



# THE SOLINGER METHOD

by Root Health L.L.C.

## Eczema

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### Functional Wellness Support Plan

Eczema

Root Health L.L.C, The Solinger Method

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### What Is Eczema

Eczema, or atopic dermatitis, is a chronic inflammatory skin condition characterized by impaired skin barrier integrity, immune dysregulation, and altered microbial balance. While it presents at the skin surface, eczema is fundamentally a systemic condition rooted in gut dysfunction, nutrient depletion, immune imbalance, and chronic inflammatory signaling.

Conventional medicine often frames eczema as a localized skin disorder managed with topical steroids or immunosuppressive agents. Functional and naturopathic medicine recognizes eczema as a manifestation of deeper dysfunction involving the gut skin axis, Th2 dominant immune responses, histamine imbalance, and compromised epithelial barriers.

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## Core Physiologic Drivers

- Increased intestinal permeability leading to immune activation
- Dysbiosis with reduced microbial diversity and pathogenic overgrowth
- Impaired skin barrier function, reduced ceramide and lipid content
- Th2 skewed immune response with elevated IL 4, IL 5, and IL 13
- Histamine excess or impaired histamine breakdown
- Chronic inflammation and oxidative stress
- Micronutrient deficiencies, particularly zinc, vitamin D, vitamin A, essential fatty acids, and magnesium

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## Common Clinical Presentations

- Dry, itchy, inflamed skin
- Red or thickened patches
- Oozing or crusting lesions during flares
- Sleep disturbance due to itching
- Recurrent infections or slow healing
- Association with asthma, allergies, or food sensitivities

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## Nutritional Strategy, Skin Barrier and Immune Focused

Nutrition is the cornerstone of eczema management. Topical treatments alone will not resolve systemic drivers.

### Protein Sufficiency

Amino acids are required for skin repair, immune regulation, and barrier protein synthesis.

### Essential Fatty Acids

Omega 3 fats reduce inflammatory signaling and support skin lipid layers. Omega 6 balance is critical, excess damaged seed oils worsen inflammation.

### Anti-inflammatory Whole Foods

Reducing ultra processed foods lowers cytokine driven skin inflammation.

### Histamine Aware Nutrition

In histamine sensitive individuals, fermented foods, aged cheeses, alcohol, and leftovers may exacerbate symptoms.



## **Gut Healing Foods**

Bonebroth, gelatin, and collagen rich foods support epithelial repair.

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## **Targeted Supplement Support**

### **Vitamin D3 +K2**

Mechanism, modulates immune response, supports skin barrier integrity, and reduces inflammatory cytokine expression.

Adult dosing, 5,000 IU daily, adjust based on labs.

### **Zinc**

Mechanism, essential for skin repair, immune balance, and reduction of inflammatory skin lesions.

Adult dosing, 15 to 30mg daily with food.

### **Omega 3 Fatty Acids**

Mechanism, reduce Th2 mediated inflammation and support epidermal lipid layers.

Adult dosing, 1,000 to 3,000 mg combined EPA and DHA daily.

### **Vitamin A**

Mechanism, supports epithelial differentiation and immune regulation.

Adult dosing, 5,000 to 10,000 IU daily, avoid excess and monitor.

### **Magnesium Glycinate**

Mechanism, supports stress resilience, immune modulation, and skin healing.

Adult dosing, 600mg daily.

### **Quercetin**

Mechanism, stabilizes mast cells, reduces histamine release, and modulates inflammatory pathways.

Adult dosing, 500 to 1,000 mg daily.

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## **Herbal Support, Mechanism Driven**

### **Burdock Root**

Mechanism, supports liver detoxification, lymphatic drainage, and clearance of inflammatory metabolites contributing to skin eruptions.

Adult dosing, 500 to 1,000 mg daily or tincture equivalent.

### **Calendula**

Mechanism, anti-inflammatory and wound healing properties support skin barrier repair and



reduce irritation.

Adult dosing, internal tincture or topical preparations as appropriate.

### **Chickweed**

Mechanism, cooling, anti pruritic herb that soothes inflamed skin and supports lymphatic movement.

Adult dosing, tincture equivalent 1 to 3 mL daily.

### **Nettle Leaf**

Mechanism, antihistamine effects reduce itch and inflammatory responses.

Adult dosing, 300 to 600 mg daily or tea equivalent.

### **Oregon Grape Root**

Mechanism, antimicrobial and immune modulating effects support skin and gut microbiome balance.

Adult dosing, 500 to 1,000 mg daily, short term use.

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## **Gut Skin Axis Support**

Eczema resolution requires gut focused intervention.

- Address dysbiosis and opportunistic overgrowth
- Support digestive enzyme output
- Restore intestinal barrier integrity
- Normalize bowel regularity
- Reduce immune triggering foods

Without gut repair, topical improvement is temporary at best.

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## **Lifestyle and Environmental Considerations**

- Avoid harsh soaps and detergents
- Use fragrance free skin products
- Support adequate sleep to reduce inflammatory signaling
- Manage stress to reduce immune flares
- Avoid overheating and excessive sweating during flares

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## **Clinical Expectations**



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Eczema improves in phases. Initial reduction in itch and inflammation often occurs within weeks, followed by gradual improvement in skin integrity and flare frequency over months. Long term resolution depends on addressing gut health, immune balance, and nutrient sufficiency.

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