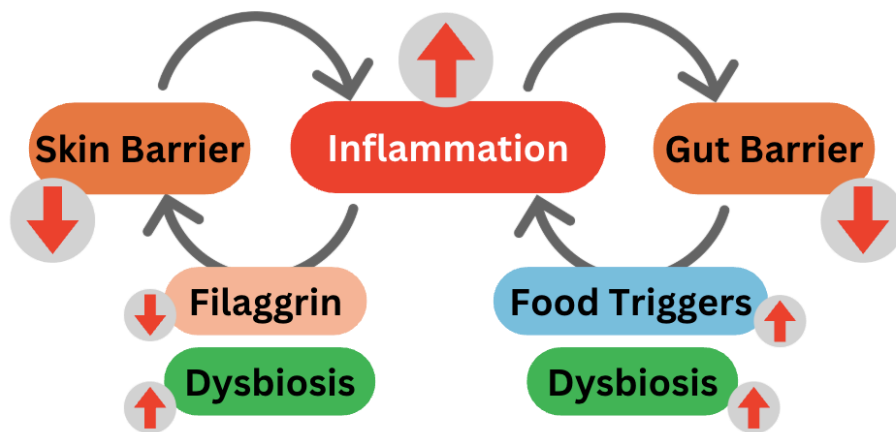


NATRIGENICS

Eczema Guide

From The Natrigenics Health Clinic, UK



A tool for understanding the root causes of eczema and strategies for improving symptoms.

Taken from thousands of hours of research, assessments and clinical practice.





Dear friend,

I have felt the raw frustration that this type of condition brings.

Eczema and skin issues are unique in their ability to put the breaks on nearly every area of your life. They are also unique in their complexity.

Other people think it's just a little problem. But it's roots go deep and affect relationships, work and quality of life. Meanwhile, we are left desperate for answers.

I remember the long nights watching our daughter suffer after yet another medication failed to bring her relief.

It wasn't until I saw that I had no other choice but to study and retrain that her symptoms finally improved.

In 2020 I set up a health practice to help others improve the quality of their lives and the lives of their children.

I've spoken to hundreds of people and my knowledge continues to grow.

80% of the people I help go on to improve their skin and quality of life.

But there are still those people whose bodies have far deeper and more complex issues than my skills have permitted me to help - yet.

I asked myself what I **needed** to know back when I was helping our daughter, and I have put the answers into this simple guide.

It is meant to be quick, actionable and to the point - no B.S or fluff. May it bring you the answers you're looking for, and health for your family.

Warmest regards,

James Rudge
FMCHC

P.S. Please excuse the *beautiful* disclaimer on the next page - it helps to protect my practice from those who would benefit from you not having access to this information.





Disclaimer and Liability Waiver

The information in this document is for educational purposes only and is not medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider before making changes to your diet, lifestyle, or treatment, especially if you have a medical condition, are pregnant or breastfeeding, or are taking medication.

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Testimonials

From my practice. Proof that you're on the right track – and that it's possible.



Bilkis Sheikh • 1d

This is Zakariya. He is 14 years old. He has been suffering with eczema since birth. Its affected his life and self esteem. We have tried everything including steroids. He stopped using steroids for 2 and a half years. We came across James youtube and got in touch. He gave Zakariya a program to follow. Since he started the program, we saw changes within a week. Now Zakariya feels a lot better. He still has flare ups but his skin is much better than before. We will carry on with the program. It's over a month now. If there is more help available then we would like to try it. Anything just so Zakariya can have a normal teenage life. He wears a bucket hat to hide his face. It's not normal for a 14 year old. He isolates in his room and sits in the dark. We are very worried about him. We sit with him and try talking. But it doesn't seem to open up and talk. It's a long away for him before he gets full recovery.

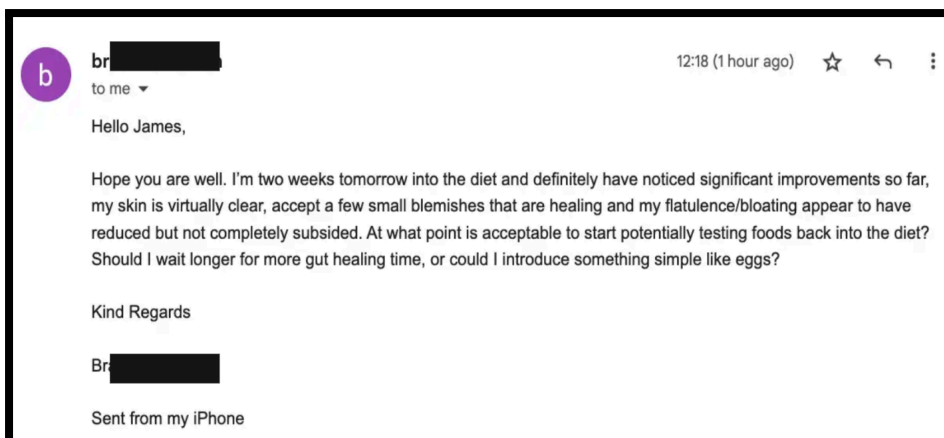


Linda Blindt

This is a great programme my skin is 95 percent better in 12 weeks! 😊

[Like](#) [Reply](#) [Hide](#) [Send message](#) 3 h





"I am absolutely blown away by how making just a few changes to my diet has improved my overall physical and emotional health!"

-Misha L.
★★★★★

"James at Natrigenics has knowledge that nobody has ever mentioned to me. Would recommend this company and James 100%"

-Abbie Sparks
★★★★★

"James knows what he is talking about! It helps when you're in search of answers and you've been through everything already!"

-Amanda Leckie
★★★★★

"It's no exaggeration to say that James at Natrigenics saved our lives and I shall ever be grateful to him."

-Emily Witherow
★★★★★

"I've been suffering most of my life and finally decided to seek help outside Western medicine... It's been a week and I can already show you the difference."

-Kingsley R.
★★★★★

"After years of being fobbed off with creams, steroids, lotions and potions we are finally getting to the root of her issues!"

-Louise P.
★★★★★





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Section 1 – The Problem

Key Point 1: What Is Eczema?

Let's begin by fully understanding what we mean when we talk about eczema and skin issues. All atopic dermatitis is eczema, but not all eczema is atopic dermatitis.

Eczema (General Term)

Definition: Eczema is an umbrella term describing a group of **inflammatory** skin conditions characterised by itchiness, redness, dry skin, and rashes.

Types of Eczema:

Atopic Dermatitis – The most common form, often associated with allergies and asthma.

Contact Dermatitis – Caused by an allergic or irritant reaction from external substances.

Dyshidrotic Eczema – Characterised by small, itchy blisters, typically on the hands and feet.

Nummular Eczema – Coin-shaped spots of irritation and itching.

Seborrheic Dermatitis – Affects oily areas of the body, like the scalp (dandruff).

Stasis Dermatitis – Related to poor blood circulation, typically in the lower legs.

Atopic Dermatitis (Specific Form of Eczema)

Definition: Atopic dermatitis is a chronic, inflammatory skin condition with a genetic component. It is often associated with a **Th2 immune system shift** and the atopic triad (eczema, asthma, and allergic rhinitis). Atopic dermatitis literally means 'allergic skin inflammation'.

Symptoms:

Dry, itchy, inflamed skin that can become cracked or ooze.

Common Locations: Face, elbows, behind knees, hands, and feet.

Often flares up periodically and may be accompanied by food allergies and other immune responses.



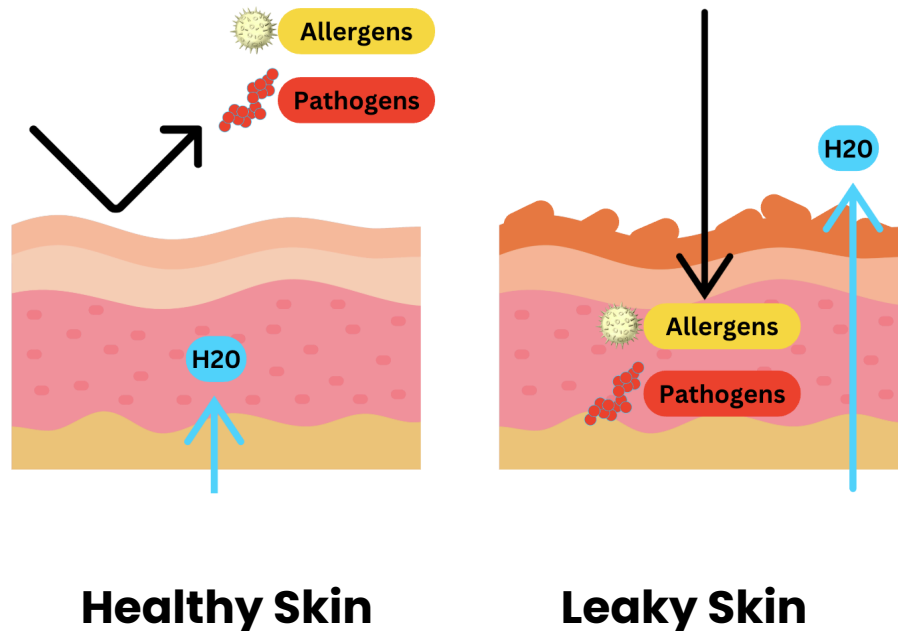
Key Point 1: Eczema is (1) a disease of the skin barrier function and (2) a disease of inflammation.





Key Point 2: Leaky Skin

Now we know that eczema has 2 main components (skin barrier dysfunction and inflammation), let's look more into the skin barrier issue.



The image on the left shows a healthy skin barrier. It prevents the entry of **allergens** including dust mites, pollen and pet dander. It also prevents the entry of **pathogens** such as Staphylococcus Aureus, which is linked to eczema flare-ups. The water (H2O) that enters the skin is kept in place thanks to the functioning skin barrier.

The image on the right shows the 'leaky skin' found in eczema patients. Notice how the protective outer layer has been degraded and is now letting in allergens and pathogens. Water can also be able to leave the skin layer completely. This is the reason for the skin dryness and explains why many people suffer more in the dryer colder months. Skin pH is also noted to be less acidic in eczema patients.

The primary reason for the **leaky skin** is a reduced production of **filaggrin**. This protein helps to bundle the skin cells tightly together to prevent entry by allergens and pathogens, as well as reduce skin moisture loss.

Key Point 2: The skin barrier dysfunction (leaky skin) is caused by a lack of filaggrin (the master skin protein).

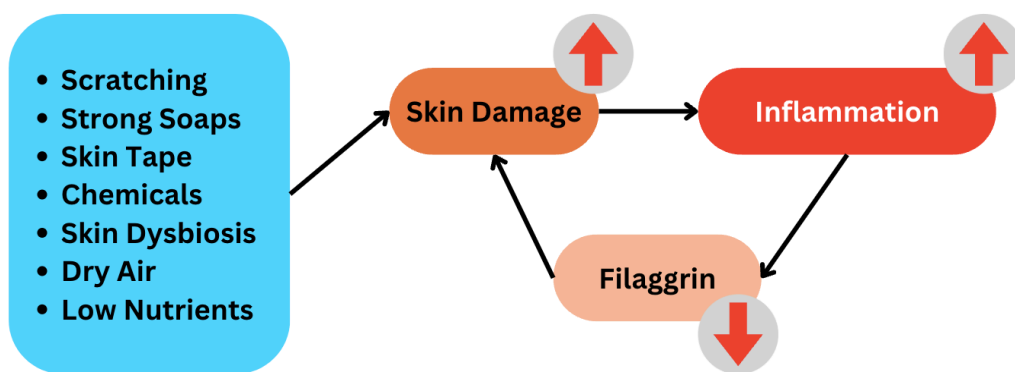




Key Point 3: Inflammation

Now we know that the skin is leaky due to a lack of **filaggrin**, we need to ask – why isn't the body producing enough filaggrin?

Firstly, let's address the elephant in the room – genes. Whilst some people are indeed born with mutations in the filaggrin gene (FLG), we know that 'genes load the gun but environment pulls the trigger'. Just because you have a gene mutation does not mean it will be expressed – this is the study of epigenetics. You can control gene expression through diet and environmental changes.



The primary cause of filaggrin suppression is the **Inflammation** created by the immune system – specifically, a **Th2** immune response (more on this next). This is why most allopathic treatments focus on **blocking or altering** the function of the immune system.

Scratching: Further weakens the skin and leads to inflammation. Scratch-itch cycle.

Strong Soaps: Strips away natural oils and damages the skin barrier.

Taping or Bandages: Constant use can irritate and damage the skin.

Chemicals: Degrades the skin oil layer / stimulates the immune system.

Skin Dysbiosis: Overgrowth of Staphylococcus Aureus: Produces toxins that damage skin cells and reduce filaggrin levels. Lack of Beneficial Bacteria: Can impair the skin's ability to repair itself.

Low Humidity/Dry Air: Causes the skin to lose moisture, harder to maintain filaggrin levels.

Nutrients: Zinc, essential amino acids (L-histidine supplement improved 30% of cases).

Filaggrin deficiency can be caused by a mix of genetics, immune system imbalance, inflammation, environmental factors, poor nutrition, and microbiome disruption.

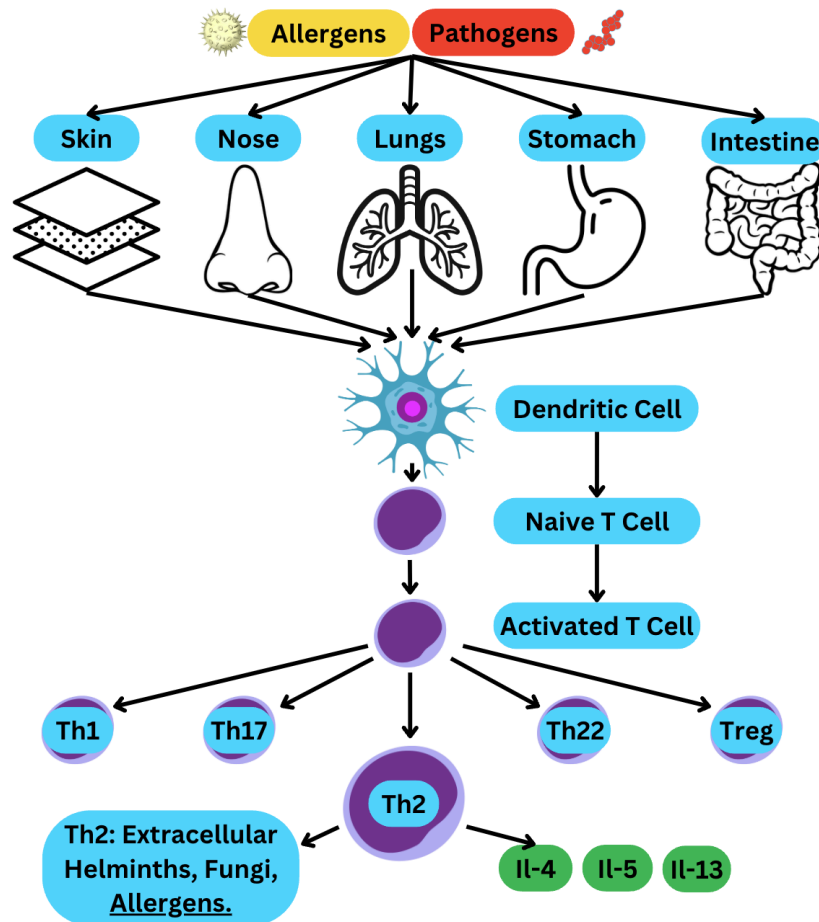
Key Point 3: Filaggrin suppression is primarily caused by chronic inflammation.





Key Point 4: Immune System Dysregulation

Now we know that it's the immune system that's driving the filaggrin suppression, let's look more closely at the immune system.



At the top, we can see the **allergens** and the **pathogens** that our body interacts with on a daily basis. These come into contact with the **barriers** in our skin, nose, lungs etc. The dendritic cells 'pick up' parts of the allergens and pathogens and present them to the naive T cells. These T cells then mature into the correct type for dealing with the specific allergen or pathogen – just like the different branches of our armed forces are trained for different threats.

Given that eczema is a Th2-mediated condition, we can see **Th2** has been emphasised. Notice that Th2 is responsible for **allergens** and **pathogens in and around** our cells. The Th2 cells produce interleukins (messenger proteins) **IL-4** and **IL-13**, shown here in green. These are the ones responsible for signaling the **suppression of filaggrin**.

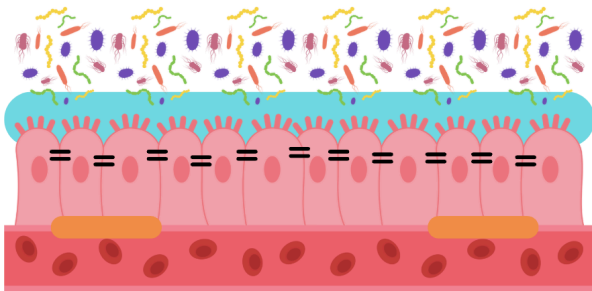
Key Point 4: Constant exposure to Th2-stimulating allergens and pathogens leads to continuous immune system dysregulation (inflammation) and filaggrin suppression.



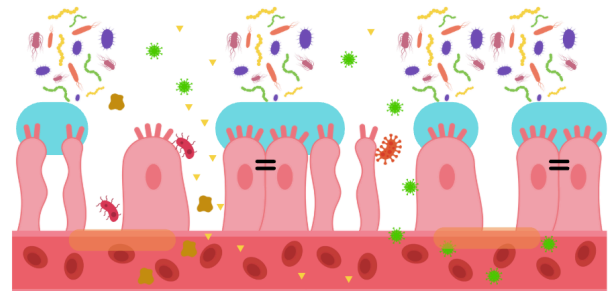


Key Point 5: Leaky Gut

The big “ah-ha!” moment that I hope you’ve just had is that it’s not *just* the skin that can let allergens and pathogens into the body! So eczema doesn’t have to **start** in the skin – and it very often doesn’t! To trigger eczema, all that needs to happen is for **just 1** of your body’s barriers to start letting in pathogens or allergens. Once this happens, the level of filaggrin will start to decrease and open up the skin (key point 2) – which then becomes a *secondary* source of inflammation (key point 3). So let’s look at the most common body barrier that is responsible for letting in pathogens and allergens: The Gut.



Healthy Gut



Leaky Gut

If we zoomed in to the lining of your gut, hopefully we would see the image on the left. As you can see, the bloodstream at the bottom is free of allergens and pathogens, the gut cells are all healthy and held together by tight junctions (the ‘=’ signs), the mucus (shown in blue) is covering the gut wall and the microbiome is not touching the gut wall directly (more on this next).

But for most people with chronic inflammatory conditions like eczema, their gut looks much more like the image on the right. Allergens and pathogens have entered the bloodstream from the gut (triggering the Th2 immune response), the gut wall cells are broken down and inflamed, the mucus protection is degraded and the microbiome is imbalanced and touching the lining of the gut – causing further inflammation!

This is known as intestinal hyper-permeability – or ‘leaky gut’. The NHS in the UK does not recognise this condition as a root cause, but Functional and Natural medicine does.

Key Point 5: To stop entry of Th2-stimulating allergens and pathogens, ALL the body barriers must be healed and sealed – NOT JUST the skin.

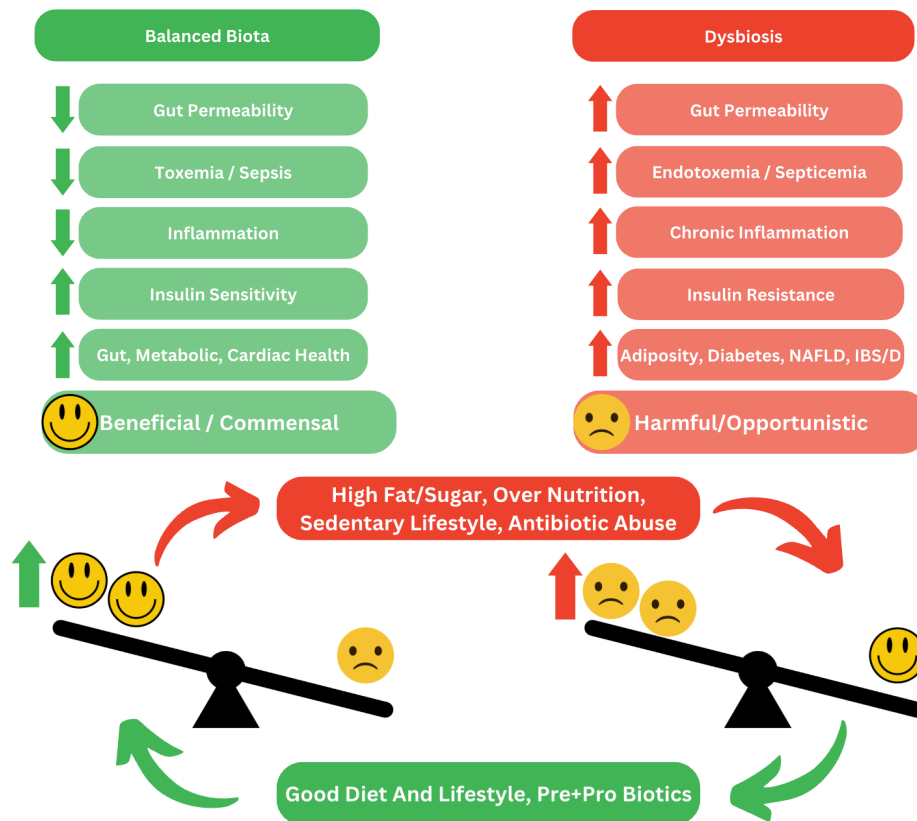




Key Point 6: Dysbiosis

So how did the gut become leaky? Let's look at the gut microbiome. Our gut microbiome is made up of roughly 100 trillion microbes. They help us with digestion, they produce nutrients and neurotransmitters for us and they even help us to regulate our immune system – and much more!

There are bacteria, fungi, viruses, archaea and eukaryotes of many different species, all living in the same place. When their numbers are balanced and we have enough commensal microbes (think 'good guys') living in our gut, everything functions normally. But when we have an imbalance of microbes, such as **too many harmful** or **not enough beneficial** microbes, or **too many beneficial** microbes, this is called 'dysbiosis' and can lead to all sorts of problems – especially leaky gut.



Dysbiosis can be caused by a range of factors including antibiotic use, poor diet, stress, cesarian birth and even formula feeding. In order to rebuild the gut barrier and prevent allergen and pathogen exposure, we need to **rebalance the gut microbiome**. With the right balance of microbes, they will help our gut barrier heal and restore immune balance.

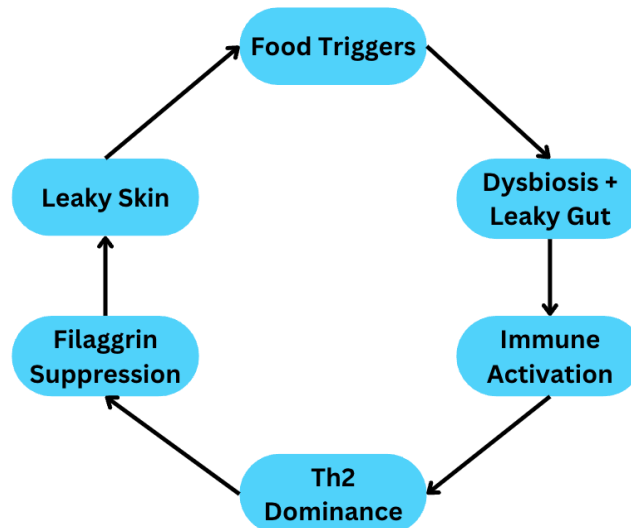
Key Point 6: To heal and seal the gut barrier and prevent allergen and pathogen entry, we must rebalance the gut microbiome.





Key Point 7: Food Allergies and Sensitivities

The gut microbiome is one piece of the gut puzzle, but the other piece... is diet. We cannot heal and seal the gut without removing allergens and food sensitivities from the diet in the short term.



Food Allergies: When the immune system mistakenly identifies certain foods as harmful (like peanuts, dairy, soy, wheat, egg or shellfish), it triggers an **immediate** allergic reaction. This can cause gut inflammation and disrupt the balance of good and bad bacteria (key point 6). Notice on the diagram above that leaky skin links to food triggers – why? Because sensitisation to foods can occur through the skin barrier! For example, having a peanut touch the skin of someone with decreased skin barrier function can sensitise the immune system to peanuts. If the person were then to eat a peanut, the immune system will often produce a much larger response than somebody who had not been sensitised.

Food Sensitivities: Unlike allergies, sensitivities cause delayed reactions and chronic inflammation but do not have an IgE component.

While you may not have a strict 'allergy', you may still be sensitive to foods due to the existing level of inflammation and permeability of the gut. This is why rotation diets are so useful in the beginning stages of improving symptoms.

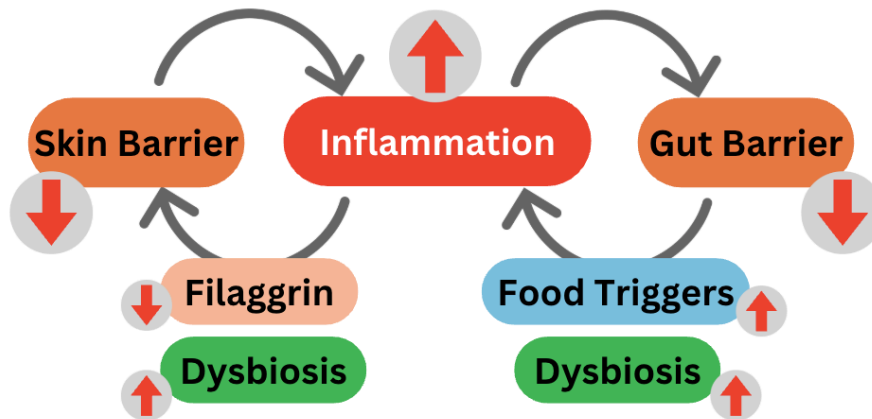
Key Point 7: To rebalance the microbiome and keep immune activation low, we must rotate food triggers out of the diet in the short term.





Key Points – Review

Let's tie everything together. The diagram below brings together all 7 key points. Now you can clearly see why suppressing inflammation using steroids and other drugs may be ok for short term relief – but to reverse symptoms for good you'll need to reverse the root causes driving the inflammation!



Key Point 1: Eczema is (1) a disease of the skin barrier function and (2) a disease of inflammation.

Key Point 2: The skin barrier dysfunction (leaky skin) is caused by a lack of filaggrin (the master skin protein).

Key Point 3: Filaggrin suppression is primarily caused by chronic inflammation.

Key Point 4: Constant exposure to Th2-stimulating allergens and pathogens leads to continuous immune system dysregulation (inflammation) and filaggrin suppression.

Key Point 5: To stop entry of Th2-stimulating allergens and pathogens, ALL the body barriers must be healed and sealed – NOT JUST the skin.

Key Point 6: To heal and seal the gut barrier and prevent allergen and pathogen entry, we must rebalance the gut microbiome.

Key Point 7: To rebalance the microbiome and keep immune activation low, we must rotate food triggers out of the diet in the short term.

Put simply, to improve eczema we must rebuild all barriers in the body including the tissue AND the microbiome of the barrier. Next you'll receive some resources to get you started.





Section 2: The Solution

So how do we address these root causes? Great question! In my practice, we use a method called the 'Body Barrier' method. The main focus is healing and sealing all of the body's barriers to prevent allergen and pathogen exposure. For 80% of people we work with, using this approach is enough to completely reverse the symptoms of eczema. For some people it can take a few weeks, for others it can take months.

Step 1: Rebuild Skin Barrier

Focus on reducing exposure to allergens and pathogens as much as possible. This means doing the basics such as washing bedding on 60 degrees to kill dust mites, avoiding pet dander and keeping the skin covered where possible. But it also means using a specific skincare routine, and applying a specific type of cream multiple times per day:

The cream you use should form a temporary barrier to allergens. This is why waxy creams tend to perform better. There is little use in trying to 'moisturise' the skin from the outside at this point. Our main effort is **blocking** entry to allergens AND **removing** pathogens from the skin surface where possible. This means maintaining a skin pH of below 5 so the natural antimicrobial compounds that the skin creates can work properly. Many creams raise the skin pH to be more alkaline, thereby reducing its natural antimicrobial ability.

So in our experience, the best cream to use is one that is made using olive oil, beeswax and a selection of active herbs to reduce inflammation and remove pathogens on the skin. The specific herbs are chickweed, goldenseal, walnut leaf, calendula and marshmallow root. Remember to either consult with us or your primary care physician about using these herbs – especially with children.

Step 2: Rebuild Gut Barrier

To rebuild the gut barrier we must rebalance the microbiome and rotate trigger foods out of the diet – all whilst increasing nutrient intake.

Depending on the severity of the dysbiosis, we may use herbs such as golden seal, black walnut, grape seed and garlic to remove pathogens. Once the pathogenic microbes are gone, we reintroduce beneficial microbes and feed them with the foods they love.

We also use herbs to soothe and rebuild the gut lining such as marshmallow root, slippery elm and licorice.





Section 3: Resources:

Foods To Rotate Out

Group 1

75% of people with inflammatory conditions benefit from excluding these foods. And don't worry, we'll talk about what you CAN eat in a moment:

Wheat
Dairy
Eggs
Soy
Peanuts

Group 2

50% of people with inflammatory conditions benefit from excluding these foods:

Red Meat
Nightshade Vegetables (potatoes, aubergine, bell peppers, chilies, tomatoes etc)
Oats
White Rice
Citrus Fruits
Strawberries
Chocolate

Group 3

Rotating this group out of the diet is strongly suggested for people wanting faster relief and improved full-body health.

Caffeine
Alcohol
Refined Sugar
Fast/Junk/ Processed Food

How To Rotate Foods

I know... if you're new to rotation diets, these lists can come as a real shock! Remember this isn't forever, it's just until we heal the body's barriers and reset the immune system. Start with all groups or just 1 at a time. The key is to keep track of symptoms as you rotate the foods.

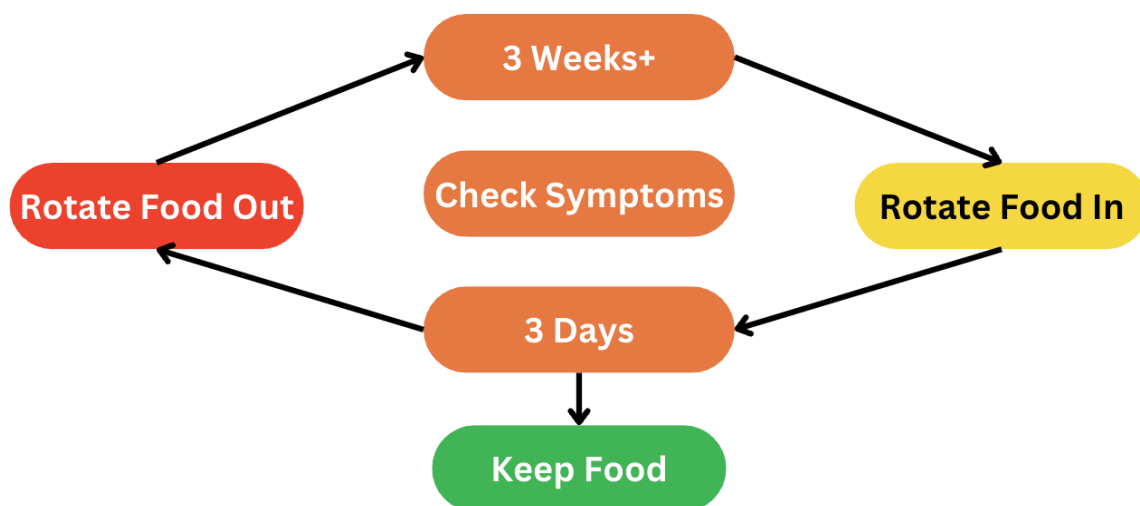




Reintroduction Method

After you've rotated 1 or more groups of foods out of the diet for a period of between 3 and 8 weeks, you'll have your answer for whether you removed a food that was driving the condition. Why 8 weeks? Because the effects of some foods can persist for a long time and so the rotation must be long enough to give the body chance to reset once a trigger food has been removed.

When you're ready to reintroduce foods, take one food and eat one portion of it. Wait 3 days without eating any more of that food to see any change in symptoms (that includes digestive function, mood swings, sleep problems etc, not just the skin). If the body does not react, you can now add the food back into your diet and begin trying the next food on your list.



This process is not easy, but it is the only way to definitively answer the question "which foods will my body respond to?". Allergy and sensitivity testing often provides false positives and misleading results. But with this rotation method, by the end of a few months, you'll have a complete list of foods that your body cannot currently tolerate.

Our practice offers coaching guidance to take people through this process 1-on-1.

"Will I be able to eat these foods ever again?". Sometimes once the body barriers have healed and the immune system is no longer on 'high alert', the body can tolerate foods that previously may have triggered an inflammatory response. However, I would not suggest introducing foods that have caused anaphylaxis in the past.





What Should I Eat?

Here is a list of suggested nutrient-dense whole foods that we use in our practice. This list has been compiled from sources who practice 'food as medicine' including Natural, Alternative and Functional Medicine philosophies. You will notice some foods here that are included in the 'Foods to Remove' groups above. Only include foods from this list that you are **not** allergic to and are **not** in the group you are currently rotating out (marked with *).

Animal Proteins:

- Halibut
- Herring
- Mackerel
- Sardines
- Salmon
- Wild game
- Buffalo
- Elk
- Lamb
- Venison
- Chicken
- Cornish hen
- Turkey



Plant Proteins:

- Spirulina
- Hemp protein powder
- Pea protein powder
- Rice protein powder*



Legumes

- Bean soups
- Dried beans
- Peas
- Lentils
- Legume flour
- Green peas
- Hummus (without processed seed oils)
- Vegetarian refried beans





Dairy Alternatives

- Coconut Kefir (plain)
- Yogurt (coconut, cultured)
- Almond milk
- Coconut milk
- Flaxseed milk
- Hazelnut milk
- Hemp milk
- Rice milk*



Nuts & Seeds

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Dried coconut
- Ground flaxseed
- Hazelnuts
- Hemp seeds
- Macadamias
- Nut and seed butters
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts



Fats:

- Avocado
- Coconut milk (regular)
- Coconut milk (light)
- Ghee/Clarified butter*
- Olives (black, green, kalamata)





Oils for Cooking:

- Avocado oil
- Coconut oil
- Grapeseed oil
- Olive oil (extra virgin)
- Rice bran oil

Oils for Salads:

- Almond oil
- Avocado oil
- Flaxseed oil
- Grapeseed oil
- Hempseed oil
- Olive oil (extra virgin)
- Pumpkin seed oil
- Walnut oil



Vegetables (Non-Starchy)

- Artichoke
- Arugula
- Asparagus
- Bamboo shoots
- Beets
- Bok choy
- Broccoflower
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celeriac root
- Celery
- Chard/Swiss chard
- Chervil
- Chives
- Cilantro
- Cucumbers
- Daikon radishes





- Aubergine / Eggplant*
- Endive
- Escarole
- Fennel
- Fermented vegetables (kimchi*, pickles, sauerkraut, etc.)
- Garlic
- Green beans
- Greens (beet, collard, dandelion, kale, mustard, turnip)
- Horseradish
- Jicama
- Kohlrabi
- Leeks
- Lettuce (all)
- Microgreens
- Mushrooms
- Okra
- Onions
- Parsley
- Peppers (all)*
- Radicchio
- Salsa
- Sea vegetables
- Scallions
- Shallots
- Snap peas/snow peas
- Spinach
- Sprouts (all)
- Squash (delicata, pumpkin, spaghetti, yellow, zucchini)
- Tomato*
- Tomato juice*
- Turnips
- Vegetable juice
- Water chestnuts
- Watercress



Vegetables (Starchy)

- Acorn squash
- Butternut squash
- Plantain
- Potato (purple, red, sweet, white, yellow)*





- Potatoes (mashed with non-dairy milk)*
- Root vegetables (parsnip, rutabaga, yuca/cassava)
- Yam

Fruits (Unsweetened, no sugar added)

- Apple
- Applesauce
- Apricots
- Banana
- Blackberries
- Blueberries
- Dried fruit (no sulfites/seed oils)
- Figs
- Grapes
- Grapefruit*
- Juices (diluted)
- Kiwi
- Kumquats
- Lemon*
- Lime*
- Melon (all)
- Mango
- Nectarine*
- Orange*
- Papaya
- Peach
- Pear
- Persimmon
- Pineapple
- Plums
- Pomegranate seeds
- Prunes
- Raisins
- Raspberries
- Tangerines*





Gluten-Free Grains (Unsweetened, sprouted, organic preferred)

- Amaranth
- Brown rice cakes
- Buckwheat/kasha
- Crackers (nut, seed, rice*)
- Flours (arrowroot, cassava, sorghum, tapioca)*
- Millet
- Oats (rolled, steel-cut)*
- Quinoa
- Rice*
- Teff



Beverages, Spices & Condiments

Beverages:

- Filtered water
- Sparkling/mineral water
- Unsweetened coconut water
- Green tea
- Fresh juiced fruits/vegetables



Spices & Condiments:

- Herbs and spices (careful with chilli/paprika/peppers if eliminating nightshades)*
- Condiments (mustard, vinegars)





Recipes

Here are some simple, quick and easy recipes to get you started with the rotation diet foods above. Mix and match ingredients and be sure to rotate out foods as required.

Breakfasts:

Coconut Chia Pudding with Berries

Ingredients:

- 3 tablespoons (45 ml) **chia seeds**
- 1 cup (240 ml) **coconut milk**
- 1 teaspoon (5 ml) **honey** (optional)
- ½ cup (75 g) **blueberries** or **blackberries**
- 1 tablespoon (15 g) **shredded coconut**

Method:

1. Mix chia seeds, coconut milk, and honey in a bowl or jar.
2. Let it sit for 5 minutes, stir again, then cover and refrigerate overnight.
3. Top with berries and shredded coconut before serving.

Banana Almond Smoothie

Ingredients:

- 1 **banana**
- 2 tablespoons (30 g) **almond butter**
- 1 cup (240 ml) **almond milk**
- 1 tablespoon (15 ml) **ground flaxseed**
- ½ teaspoon (2 ml) **cinnamon** (optional)

Method:

1. Blend all ingredients until smooth.
2. Serve immediately in a glass.





Quinoa Breakfast Bowl with Berries and Almonds

Ingredients:

- ½ cup (90 g) **quinoa** (cooked)
- 1 cup (240 ml) **almond milk**
- ½ cup (75 g) **blueberries** or **blackberries**
- 1 tablespoon (15 g) **almonds**, chopped
- 1 teaspoon (5 ml) **honey** or **maple syrup** (optional)
- Sprinkle of **cinnamon**

Method:

1. Cook quinoa according to package instructions.
2. Warm the almond milk in a saucepan and add the cooked quinoa.
3. Simmer for 2-3 minutes until heated through.
4. Top with berries, almonds, honey (optional), and a sprinkle of cinnamon.
5. Serve warm.

Coconut Yogurt with Nuts and Seeds

Ingredients:

- 1 cup (240 ml) **unsweetened coconut yogurt**
- 2 tablespoons (30 g) **pumpkin seeds**
- 1 tablespoon (15 g) **chia seeds**
- 1 tablespoon (15 g) **walnut halves**, chopped
- ½ cup (75 g) **raspberries** or **mixed frozen berries**
- 1 teaspoon (5 ml) **honey** (optional)

Method:

1. In a glass or bowl, layer half the coconut yogurt.
2. Add a layer of strawberries or raspberries.
3. Sprinkle with pumpkin seeds, chia seeds, and walnuts.
4. Add the remaining yogurt and top with more berries.
5. Drizzle with honey (optional) and serve immediately.





Breakfast Super Greens Smoothie

Ingredients:

- 1 cup (240 ml) **unsweetened almond milk** or **coconut water**
- 1 cup (30 g) **baby spinach** or **kale** (washed)
- 1 **green apple**, cored and chopped
- ½ **banana** (fresh or frozen)
- 1 tablespoon (15 ml) **chia seeds**
- 1 tablespoon (15 ml) **hemp seeds**
- 1 teaspoon (5 ml) **spirulina powder** (optional for an extra green boost)
- ½ teaspoon (2 ml) **ground flaxseed**
- 1 teaspoon (5 ml) **honey** or **maple syrup** (optional)
- 4-5 ice cubes

Method:

1. Add almond milk or coconut water to a blender.
2. Add the spinach or kale, green apple, banana, chia seeds, hemp seeds, spirulina powder, and flaxseed.
3. Blend on high until smooth and creamy (about 1-2 minutes).
4. Add ice cubes and blend again until well combined.
5. Taste and add honey or maple syrup if you prefer a sweeter smoothie.

Biome-Balancing Detox Green Juice

Ingredients:

- 4-5 **celery stalks**, washed and chopped
- 1 **cucumber**, washed and chopped
- 1 **green apple**, cored and chopped (for natural sweetness)
- 1 handful (about 30 g) **fresh parsley**
- 1 handful (about 30 g) **fresh cilantro** (optional)
- ½ **lemon**, peeled
- 1 small piece (about 2 cm / 1 inch) **ginger**, peeled
- ½ cup (120 ml) **filtered water** (if needed to thin the juice)

Method:

1. Wash and chop all ingredients for easier blending/juicing.
2. In a juicer, process the celery, cucumber, green apple, parsley, cilantro, lemon, and ginger. In a blender, strain after using a nut milk bag. Add water and serve.





Lunches

Vegetable and Coconut Curry

Ingredients:

- 1 tablespoon (15 ml) **coconut oil**
- ½ **onion**, chopped
- 1 clove **garlic**, minced
- 1 cup (150 g) mixed **vegetables** (e.g., carrots, zucchini, bell peppers)
- 1 cup (240 ml) **coconut milk**
- 1 tablespoon (15 ml) **curry powder**
- ½ cup (90 g) **cooked lentils** or **green peas**
- Salt to taste
- Fresh **cilantro** for garnish

Method:

1. Heat coconut oil in a pan over medium heat. Sauté onion and garlic until soft.
2. Add chopped vegetables and sauté for 5 minutes.
3. Pour in coconut milk and add curry powder. Simmer for 10 minutes.
4. Stir in cooked lentils or green peas. Cook for 5 more minutes.
5. Season with salt and garnish with fresh cilantro. Serve warm.

Avocado and Walnut Salad with Lime Dressing

Ingredients:

- 2 cups (60 g) mixed **salad greens** (e.g., arugula, spinach)
- 1 **avocado**, sliced
- ¼ cup (30 g) **walnuts**, chopped
- 1 tablespoon (15 ml) **pumpkin seeds**
- 1 tablespoon (15 ml) **olive oil**
- Juice of 1 **lime**
- Salt and pepper to taste

Method:

1. In a large bowl, toss salad greens, avocado slices, walnuts, and pumpkin seeds.
2. Drizzle with olive oil and lime juice.
3. Season with salt and pepper. Toss gently and serve.





Sweet Potato and Black Bean Bowl

Ingredients:

- 1 medium **sweet potato**, cubed and roasted
- ½ cup (80 g) **cooked black beans**
- ½ **red bell pepper**, chopped
- ½ **avocado**, diced
- 1 tablespoon (15 ml) **olive oil**
- 1 teaspoon (5 ml) **cumin**
- Fresh **cilantro** for garnish
- Salt and pepper to taste

Method:

1. Preheat oven to 200°C (400°F). Toss sweet potato cubes with olive oil, cumin, salt, and pepper. Roast for 25 minutes.
2. In a bowl, combine roasted sweet potato, black beans, bell pepper, and avocado.
3. Garnish with fresh cilantro and serve.

Lemon Herb Chicken Salad

Ingredients:

- 1 cup (150 g) cooked **chicken breast**, shredded
- 2 cups (60 g) **mixed salad greens** (e.g., arugula, spinach, lettuce)
- ½ **cucumber**, sliced
- 1 **carrot**, shredded
- ½ **avocado**, diced
- 2 tablespoons (30 ml) **olive oil**
- Juice of 1 **lemon**
- 1 teaspoon (5 ml) **dried oregano** or **parsley**
- Salt and pepper to taste

Method:

1. In a large bowl, combine shredded chicken, salad greens, cucumber, carrot, and avocado.
2. In a small bowl, whisk together olive oil, lemon juice, dried oregano, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently.
4. Serve immediately or chill for 10 minutes to enhance flavors.





Grilled Salmon with Quinoa and Steamed Vegetables

Ingredients:

- 1 fillet (150 g / 5 oz) **salmon**
- ½ cup (90 g) **cooked quinoa**
- 1 cup (150 g) **broccoli florets**
- 1 cup (150 g) **carrot sticks**
- 1 tablespoon (15 ml) **olive oil**
- Juice of ½ **lemon**
- Fresh **dill** or **parsley** for garnish
- Salt and pepper to taste

Method:

1. Season the salmon fillet with salt, pepper, and a drizzle of olive oil.
2. Grill the salmon on a preheated grill pan or skillet over medium heat for 4-5 minutes per side, until cooked through.
3. Steam the broccoli and carrot sticks for 5-7 minutes until tender.
4. Serve the salmon with cooked quinoa and steamed vegetables.
5. Squeeze fresh lemon juice over the salmon and garnish with dill or parsley.





Dinners

Herb-crusted Salmon with Roasted Vegetables

Ingredients:

- 1 fillet (150 g / 5 oz) salmon
- 1 tablespoon (15 ml) olive oil
- 1 teaspoon (5 ml) dried herbs (e.g., thyme, parsley, dill)
- 1 cup (150 g) broccoli florets
- 1 medium carrot, sliced
- 1 small zucchini, sliced
- Salt and pepper to taste
- Juice of ½ lemon

Method:

1. Preheat oven to 200°C (400°F).
2. Season salmon with olive oil, dried herbs, salt, and pepper.
3. Place salmon and vegetables (broccoli, carrot, zucchini) on a baking tray. Drizzle vegetables with olive oil and season with salt and pepper.
4. Roast for 20 minutes until the salmon is cooked and the vegetables are tender.
5. Squeeze lemon juice over the salmon before serving.

Chicken and Vegetable Stir-Fry

Ingredients:

- 150 g (5 oz) chicken breast, thinly sliced
- 1 tablespoon (15 ml) coconut oil
- 1 cup (150 g) mixed vegetables (e.g., bell peppers, broccoli, snap peas)
- 1 clove garlic, minced
- 1 tablespoon (15 ml) coconut aminos or gluten-free tamari
- 1 teaspoon (5 ml) ginger, grated
- 2 tablespoons (30 ml) sesame seeds
- Fresh cilantro for garnish

Method:

1. Heat coconut oil in a skillet over medium heat.
2. Sauté chicken slices until browned and cooked through (about 5-7 minutes).
Remove and set aside.





3. In the same pan, stir-fry garlic, ginger, and mixed vegetables for 5 minutes.
4. Add chicken back to the pan and stir in coconut aminos. Cook for 2 more minutes.
5. Garnish with sesame seeds and cilantro before serving.

Zucchini Noodles with Pesto and Cherry Tomatoes

Ingredients:

- 2 large zucchinis, spiralized into noodles
- 2 tablespoons (30 ml) olive oil
- ½ cup (75 g) cherry tomatoes, halved
- 2 tablespoons (30 g) pesto (made from basil, garlic, olive oil, and pine nuts)
- 1 tablespoon (15 g) pine nuts
- Salt and pepper to taste

Method:

1. Heat olive oil in a skillet over medium heat.
2. Sauté zucchini noodles for 2–3 minutes until just tender.
3. Add cherry tomatoes and cook for another minute.
4. Toss with pesto and pine nuts. Season with salt and pepper.
5. Serve immediately.

Quinoa and Roasted Vegetable Bowl

Ingredients:

- ½ cup (90 g) quinoa, cooked
- 1 cup (150 g) mixed roasted vegetables (e.g., sweet potatoes, carrots, bell peppers)
- 1 tablespoon (15 ml) olive oil
- ½ avocado, sliced
- 1 tablespoon (15 ml) pumpkin seeds
- Fresh parsley for garnish
- Juice of ½ lemon
- Salt and pepper to taste

Method:

1. Preheat oven to 200°C (400°F). Toss vegetables with olive oil, salt, and pepper, and roast for 25 minutes.
2. Place cooked quinoa in a bowl and top with roasted vegetables, avocado slices, and pumpkin seeds.
3. Drizzle with lemon juice and garnish with parsley. Serve Warm.





Coconut Curry Chicken with Green Beans

Ingredients:

- 150 g (5 oz) chicken breast, cubed
- 1 tablespoon (15 ml) coconut oil
- 1 cup (150 g) green beans, trimmed
- ½ onion, chopped
- 1 clove garlic, minced
- 1 tablespoon (15 ml) curry powder
- 1 cup (240 ml) coconut milk
- Fresh cilantro for garnish
- Salt and pepper to taste

Method:

1. Heat coconut oil in a skillet over medium heat. Sauté onion and garlic until soft.
2. Add chicken and cook until browned (about 5 minutes).
3. Add green beans and curry powder, stirring well.
4. Pour in coconut milk, reduce heat, and simmer for 10 minutes until chicken is cooked through and green beans are tender.
5. Garnish with fresh cilantro and serve.





Snacks

Hummus with Vegetable Sticks

Ingredients:

- ½ cup (120 g) hummus
- 1 medium carrot, sliced into sticks
- 1 small cucumber, sliced into sticks
- 1 handful of snap peas

Method:

1. Place hummus in a bowl.
2. Arrange carrot, cucumber, and snap peas for dipping.

Apple Slices with Almond Butter

Ingredients:

- 1 apple, sliced
- 2 tablespoons (30 g) almond butter
- 1 teaspoon (5 ml) chia seeds (optional)

Method:

1. Spread almond butter on apple slices.
2. Sprinkle with chia seeds for added crunch.

Mixed Nuts and Seeds

Ingredients:

- 2 tablespoons (30 g) almonds
- 1 tablespoon (15 g) walnuts
- 1 tablespoon (15 g) pumpkin seeds
- 1 tablespoon (15 g) sunflower seeds

Method:

1. Mix all nuts and seeds in a small bowl.
2. Pack in a snack-sized container for an on-the-go snack.





Avocado with Lime and Pumpkin Seeds

Ingredients:

- 1 avocado, halved
- 1 tablespoon (15 g) pumpkin seeds
- Juice of ½ lime
- Pinch of salt

Method:

1. Drizzle lime juice over the avocado halves.
2. Sprinkle with pumpkin seeds and a pinch of salt.
3. Scoop with a spoon and enjoy.

Coconut Yogurt with Berries and Flaxseed

Ingredients:

- 1 cup (240 ml) unsweetened coconut yogurt
- ½ cup (75 g) blueberries or raspberries
- 1 tablespoon (15 ml) ground flaxseed

Method:

1. Top coconut yogurt with berries and ground flaxseed.
2. Serve immediately.

Puddings





Chia Seed Pudding with Mango

Ingredients:

- 3 tablespoons (45 g) **chia seeds**
- 1 cup (240 ml) **coconut milk**
- ½ cup (75 g) **mango**, diced
- 1 teaspoon (5 ml) **honey** (optional)

Method:

1. Mix chia seeds and coconut milk in a jar. Refrigerate overnight.
2. Top with diced mango and honey before serving.

Banana and Coconut Ice Cream

Ingredients:

- 2 **ripe bananas**, sliced and frozen
- 2 tablespoons (30 g) **shredded coconut**
- 1 teaspoon (5 ml) **vanilla extract**

Method:

1. Blend frozen bananas and vanilla extract until smooth.
2. Sprinkle with shredded coconut and serve immediately.

Baked Apples with Cinnamon and Walnuts

Ingredients:

- 2 **apples**, cored
- 2 tablespoons (30 g) **walnuts**, chopped
- 1 teaspoon (5 ml) **cinnamon**
- 1 teaspoon (5 ml) **honey** (optional)

Method:

1. Preheat oven to 180°C (350°F).
2. Stuff apples with walnuts, cinnamon, and honey.
3. Bake for 25–30 minutes until tender.

Frozen Grapes with Coconut Flakes

Ingredients:





- 1 cup (150 g) **grapes** (red or green)
- 2 tablespoons (15 g) **shredded coconut**

Method:

1. Freeze grapes for 2 hours.
2. Roll frozen grapes in shredded coconut and serve.

Raspberry and Almond Butter Cups

Ingredients:

- 2 tablespoons (30 g) **almond butter**
- 6 **raspberries**
- 2 tablespoons (30 g) **melted coconut oil**
- 1 teaspoon (5 ml) **honey** (optional)

Method:

1. In a mini muffin tin, add 1 teaspoon melted coconut oil to each cup.
2. Add 1 teaspoon almond butter and a raspberry on top.
3. Freeze for 1 hour until set.





Next Steps

Now you understand what's going on inside the body of somebody with eczema AND what to do to start improving the condition. Begin working on your skin barrier and your gut barrier (including your biome!) with these recipes and herbal suggestions.

As you can see, this process is quite involved. That's why I offer further video training programs, 1-on-1 assessments and fully guided programs to help you through this process. Together with my clients I help them rotate their diet, heal their body barriers and keep accountable to the changes they've decided to make.

If you want more information, please email Team@Natrigenics.com or visit [Natrigenics Programs](#) and use code **NATR20** when you enroll.

Well done, stay strong and I will leave you with the FAQ section next:

FAQ's

1. What is the connection between histamine intolerance and eczema?

Histamine is a chemical produced by the body during immune responses, and it's also found in certain foods. Some people have trouble breaking down histamine due to low levels of an enzyme called DAO (diamine oxidase). When histamine builds up, it can trigger or worsen eczema symptoms, such as itching, redness, and inflammation.

Tips for Histamine Intolerance:

- Avoid high-histamine foods like fermented foods, aged cheeses, smoked meats, and certain fish (e.g., mackerel).
- Focus on fresh, low-histamine foods to reduce flare-ups.
- Consider working with a healthcare provider to assess histamine intolerance.

2. Should I get allergy testing done for eczema?

Allergy testing can help identify potential food or environmental triggers for eczema, such as pollen, dust mites, dairy, gluten, or specific foods – but remember the effects of these triggers are related to the strength of your body barriers. The most common tests are:

- Skin Prick Tests (SPT) – Quick and reliable for immediate allergies.
- IgE Blood Tests – Measure specific antibodies related to allergic reactions.





However, not all eczema cases are caused by allergies, and false positives can occur. If you suspect allergies are worsening eczema, consult an allergist or dermatologist to determine if testing is appropriate.

3. What ages is this eczema guide appropriate for?

This guide is designed for all ages, including:

- Infants and Toddlers: Always consult a pediatrician before making dietary changes or using supplements or herbal therapy.
- Children: Simple dietary and lifestyle adjustments can be beneficial.
- Teens and Adults: Can follow the full protocol with more independence.

Note: If you're breastfeeding and your baby has eczema, modifying your diet may help reduce flare-ups in your child.

4. How long does it take to see results?

Results can vary based on the severity of eczema and the root causes being addressed. Here's a general timeline:

- Dietary Changes: Initial improvements may be seen within 2-4 weeks.
- Gut Healing Protocols: Can take 4-12 weeks for noticeable changes.
- Skin Barrier Support: Improvements may be seen within 1-3 weeks when using appropriate moisturisers and treatments.

Consistency is key, and it may take 3-6 months to achieve significant, lasting results.

5. What if my eczema flares up during the program?

Flare-ups can happen during the healing process due to:

- Die-Off Reactions: When harmful bacteria or yeast in the gut are being eliminated, they can release toxins that temporarily worsen symptoms.
- Histamine Reactions: If introducing new foods, some may trigger histamine release.
- Environmental Factors: Changes in weather, stress, or exposure to irritants can also cause flares.

What to Do:

- Track what you ate or any new products you used.
- Temporarily stop any new supplements or foods and reintroduce slowly.
- Support your skin barrier with hydrating creams and soothing baths (e.g., oatmeal, chamomile).





6. Are there any side effects to this program?

Most people tolerate the changes well. However:

- Diet Changes: You may experience temporary bloating, headaches, or fatigue as your body adjusts.
- Supplements: Some herbs or probiotics may cause mild digestive issues. Start with small doses and increase gradually.

If you experience severe symptoms, stop and consult a healthcare provider.

7. How do I know if my gut health is affecting my eczema?

Signs that poor gut health might be contributing to eczema include:

- Frequent bloating or gas
- Digestive issues (constipation, diarrhea, or heartburn)
- Food intolerances or allergies
- Brain fog or fatigue
- Skin rashes or acne

Improving gut health through diet, probiotics, and lifestyle changes can help reduce systemic inflammation and improve eczema symptoms.

8. Can I follow this program if I'm pregnant or breastfeeding?

Yes, but with caution. During pregnancy and breastfeeding:

- Avoid certain herbs or supplements that may not be safe (e.g., high-dose vitamin A, some essential oils).
- Focus on a nutrient-dense diet and gut-friendly foods.
- Consult your healthcare provider before making significant changes to your diet or supplement routine.

9. Can stress make eczema worse?

Yes, stress can trigger or worsen eczema by:

- Increasing inflammation in the body.
- Disrupting the immune system, leading to Th2 dominance.
- Impairing skin barrier function.





Stress Management Tips:

- Practice deep breathing, meditation, or yoga.
- Prioritise sleep and regular exercise.
- Engage in activities that bring you joy and relaxation.

10. Can I use this program alongside conventional treatments?

Absolutely! This guide complements conventional treatments like:

- Topical Steroids or Emollients
- Antihistamines
- Biologic Therapies (e.g., Dupilumab)

Always inform your healthcare provider of any dietary or lifestyle changes to ensure a safe and integrated approach to eczema management.

“Now that you know... if you’re not changing it, you’re choosing it.”

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Notes





Notes

