



## Treatment Plan- Tobias Soper

11/04/2025

The following recommendations aim to address the main focus of our consultation which was to identify contributing factors and reduce the occurrence of eye eczema. In addition, to improve sleep and gastrointestinal health.

### Recommendations

Commence the following herbal tincture formulated to strengthen immunity, reduce inflammation and support the nervous system.

Herbs included:

**Turmeric** (*Curcuma longa*)- a powerful anti-inflammatory and antioxidant useful in chronic inflammatory conditions including conditions of the skin such as eczema and of the GIT such as IBS or similar symptoms.

**Licorice** (*Glycyrrhiza glabra*)- anti-inflammatory, adrenal tonic, demulcent and immunostimulating useful in reducing inflammation, supporting a healthy immune response, soothing mucous membranes (including those of the GIT) and indicated for many inflammatory conditions including eczema.

**Nettle** (*Urtica dioica*)- an anti-inflammatory, antioxidant and nutritive full of vitamins and minerals (e.g. Iron, vitamin C) useful in reducing inflammation and protecting cells from free radical damage.

**Ashwagandha** (*Withania somnifera*)- a tonic for the nervous system which can decrease nervous tension, provide support to the nervous system during periods of nervous system exhaustion. As an adaptogen it is useful in improving the body's ability to manage stress (either physical, emotional or environmental).

**Dosage:** 5 mls 2x per day with food

### Topical

Topical cream containing Calendula (*Calendula officinalis*) and Chickweed (*Stellaria media*) in a vitamin E base (can order for you) OR

Hope's Relief Eczema Cream (I haven't used this in clinic personally however, it appears to have good ingredients).

<https://hopesrelief.com.au/product/hopes-relief-premium-eczema-cream/>

### **Suggested Supplement (optional):**

**Enterocare (by Biomedica)-** a unique soothing and rebalancing formula containing prebiotics, probiotics, glutamine and slippery elm. This formula may relieve diarrhea and assist in healing the lining of the gut, in addition to supporting the growth of healthy gut bacteria.

**Dosage:** 1 teaspoon (5g) in water or sprinkled over food twice per day (morning and night if possible or whatever works). Take 2 hours away from other medication. Contains fibre therefore, ensure adequate intake of fluids.

### **Other Recommendations**

- Try to determine dietary factors that could be contributing to the eye eczema by using a symptom tracker (attached to your email).
- Avoid having really hot or long showers.
- Maintain adequate fluid intake of approx. 2L per day. You may like to include electrolytes to maximise absorption (coconut water is a natural form of electrolytes). The amount you need is based on your size, environment and level of exertion so it is a guide only. Adequate water intake helps to maintain good brain function, eliminate toxins and aids digestion.
- Consider organic coconut oil in place of body moisturiser (when needed on body, not so much face) to improve skin hydration.
- Prioritise sleep where possible. Maintaining a healthy bedtime routine can help which may include:
  - Having a regular sleep time (where possible)
  - Trying to get to bed by 10pm
  - Ensuring daily sunlight exposure of 30-60mins (esp. morning sun, in conjunction with sun smart practices)
  - Avoiding scheduling too many activities at night which may leave insufficient time to wind down
  - Stopping all activities that require concentration or cognitive behaviour at least 30mins before bedtime
- A wholefood approach to eating is recommended and avoid processed foods. Include lots of vegetables, fruit (limit), good fats (e.g. olive oil, avocado, almonds) and wholegrains (limit). There is research to suggest that a Mediterranean-style diet has many health benefits which in essence includes foods such as those listed above and reduces grains and animal products.

The inclusion of some of these foods (e.g. dark leafy greens, olive oil, chia seeds, walnuts, flaxseed) will also increase the amount of essential fatty acids in your diet which may help to improve skin barrier function and improve hydration.

- Be mindful of stress management and combating fatigue. Create a toolbox (either mentally or write it down) of ways in which to reduce or better cope with stress when needed (e.g. going for a surf, gym, simple breathing exercises)
- Consider requesting a blood test from your GP to test the following- FBC, iron studies, lipid profile, LFT, fasting glucose and fasting insulin, zinc, vitamin D and vitamin B12.

### **Follow up Appointment**

At this time we will review your current treatment plan and in addition consider the following:

- Further discuss and consider current bowel movements and possible conditions/sensitivities.
- Review observations of the symptom tracker diary.
- Review and further refine nutritional intake to ensure adequate fibre, balanced macronutrients and vitamins/minerals.
- Other supplements to consider short term- EPA/DHA to support skin hydration and skin barrier function and multi vitamin B supplement to assist with energy production and nervous system function.