everything eczema



The Ultimate Eczema Guide: A 3-Phase Blueprint

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so, where do I start?

You are struggling with clearing your skin and you've exhausted all your options.

You don't know what else to try because you've tried everything.

You are tired of looking for the next best thing to fix your skin and give some sort of relief, but nothing is working.

The first thing we need to do is build a foundation for your body to begin healing.

The foundation we are going to start with is nutrition.

We need to make sure our body is getting the necessary nutrients it needs to repair the body from the inside out.

But let’s breakdown how and why your eczema is flaring up in the first place.

but first, let's talk about eczema.

Eczema from a holistic nutrition standpoint.

From a holistic nutrition standpoint, eczema reflects what's happening internally: your digestion, your stress levels, your nervous system, and how well your body can recover from daily demands.

When these areas are under stress, the skin often becomes the outlet where your unique imbalance shows up.

The Interconnection: Stress, Gut Health, and the Nervous System
Your gut, nervous system, and stress response are deeply interconnected. You can't heal one without supporting the others.

- Stress directly affects digestion.
  - When you're stressed, your body shifts into fight-or-flight. Blood flow is pulled away from the gut, stomach acid drops, and digestion slows down.

- Poor digestion affects gut health.
  - Food isn't broken down properly, nutrients aren't absorbed efficiently, toxins aren't excreted properly and inflammation increases.

- An inflamed gut sends signals back to your nervous system.
  - This keeps your body stuck in a heightened stress state and the cycle continues.

- The skin becomes the messenger.
  - When the body can't regulate inflammation internally, symptoms often show up on the surface as itching, redness, flares, or delayed healing.

This is why eczema often worsens during emotionally or physically stressful periods. Even when diet or skincare hasn't changed.

the game plan

This healing guide is broken down into three phases. Each phase will require you to reduce/swap out a food group and add lifestyle habit. Once you get the hang of one phase, then you can move one to the next.

Don't try to do all three phases at once.

While your eczema may still be present, internally your body will have begun the healing process. Before you see any changes in your skin, you need to heal from the inside out.

It's important to stay patient and not use the appearance of your skin as a benchmark. Use the PractibeBetter app (Page 32) to track your energy levels, how itchy you feel, the quality of your sleep, and most importantly, your digestion.

1 **Phase 1: Gut Health**

2 **Phase 2: Gentle Detox**

3 **Phase 3: Nervous System Regulation**

mindset

This is a crucial mindset shift you need to make before you start.

You need to set realistic expectations of the progress you might see.

Take your time to read it, understand it and internalize it.

This is going to be an up and down journey.

So, on those down days you hoped you'd see more progress, come back to this page and show yourself some compassion.

And to help you reframe your thinking, head over to the next page.



Healing eczema is not instant and it's rarely linear.

That doesn't mean nothing is happening.

Your body is always working 24/7, behind the scenes, to bring you back to balance. When you begin supporting your gut, nervous system, detox pathways, and nutrition, your body prioritizes internal repair first.

The skin is often the last place where changes become visible.

This means progress can be happening long before you see dramatic changes on the surface, on your skin, visually.

Why You Might Not See Immediate Skin Changes

Before your skin can fully clear, your body may be:

- Improving digestion and nutrient absorption
- Replenishing minerals depleted by stress
- Calming inflammation internally
- Regulating your nervous system
- Strengthening your immune response

These shifts take time, and they often show up as subtle wins before visible skin improvements.

Just because your skin hasn't changed yet doesn't mean the process isn't working.

The next page will give you an idea of the signs you should be looking out for in terms of progress!

expectations

Signs Healing Is Happening (Even If Your Skin Isn't Perfect Yet)

Instead of only focusing on your skin, check in with your body and ask yourself:

- Are my bowel movements smoother and more regular?
- Is my itching intensity slowly decreasing?
- Am I sleeping 1–2 hours longer or more deeply?
- Do I feel a little calmer or less reactive?
- Is redness starting to fade, even slightly?
- Do rashes seem to heal faster than before?

These are meaningful signs that your body is moving toward balance.

Progress Is Often Quiet Before It's Obvious

Healing doesn't usually announce itself loudly. It shows up gradually, in better digestion, improved sleep, reduced itch, and a calmer nervous system.

Over time, these internal changes create the space your skin needs to finally repair.

Be Gentle With Your Expectations

Your body didn't get here overnight and it won't heal overnight either.

Unrealistic expectations and constant pressure can create more stress, which actually slows healing. Be patient. Be consistent. Be kind to yourself.

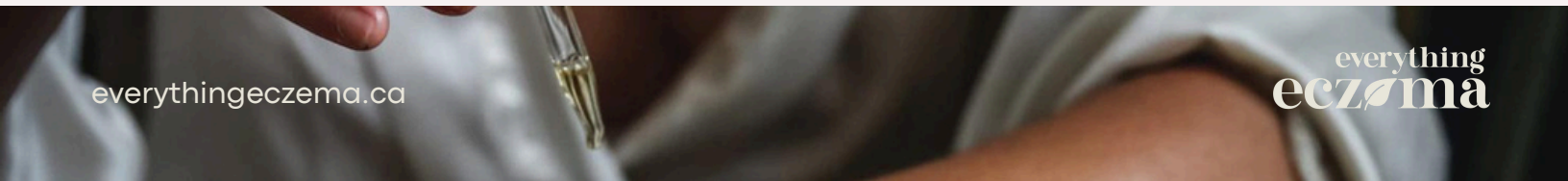
This is not about perfection, it's about **progress**.

Looking Ahead

If you stay consistent with this blueprint:

- In a few weeks, you will notice internal shifts
- In a few months, you'll begin seeing more visible changes
- In 3–6 months, you'll likely be further along than you've ever been before. With more awareness, control, and confidence in your skin healing journey.

Healing is happening even when you can't see it yet.



phase 1
gut health

Let's begin!

Phase 1, gut health, is going to set the foundation for your eczema journey.

So put in the work, and take your time.

Don't rush this.

This phase should be done for a minimum of 30 days.

But I do recommend this phase to actually last for a full 90 days while the other phases overlap it.

For now, let's start with 30 days.

If you have any questions before or while you start this phase, please email me at info@everythingeczema.ca.

phase one

strengthen digestion

Your gut is the command center for inflammation, immune system, and skin health. If your gut isn't functioning optimally, your skin can't repair no matter what creams, supplements or diets you try.

Why stomach acid matters
Low stomach acid is extremely common in people with eczema and chronic stress. When stomach acid is low, you don't properly break down protein, minerals, and nutrients your skin needs to heal.

Undigested food ferments in the gut, creating inflammation that shows up on your skin.

Signs of low stomach acid:

- Acid reflux
- Bloating after meals
- Feeling "heavy" or full for hours
- Nutrient deficiencies
- Constipation or loose stools

Step 1: Bitter Salads, Stimulate Digestion
This is one of the simplest but overlooked fixes.

When you incorporate a Bitter Salad:

- It activates digestive enzymes and bile production
- Naturally stimulate the digestion
- Helps your body absorb nutrients
- Helps break down food
- Naturally increase stomach acid



Here's what to do instead:

- **Mandatory:**
  - **Start meals with a small bitter salad.**
    - **Dandelion greens, arugula, radicchio, or endive before your main course activates digestive enzymes and bile production before food arrives, not after. Do this at least once a day.**
- Pause 3–5 seconds before each bite
- Aim for 15–20 chews per mouthful
- Put your fork down between bites
- Avoid screens while eating (your brain doesn't register the meal = impaired digestion)

add gut supporting foods

These foods are gentle, everyday staples that support gut lining repair, digestion, and inflammation control.



ginger

Top Gut-Healing Food List

1. Cooked vegetables
Gentle on digestion, high in antioxidants, reduce inflammation.
Examples: steamed zucchini, carrots, sweet potato, spinach.

2. Bone broth (in moderation, can be high in histamine)
Helps repair the gut lining → leads to calmer, less reactive skin.

3. Fresh ginger
Eases inflammation, boosts digestion, reduces bloating.

4. Chia seeds
High in fiber that feeds your good bacteria without irritation.

5. Ripe fruit
Easier to digest and full of antioxidants (watermelon, berries, mango).



chia seeds

phase 2
gentle detox

Congrats on reaching to phase 2!

Starting and sticking to a new routine is no easy feat, so take a moment to celebrate!

The gentle detox phase is meant to support your detox organs to continually push out, excrete and eliminate toxins.

The good thing is, it's already doing it.

But it just needs a little bit more support from you.

Phase 2 should be done for at least 30 - 45 days.

I also highly recommend you continue the recommendations from Phase 1 as well.

If you have any questions before or while you start this phase, please email me at info@everythingeczema.ca.

phase two

gentle detox

Your body detoxes every single day, not through extreme cleanses or harsh supplements, but through simple, natural pathways.

One of the most important (and most overlooked) systems for eczema is your lymphatic system.

When your detox pathways are sluggish, your body struggles to eliminate waste, toxins, and inflammation.

When that happens, the skin often becomes the "backup exit," showing up as:

- Increased itching
- More frequent flare-ups
- Oozing or redness
- Slower healing

Gentle detox takes the pressure off your skin and shifts the burden back to your detox organs, where it belongs.

What the lymphatic system does
Think of your lymphatic system as your body's drainage and filtration network.

It moves fluid, carries immune cells, clears waste, and keeps inflammation under control.

The lymphatic system has no pump. It only moves when YOU move. This means if you're sedentary or stressed, detox slows down and skin symptoms worsen.





simple ways to detox

These are gentle, no-equipment, eczema-friendly methods that support detox without stressing the nervous system.

Mandatory: Daily Movement (5–10 minutes is enough)
Even light movement helps:

- Stairs
- Yoga
- Walking
- Gentle stretching
- Easy mobility routines
- Light jumps, 25 - 50 times

foods that support detox

Include these in your everyday cooking so your body always has additional detox support. Make sure to start slow and steady and increase your overall intake of them.

I know you are in a lot of pain and want to heal fast, but eating these foods fast and heavy can be too much for your skin, digestion and body.

- Lemon
- Ginger
- Berries
- Beets
- Turmeric
- Broccoli
- Cauliflower
- Apples



beets



turmeric



lemon

phase 3 regulate your nervous system

Welcome back and an amazing job on coming this far, to phase 3.

By now, you should be seeing progress.

It may not be showing up on your skin yet, but you'll definitely start feeling the changes internally like better digestion, feeling full, itching intensity decreasing, etc.

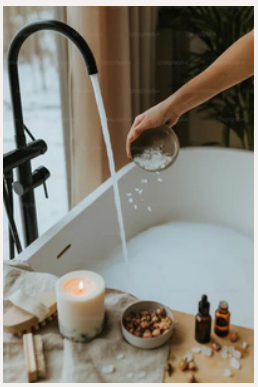
With phase 3, regulating your nervous system, is where we can begin to activate the healing mode of your body.

This is a very important step because.

No amount of food, supplements, expensive creams and the diets can truly help your nervous system activate the healing mode.

If you have any questions before or while you start this phase, please email me at info@everythingeczema.ca.







regulate your nervous system

Your skin can only heal when your body feels safe.

When you're in chronic stress (fight-or-flight), your body isn't focused on repairing your skin, it's focused on survival.

This phase helps you shift into rest-and-digest, the state where digestion, nutrient absorption, detoxification, and skin healing finally switch back on.

When you're constantly stressed, worrying about your skin, work, family, or simply being stuck in flare-up mode, your body burns through key minerals and vitamins at a faster rate.

Stress drains:

- Magnesium (for calming inflammation and itching)
- Zinc (for skin repair and immunity)
- B vitamins (for energy, mood, and skin barrier strength)
- Vitamin C (for collagen production and immunity)

It also slows stomach acid, weakens digestion, and increases inflammation. All of which is why many people with eczema feel like they're "doing everything right" but still can't get their skin to calm down.

PS. This doesn't mean go run to the store and buy supplements that stress drains.

Get them through your nutrition first!

phase three

Why rest-and-digest matters
Your parasympathetic nervous system (rest-and-digest) is your healing mode.

This is when:

- Your digestion actually works
- Your gut repairs
- Your body rebuilds minerals
- Inflammation lowers
- Your skin begins repairing damaged tissue
- Help regulate your hormones

If you're not spending enough time in rest-and-digest, your skin simply can't heal efficiently. Even with the perfect diet or skincare routine.

This is why it is extremely important to incorporate your favourite activities on a daily or weekly basis to get into that "chill" mode.

Whether that is binging your favourite TV shows, taking a nap, or walking in the park.

Do more of what you makes you happy!

Relaxing Foods (gentle and eczema-friendly)
These foods naturally support relaxation, mineral replenishment, and nervous system:

1. Bananas (in moderation)
High in magnesium and potassium — great for calming the body.

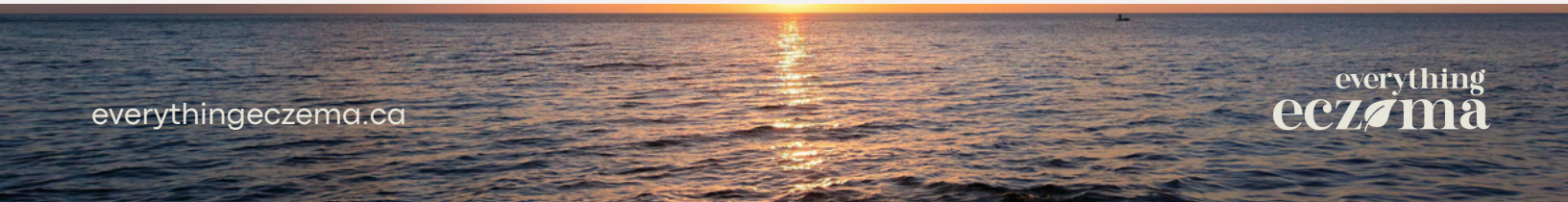
2. Oats
Contain B vitamins and fiber that stabilize blood sugar and mood.

3. Chamomile or lavender tea
Reduces tension, supports better sleep, and calms the gut.

4. Pumpkin seeds
One of the richest food sources of magnesium and zinc.

5. Warm, cooked meals
Soups, stews, and stir-fries are easier to digest.

6. Dark leafy greens
Packed with magnesium and minerals that stress depletes quickly.





Lifestyle shifts to activate your healing mode
These are easy, nervous-system-soothing habits that people can do daily without feeling overwhelmed.

1. "Slow Mornings" Rule (5–10 minutes)
Avoid checking your phone for the first 5–10 minutes after waking up.

This prevents your nervous system from going into stress mode immediately and sets a calmer tone for the whole day.

2. Warmth Therapy
Warmth tells the body it's safe.

- Heating pad on the stomach
- Warm baths
- Warm socks/slippers
- Drinking a warm cup of herbal tea or milk

Warmth = relaxation → digestion improves → inflammation lowers.

3. The "One Screen-Free Meal" Habit
Choose one meal a day to eat without your phone or TV.

This single habit dramatically improves rest-and-digest, stomach acid production, and nutrient absorption.

4. Gentle Evening Wind-Down Ritual
Something small, predictable, and comforting:

- Stretching while listening to calming music
- Journaling for 5 minutes
- Reading fiction
- 5 slow deep breaths

The key is consistency, not duration.

your blueprint

So now that you've seen all three phases, you might be wondering, how do I put it all together?

How do I start implementing these changes today?

On the next page over you'll see a sample blue print.

Remember to pick 1-3 habits you can stick with first.

Master them.

Then add one 1-2 more.

This is how you build sustainable habits and lifestyle changes that snowball.

And remember, do not start Phase 2 and 3 without having completed Phase 1 for at least 30 - 45 days.

Phase 1 is all about preparing the body and your digestive system for Phase 2 and 3.

Good luck!

sample blueprint

Phase 1: Gut Health

Duration: 30-45 Days, do not start Phase 2 until you've completed at least 30 days of Phase 1.

Habits

- **Mandatory: Bitter Salads before main meal**
- Pause 3–5 seconds before each bite
- Aim for 15–20 chews per mouthful
- Put your fork down between bites
- Avoid screens while eating (your brain doesn't register the meal = impaired digestion)

Incorporate these Foods

- Cooked, steamed, baked vegetables (minimize salads)
- Bone broth (in moderation, 1x a week)
- Fresh ginger
- Chia seeds
- Ripe fruit

Phase 2: Gentle detox

Duration: 30 Days while continuing Phase 1

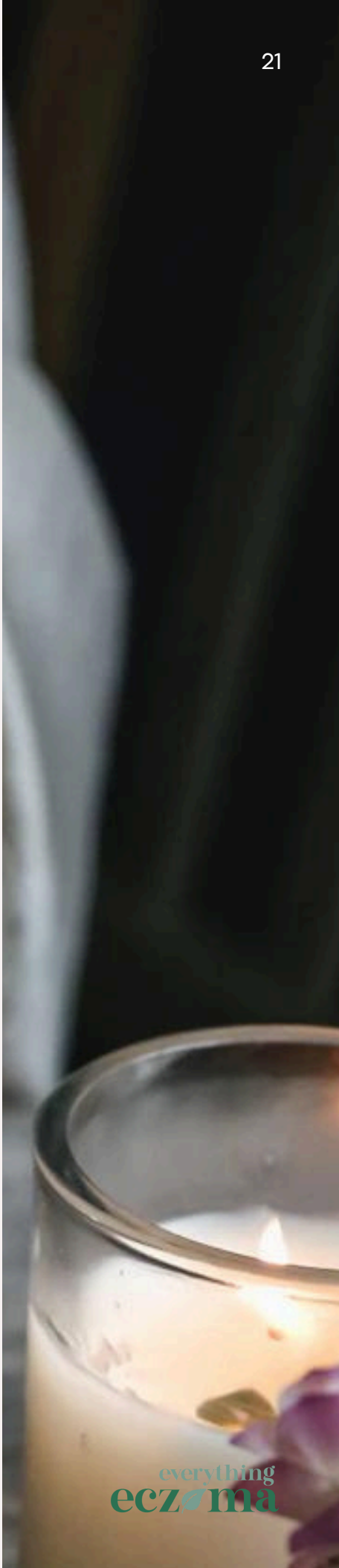
Mandatory Daily Movement (5–10 minutes is enough)

- Stairs, Walking
- Yoga, Gentle stretching
- Light jumps, 25 - 50 times

Incorporate these Foods

- Turmeric, Broccoli, Cauliflower, Apples, Lemon, Ginger, Berries, Beets

Remember to schedule these activities as a reminder in your calendar and your phone until you build that habit.



your blueprint

Phase 1: Gut Health

Now here's the fun part!

Let's build out your very own protocol from Phase 1.

Go to page 11, and re-read everything.

Now go to page 12 and fill out the following below.

Pick 2 lifestyle habits you will commit to for the next 45 days and write them below:

1. _____
2. _____

Pick 3 foods you will incorporate into your nutrition for the next 45 days and write them below:

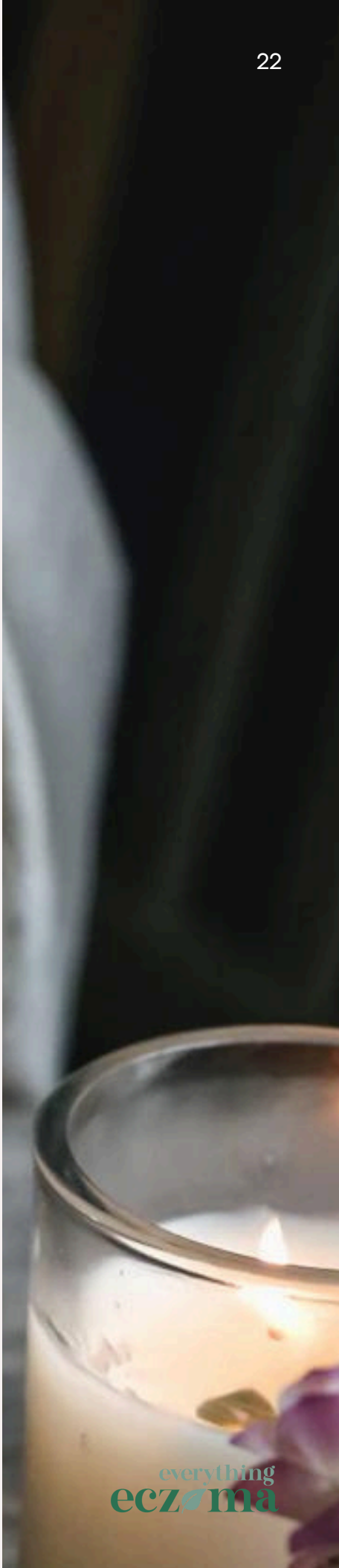
1. _____
2. _____
3. _____

This is your plan for the next 30-45 days.

It might look simple and easy, but this is setting up the foundation for your healing, digestion, mindset and skin.

Here are the improvements that you should notice in Phase 1:

- Less gas
- Less bloating
- Feeling more full
- Decrease in acid reflux
- 1-2x bowel movements per day
- Feeling satisfied after a bowel movement



Phase 2: Gentle Detox

Let's build out your very own protocol from Phase 2.

Go to page 14, and re-read everything.

Now go to page 15 and fill out the following below.

Pick 2 lifestyle habits you will commit to for the next 45 days and write them below:

1. _____
2. _____

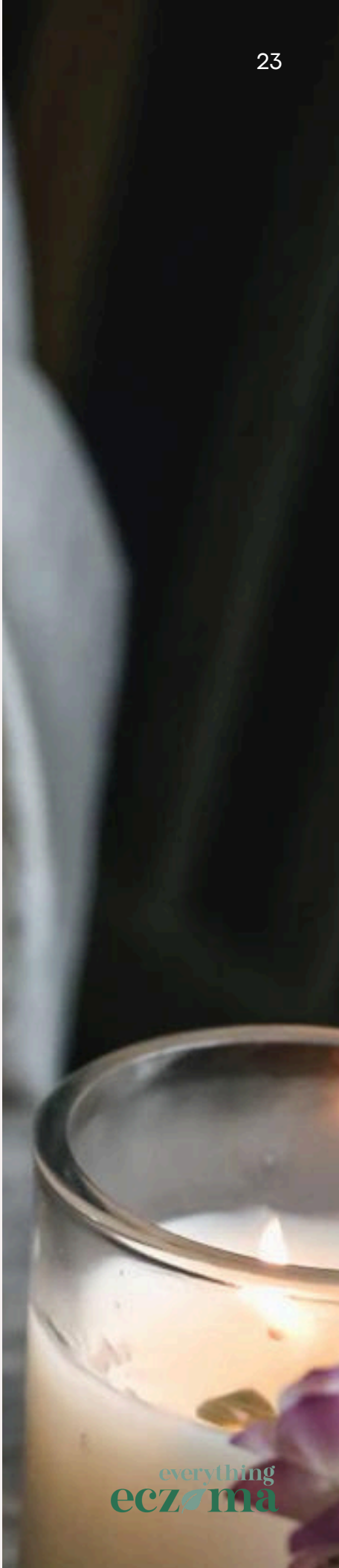
Pick 3 foods you will incorporate into your nutrition for the next 45 days and write them below:

1. _____
2. _____
3. _____

Remember, continue and carry over the habits and foods you chose from Phase 1.

Here are the improvements that you should notice from Phase 2:

- Having more energy
- Skin becoming less red
- Better blood circulation
- Feeling good about yourself
- Cuts and wounds healing faster
- Smoother and satisfying bowel movements



Phase 3: Nervous System Regulation

Let's build out your very own protocol from Phase 3.

Go to page 17, and re-read everything.

Now go to page 18 and 19 and fill out the following below.

Pick 2 lifestyle habits you will commit to for the next 45 days and write them below:

1. _____
2. _____

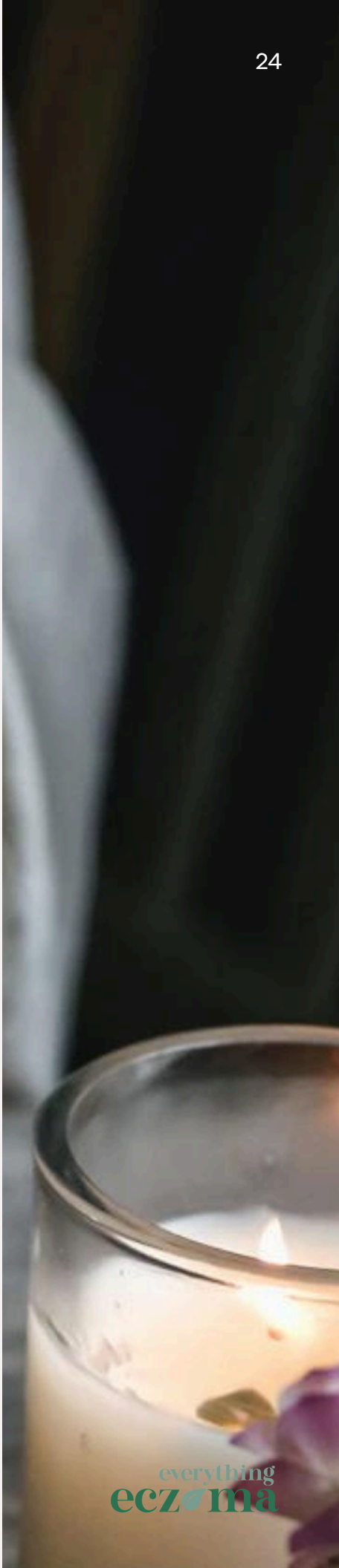
Pick 3 foods you will incorporate into your nutrition for the next 45 days and write them below:

1. _____
2. _____
3. _____

Remember, continue and carry over the habits and foods you chose from Phase 1 and 2.

Here are the improvements that you should notice from Phase 3:

- Deeper sleep
- Feeling more calm
- Redness is decreasing
- Waking up with energy
- Feeling more in control
- Waking up with few dry flakes
- Itching intensity is decreasing
- You are noticing that your pace is slowing down



what about supplements?

I know you are probably itching (pun intended!) to get some supplements and start healing.

But here's why I actually don't recommend it just yet...

supplements?

Supplements can play a supportive role in managing your eczema but timing, context, and personalization matter.

That's why this protocol does not include general supplement in the early stages.

Here's why
Everyone's body is different. Your health history, medications, allergies, digestion, stress, and inflammatory load all factor in how your body responds to supplements.

Recommending supplements broadly without knowing your full picture is actually a disservice, and in some cases, may worsen symptoms, trigger reactions, or add unnecessary stress to the body.

Instead of guessing, this protocol prioritizes:
- Foundational gut support through food
- Gentle detoxification via lymphatic movement and supportive foods
- Nervous system regulation to reduce inflammation at the root

These steps create a safer, more stable base before considering supplementation.

Supplements are best considered after:
- Digestion has improved
- Flare intensity has reduced
- Triggers are better understood
- The nervous system is more regulated

At this stage, supplements can be used strategically, rather than as a quick fix.

Why Broad Supplement Lists Can Be Harmful
You may have seen long lists of "must-take supplements for eczema" online. While well-intentioned, these lists often ignore:
- Medication interactions'
- Individual sensitivities and allergies
- The added burden on detox pathways
- Poor absorption due to gut inflammation

More is not always better, especially when the body is already under stress.

skincare product recommeondations

The next section is optional but can help your skin recover a little bit faster without any nasty side effects.

These products have been hand vetted and experimented by me personally on my own skin.

Most of these are natural based products with minimal ingredients and free from the most common allergens.

I hope one of these products brings you the same relief it brought me!

Remember to always patch test!

*This page does contains affiliate links which means, at no additional cost to you, if you purchase the product, I will receive a commission. These commissions help pay for website hosting, keeping it ad-free and to spread the word on clearing eczema! Affiliate products and commissions do not influence the products I recommend.

skincare product reommendations

I've probably tried hundreds of products over the course of my Eczema and TSW journey. After my own trial and error, these are the products that I still use today and recommend to my clients.

***All underlined titles have been hyperlinked for your convenience. So just click on the links!**



jojoba oil

Jojoba oil closely mimics the skin's natural oils, helping to deeply moisturize while supporting the skin barrier. It soothes dryness and irritation without clogging pores, making it ideal for sensitive, eczema. With regular use, skin often feels softer, calmer, and more balanced.



dead sea salt baths

Dead Sea salt is rich in minerals that help soothe inflammation, reduce itchiness, and support skin healing. When used in baths or soaks, it can help soften rough patches, calm irritated skin, weeping and oozing skin. Many people find it promotes a cleaner, more comfortable skin feel without harsh ingredients.



santevia bath filter

The Santevia bath filter helps reduce chlorine and other harsh contaminants that can irritate eczema. By softening bath water, it supports the skin barrier and helps prevent dryness after bathing. This allows your skin to feel calmer, more hydrated, and less reactive.

skincare product reommendations



rough skin soothing balm

Rough Skin Balm helps prevents moisture loss by creating a protective film on your skin. It protects, relieves and soothes dry skin. It protects, relieves and soothes dry skin. Great for wet/oozing eczema.

15% Discount Code: EverythingEczema



everbella body butter

This rich, hydrating body butter is specially formulated to provide intense moisture to dry scaly patches of skin. Its luxurious formula melts into the skin, creating a protective barrier that helps to repair and revive dry, and damaged skin.

20% Discount Code: KISHOK20



mags skin deodorant

MAGS Skin is the first ever clinically tested deodorant made for eczema prone and sensitive skin. This natural spray deodorant delivers 24 hour odor protection without aluminum, baking soda, alcohol, or fragrance.

15% Discount Code: EVERYTHINGECZEMA

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skincare product reommendations



derma E shampoo

Derma E shampoo gently cleanses the scalp without stripping natural oils, making it suitable for sensitive or eczema-prone skin. It helps reduce dryness, itchiness, and irritation while supporting a healthier scalp environment. With regular use, hair and scalp feel cleaner, calmer, and more balanced.



shoosha soap

Shoosha is a Certified Organic cleanser made with skin-supportive botanicals and plant-based ingredients. This wash has aloe, calendula, and vegetable glycerin to soothe irritation and lock in moisture. Free from synthetic preservatives, fragrances, & harsh chemicals.

15% Discount Code: everythingeczema15



eczema mittens

The mittens provide a protective layer, preventing unconscious scratching and further damage to the skin during sleep. Made with Tencel, the sleeves are soft, breathable, and gentle on sensitive skin, providing exceptional comfort for the wearer.

Code: EVERYTHING-ECZEMA

***All underlined titles have been hyperlinked for your convenience. So just click on the links!**

skincare product reommendations



st francis calendula salve

Calendula salve helps soothe irritated, inflamed skin while supporting the skin's natural healing process. It provides gentle moisture and comfort for dry, cracked, or sensitive areas without harsh ingredients.



santevia drinking water filter

This filter helps remove chlorine and contaminants while remineralizing your water with essential minerals. Better-quality water supports hydration, digestion, and overall skin health from the inside out. Staying properly hydrated can help skin feel more balanced, supported, and resilient over time.



nellie's laundry detergent

Nellie's laundry detergent cleans effectively without added fragrances or harsh chemicals that can irritate sensitive skin. It helps reduce skin reactions caused by detergent residue on clothing and bedding. This creates a gentler, more supportive environment for eczema-prone skin day to day.

***All underlined titles have been hyperlinked for your convenience. So just click on the links!**

what about histamine?

Histamine is a naturally occurring chemical your body produces and also takes in through food. It plays an important role in your immune response, digestion, and even brain function. So the goal is never to eliminate it entirely.

The issue arises when your body can't break it down fast enough. An enzyme called DAO (diamine oxidase) is responsible for clearing histamine. When DAO is low, often due to gut damage, nutrient deficiencies, or inflammation, histamine builds up and can trigger or worsen eczema flares, hives, and itching.

A short-term low-histamine approach can give your gut and immune system breathing room to recover, but it's a tool, not a life sentence. As you heal your gut lining, support your liver, and reduce your overall toxic load, your histamine tolerance naturally improves. Most people are able to reintroduce many foods, in moderation, without issue.

So below is a list of high histamine foods, **not to fear**, but to keep in the back of your mind to consume in moderation or temporarily take a break from.

Top 25 High-Histamine Foods to Be Aware Of:

Aged & Fermented Dairy
Aged cheeses
Yogurt
Sour cream & buttermilk
Kefir

Alcohol
Red wine
Beer
White wine & champagne
All other alcohol

Processed Meat
Deli & cured meats
Smoked fish & meats
Bacon

Fermented Foods
Sauerkraut
Kimchi
Kombucha
Miso
Tempeh
Soy sauce

Condiments
Ketchup
Mustard
Mayo

Fruits
Strawberries
Citrus fruits
Pineapple
Banana

Fish & Seafood
Canned fish
Shellfish

Vegetables
Tomatoes
Spinach
Eggplant

eczema grocery list

This list is a starting point, not a set of rules. If it feels like a lot has been taken away, I want you to shift that lens. There is so much nourishing foods available to you. Every item here is anti-inflammatory, low-histamine, and gut-supporting, chosen to work with your body instead of against it. Use this as your foundation and build from there.

Vegetables

- Zucchini
- Sweet potato
- Broccoli
- Asparagus
- Beets
- Leafy greens (arugula, kale, Swiss chard) Cucumber
- Carrots
- Celery
- Peas
- Garlic
- Onions

Healthy Fats

- Extra virgin olive oil
- Coconut oil
- Flaxseeds
- Hemp seeds
- Pumpkin seeds
- Grass-fed butter
- Chia seeds
- Ghee

Protein

- Wild-caught white flesh fish
- Chicken breast (organic)
- Chicken thighs (organic)
- Turkey
- Lamb
- Organic pasture-raised Beef
- Eggs (if tolerated)

Dairy

- Organic whole milk
- Fresh ricotta
- Coconut milk
- Oat milk
- Coconut yogurt

Herbs & Spices

- Turmeric
- Ginger
- Fresh basil
- Fresh cilantro
- Oregano
- Thyme

Carbs & Grains

- Quinoa
- Brown rice
- Gluten-free oats
- Millet
- Buckwheat

Fruits

- Blueberries
- Apples
- Pears
- Mango
- Watermelon
- Figs
- Grapes
- Peaches

Beverages

- Water
- Chamomile Tea
- Peppermint Tea
- Rooibos Tea
- Hibiscus Tea
- Nettle Leaf Tea
- Oolong Tea
- Burdock Root Tea



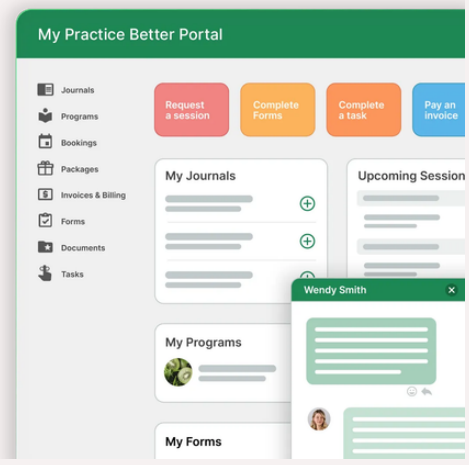
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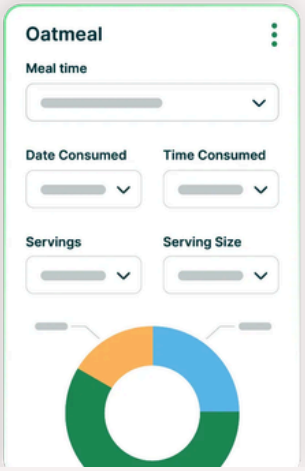
As a guide owner, you get complimentary access to the same PracticeBetter portal I use with my 1:1 Coaching clients, so you're never navigating this alone.

Benefits:

- **Food Journal**
  - Log what you eat and start connecting food patterns to how your skin responds
- **Symptom Tracker**
  - Track sleep, water intake, digestion, and skin, all in one place, every day.
- **Progress Photos**
  - Upload skin photos over time so you can actually see the progress you might otherwise miss.
- **Weekly Progress Tracking**
  - Weekly form delivered to your inbox to help you track your progress

- **Book your complimentary consultation** 30 days after you start your journey
- Access will automatically be emailed to you!





practice better





The Holistic Eczema Reset Program

This blueprint is designed to help you build strong foundations and create meaningful change. However, if after 90 days you're not seeing the progress you hoped for, it doesn't mean you've failed.

It simply means your body may need a more personalized, strategic approach.

At that point, deeper support can make a significant difference.

- A comprehensive nutritional assessment
- Targeted, individualized supplementation
- Weekly 1:1 coaching and guidance

This become essential in uncovering your specific root causes and barriers to healing.

With personalized support from a Certified Eczema Nutritional Practitioner (me!), you'll receive a customized plan tailored to your unique skin history, lifestyle, stress levels, gut health, and goals. So nothing is left to guesswork.

The great new is, if you've been using the PracticeBetter app consistently to track your journey, I would already have a better picture of what we need to work on next.

If you are finally ready to make the leap into a coaching program to get your eczema cleared up and live your best life, please book a Free Eczema Reset Chat so I can see how I can help you.

my story



I've had eczema since I was seven years old. I was immediately put on topical steroids along with itching and sleep medications.

I was sent to a handful of Specialists and Derms who all said the same thing. They put me on different medications with varying dosages.

My parents tried everything they could to find alternative medicine to help heal my skin.

We tried homeopathy, ayurveda, acupuncture, naturopaths and anything else you can think of. Nothing really worked. When we finally found someone who could help, at the same time, I was told to immediately stop steroid creams. At this point in time, my eczema became so severe and I had to take time off school and work.

After researching the symptoms online, it finally hit us...I was now going through topical steroid withdrawal symptoms (TSW). My Alternative Medicine practitioner at the time did not know what I was going through was TSW, but still supported me.

My Dr wasn't aware of TSW either and chalked it up to severe eczema. My Dr also wanted me to go back on these medications to get it under control and then figure out the next steps. But I said no and vowed to never go back on topical steroids.

After a few years of experimenting on myself with diets, supplements, creams and other treatments, I was finally able to get to a place where I no longer dealt with topical steroid symptoms and my eczema was finally under control.

My lifelong experience with Eczema and TSW led me on the path to natural and holistic healing and now I'm a Certified Nutritional Practitioner (CNP).

I now work with clients all over the world to guide, coach and support them on their own healing journey. So no one ever has to go through what I went through and no Eczema/TSW warrior has to feel alone on this healing journey.

Now let's jump into why you are here!

contact me

If you have any more questions about eczema, topical steroid withdrawal, holistic healing or the coaching program, please contact me through my website, email or instagram below!



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