

# Unravelling the Eczema Trap® Day 2



# Today's Focus - environmental and systemic drivers



The  
**HORMONE  
BALANCE**  
Strand



The  
**STRESS  
RESOLUTION**  
Strand



The  
**SENSITIVITIES &  
SKIN BARRIER**  
Strand



The  
**LIVER SUPPORT**  
Strand



The  
**HISTAMINE &  
MCAS**  
Strand



The  
**HORMONE  
BALANCE**  
Strand

- Oestrogen, progesterone, cortisol and thyroid all affect the skin barrier
- Hormonal shifts can heighten inflammation and itch
- Balanced blood sugar and liver clearance help steady hormones



The  
**STRESS  
RESOLUTION**  
Strand

- The skin mirrors your stress response
- Raised cortisol leads to raised histamine leading to raised inflammation
- Calming the nervous system breaks the itch-stress loop



The  
**LIVER SUPPORT**  
Strand

- Detox pathways are burdened, not broken
- The liver clears hormones, toxins and inflammatory molecules
- Colour vegetables, and adequate protein helps provide gentle natural daily detox support



The  
**SENSITIVITIES &  
SKIN BARRIER**  
Strand

- Not every trigger is food !
- Fragrance, detergents, fabrics, temperature shifts and humidity all add to your 'total load'
- Your skin barrier and microbiome also need support
- Reducing exposure helps resilience.



The  
**HISTAMINE &  
MCAS  
Strand**

- Histamine is a messenger not an enemy
- I don't like the term 'histamine intolerance'
- Excess release and poor clearance will lead to more reactive skin
- Mast-cell activation keeps inflammation cycling

# Connecting the Dots...

Hormones ↔ Liver ↔ Histamine

Stress ↔ Immune ↔ Skin

Everything interacts - calm one, can help them all

# Let's Pause to Think

- My skin feels most stable when....
- My skin flares when.....

# Here's what's coming next

- You'll get a recording of this session + thank-you discount code via email on Thursday
- Tomorrow (Day 3):
  - We connect everything !
  - Identify your strongest strands
  - Learn where to begin breaking free

# A snapshot of recipes from 1 strand



### RED LENTIL STEW WITH CARROT & PARSNIP

**Ingredients**

- 1 tbsp olive oil
- 1/2 onion, chopped
- 1 carrot and 1 parsnip, diced
- 100g red lentils
- 600ml water or veg stock
- 1/2 tsp mixed herbs

**Instructions**

1. Sauté onion in olive oil. Add veg, lentils, water and herbs.
2. Simmer for 25 minutes until tender and thickened.



### COCONUT YOGHURT PARFAIT WITH PEAR & PUMPKIN SEEDS

**Serves: 2**

**Ingredients**

- 250g coconut yoghurt (unsweetened)
- 2 ripe pears, diced
- 2 tbsp pumpkin seeds
- 1/2 tsp ground cinnamon

**Instructions**

1. Divide the coconut yoghurt between two serving glasses or bowls.
2. Top with the diced pear, pumpkin seeds, and a sprinkle of cinnamon.
3. Serve immediately.

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### QUINOA & APPLE BREAKFAST BOWL

**Serves: 2**

**Ingredients**

- 100g cooked quinoa
- 2 small apples, peeled, cored, and diced
- 1/2 tsp ground cinnamon
- 2 tbsp ground flaxseed
- 1 tbsp almond butter

**Instructions**

1. Place the diced apples in a small saucepan with a splash of water and the cinnamon. Cook gently over low heat until soft and stewed, about 10 minutes.
2. Warm the quinoa in a separate pan or in the microwave.
3. Divide the quinoa between two bowls and top with stewed apple.
4. Sprinkle with ground flaxseed and drizzle with almond butter before serving.

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### BAKED TURKEY & COURGETTE BALLS WITH MASH



**Ingredients**

- 100g minced turkey
- 1/2 courgette, grated
- 1 tbsp ground flaxseed
- Pinch dried herbs
- 1 sweet potato, peeled and mashed

**Instructions**

1. Mix turkey, courgette, flaxseed and herbs. Form into small balls.
2. Bake at 180°C for 20 minutes.
3. Serve with mashed sweet potato.

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### CHIA & PEAR POTS

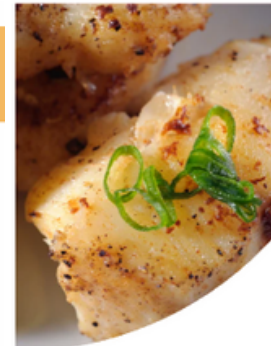
**Serves: 2**

**Ingredients**

- 200ml almond milk (unsweetened)
- 3 tbsp chia seeds
- 1 ripe pear, diced
- 1/2 tsp vanilla extract

**Instructions**

1. In a jar or bowl, mix the chia seeds with almond milk and vanilla extract.
2. Stir well, then chill in the fridge for at least 2 hours (or overnight), stirring once after 30 minutes to prevent clumping.
3. When ready to serve, divide into two bowls and top with diced pear.



### BAKED COD WITH BROWN RICE & BROCCOLI MASH

**Ingredients**

- 1 cod fillet
- 75g brown rice
- 1 cup broccoli, chopped
- 1 tsp olive oil
- Lemon wedge to serve

**Instructions**

1. Cook rice according to packet instructions.
2. Steam broccoli until soft, then mash with olive oil.
3. Bake cod at 180°C for 12–15 minutes until cooked through.
4. Serve all together with a squeeze of lemon.



### SWEET POTATO & CHICKPEA PATTIES WITH GREENS

**Ingredients**

- 1 small, sweet potato, baked and mashed
- 1/2 cup chickpeas, mashed
- 1 tbsp ground flaxseed
- Pinch of dried herbs
- Steamed greens (spinach or chard)

**Instructions**

1. Mix patty ingredients and form into small patties.
2. Bake at 180°C for 20 minutes, flipping halfway.
3. Serve with steamed greens.

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