

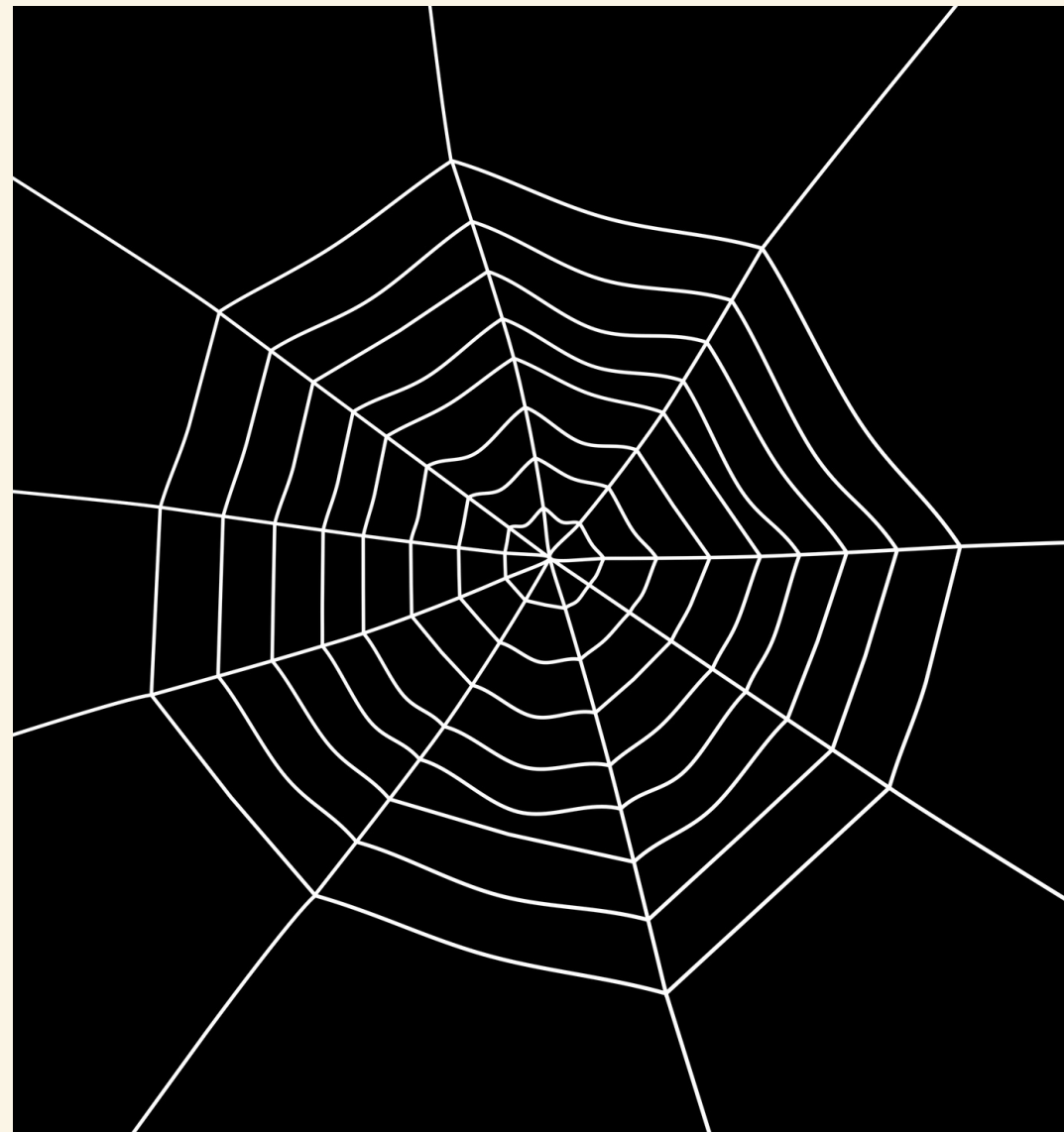
Unravelling the Eczema Trap®



How what happens inside shapes your skin.



**Eczema isn't caused by one thing –
it's a trap with multiple strands**



Today's Focus





Simplify food trigger confusion

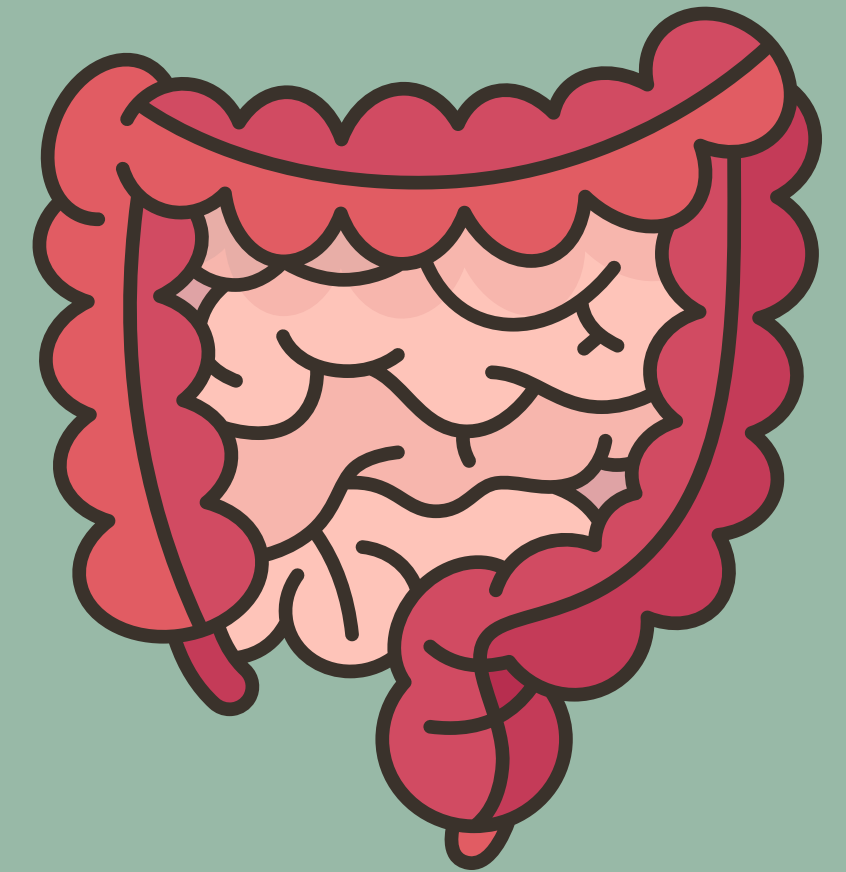
- Simplify to calm inflammation
- Identify hidden food drivers
- A temporary reset, not restriction





Heal the gut, help the skin

- Gut lining = skin barrier inside out
- Overgrowth, low stomach acid, sluggish digestion = trouble
- Support with fibre, bitters, probiotics (when tolerated)





Bring foods back – wisely

- Test one food at a time after calm is restored
- Look for 3-day patterns: skin, sleep, mood
- Use reintroduction to gain clarity, not fear





The fire beneath the flare

- Skin symptoms are downstream of inflammation
- Driven by stress, poor sleep, sugar, food reactivity
- Calming internal fire = calming the skin





You can't heal what you can't rebuild

- Key skin nutrients: zinc, vitamin D, omega-3s, protein
- Depletion is common in chronic eczema
- Rebuilding = stronger skin, better resilience



Want guided support through each strand?

- A self-paced program – or your eczema's pace
- Recipe booklets: 21 breakfasts, lunches, dinners + 7 snacks per strand
- Handouts galore to track food, symptoms, and progress
- A chat function so that you can ask your questions and also scroll through previously asked questions.

Here's what's coming next

- You'll get a recording of this session + thank-you discount code via email on Thursday
- Tomorrow (Day 2): The External & Systemic Drivers
 - Stress, Environmental/chemical Sensitivities, Hormones, Histamine/MCAS & Liver Support
- Thursday: LIVE interactive session to identify your personal eczema traps
- Cart opens Thursday night – program access begins right after!



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