

# NURTURING *Healthy Skin*

A HOLISTIC GUIDE FOR MANAGING  
CHILDHOOD ECZEMA

17 FEBRUARY 2025





# HEALTH GOALS AND TREATMENT FOCUS

## Health Goals

- Reduce frequency and severity of eczema flare-ups
- Improve skin barrier function
- Support optimal gut health and immune function
- Identify and eliminate trigger factors
- Establish healthy skincare routines
- Create a skin-friendly home environment

## Treatment Aims

- Identify and remove triggers through systematic monitoring
- Support gut health to regulate immune function
- Reduce inflammation through diet and supplementation
- Enhance skin barrier function
- Create sustainable, child-friendly skincare routines



# DIETARY RECOMENDATIONS

## *Key Foods to Include*

### ☀ **Skin-Supporting Foods:**

1. Vitamin C rich foods: berries, kiwi, sweet potato, broccoli
2. Essential Fatty Acids: avocado, salmon, herring, mackerel, sardines, ground chia seeds, ground flaxseeds (2 tsp daily), hemp seeds
  - **Please be mindful of bones when feeding little ones fish**
3. Gut-healing foods: bone broth, stewed apples, well-cooked legumes

### ☀ **Immune-Supporting Foods:**

1. Probiotic-rich foods: yogurt, kefir (if tolerated)
2. Prebiotic foods: cooked onions, bananas, stewed apples
3. Zinc-rich foods: pumpkin seeds (ground), chicken, turkey

Recipies incorporating these recommendations will follow





# DIETARY RECOMENDATIONS

## *Foods to Monitor*

- Keep a detailed “Daily Eczema Tracking Sheet” (attached today) to identify any patterns between foods and skin reactions and/or food intolerances.
- Take note of any changes in skin condition after meals
- Pay special attention following eating
  - Processed foods
  - Artificial colors
  - Added sugars
  - Dairy products
  - Gluten containing foods

*Remember the results of this tracking doesn't automatically suggest removing foods altogether it may just mean we reduce certain foods for a period of time to see if it makes a positive difference.*





# LIFESTYLE RECOMMENDATIONS

## Bath Time Routine

- Use lukewarm water only (test with inside of wrist)
- Keep bath time to 5-10 minutes maximum
- Prepare "oat sock":
  - Take a clean stocking foot
  - Add a handful of oats
  - Tie securely at the top
  - Soak in bath for 10-15 minutes before bathing
  - Use like a natural soap, gently massaging over skin
  - Replace daily with fresh oats
- Pat dry gently with soft cotton towel
- While skin is still slightly damp:
  - Apply Weleda Rash Relief Cream to affected areas
    - Once skin becomes less inflamed and irritated we will transition to Weleda Baby Intensive Body Cream Calendula

*Tip: Keep several stocking feet ready for the week ahead*

## Environmental Controls

- Use hypoallergenic laundry detergent (Cold Power Sensitive has been the winner in my own household)
- Wash clothes/towels after each use
- Change bedding twice weekly
- Choose 100% cotton clothing and bedding
- Keep fingernails short
- Remove irritating clothing tags



# LIFESTYLE RECOMMENDATIONS

## Managing Home Environment

1. Keep room temperature moderate (18-22°C)
2. Regular vacuuming (with HEPA filter if possible)
3. Dust with damp cloth at least weekly
4. Remove shoes at door
5. Maintain optimal humidity (40-50%):

### ✨ Understanding Humidity Options

#### **a) Use a Humidifier, especially during very dry weather.**

##### Humidifier Benefits

- Provides consistent moisture levels
- Supports skin barrier function
- Reduces nighttime itching
- Helps create optimal sleeping environment
- Allows precise control of humidity levels

**Or**

#### **b) Use The Natural Water Bowl Method**

- Place 1-2 medium-sized ceramic or glass bowls (avoiding using plastic bowls) of water (about 4 cups each) in main living areas and bedroom
  - **Keep bowls out of reach of little ones**
  - Position near (not on) heat sources
  - Refresh water daily
  - Perfect for gentle background humidity

**Consider using a humidity monitor** (inexpensive from hardware stores)

### 🌿 Signs Your Humidity is Just Right (40-50%)

#### **Look for these positive indicators:**

- Comfortable, less itchy skin
- Easy, natural breathing
- No window condensation
- Minimal static electricity
- Healthy-looking houseplants (if you have any)



# LIFESTYLE RECOMMENDATIONS

## *Managing Home Environment Continued*

### **Warning signs of excess humidity:**

- Window condensation
- Musty odors
- Damp feeling
- Water stains
- Mould spots

### **Signs you need more humidity:**

- Increased eczema symptoms
- Static electricity
- Dry, itchy skin
- Cracking wooden furniture

### **Seasonal Adjustments**

#### **Autumn**

- Gradually increase as heating starts
- Monitor temperature changes
- Check windows for condensation

#### **Winter**

- Highest humidity support needed
- More frequent humidifier use
- Watch cold surface condensation

#### **Spring**

- Monitor outdoor humidity
- Reduce on rainy days
- Deep clean equipment

#### **Summer**

- Less artificial humidity needed
- Focus on temperature
- Consider nighttime-only use

### **Tips for Success**

#### **Placement**

- Keep humidifiers 3 feet from beds
- Ensure good air circulation
- Position water bowls safely out of reach

### **Maintenance**

- Clean equipment regularly
- Use filtered water when possible
- Empty and dry when not in use
- Refresh water bowls daily



# LIFESTYLE RECOMMENDATIONS

## Managing Home Environment Continued

### Monitoring

- Use a humidity monitor if you have one
- Watch your child's skin response
- Check window condensation
- Observe indoor plant health (if you have them)

*Remember: Creating the right environment is a gentle journey of observation and adjustment. Trust your instincts and watch how your little one responds to find what works best in your home.*

## SUPPLEMENT RECOMMENDATIONS

| When    | Supplement & Dosage   |
|---------|---|
| Anytime | <b>Spectrumceuticals</b> Infant and Child Flora <ul style="list-style-type: none"><li>• 2 level scoops (1 g) once daily with water, milk or even room temperature or cooler food; Consume immediately</li></ul> |



# You've got this!

If you have any questions regarding your treatment plan, please email me at [wellness@janayakarlocinaturopath.com.au](mailto:wellness@janayakarlocinaturopath.com.au).

This guide complements but doesn't replace any medical advice.  
Always keep your healthcare team informed of your wellness journey.

If you feel unwell at any point, become pregnant or start taking new medication(s)/supplementation(s), please stop taking your prescribed supplements and contact me ASAP at 0415 575 788 AND seek urgent medical attention if required.

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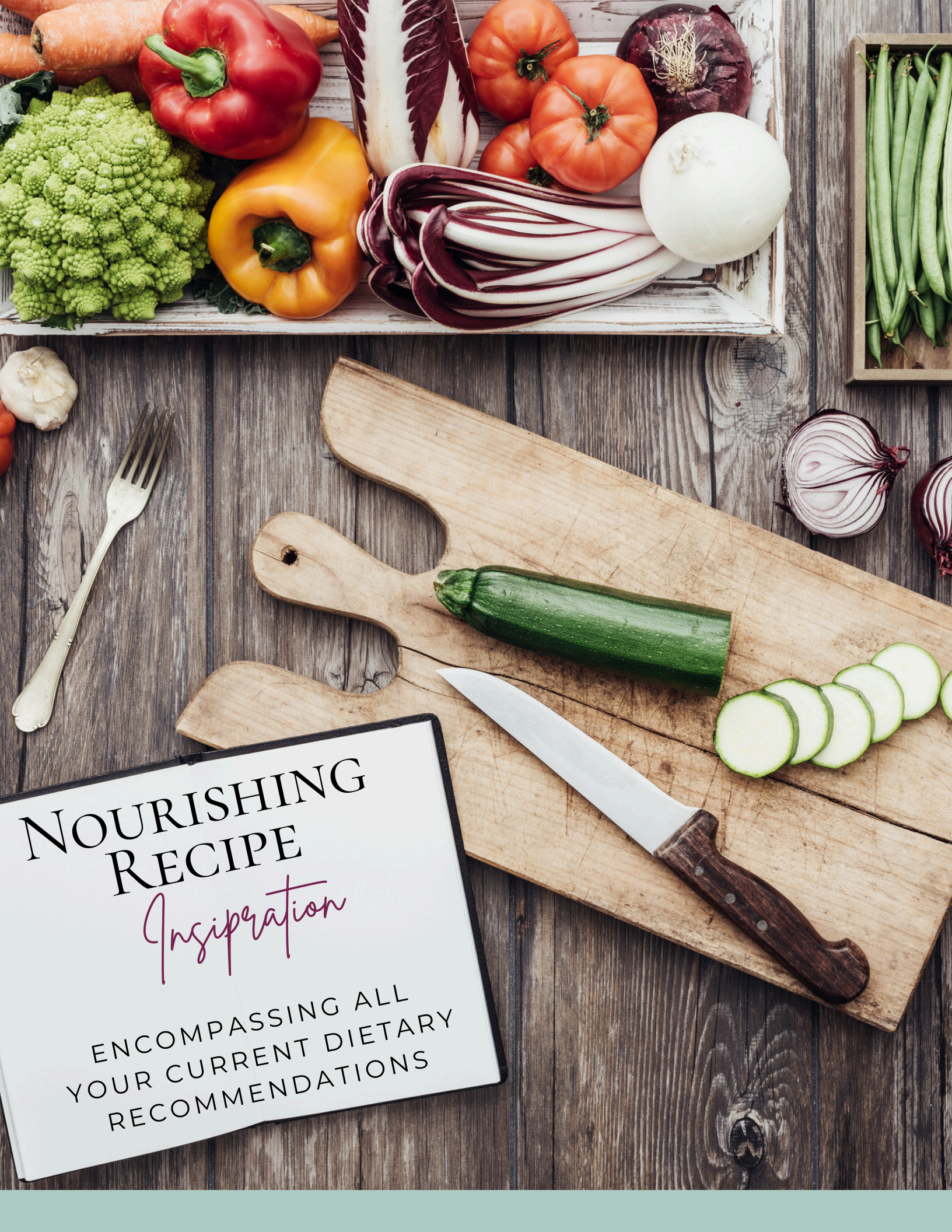


JANAYA  KARLOCI  
Naturopath

While this concludes your official treatment plan - please continue reading for nourishing recipes which encompass all of the dietary recommendations made to you in this treatment plan; followed by more information explaining the 'why' behind each recommendation.

Sharing knowledge is a cornerstone of how I support my clients' wellness journeys.





# NOURISHING RECIPE

*Inspiration*

ENCOMPASSING ALL  
YOUR CURRENT DIETARY  
RECOMMENDATIONS



# Breakfast



## RAINBOW CHIA PUDDING

Prep time: 5 mins (plus overnight soaking)

Serves: 1 toddler

### INGREDIENTS

- 2 tablespoons chia seeds
- ½ cup coconut milk
- ¼ mashed banana
- ¼ cup mixed berries
- 1 teaspoon ground flaxseed

### DIRECTIONS

- Mix chia seeds and coconut milk the night before
- Add mashed banana
- Refrigerate overnight
- Top with berries and ground flaxseed

### NUTRITIONAL BENEFITS

Omega-3: 4.5g / Fiber: 8g / Protein: 5g / Vitamin C: 15mg / Calcium: 200mg  
/ Iron: 3mg

Therapeutic Properties:

- Chia seeds support skin barrier function
- Berries provide antioxidant protection
- Coconut milk offers anti-inflammatory fats



# Breakfast



## HEALING QUINOA PORRIDGE

Prep time: 20 mins

Serves: 1 toddler

### INGREDIENTS

- ¼ cup quinoa, rinsed
- ½ cup coconut milk
- ¼ cup water
- ½ small apple, stewed
- 1 teaspoon ground pumpkin seeds
- Pinch of cinnamon

### DIRECTIONS

- Combine quinoa, coconut milk, and water
- Simmer for 15-20 minutes until creamy
- Top with stewed apple, seeds, and cinnamon

### NUTRITIONAL BENEFITS

Protein: 6g / Fibre 6g / Iron: 2.5mg / Zinc: 2mg / Magnesium: 60mg

Therapeutic Properties:

- Complete protein for skin repair
- Stewed apple supports gut healing
- Pumpkin seeds provide zinc for skin health



# Breakfast

## GREEN SMOOTHIE BOWL

Prep time: 5 mins

Serves: 1 toddler



### INGREDIENTS

- ½ banana
- ¼ avocado
- 1 handful baby spinach
- ¼ cup coconut water
- 1 tablespoon ground chia seeds
- Optional: 1 teaspoon honey (if over 12 months)

### DIRECTIONS

- Blend all ingredients until smooth
- Serve in a bowl with toppings

### NUTRITIONAL BENEFITS

Healthy fats: 12g / Vitamin C: 35mg / Vitamin E: 4mg / Potassium: 450mg  
/ Magnesium: 60mg

Therapeutic Properties:

- Avocado supports skin barrier
- Spinach provides anti-inflammatory nutrients
- Coconut water for hydration



# Lunch & Dinner



## GENTLE CHICKEN & RICE BOWL

Prep time: 25 mins

Serves: 1 toddler

### INGREDIENTS

- ¼ cup brown rice
- 50g poached chicken breast, shredded
- ¼ cup butternut squash, steamed
- ¼ avocado
- 1 tablespoon bone broth

### DIRECTIONS

- Cook rice in bone broth
- Steam squash until soft
- Combine with shredded chicken
- Add diced avocado

### NUTRITIONAL BENEFITS

Protein: 15g /Complex carbs: 20g /Healthy fats: 8g /Zinc: 3mg / Vitamin A: 4000IU

Therapeutic Properties:

- Bone broth supports gut healing
- Squash provides vitamin A for skin
- Protein supports tissue repair



# Lunch or Dinner



## NOURISHING SALMON PATTIES

Prep time: 20 mins

Serves: 2-3 toddler portions

### INGREDIENTS

- 100g wild salmon, cooked and flaked
- 1 small sweet potato, mashed (about ½ cup)
- 1 tablespoon ground chia seeds
- 1 tablespoon fresh herbs (parsley or dill)
- Pinch of sea salt (optional)

### DIRECTIONS

- Mix all ingredients in a bowl
- Form into small patties
- Cook gently in coconut oil until golden
- Serve with steamed vegetables

### NUTRITIONAL BENEFITS

Omega-3: 1.8g / Protein: 12g / Vitamin D: 400IU / Vitamin A: 3000IU / Zinc: 2mg

Therapeutic Properties:

- Rich in skin-supporting omega-3s
- Sweet potato provides beta carotene
- Herbs offer gentle antimicrobial support



# Lunch or Dinner

## HEALING LENTIL PASTA

Prep time: 15 mins

Serves: 2 toddler portions



### INGREDIENTS

- ½ cup red lentil pasta
- ¼ cup bone broth
- ½ cup butternut squash/pumpkin, pureed
- 1 tablespoon olive oil
- Pinch of herbs (oregano/basil)

### DIRECTIONS

- Cook pasta according to instructions
- Blend squash with bone broth
- Combine with pasta and oil
- Add herbs

### NUTRITIONAL BENEFITS

Protein: 8g / Iron: 4mg / Fibre: 6g / Vitamin A: 4000IU / Zinc: 2mg

Therapeutic Properties:

- Bone broth supports gut healing
- Lentils provide gentle protein
- Squash/Pumpkin offers vitamin A for skin repair



# Lunch or Dinner



## HEALING CHICKEN SOUP

Prep time: 30 mins + broth

Serves: 4 toddler portions

### INGREDIENTS

- 1 cup homemade bone broth - see next page
- 100g shredded chicken
- ½ cup mixed soft-cooked vegetables
- ¼ cup brown rice
- Fresh herbs (parsley/thyme)

### DIRECTIONS

- Cook rice in bone broth
- Add vegetables until tender
- Add shredded chicken
- Finish with fresh herbs

### NUTRITIONAL BENEFITS

Protein: 10g / Gelatin: 2g / Zinc: 2mg / Iron: 2mg / B vitamins: 15% DV

#### Therapeutic Properties:

- Bone broth supports gut and skin healing
- Gelatin supports tissue repair
- Herbs provide gentle immune support



# Healing Bone Broth Recipe

*A gentle, nutrient-rich broth to support your little one's skin and gut health*



## INGREDIENTS

- 1kg organic chicken bones (backs, necks, feet if available)
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 1 onion, quartered
- 2 garlic cloves, crushed
- 1 tbsp apple cider vinegar (helps extract minerals)
- 2 bay leaves
- Fresh herbs (parsley, thyme)
- Filtered water to cover

## DIRECTIONS

Preparation (10 minutes)

- Rinse bones thoroughly
- Roughly chop vegetables
- Place all ingredients in a large pot or slow cooker
- Add apple cider vinegar
- Cover with filtered water

Cooking Process

- Slow Cooker Method:
  - Cook on low for 18-24 hours
  - Add herbs in final 30 minutes
- Stovetop Method:
  - Bring to gentle boil
  - Reduce to very low simmer
  - Cook for 12-18 hours
  - Add herbs in final 30 minutes

Straining & Storage

- Strain through fine-mesh strainer
- Cool completely
- Remove any fat layer if desired
- Store in glass jars
- Keeps 5 days in fridge
- Freezes well for 3 months



# NUTRITIONAL BENEFITS

Per 1 cup (240ml) serving:

Protein: 6-8g / Collagen: 3-4g / Glycine: 1.2g / Proline: 0.8g / Glutamine: 0.6g

Minerals: Calcium, Magnesium, Phosphorus, Silicon

## **Therapeutic Properties**

### 1. Skin Support

- Rich in collagen for skin elasticity
- Provides building blocks for skin repair
- Supports natural moisture barrier

### 2. Gut Health

- Gelatin soothes digestive tract
- Supports gut lining integrity
- Provides easily absorbed nutrients

### 3. Immune Support

- Amino acids support immune function
- Anti-inflammatory properties
- Minerals support overall health

## **Tips for Success**

- Use a variety of bones for optimal nutrient profile
- Always start with cold water
- Keep temperature low - gentle bubbling only
- Strain carefully for clear broth
- Cool completely before refrigerating

## **Usage Guidelines for Little Ones**

- Start with small amounts (1-2 tbsp)
- Can be used in cooking rice/quinoa
- Add to soups and stews
- Mix into mashed vegetables
- Use as base for gravies


## **Storage Notes**

### **Refrigerator**

- Store in glass jars
- Use within 5 days
- Remove fat layer if desired

### **Freezer**

- Freeze in ice cube trays for portions
- Store frozen cubes in freezer bags
- Label with date
- Use within 3 months

Remember: This healing broth is a foundation of many nurturing recipes in your little one's diet. Make it with love and intention for optimal healing benefits. 





## ADDITIONAL TIPS

### **Food Preparation**

- Make bone broth in large batches and freeze
- Cook extra protein for easy meals
- Steam vegetables until very soft
- Use herbs liberally for flavor and healing
- Store meals in glass containers

### **Serving Suggestions**

- Keep portions small and manageable
- Make meals colorful and appealing
- Serve at room temperature
- Include a variety of textures
- Make mealtimes calm and enjoyable

### **Weekly Prep Guide Suggestion**

- Sunday:
  - Make bone broth
  - Cook basic proteins
  - Prepare base vegetables
- Mid-week:
  - Refresh bone broth
  - Cook fresh proteins
  - Steam new vegetables



# MORE INFORMATION

*For you*

Explaining the 'why' behind each recommendation because the sharing of knowledge a cornerstone of how I support you





## WHY THE RECOMMENDED FOODS?

- Vitamin C supports collagen production and skin healing
- Essential fatty acids
  - Help maintain skin barrier
  - Support natural anti-inflammatory processes
  - Essential for eye health and development
  - Support healthy brain development
- Gut-Healing foods
  - **Bone Broth:** Rich in collagen and amino acids that help repair the gut lining and reduce inflammation, supporting both digestive and skin health.
  - **Stewed Apples:** Contains pectin that acts as a gentle prebiotic, feeding beneficial gut bacteria while providing easily digestible nutrients for healing.
  - **Well-cooked Legumes:** Provide gut-healing amino acids and fiber that support beneficial bacteria growth, while being gentle on the digestive system in their well-cooked form.

## WHY THE RECOMMENDED BATHING PRACTICES

The gentle bathing protocol works with your little one's skin to promote healing:

### ✦ Lukewarm Water

- Hot water can trigger histamine release
- Lukewarm water preserves natural skin oils
- Helps maintain skin barrier function

### ✦ Time Limit (5-10 minutes)

- Prevents excessive moisture loss
- Reduces risk of skin barrier disruption
- Keeps little ones from getting chilly

### ✦ Oat Bath Magic

- Contains beta-glucans that calm inflammation
- Natural saponins provide gentle cleansing
- Provides protective colloid coating on skin
- Supports skin pH balance

### ✦ Pat Dry Method

- Prevents mechanical irritation
- Leaves slight moisture for better cream absorption
- Protects delicate skin barrier



## WHY THESE ENVIRONMENTAL CONTROL RECOMMENDATIONS

Creating a skin-friendly environment helps prevent flares:

### ✦ Hypoallergenic Laundry Care

- Reduces exposure to harsh chemicals
- Prevents residue buildup on clothing
- Minimises skin irritation triggers

### ✦ Cotton Clothing & Bedding

- Allows skin to breathe
- Reduces sweating and overheating
- Natural fibers minimise irritation
- Absorbs excess moisture

### ✦ Frequent Washing

- Removes allergens and irritants
- Prevents bacterial overgrowth
- Reduces exposure to dust mites

♥ Remember: These practices work together synergistically to create an environment where your little one's skin can heal and thrive. Each element supports the others, creating a comprehensive approach to managing eczema naturally.

## WHY THESE HOME ENVIRONMENTAL RECOMMENDATIONS

Your home environment plays a crucial role in skin health:

### ✦ Moderate Temperature

- Prevents excess sweating
- Reduces heat-related itching
- Supports comfortable sleep
- Maintains skin barrier function

### ✦ Optimal Humidity (40-50%)

- Prevents excess moisture loss from skin
- Reduces itch-scratch cycle
- Supports natural skin barrier repair
- Helps maintain skin hydration

### ✦ Regular Cleaning

- Removes environmental triggers
- Reduces allergen exposure
- Creates a healing environment
- Supports overall skin health



# The Science of Skin & Moisture

Our skin has a remarkable natural moisture barrier that helps keep our body healthy. Think of it like a protective blanket that:

- Keeps moisture locked in
- Helps prevent irritants from getting in
- Supports our skin's natural healing process

When we have eczema, this moisture barrier needs extra support. This is where a humidifier becomes your ally in healing.

## **How a Humidifier Helps**

- Natural Moisture Support
- Adds tiny water particles to the air
- Creates an environment where skin can retain moisture better
- Helps prevent the dry, tight feeling that can trigger itching

## **Barrier Function Support**

- Helps your child's skin maintain its natural moisture
- Supports the skin's ability to repair itself
- Reduces water loss from the skin during sleep
- Comfort Enhancement
- Makes breathing easier during sleep
- Creates a more comfortable environment
- Can help reduce nighttime itching



## WHY THESE RECOMMENDED SKINCARE PRODUCTS?

### **Weleda Rash Relief Cream**

This therapeutic cream combines a number of active ingredients working synergistically to support skin healing:

- Key Active Ingredients:
  - Echinacea purpurea: Supports immune function in skin
  - Calendula officinalis: Gentle anti-inflammatory and healing support
  - Urtica urens: Helps relieve itching
  - Hypericum perforatum: Supports skin repair
  - Chamomile: Calming and soothing
  - Zinc oxide: Creates protective barrier
  - Aloe vera: Cooling and hydrating
- Benefits:
  - Decreases prickling sensation associated with eczema
  - Reduces inflammation and irritation
  - Supports natural skin healing
  - Creates protective barrier

### **Weleda Baby Intensive Body Cream**

This gentle, nourishing cream is perfect for maintenance once acute symptoms improve:

- Key Ingredients:
  - Organic Calendula: Supports skin healing
  - Sesame Seed Oil: Rich in essential fatty acids
  - Lanolin: Creates protective barrier
  - Natural plant extracts: Gentle aromatic support
- Benefits:
  - Deeply moisturising without being heavy
  - Supports skin barrier function
  - Suitable for daily use
  - Free from synthetic preservatives
  - Creates feeling of comfort and security
  - Dermatologically tested for sensitive skin

♥ Why This Two-Step Approach? Using Rash Relief Cream during active flares provides intensive therapeutic support, while transitioning to the Intensive Body Cream maintains skin health and prevents future flares. This approach allows us to match the level of support to your little one's changing needs.



## WHY THE RECOMMENDED SUPPLEMENTS

### ☀️ Probiotic Support

This carefully selected probiotic formula provides:

- 12 billion CFUs of beneficial bacteria per gram
- 5 scientifically-researched strains including:
  - Lactobacillus rhamnosus GG (5 billion CFU)
  - Bifidobacterium animalis ssp. lactis (2 billion CFU)
  - Bifidobacterium breve M-16V (1 billion CFU)
  - Bifidobacterium longum BB536 (3 billion CFU)
  - Bifidobacterium infantis M-63 (1 billion CFU)

These specific strains work together to:

- Support healthy immune system function
- Maintain gut mucosal membrane health
- Help reduce mild eczema symptoms
- Support overall digestive comfort

Plus, it's free from common allergens and suitable for sensitive little ones!

*Remember that this is a holistic approach - each element supports the others.*

*The dietary changes support your supplement protocol, while the lifestyle practices enhance both.*

*Focus on gradual, sustainable changes rather than perfection.*