

Eczema Support Protocol

Clinical Protocol to Support Healthy Skin and Inflammatory Responses*



Eczema, or atopic dermatitis, is a chronic inflammatory skin disease that often presents with dry, itchy, and red skin.¹ The exact etiology of eczema is unknown; however, it is accepted that a dysfunctional or weakened skin barrier is a main contributor and may result from genetic or environmental factors.^{1,2} Eczema affects approximately 20% of children and between 7% and 14% of adults.³ Typically, eczema “flares” are not constant, but acute flare-ups occur sporadically and can significantly impact a person’s quality of life, confidence, concentration, and sleep.¹

Dry skin, blisters, infections, and penetration of potentially harmful substances may be the result of skin barrier dysfunction seen in eczema patients.^{1,4,5} Patients with eczema often have dysregulated inflammatory and immune responses.^{2,5,6} Eczema is included in the “atopic march” triad, as it is often accompanied with asthma and allergic rhinitis in patients.¹

Filaggrin, or filament aggregating protein, is a large protein that is vital for skin cell maturity and promotes a healthy outermost protective layer of skin.¹ In non-eczema patients, the outermost layer is tightly packed and organized. In contrast, those with filaggrin gene polymorphisms have “haphazard organization of the skin cells” that may contribute to the development of eczema.¹ Patients with eczema may also have a reduced number of beta-defensins in the skin, which are host-defense peptides crucial in fighting off potentially harmful microbes, such as *Staphylococcus aureus*.¹

This clinical protocol is designed to support patients who have eczema with lifestyle, diet, and supplementation interventions that may help promote skin homeostasis by supporting a healthy immune and inflammatory response.*

Diagnostic Biomarkers and Clinical Indicators of Eczema

- Physical examination by a physician to assess the appearance of the skin⁵
- Consider allergy testing through blood or skin-prick testing, or through a “challenge test” under a doctor’s supervision^{1,5}
- C-reactive protein: Eczema is considered an inflammatory condition.^{1,4}
 - Normal: ≤ 0.8 mg/dL; ≤ 76.2 nmol/L
- 25-hydroxyvitamin D (25-hydroxycholecalciferol): Vitamin D deficiency may be associated with eczema.^{2,7}
 - Sufficient to optimal: 30 to 60 ng/mL
- **GI Spotlight** comprehensive stool testing. A healthy gut microbial environment may promote healthy immune and inflammatory responses. This may improve the quality of life and attenuate disease severity in eczema patients.^{4,8} Analyze the diversity of specific analytes, including, but not limited to:
 - *Bifidobacterium* spp.
 - *Lactobacillus* spp.
 - *Escherichia* spp.
 - *Pseudomonas* spp.
 - *Enterococcus* spp.^{4,8}

Therapeutic Diet and Nutritional Considerations

- Counsel patients to consume a whole foods diet with an emphasis on vegetables and anti-inflammatory foods^{9,10}
- Advise patients to reduce or eliminate inflammatory foods, such as heavily processed foods and refined sugars, and avoid any confirmed food allergies, intolerances, and sensitivities⁹
- Encourage the dietary or supplemental intake of prebiotics and probiotics, which may support those with eczema^{4,6,9,11}
- Provide recommendations to include nutrients that promote skin health: vitamins D, B12, E, C, and A, and omega-3 fatty acids^{2,6,9,11}

Lifestyle Interventions

- Recommend patients who have eczema hydrate their skin daily and frequently with fragrance-free ointment that has limited preservatives, as skin hydration is crucial in attenuating itchiness and protecting against harmful substances¹
- Advise patients to identify and address any irritants, such as environmental allergens, smoke, cosmetics, detergents, fragrances, fabrics, or extreme hot and cold temperatures¹
- Encourage patients to wear loose-fitting, cotton- and silk-based fabrics to mitigate skin irritation.¹²
- Suggest patients topically apply a plain, grass-fed fermented yogurt on their skin to support skin microbiome balance¹³



Supplement Protocol

Primary Support:



OmegAvail™ Synergy

Serving	2 softgels twice daily with meals
Duration	Ongoing as needed
Formula Highlights	OmegAvail™ Synergy has a unique omega 3-6-7-9 formula that contains a blend of omega-3 fats (eicosapentaenoic acid [EPA]/doxohexataenoic acid [DHA]) in the TruTG™ form, the omega-6 gamma-linoleic acid (GLA) from borage oil, the omega-7 fat palmitoleic acid, and omega-9 fat oleic acid from certified-virgin/organic macadamia nut oil. A healthy balance between omega-3 and omega-6 polyunsaturated fatty acids may promote healthy inflammatory responses by supporting prostaglandin synthesis in those with eczema. ^{2,7}

ProbioMed™ 100

Serving	1 capsule per day with a meal
Duration	Ongoing as needed
Formula Highlights	A highly potent, shelf-stable, dairy-free probiotic containing 100 billion colony-forming units (CFUs) per serving. It consists of 10 of the most highly researched probiotic strains, with each strain and specific CFU count being fully disclosed. Research suggests that certain probiotic strains may benefit skin barrier function.*

Vessel Forte™

Serving	4 capsules per day
Duration	Ongoing as needed
Formula Highlights	Vessel Forte™ is a synergistic combination of botanical extracts extensively researched for their benefits to blood vessel health.* Its ingredients are beneficial in supporting optimum blood and lymph circulation, and the strength and elasticity of blood vessels. Vessel Forte™ also provides antioxidant benefits and helps support a healthy inflammatory response.*

Vitamin D Supreme

Serving	1 capsule per day with a meal
Duration	Ongoing as needed
Formula Highlights	Vitamin D Supreme provides clinically useful amounts of vitamin D3 and vitamin K (both K1 and K2 [as MK-4]), along with geranylgeraniol (GG), a substance produced naturally in the body, to promote optimal bone and arterial health and to maintain the immune system in proper balance.* The amounts of vitamins D and K in this formula may be beneficial for those who do not receive adequate sun exposure and/or dietary sources of intake of these vitamins.* Vitamins D and K work synergistically; thus, increasing vitamin D increases the need for vitamin K.* Healthy vitamin D status may promote healthy immune responses, which may be clinically relevant to those with eczema.*

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference---eczema-support-protocol-references>

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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