



# Holladay Physical Medicine

4211 Holladay Blvd. – Holladay, UT 84124 – (801) 272-8471

Bruce Gundersen, D.C., DIANM

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com)

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

---

## Eczema

### What is eczema?

Eczema is a common skin condition characterized by an itchy, red rash. Many skin diseases cause somewhat similar rashes, so it is important to have the disease properly diagnosed before it is treated.

### What are the symptoms of eczema?

Eczema is characterized by scaling, thickened patches of skin that can become red and fissured. It may also appear as tiny blisters (called vesicles) that rupture, weep, and crust over. The most troublesome and prevalent symptom of eczema is itching, which may be constant.

### Conventional treatment options

Ozone Cream Daily

White petrolatum, hydrogenated vegetable oil, or other emollients are often recommended to hydrate the excessively dry skin of eczema. The mainstay conventional treatment for eczema is topical corticosteroid cream or ointment (triamcinolone [e.g., Aristocort®, Triacet® Kenalog®], mometasone [Elocon®], cortisone [e.g., Cortone®] and others). Avoidance of known allergens is also recommended.

### Other nutritional supplements that may be helpful

- [Borage oil](#) (*Borago officinalis*): Oral supplements providing 360 mg of GLA daily.
- [Evening primrose oil](#) (EPO) (12 pills per day; each pill containing 500 mg of EPO, of which 45 mg is gamma-linolenic acid [GLA]): Researchers have reported that people with eczema do not have a normal capacity to process certain fatty acids, and therefore may develop a deficiency of GLA. GLA is found in EPO, borage oil, and black currant seed oil. Most double-blind research has shown that EPO supplementation overcomes the abnormality of fatty-acid processing and is useful in the treatment of eczema.
- [Fish oil](#): 10 grams of fish oil providing 1.8 grams of EPA (eicosapentaenoic acid) per day.

- **Probiotics:** Probiotics may reduce [allergic](#) reactions by improving digestion, by helping the intestinal tract control the absorption of food allergens, and/or by changing immune system responses.

### Other herbs that may be helpful

- **Chamomile** (*Matricaria recutita*): Topical applications of chamomile tea, 2–3 times per day. Store-bought chamomile tea is suitable for this application.
- **Witch hazel** (*Hamamelis virginiana*)\*: Topical application.
- **Zemaphyte®** Chinese herbal formula: This herbal preparation includes [licorice](#) as well as nine other herbs and has been successful in treating childhood and adult eczema in double-blind trials. One or two packets of the combination is mixed in hot water and taken once per day.

### Dietary changes that may be helpful

- Increase free fatty acids, which are contained in vegetable oils.
- **Avoid food allergens:** Eczema can be triggered by allergies. Most children with eczema have food allergies, according to data from double-blind research. A doctor should be consulted to determine if allergies are a factor. Identifying and avoiding allergenic foods can lead to significant improvement.
- **Avoid coffee:** It has been reported that when heavy coffee drinkers with eczema avoided coffee, eczema symptoms improved.
- **Avoid:** Citrus fruits (lime is OK), strawberries, tomatoes, egg plant

## PREMISE

In order to recover from many of today’s chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

## USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

- Livaplex
- Black Currant Seed Oil
- Cataplex E
- Cataplex ACP
- Dermatrophin
- Cataplex F

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

## **EXERCISE**

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

## **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

## **OTHER INFORMATION:**

We offer a wide variety of health information at our web site.

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.