

NURTURING HEALTHY SKIN

Part 2

A HOLISTIC GUIDE FOR MANAGING
CHILDHOOD ECZEMA - PART 2

18 MARCH 2025



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PERSONALISED WELLNESS GUIDE

Prepared exclusively for: Rami Saba

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This confidential document contains personalised health recommendations based on individual assessment.

If found, please respect privacy and contact Janaya Karloci
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return.

HEALTH GOALS AND TREATMENT FOCUS

Health Goals

- Continue reducing frequency and severity of eczema flare-ups
- Further strengthen skin barrier function
- Continue supporting optimal gut health and immune function
- Continue identifying and eliminating trigger factors
- Refine Healthy Skincare Routine
 - Gently adapt skincare practices to honor healing progress
 - Transition from intensive treatment to nurturing maintenance
 - Continue supporting the skin's natural barrier function
- Maintain Optimal Home Environment
 - Preserve the established skin-supportive home environment
 - Make mindful seasonal adjustments to humidity, temperature, and cleaning practices
 - Adapt environmental controls as your little one's needs evolve
- Nurture Nervous System Balance
 - Introduce gentle, age-appropriate nervous system regulation practices
 - Support the mind-skin connection through playful mindfulness
 - Build foundations for lifelong emotional resilience

HEALTH GOALS AND TREATMENT FOCUS

Treatment Aims

- Continue identifying and removing triggers through systematic monitoring
- Support gut health to regulate immune function
- Reduce inflammation through refined diet and targeted supplementation
- Enhance skin barrier function through consistent care
- Evolve sustainable, child-friendly skincare routines that grow with your little one
- Cultivate Calm Through Playful Mindfulness
 - Introduce "Balloon Belly" breathing as a daily practice
 - Support the nervous system's role in skin healing
 - Empower both child and parents with simple regulation techniques

DIETARY RECOMENDATIONS

Key Foods to Include

KEEPING THIS THE SAME

☀️ **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**
 - **Maintain the excellent omega-3 intake through chia pudding**
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

New recipes incorporating these recommendations will follow



Australian Dietary Guidelines For Reference

For a young child (2-3 years):

- Grain (cereal) foods: 4 serves daily
- Vegetables: 2.5 serves daily
- Fruit: 1 serve daily
- Dairy: 1.5 serves daily
- Lean meats and alternatives: 1 serve daily
- Healthy fats: Small amount

IDENTIFYING POSSIBLE CONTRIBUTING FACTORS

Thank you for completing the “Daily Eczema Tracking Sheet” between our first and second session. After careful analysis these were the key findings:

1. **Eczema Patterns:**

- Redness behind knees/elbows appears more frequently on days with higher wheat/gluten consumption
- Feb 26 shows increased redness with introduction of prawns (potential seafood sensitivity - this is worth keeping an eye on too, on the basis that he doesn't eat seafood often).
- Days with multiple high-histamine foods tend to correlate with more skin symptoms
- No obvious symptom flares with dairy consumption alone

2. **Food Frequency Patterns:**

- Chia pudding consumed almost daily (excellent omega-3 source) - **keep this up if you can.**
- Consistently high dairy intake (3-4 serves daily, exceeding guidelines .
- Gluten-containing foods at most meals (3-4 serves daily)
- Good fruit variety but vegetable intake appears lower than recommended
- Frequent banana consumption without apparent correlation to symptoms (note the riper the banana the higher the histamine levels)
- Weetbix appears in the "patterns noticed" section on the weekly review

IDENTIFYING POSSIBLE CONTRIBUTING FACTORS

3. **Environmental Factors:**

- Swimming lessons and water play noted on days with dry/crusty skin
- Higher humidity days tend to correlate with better skin appearance
- Temperature fluctuations noted on several symptom days

4. **Bowel Patterns:**

- More loose stools (Types 5-7) often follow days with higher gluten intake
- Constipation not observed during the tracking period

Next Step

Between this/ our second and our next/ third session - I want to take this a little further by asking you to undertake a more specific Food Sensitivity Activity (attached) as a gentle approach to exploring potential food sensitivities that may be contributing to Rami's eczema flares.

✨ **Why This Matters**

Our bodies communicate with us through symptoms, and Rami's eczema may be offering important clues about underlying food sensitivities. Rather than viewing this as a restrictive process, we're embarking on a journey of discovery that can bring lasting comfort to your child.

IDENTIFYING POSSIBLE CONTRIBUTING FACTORS

A Compassionate Approach

The attached Food Sensitivity Tracking Worksheet offers a practical, family-friendly way to observe patterns between certain food categories and your child's skin responses. This isn't about finding "bad foods" but rather understanding your child's unique biology and needs.

What to Expect

This exploration process will:

- Focus on one food category at a time (much more manageable!)
- Help identify patterns rather than isolated reactions
- Provide valuable insights without disrupting your family routine
- Give us concrete information to guide our next steps
- Potentially reduce eczema flares and improve overall comfort

LIFESTYLE RECOMMENDATIONS

Bath Time Routine

WE'RE MAKING SOME SLIGHT CHANGES - HIGHLIGHTED IN PURPLE

- Use lukewarm water only (test with inside of wrist)
- Keep bath time to 5-10 minutes maximum
- Prepare "oat sock":
 - Soak in bath for 10-15 minutes before bathing
 - Use like a natural soap, gently massaging over skin
 - Replace daily with fresh oats
- If not using the oat sock or if dirty use Weleda Shampoo and Body wash as Rami's soap
- To support the dryness on Rami's scalp, use the Weleda Shampoo and Body wash to wash his hair
- Pat body dry gently with soft cotton towel
- While skin is still slightly damp, no longer than 3 minutes after patting.
 - Apply Weleda Rash Relief Cream to affected areas if required and/or Weleda Baby Intensive Body Cream Calendula to the rest of the body.
 - Only use Weleda Rash Relief Cream if an when it is required.

LIFESTYLE RECOMMENDATIONS

Before swimming lessons or water play:

- If necessary apply a thin, even layer of “My Swim Cream - INTENSIVE” barrier cream ([available only via this link](#)) to vulnerable areas about 15-20 minutes before water exposure
- Focus on current eczema patches, problem areas, and skin folds
- Ensure it's absorbed enough to not easily wash away immediately

For Water Play Specifically:

- Limit water play sessions to reasonable durations (max 30 minutes)
- Rinse with clean water after play if the water source contains potential irritants
- Ensure thorough but gentle drying afterward, paying special attention to skin folds
- Change out of wet clothes promptly
- Apply Weleda Rash Relief Cream to affected areas if required and Weleda Baby Intensive Body Cream Calendula to the rest of the body immediately after drying.

We don't want to eliminate water play, as this has important developmental benefits, but rather manage it to minimise skin irritation.

For Swimming Specifically:

After swimming, it's important to:

- Rinse chlorine off thoroughly with fresh water
- Pat dry gently rather than rubbing
- Apply Weleda Rash Relief Cream to affected areas if required and Weleda Baby Intensive Body Cream Calendula to the rest of the body immediately after drying.

LIFESTYLE RECOMMENDATIONS

Toddler-Friendly Breathing Activity:

Start implementing a regular playful way to calm the nervous system.

"Balloon Belly"

- Have your little one lie down in a comfortable position
- Place a small stuffed animal on their tummy
- Guide them to watch their "friend" rise as they breathe in deeply
- Then have them watch their "friend" gently fall as they breathe out
- Practice for 3-5 breaths daily

Parent Script:

"Let's see if we can give [stuffed animal's name] a gentle ride on your belly. Take a big breath in through your nose like you're smelling a flower... Now slowly breathe out through your mouth like you're cooling off hot soup."

I will text you these details, so you have them with you on your phone.

This gentle breathing practice helps little ones connect with their bodies while developing important self-regulation skills:

- Creates a natural moment of mindfulness
- Makes breathing visible and playful
- Introduces self-regulation in a child-friendly way
- Helps calm the nervous system before naps or bedtime
- Can be a special bonding ritual

LIFESTYLE RECOMMENDATIONS

Environmental Controls

Continue to:

- 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
- Maintaining the improved home environment, ensuring to adjust with the weather
 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%):

LIFESTYLE RECOMMENDATIONS

✨ Humidity Options

As we discussed in our session, history reconfirmed by the recent tracking activity provides compelling evidence that humidity levels may play a significant role in Rami's skin health. Your observant tracking revealed that higher humidity days consistently correlated with improved skin appearance.

Therefore, as the weather begins to cool and naturally becomes drier—especially indoors with heating systems running—maintaining optimal humidity becomes even more crucial for supporting the positive changes we're seeing in your little one's skin. This environmental support works hand-in-hand with our nutritional discoveries to create a truly healing environment. Therefore, please consider the following:-

a) Using a Humidifier, especially during very dry weather or when using indoor heating. 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

AND

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

LIFESTYLE RECOMMENDATIONS

Reminder of 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)

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

Especially important at the moment given we are about to enter the cooler weather.

Autumn

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

Spring

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

Winter

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

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

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	Spectrumceuticals Infant and Child Flora <ul style="list-style-type: none">• 2 level scoops (1 g) once daily with water, milk or even room temperature or cooler food; Consume immediately
Anytime	Herbs of Gold (Children's Fish I-Care) chewable <ul style="list-style-type: none">• 1 capsule twice daily dispensed straight into the mouth or in room temperature or cooler food and eaten straight away.

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.

You've got this!

If you have any questions regarding your treatment plan, please email me at 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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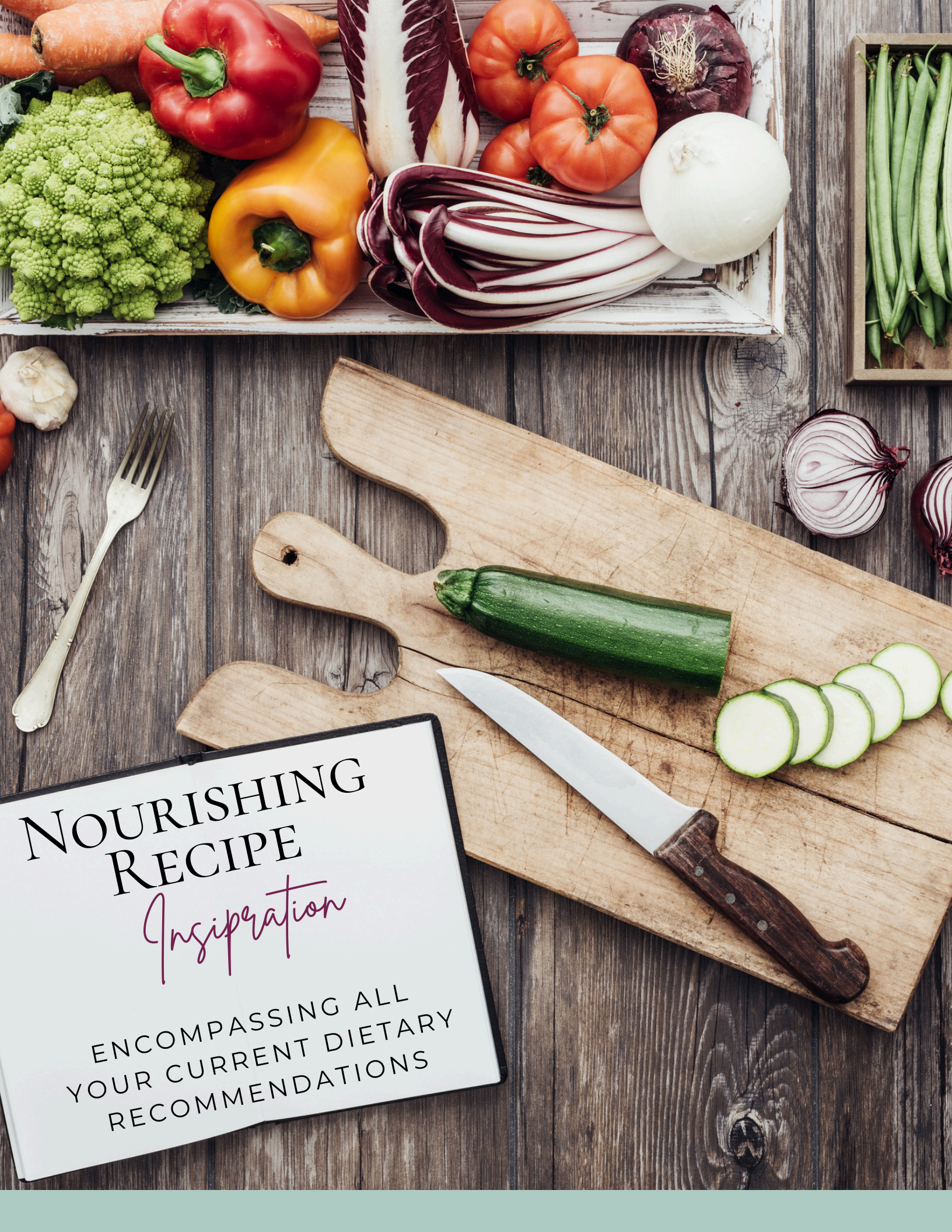
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Naturopath

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 your wellness journey.



NOURISHING RECIPE

Inspiration

ENCOMPASSING ALL
YOUR CURRENT DIETARY
RECOMMENDATIONS

Breakfast

RAINBOW YOGURT BOWL



Prep time: 5 mins

Serves: 1 toddler

INGREDIENTS

- ½ cup plain yogurt
- 1 tablespoon ground flaxseeds
- ¼ cup mixed berries
(blueberries, strawberries)
- ½ banana, sliced
- 1 teaspoon honey (if over 12 months)

DIRECTIONS

1. Add yogurt to a small bowl
2. Sprinkle ground flaxseeds
3. Top with fruits
4. Drizzle with honey if using

NUTRITIONAL BENEFITS

- Probiotics from yogurt support gut health
- Berries provide antioxidants and vitamin C
- Flaxseeds offer essential fatty acids
- Natural sweetness supports palatability

GLUTEN-FREE AND LOW HISTAMINE OPTION

Breakfast



SIMPLE OVERNIGHT OATS

Prep time: 5 mins (plus overnight soaking)

Serves: 1 toddler

INGREDIENTS

- ¼ cup rolled oats
- ½ cup coconut milk
- 1 teaspoon ground chia seeds
- ½ small apple, grated
- Pinch of cinnamon

DIRECTIONS

1. Mix all ingredients in a jar
2. Refrigerate overnight
3. Serve cold or warm slightly

NUTRITIONAL BENEFITS

- Gentle fiber supports digestive health
- Chia seeds provide omega-3 fatty acids
- Apple offers natural prebiotic fiber
- Cinnamon adds flavor without sugar

MODERATE / HIGH HISTAMINE

Note if you use certified gluten free oats, this could be a good breakfast option to try during the 2 week's you're testing for histamine

Lunch or Dinner

SWEET POTATO & CHICKEN BITES

Prep time: 15 mins
Serves: 2-3 toddler portions



INGREDIENTS

- 1 medium sweet potato, cooked and mashed
- 100g shredded cooked chicken
- 1 tablespoon ground flaxseeds
- Pinch of herbs (optional)

DIRECTIONS

1. Mix all ingredients in a bowl
2. Form into small patties
3. Bake at 180°C for 10 minutes or until warm
4. Serve with steamed vegetables

NUTRITIONAL BENEFITS

- Vitamin A from sweet potato supports skin health
- Protein from chicken aids tissue repair
- Flaxseeds provide anti-inflammatory omega-3s

GLUTEN-FREE AND LOW HISTAMINE OPTION

Lunch or Dinner

SIMPLE SALMON RICE BOWL

Prep time: 10 mins

Serves: 1-2 toddler portions



INGREDIENTS

- ¼ cup cooked brown rice
- 50g flaked cooked salmon
- ¼ avocado, diced
- 2 tablespoons cooked peas

DIRECTIONS

1. Combine all ingredients in a bowl
2. Serve at room temperature

Please be mindful of bones

NUTRITIONAL BENEFITS

- Omega-3 fatty acids from salmon
- Healthy fats from avocado
- Complex carbohydrates from brown rice
- Iron and vitamin C from peas

**GLUTEN FREE
MODERATE / HIGH HISTAMINE**

A good meal option to try during the 2 week's you're testing for histamine.

Lunch or Dinner

ONE-POT CHICKEN & VEGETABLE SOUP

Prep time: 15 mins
Serves: 4 toddler portions



INGREDIENTS

- 1 cup bone broth
- 80g cooked shredded chicken
- ½ cup mixed vegetables
(carrots, zucchini, sweet
potato)
- 2 tablespoons well-cooked rice

DIRECTIONS

1. Combine all ingredients in a small pot
2. Warm gently until heated through

NUTRITIONAL BENEFITS

- Bone broth supports gut healing
- Varied vegetables provide different nutrients
- Easy to digest for sensitive system

GLUTEN-FREE AND LOW HISTAMINE OPTION

Lunch or Dinner

MINI VEGETABLE FRITTATAS

Prep time: 15 mins
Serves: 4 toddler portions



INGREDIENTS

- 2 eggs
- 1 tablespoon coconut milk
- ¼ cup grated zucchini
(moisture squeezed out)
- ¼ cup grated sweet potato
- 1 tablespoon ground chia
seeds

DIRECTIONS

1. Mix all ingredients in a bowl
2. Pour into mini muffin tins
3. Bake at 180°C for 12-15 minutes

NUTRITIONAL BENEFITS

- Complete protein from eggs
- Fiber from vegetables
- Omega-3s from chia seeds
- Portable and easy to eat

GLUTEN FREE
MODERATE / HIGH HISTAMINE

A good meal option to try during the 2 week's you're testing for histamine.

Snacks



APPLE & SEED BUTTER

INGREDIENTS

- 1 small apple, sliced
- 1 tablespoon sunflower seed butter

DIRECTIONS

1. Arrange apple slices on a plate
2. Serve with seed butter for dipping

NUTRITIONAL BENEFITS

- Prebiotic fiber from apple
- Zinc and healthy fats from seed butter
- Quick source of energy

SIMPLE VEGGIE STICKS & AVOCADO MASH

INGREDIENTS

- ¼ avocado, mashed
- Cucumber sticks
- Steamed carrot sticks

DIRECTIONS

1. Mash avocado in a small bowl
2. Arrange vegetable sticks for dipping

NUTRITIONAL BENEFITS

- Healthy fats from avocado
- Hydration from cucumber
- Vitamin A from carrots

**BOTH ARE GLUTEN-FREE AND LOW HISTAMINE
OPTIONS**

Snacks

BANANA BERRY ROLL-UPS



INGREDIENTS

- ½ banana
- 2-3 strawberries, sliced
- 1 teaspoon ground flaxseeds

DIRECTIONS

1. Mash banana on a plate
2. Top with strawberry slices
3. Sprinkle with flaxseeds
4. Roll up and slice

NUTRITIONAL BENEFITS

- Potassium from banana
- Vitamin C from strawberries
- Omega-3s from flaxseeds

COCONUT CHIA PUDDING CUPS

INGREDIENTS

- ¼ cup coconut milk
- 1 tablespoon chia seeds
- ¼ teaspoon vanilla extract
- Small pinch of cinnamon

DIRECTIONS

1. Mix all ingredients in a small jar
2. Refrigerate for at least 1 hour
3. Serve cold

NUTRITIONAL BENEFITS

- Omega-3s from chia seeds
- Medium-chain fatty acids from coconut milk
- Blood sugar balancing effects
- Gentle fiber support

GLUTEN FREE & MODERATE / HIGH HISTAMINE

A good snack option to try during the 2 week's you're testing for histamine.

MORE INFORMATION

For you

Explaining the 'why' behind each recommendation and providing you further information on topics we discussed in our session, because the sharing of knowledge a cornerstone of how I support you and your family.



WHY

Refining the Bathing Ritual: Honouring Progress

The slight adjustment to Rami's bathing routine reflects the positive changes we're seeing in Rami's skin. This refinement is a gentle acknowledgment of his healing progress while continuing to provide the support he needs.

The shift to using Weleda Rash Relief Cream only on areas that need specific attention, while using the nurturing Calendula cream elsewhere, is a responsive approach that:

- Honours the healing that's already occurred
- Provides targeted support where still needed
- Encourages the skin's natural balancing mechanisms
- Creates a more sustainable long-term routine

Furthermore, the addition of the Weleda Shampoo and Body Wash is to support Rami's dry patch on his scalp while also being a gentle soap alternative when dirty or if not using the oat sock, which you mentioned you're not consistently using. This wash has been specially formulated with sweet almond oil and calendula extract, which are known for their soothing and moisturising properties - perfect for delicate skin conditions.

What makes this product particularly suitable is what it doesn't contain - no harsh synthetic preservatives, fragrances, or colorants that could irritate sensitive skin. The natural ingredients help maintain moisture while creating a protective barrier against dryness, which is exactly what your son's scalp needs right now. It's mild enough for daily use while still being effective at keeping skin comfortable and hydrated.

This mindful adjustment is part of our commitment to providing exactly what your child needs at each stage of their healing journey – not too much, not too little, but just right for where they are now.

WHY

✨ Additional Water Play & Swimming Skin Support ✨

Water activities are so beneficial for development and joy that we don't want to take these things away from Rami but rather implement these additional simple strategies, which can help protect their delicate skin barrier.

Why Use Barrier Cream Before Water Activities?

Water (especially chlorinated pool water) can strip away your child's natural skin oils. The "My Skin Cream - INTENSIVE" creates a protective shield that:

- Acts like a raincoat for the skin, preventing excessive moisture loss
- It contains more skin-nourishing ingredients while still providing good barrier function i.e.
- This particular cream contains beneficial barrier elements:
 - MCT oil and jojoba seed oil provide a lipid-rich protective layer
 - Shea butter offers excellent moisture retention and barrier support
 - Beeswax creates water resistance and occlusive properties
 - Hydrogenated castor and vegetable oils add to the barrier function
- This particular cream also contains skin-supportive additions:
 - Vitamin E has antioxidant properties that support skin healing
 - Zeolite may help absorb irritants and toxins
 - Australian native extracts (Kakadu fruit, Davidson Plum, Lilly Pilly) contain natural antioxidants and anti-inflammatory compounds
 - The botanical extracts may offer additional soothing benefits

Why Limit Water Play Time?

Just like how our fingertips get wrinkly after too long in the bath:

- Extended water exposure disrupts the skin's natural moisture balance
- The cycle of wetting and drying can trigger inflammatory responses
- Shorter, more frequent sessions are gentler on sensitive skin

Why Quick Drying + Immediate Moisturising Matters

This timing is truly magical for skin healing:

- Damp skin is actually more absorbent (like a sponge ready to soak up goodness)
- The Weleda Calendula moisturiser locks in that beneficial moisture
- Applying within 3 minutes of gentle patting dry creates an optimal environment for healing
- Calendula has natural soothing properties that calm irritation

WHY

Why Post-Swimming Care Is Essential

Swimming pools contain chemicals that can linger on skin:

- Promptly showering removes chlorine residue that can continue irritating skin
- Quick, gentle drying prevents dampness from causing additional irritation
- Immediate moisturising restores what the chlorine stripped away
- Creating this consistent ritual helps maintain your child's skin barrier integrity

These simple steps work together to support Rami's natural healing processes while still allowing them to enjoy the developmental benefits of water play. The key is protection, prompt cleansing, prompt drying, and nourishing restoration.

Why add a Fish Oil Supplement?

This particular fish oil supplement is a gentle enhancement to your little one's healing protocol. This thoughtfully formulated supplement offers concentrated omega-3 support that perfectly complements the nourishing foods in your child's diet.

Research consistently shows that omega-3 fatty acids play a crucial role in skin barrier function and help modulate the body's inflammatory responses. For children with eczema, these benefits are particularly valuable as they support the skin's natural healing processes from within.

The Children's Fish I-Care formula is specifically designed with little ones in mind, offering:

- Child-appropriate dosing
- Pleasant taste for easy acceptance
- High-quality, purified fish oil
- Support for both skin health and developing immune system

This addition offers targeted nutritional support while we continue with the dietary and lifestyle foundations that have been working so beautifully for Rami.

FURTHER TO WHAT WE DISCUSSED

Wild-Caught Salmon vs. Farmed Salmon

Why wild-caught is optimal:

- Contains higher levels of anti-inflammatory omega-3 fatty acids that support skin healing
- Lower in potentially harmful chemicals and antibiotics
- More complete nutrient profile including astaxanthin (a powerful antioxidant)
- Better ratio of omega-3 to omega-6 fatty acids, which helps reduce inflammation

However, any salmon is better than no salmon because:

- Even farmed salmon provides essential omega-3s that support skin barrier function
- The protein in all salmon contains amino acids necessary for tissue repair
- Both types offer vitamins D and B12 that support immune function
- The benefits of omega-3s from any source generally outweigh concerns about other aspects

Simple tip: If wild-caught isn't available or affordable, removing the skin from farmed salmon reduces exposure to potential contaminants while still providing beneficial nutrients.

Grass-Fed vs. Conventional Meat

Why grass-fed is preferred:

- Contains more anti-inflammatory omega-3 fatty acids and less pro-inflammatory omega-6
- Higher in beneficial nutrients like vitamin E, beta-carotene, and conjugated linoleic acid (CLA)
- Free from added hormones and antibiotics that may disrupt immune function
- Lower in total fat, particularly saturated fat

However, conventional meat still provides:

- Complete protein needed for tissue repair
- Essential nutrients like zinc and iron that support immune health
- Quality protein for blood sugar regulation

Simple tip: If grass-fed isn't available, choosing leaner cuts of conventional meat and trimming visible fat helps reduce exposure to hormones and antibiotics that concentrate in fat tissue.

FURTHER TO WHAT WE DISCUSSED

Gluten Intolerance vs. Wheat Intolerance

Gluten Intolerance:

- Reaction to specific proteins (gluten) found in wheat, barley, and rye
- Symptoms often include digestive issues, skin problems, and inflammation
- May trigger immune responses that can worsen eczema
- Requires avoiding ALL gluten-containing grains including wheat, barley, rye, and sometimes oats

Wheat Intolerance:

- Reaction specifically to wheat components, which may include but aren't limited to gluten
- Could be responding to other compounds in wheat like fructans (a type of FODMAP)
- Someone with wheat intolerance might tolerate barley or rye just fine
- Often less severe and more digestive-focused than gluten issues

Why gluten is usually the culprit:

- Gluten proteins are particularly difficult for some people to break down
- They can trigger intestinal permeability ("leaky gut") which connects to skin issues
- Gluten can activate immune responses even in people without celiac disease

Think of wheat as a house with many rooms, and gluten is just one room in that house. Some people react to the whole house (wheat intolerance), while others only react to that specific room (gluten intolerance). Since gluten is found in multiple "houses" (grains), it tends to cause more widespread problems.

FURTHER TO WHAT WE DISCUSSED

Understanding Cooking Oils & Inflammation

Why Seed Oils Can Be Problematic for Eczema

The Issue with Common Seed Oils (sunflower, safflower, corn, soybean, canola):

- Contain high levels of omega-6 fatty acids, which can promote inflammation when consumed in excess
- Become damaged when heated to high temperatures, creating harmful compounds called aldehydes
- The processing of most commercial seed oils involves chemicals and high heat that can create trans fats
- Modern diets typically contain far too many omega-6s compared to omega-3s, contributing to inflammatory conditions

How This Affects Eczema:

Eczema is fundamentally an inflammatory condition

- Consuming damaged oils can worsen the body's inflammatory responses
- The imbalance between omega-6 and omega-3 fats can directly impact skin barrier function
- Many children with eczema show improvement when inflammatory oils are reduced

Better Cooking Options for Sensitive Skin

Best Choices for High-Heat Cooking (Frying):

- Coconut oil: Contains medium-chain triglycerides (MCTs) that have antimicrobial properties
- Ghee (clarified butter): Rich in fat-soluble vitamins and stable at high temperatures
- Avocado oil: High smoke point and rich in skin-supporting vitamin E
- Animal fats (tallow, lard): Traditional cooking fats with stable fatty acid profiles

For Medium-Heat Cooking:

- Olive oil: Rich in oleic acid which supports skin health (best for sautéing, not deep frying)
- Macadamia nut oil: Similar benefits to olive oil with a slightly higher smoke point

FURTHER TO WHAT WE DISCUSSED

Alternative Cooking Methods:

- Steaming: Preserves nutrients without added oils
- Baking/roasting: Can use less oil while creating flavorful foods
- Slow cooking: Gentle cooking that preserves nutrients and requires minimal added fat

Practical Tip: Even healthy oils should be used mindfully. Look for "cold-pressed," "extra virgin," or "unrefined" on labels, and store oils away from heat and light to prevent rancidity.

Simple Rule of Thumb: The more processed and industrially produced an oil is, the more likely it is to promote inflammation. Oils that have been used traditionally for generations tend to be better choices for sensitive skin conditions.