

Treatment Plan

Personalised Take Away Wellness Guide

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Consultation date: 14 May 2025

This confidential document contains personalised health recommendations based on individual assessment. If found, please respect privacy and contact Janaya Karloci Naturopath Pty Ltd at wellness@janayakarlocinaturopath.com.au for details on how to return.

Health Goals

1. Continue reducing frequency and severity of eczema flare-ups
2. Further strengthen skin barrier function
3. Maintain optimal gut health and immune function
4. Continue identifying and managing trigger factors
5. Refine healthy skincare routine
 - Gently adapt skincare practices to honour healing progress
 - Transition from intensive treatment to nurturing maintenance
 - Continue supporting the skin's natural barrier function
6. 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
7. 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

Treatment Aims

1. Monitor and manage environmental triggers through systematic observation
2. Support gut health to regulate immune function
3. Reduce inflammation through refined diet and targeted supplementation
4. Enhance skin barrier function through consistent care
5. Evolve sustainable, child-friendly skincare routines that grow with your little one

6. 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

Nutrition Guidelines

Daily Targets (Based on Australian Dietary Guidelines for 2-3 year olds)

- **Water:** 1-1.5 litres per day (approximately 4-6 cups)
- **Vegetables:** 2.5 serves daily (1 serve = ½ cup cooked vegetables)
- **Fruit:** 1 serve daily (1 serve = 1 medium piece or ½ cup chopped)
- **Grain foods:** 4 serves daily (1 serve = 1 slice bread, ½ cup cooked rice/pasta)
- **Dairy:** 1.5 serves daily (1 serve = 1 cup milk, 2 slices cheese, ¾ cup yogurt)
- **Lean meats/alternatives:** 1 serve daily (1 serve = 65g cooked meat, 2 eggs, 1 cup legumes)
- **Healthy fats:** Small amount (primarily from foods like avocado, olive oil, nuts/seeds)

Foods to Include Daily

Omega-3 rich foods: 1-2 tablespoons ground chia seeds (in pudding or smoothies), avocado (¼), or flaxseed (1 teaspoon ground)

Skin-supporting foods: Sweet potato (½ cup), berries (½ cup), kiwi (½), pumpkin seeds (1 tablespoon ground)

Gut-healing foods: Bone broth (¼-½ cup), well-cooked vegetables, stewed apples (½ cup)

Prebiotic foods: Banana (½), cooked and cooled potatoes (¼ cup), cooked onions (if tolerated)

Anti-inflammatory foods: Turmeric (pinch in cooking), cinnamon (pinch in porridge)

Specific Recommendations

Continue chia pudding almost daily - this provides excellent omega-3 fatty acids that support skin barrier function

Balance Australian Dietary Guidelines - aim to increase vegetable/fruit intake while ensuring other food groups stay within guidelines

Monitor gluten consumption - while he seems able to tolerate it, consider limiting on days when his system seems more sensitive (indicated by looser stools or eczema flares)

Watch seafood tolerance - be cautious with shellfish, especially prawns, as they appeared to trigger a flare in the past.

Be conscious of gluten - if symptoms flare up – ask yourself how much gluten has he had – maybe a few days of “conscious gluten intake” could be called for.

Understood Contributing Factors

Based on our work together, these appear to be the primary factors influencing child's skin health:

- Weather conditions, particularly low humidity (cool and dry)
- Immune system activation (sometimes triggered by foods or environmental factors)
- Inflammatory responses

Daily Care Protocol

Skincare Routine

Bathing: Continue shorter baths/showers (5-10 minutes)

Hair Washing with product: As discussed let's slowly bring this down from everyday to once/twice a week or as necessary (i.e. after swimming or getting really dirty)

- Week 1 – move to every second day
- Week 2 – move to every third day
- Week 3 and ongoing – stick to after swimming and one other day a week, ideally 3 -4 days after the last.
- Fine to wet hair everyday just reduce product usage.

Water temperature: Keep lukewarm, never hot

Drying: Pat gently with soft cotton towel

Moisturising: Apply while skin is still slightly damp

Recommended products:

Weleda Baby Intensive Body Cream Calendula: Rich in calendula which has anti-inflammatory properties, plus almond oil and beeswax that create a protective layer while allowing skin to breathe. This product will help maintain skin moisture and prevent the dryness-itch-inflammation cycle by supporting the skin's natural protective barrier. The calendula ingredient has mild anti-inflammatory properties that calm irritated skin, while the oils and waxes create a breathable protective layer that locks in moisture without blocking pores.

Environmental Controls

Humidity: Maintain 40-50% optimal humidity

- Use a humidity monitor to track levels
- Consider a humidifier during dry months, especially in sleeping areas
- This humidity level prevents moisture loss from the skin, which is often the first trigger for eczema flares

Temperature: Keep room temperature moderate (18-22°C)

Bedding/Clothing:

- Use 100% cotton bedding and clothing
- Wash new clothes before wearing
- Continue using hypoallergenic laundry detergent
- Consider more frequent washing of bedding during flare periods

Supplement Support

Probiotics: Continue daily use

- Consider switching strains every 3-4 months
- Look for strains specific for immune modulation or eczema
- I have added two different recommendations through Vital.ly which you can alternate between.

Fish oil: Consider supplementation if seafood consumption is limited

- These supplements support proper immune regulation while providing nutrients essential for skin health

Mindfulness for Skin Health

Daily Ritual: "Balloon Belly" (5 minutes)

This gentle breathing practice helps calm the nervous system while making mindfulness fun:

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

In-the-Moment Technique

When you notice your child needs a moment of calm:

- Create a gentle "pause" by redirecting attention to breathing
- Use simple language: "Let's take a big breath together like a balloon"
- Model the breathing yourself
- Offer gentle physical reassurance (hand on back, etc.)

If Skin Symptoms Worsen

If you notice skin health declining, consider the attached checklist and ask yourself the following questions:

Moving Forward

The improvements we've seen demonstrate that you're on the right track! This plan is designed to be sustainable for the long term, with adjustments you can make as needed based on your observations of your child's responses.

If you'd like additional support in the future, or if symptoms become difficult to manage with these strategies, please don't hesitate to reach out.

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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