ATOPIC DERMATITIS
Nutritional Support Protocol

Lifestyle Recommendations:
1. Decrease and eliminate alcohol consumption during the healing phase.
2. Completely avoid use of aspirin and NSAIDs.
3. Avoid constipation and drink 8 glasses of purified water daily.
4. Completely avoid all known food allergens. If not sure, avoid wheat/gluten, dairy and soy.
5. Control stress (may need biofeedback, deep breathing, recreation, meditation, yoga, prayer, proper sleep, etc.)
6. Practice good sleep habits and get between 8-9 hours of sleep a night. Take the "Are You Getting Enough Sleep?" questionnaire and follow Insomnia Nutritional Support Protocol if needed.
7. Keep a log and track food-mood symptoms
8. Consider using all-natural cleaning and body products to reduce possible allergic dermatitis response.

Dietary Recommendations:
1. Avoid excessive consumption of caffeine from coffee, tea, and soda.
2. Consume organic fruits and vegetables and free range meat and poultry when ever possible.
3. Avoid sugar and artificially sweetened products. Replace sugar with the polyol sugar xylitol.
4. Concentrate on fish and foods high in omega 3 fatty acids such as salmon, mackerel, and sardines.
5. Avoid hydrogenated oils, fried foods, and plant oils such as corn oil, soybean oil, safflower oil and sunflower oil high in linoleic acid.
6. Avoid foods you know you are allergic to and exposure to environmental allergens.
7. Eat 5-9 servings of fresh fruits and vegetables daily OR an organic greens powder to your favorite drink.
8. It may be necessary to avoid all gluten containing foods in order to heal the gut lining.
9. Helpful foods may be unsweetened apple sauce, wild salmon, flax seed meal and bananas.

Supplement Recommendations:
In addition to the core nutrient program recommended by your Health Care Professional:

Digestive Revive*: 1-2 teaspoons
Digest Support*: 2 at start of each meal
Omega Foundation: 2 with each meal, 6 per day
Zinc Chelate: 1-3 per day (per Zinc Taste Test)

*Digestive Revive contains herbs and is not recommended during pregnancy. Consult your physician if you are lactating and considering use. Digestive Support is not to be used in those with digestive ulcers.