



THE SOLINGER METHOD

by Root Health L.L.C.

Contact Dermatitis

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Contact Dermatitis

Root Health L.L.C, The Solinger Method

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What Is Contact Dermatitis

Contact dermatitis is an inflammatory skin reaction that occurs when the skin comes into contact with an irritant or allergen. While the rash appears locally, the severity, persistence, and recurrence of contact dermatitis are influenced by immune regulation, skin barrier integrity, detoxification capacity, and inflammatory load.

In adults, contact dermatitis commonly reflects:

- Impaired skin barrier function
- Immune hypersensitivity or dysregulation
- Cumulative toxic or chemical exposure
- Gut mediated immune activation
- Histamine and inflammatory burden
- Nutrient deficiencies affecting skin repair

The skin is a **detoxification and signaling organ**, not an isolated surface.

Conventional Medicine Perspective

Conventional medicine typically views contact dermatitis as:

- A localized allergic or irritant reaction
- Identified through patch testing
- Managed through avoidance and suppression

Standard interventions include:

- Topical corticosteroids
- Antihistamines
- Barrier creams

While these approaches may reduce visible inflammation, they often overlook:

- Why the skin barrier is reactive
- Why immune responses are exaggerated
- Why reactions worsen over time
- Systemic contributors to skin inflammation

Symptom suppression does not correct underlying sensitivity.

Naturopathic Medicine Perspective

Naturopathic medicine views contact dermatitis as a **barrier-immune-detox imbalance**, involving the skin, gut, liver, and immune system.

Key systems involved include:

- Epidermal barrier integrity
- Immune tolerance mechanisms
- Histamine and inflammatory signaling
- Liver detoxification pathways
- Gut skin immune axis
- Nutrient availability for tissue repair

The goal is to **reducereactivity, restorebarrierresilience, and calm immune signaling** , not simply avoid exposures indefinitely.

Key Drivers and Patterns in Adult Contact Dermatitis

Irritant Dominant Pattern



- Reactions to soaps, detergents, or chemicals
- Burning or stinging more than itching
- Worsens with repeated exposure

Allergic Pattern

- Delayed rash after contact
- Itching and redness
- Known allergen sensitivity

Barrier Compromised Pattern

- Dry, cracked, or easily inflamed skin
- History of eczema or dermatitis
- Frequent hand washing or sanitizers

Systemic Inflammatory Pattern

- Widespread or persistent reactions
- Coexisting gut or immune symptoms
- Poor response to topical treatment alone

Nutritional Strategy

Nutrition for contact dermatitis focuses on **supporting skin repair, reducing inflammatory load, and improving immune tolerance**, not restriction without purpose.

Core Nutritional Priorities

- Provide adequate protein for skin regeneration
- Reduce systemic inflammation
- Support detoxification pathways
- Improve gut immune balance
- Ensure micronutrients for barrier repair

Therapeutic Foods to Emphasize

Protein at Each Meal

Required for collagen and skin repair.



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Suggested intake:
25 to 35 grams per meal

AntiInflammatory Fats

- Olive oil
 - Fatty fish
 - Avocado
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Micronutrient Dense Foods

- Beef liver for vitamin A and zinc
 - Eggs for choline
 - Shellfish for zinc and selenium
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Hydrating Foods

- Soups and broths
 - Cooked vegetables
 - Fruits with high water content
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Reduce or Avoid

- Ultra processed foods
- Artificial fragrances and dyes
- Excess sugar
- Alcohol

Skin inflammation reflects systemic inflammation.

Targeted Supplement Support

Therapeutic Adult Dosing

Zinc Glycinate or Picolinate

Supports skin barrier repair and immune regulation.

Dose: 25 to 40 mg daily



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Vitamin A (Retinyl Palmitate)

Supports epithelial integrity and immune balance.

Dose: 5,000 to 10,000 IU daily

Avoid during pregnancy.

Omega 3 Fatty Acids (EPA and DHA)

Reduces inflammatory skin responses.

Dose: 3 to 4 grams daily combined EPA and DHA

Vitamin D3

Supports immune tolerance and skin health.

Dose: 2,000 to 5,000 IU daily, adjusted to labs

Quercetin

Reduces histamine mediated skin reactions.

Dose: 500 to 1,000 mg daily

Targeted Herbal Support

Calendula

Supports skin healing and immune modulation.

Dose: 500 to 1,000 mg daily or topical application

Burdock Root

Supports detoxification and skin inflammation reduction.

Dose: 500 to 1,000 mg daily

Nettle Leaf



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Supports antihistamine activity.

Dose: 600 to 1,200 mg daily

Herbs support repair and regulation, not suppression.

Celery Juice Support for Contact Dermatitis

Celery juice may support contact dermatitis by improving **hydration, mineral balance, and liver mediated clearance of inflammatory byproducts**, particularly in individuals with digestive or inflammatory contributors.

Dose:

8 oz fresh celery juice daily

Timing:

Morning or between meals

Response should guide continued use.

Supplement Access

A complete supplement protocol for **Adult Contact Dermatitis** is available in Fullscript under **Protocols**, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

- Minimize exposure to known irritants
- Use fragrance free personal care products
- Support skin hydration without over washing
- Reduce cumulative chemical exposure
- Prioritize sleep and stress regulation

The skin calms when **barriers are respected and inflammation is lowered**.

When to Dig Deeper



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Further evaluation is warranted when dermatitis is persistent:

- Patch testing review
- Gut health assessment
- Inflammatory markers
- Nutrient status
- Environmental exposure review

Contact dermatitis resolves when **barrier integrity, immunetolerance, and systemic inflammation are addressed together.**



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