recipes



■ Anti-inflammatory Ingredients

■ Gut-Supporting Foods

■ Omega-3 Rich Sources

■ Antioxidant-Rich Foods

■ Gentle Digestion Support

■ Nervous System Support

All recipes include anti-inflammatory ingredients to help calm irritated skin. Most recipes (89%) contain gut-supporting foods that help strengthen your microbiome and immune system. Over two-thirds of the recipes feature omega-3 rich sources that are essential for skin barrier function.

Almost all recipes (89%) are designed for gentle digestion, avoiding common irritants. And more than half include ingredients specifically chosen to support your nervous system, helping to reduce stress that can trigger flare-ups.

This comprehensive approach ensures you're addressing multiple aspects of healing with every delicious meal.

Nourishment is Just the Beginning



Targeted Dietary Strategies

Beyond these recipes to a complete nutrition plan



Gut Healing Techniques

Addressing the root causes of inflammation



Stress Management

Tools to calm your nervous system



Skin Barrier Repair

Complete protocols for external healing

We believe that consistent, mindful nourishment is a key foundation for healing.

But what if you could have a complete roadmap to address all aspects of your eczema or TSW?

The **Holistic Eczema Reset Program** is designed to provide you with that comprehensive support. We combine targeted dietary strategies with proven techniques for gut healing, stress management, skin barrier repair, and personalized guidance.

You don't have to do this alone. Our program offers expert guidance to help you achieve significant and sustainable results.

Are you ready for a holistic approach that truly addresses your eczema or TSW from the inside out?

Discover the transformative power of the ***Holistic Eczema Reset Program*** – Book your complimentary [Eczema Reset Chat](#) and plan out your healing plan!