



Exit From Eczema

By Deep Living Co-founder and formulator Dr. Natiya Guin



Inspired by Grace

This guide is designed to help families get to the root cause of eczema at any age so that it can truly be healed.

Deep Living co. was created because of my deep desire to heal my own daughter's eczema. I was a medical school student at the time of Grace's birth and at 2 weeks of age she had severe eczema. It took the following steps to truly heal her:

- 1. Is there a genetic connection?-** Grandpa also had it: support her detox pathways with helpful nutrients (vit D and probiotics as infant, NAC and omegas as toddler, additional vitamins as she gets older-Skin Within supplement)
- 2. Are there Food sensitivities?-** Dairy made it worse, removed this from diet
- 3. Are conventional products making it worse?-** switched to all natural products for her skin, hair, and laundry. Note: Consider avoiding the following toxic ingredients: EDTA, Phthalates, Parabens, Bisphenol

How Grace Healed: By addressing the 3 areas listed above, we were able to stop her eczema flairs. We removed foods she was sensitive to, switched from popular lotions and shampoos to fully clean ones, started using the healing salve I created, and added vitamins to her diet that supported skin health and detoxification.

3 main areas to review: With support from your integrative medical provider: treatment may be a combination of finding and removing triggers, strengthening organs of detoxification & using safe/natural topical & internal treatments.

1

GENETICS/FAMILY HISTORY

This gives insight into what to avoid as triggers

2

FOOD SENSITIVITIES

Either eliminate foods in question or run labs, also consider heavy metal testing

3

ENVIRONMENTAL TRIGGERS

Review home products, foods, cleaners



Natural treatments

Consider alternatives to topical steroids as they can drive illness in, weaken immune system, & they don't address root cause



Healing ingredients

Chamomile, mastic, calendula, zinc, vit A & E, biotin



Detoxification

Consider removing artificial colors and high fructose corn syrup that injure GI tract and liver.

Look at **comorbidities** such as candida, mold

Allergic triad- eczema, allergies & asthma