

Unravelling the Eczema Trap® Day 3



**The Eczema Trap®
Self-Assessment Quiz**

Discover Your Eczema Traps

The 10 strands....



The
ELIMINATION
Strand



The
GUT REPAIR
Strand



The
REINTRODUCTION
Strand



The
INFLAMMATION
Strand



The
**REPLENISH YOUR
NUTRIENTS**
Strand



The
**HORMONE
BALANCE**
Strand



The
**STRESS
RESOLUTION**
Strand



The
LIVER SUPPORT
Strand



The
**SENSITIVITIES &
SKIN BARRIER**
Strand



The
**HISTAMINE &
MCAS**
Strand



The Eczema Trap® Self-Assessment Quiz

Discover Your Eczema Traps

Welcome

This quiz is designed to help you understand which “eczema traps” are affecting you most right now. It isn’t a medical test or a diagnosis – it’s a discovery tool. By scoring each statement honestly, you’ll start to see clear patterns in what drives your flares.

Your results will point you towards the strand that can help you calm your skin most effectively, without the guesswork or overwhelm of trying to fix everything at once.

How to Use This Quiz

Instructions: For each statement, rate how often it applies to you:

0 = Never

1 = Sometimes

2 = Often

3 = Always

At the end of each section, total your score (maximum 15 per strand).



1. *Elimination*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ I notice that certain foods make my skin flare within 24-72 hours.
- ☐ I have tried removing foods before and noticed some improvement.
- ☐ My eczema feels worse after eating rich or processed foods.
- ☐ I often feel unsure which foods are safe for me to eat.
- ☐ My skin improves when I eat a simpler diet.

Total (Elimination): _____ / 15

2. *Gut Repair*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ I regularly experience bloating, gas, or discomfort after meals.
- ☐ I have a history of digestive issues such as constipation or diarrhoea.
- ☐ I've taken antibiotics or other medications that may affect my gut health.
- ☐ I find it difficult to tolerate fibre-rich foods.
- ☐ I suspect my digestion may be linked to my skin.

Total (Gut Repair): _____ / 15



3. *Histamine & Mast Cells*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ My skin flares after eating leftovers, fermented foods, or alcohol.
- ☐ I often feel itchy without a clear reason.
- ☐ I experience flushing, rashes, or hives that come and go suddenly.
- ☐ I am sensitive to strong smells, pollen, or insect bites.
- ☐ My eczema feels worse during allergy season.

Total (Histamine & Mast Cells): _____ / 15

4. *Hormones*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ My skin worsens at specific times of my menstrual cycle or hormonal changes.
- ☐ I experience hot flushes, night sweats, or other hormonal symptoms.
- ☐ I have noticed skin changes linked with pregnancy, perimenopause, or menopause.
- ☐ I experience mood swings, fatigue, or low energy alongside skin flares.
- ☐ I have a diagnosed hormonal condition (e.g. PCOS, thyroid imbalance).

Total (Hormones): _____ / 15



5. *Inflammation*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ I experience joint pain, stiffness, or body aches alongside my skin issues.
- ☐ I often feel generally inflamed, swollen, or puffy.
- ☐ I have other inflammatory conditions (e.g. asthma, allergies, autoimmune).
- ☐ Stress or lack of sleep makes my skin flare quickly.
- ☐ I feel my whole system is overreactive, not just my skin.

Total (Inflammation): _____ / 15

6. *Liver*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ I feel worse after alcohol, caffeine, or fatty foods.
- ☐ My skin flares are worse when I am constipated.
- ☐ I have experienced chemical sensitivity (e.g. perfumes, cleaning products).
- ☐ I have a history of gallbladder, liver, or detoxification issues.
- ☐ I often wake up between 1am-3am or feel sluggish in the mornings.

Total (Liver): _____ / 15



7. *Reintroduction*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ I've cut out foods but feel nervous about reintroducing them.
- ☐ I have tried reintroducing foods and my skin has reacted strongly.
- ☐ I worry about missing out socially due to my restricted diet.
- ☐ I would like a clear plan for reintroducing foods safely.
- ☐ I feel uncertain about which foods are long-term triggers.

Total (Reintroduction): _____ / 15

8. *Sensitivities & Barrier Function*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ My skin reacts to soaps, detergents, or skincare products.
- ☐ I react to environmental triggers such as dust, pets, or pollen.
- ☐ My skin barrier feels weak, cracked, or sensitive to temperature changes.
- ☐ I experience flare-ups after swimming, bathing, or sweating.
- ☐ I need to be very cautious about what I put on my skin.

Total (Sensitivities & Barrier Function): _____ / 15



9. *Stress*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ I notice that stress makes my skin flare.
- ☐ I often feel anxious, tense, or overwhelmed.
- ☐ My sleep is easily disrupted and affects my skin the next day.
- ☐ I find it difficult to relax or switch off.
- ☐ My eczema flares have an emotional impact on me.

Total (Stress): _____ / 15

6. *Replenish*

0 = Never, 1 = Sometimes, 2 = Often, 3 = Always

- ☐ My diet often lacks variety or colour.
- ☐ I do not always eat enough fresh fruit and vegetables.
- ☐ I suspect I may be low in key nutrients (e.g. vitamin D, zinc, omega-3).
- ☐ I rely on convenience foods more than I'd like.
- ☐ My energy is low and I don't feel fully nourished.

Total (Replenish): _____ / 15



Summary Table

Area	Score out of 15
Elimination	
Gut Repair	
Histamine & Mast Cells	
Hormones	
Inflammation	
Liver	
Reintroduction	
Sensitivities & Barrier Function	
Stress	
Replenish	



Making Sense of Your Results

Your scores don't just show where you're struggling, they show where your skin needs targeted support. Instead of trying to fix everything at once, start where your score is highest. That's where you'll see the biggest difference.

High score (10–15): This is your strongest “eczema trap”. It's likely driving your flares, and working on this area first can help you see faster improvements.

Moderate score (5–9): This area is adding pressure to your skin but may not be the main driver. Supporting it alongside your main trap will make your progress more sustainable.

Low score (0–4): This isn't your priority right now. You'll still benefit from addressing it in time, but focus on your high scores first.

Your Next Step

Now that you can see your biggest eczema trap, the next step is simple:

- Choose the strand that matches your highest score. Each strand is designed to target one specific trap and walk you through exactly how to calm it.
- If you have two or more high scores, you can either start with the one that feels most urgent, or join a bundle of strands to work on both.

The strands are not random programmes – they are built from the same framework I use with one-to-one clients. They're designed to give you the relief you've been looking for, without the overwhelm of trying to do everything at once.

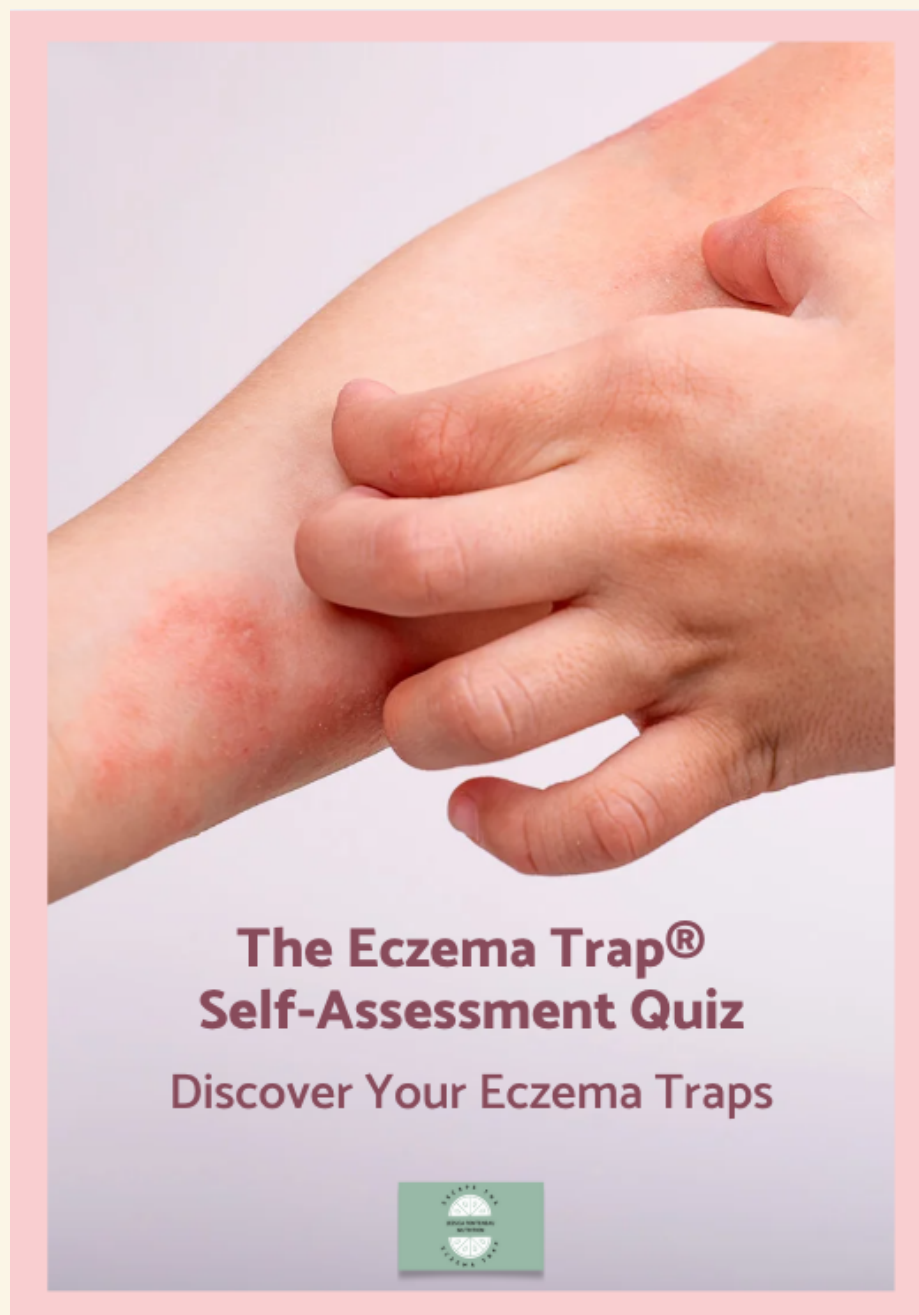
TAKE YOUR NEXT STEP HERE

Available now

Individually



Or as a
3 strand
bundle



- You've completed the Quiz
- You've had lots of information and tips over the last three days
- Start with your highest scoring strand
- If you are unsure, then book in for a free introductory call and I can help you choose
- Replays are being emailed tomorrow morning with your 'thank you' coupon code



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