

# Eczema

## DESCRIPTION

The skin reflects general physical and emotional health. Disorders are usually seen as inflammation (dermatitis) and itching (pruritus). Eczema is a common inflammatory skin condition characterized by red raised lesions, oozing and crusting in the acute phase, or scaly red thickened patches brought on by rubbing and scratching in the chronic phase. The condition may worsen and spread if scratched (i.e., “weeping eczema”), but it does not pose a serious health risk.

## SIGNS/SYMPTOMS

Eczema is initially marked by redness, itching, oozing, minute papules, vesicles, weeping, and crusting, often located on the creases and folds of the mouth, arms, and legs. Scaling, thickening / hardening of the epidermis, and often pigmentation occurs later. Other symptoms include swollen legs and itching.

## ETIOLOGY

The specific cause of this superficial inflammatory response involving the epidermis is unknown. Eczema is not a distinct disease entity but is rather affiliated with disorders such as atopic and nummular dermatitis. It is frequently associated with a personal or family history of allergies to foods such as milk, fish, and eggs. Transformation’s clinical experience shows that it also commonly occurs with Paras, the body type that has difficulty breaking down starches and sugars. Inhalant allergens rarely cause this condition. It is commonly found in children but also occurs in adults. Children with eczema, however, tend to later develop other allergic conditions, most often hay fever or asthma. Factors that exacerbate eczema include sudden temperature change, humidity, psychologic stress, fibers, detergents, and perfumes.

## RATIONALE

This condition can be attributable to an intestinal dysbiosis, a disruption of the normal bacterial flora of the gut with a disproportionately high concentration of unfriendly bacteria in the mouth, skin, intestinal tract, and vagina. Candida is a necessary bacterial component of normal flora. It co-exists in a balance with acidophilus, the friendly bacterium. If an imbalance occurs and Candida over-populates acidophilus to the extent that it penetrates the walls of the large intestines, it can enable undigested

lipids and proteins to leak out of the walls. This can instigate food allergies and promote eczema. Consequently, enzyme supplementation along with a probiotic can help restore the balance of microflora and ensure complete digestion and nutrient absorption of foods.

## PROTOCOL (for Eczema)

### Option I

Product	Dose	Frequency
TPP Digest	1 cap	with every meal or snack
EFA 1200mg	1 cap	2-3xday with food
TPP Protease	2 caps	3xday between meals
RepairZyme	2 caps	3xday between meals
TPP Protease IFC	2 caps	3xday between meals
TPP Probiotic	2 caps	in the morning and at bedtime

### Option II

Product	Dose	Frequency
DigestZyme	3 caps	with every meal or snack
EFA 1200mg	1 cap	2-3xday with food (additional lipase may be needed)
PureZyme	3 caps	3xday between meals
RepairZyme	2 caps	3xday between meals
TPP Protease IFC	2 caps	3xday between meals
Plantadophilus	3 caps	in the morning and at bedtime

Support products may be added as needed

Product	Dose	Frequency
TPP Lypo	2 caps	2xday, mid-morning and mid-afternoon
Vitamin C Complex	1 tsp	daily
GastroZyme	3 caps	3xday between meals
TPP Yeast/Fungal Detox	1 cap	after meals

\*The above suggestions are intended as a basic guideline. It is always important to address the patient's diet, exercise, and lifestyle on an individual basis and according to body type. Support products may be added as needed based on the patient's condition. Enzyme therapy can and often should be used in conjunction with other therapies.

## NUTRITION

It is very important to avoid those foods that are known to be problematic for the individual. A high protein Para diet is suggested.

## REFERENCES

*The Healing Power of Enzymes* by DicQie Fuller, Ph.D.

**\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Transformation's protocols are intended for use by healthcare professionals only. Dosages may vary depending on need, i.e., lower dose for maintenance, higher dose for therapy. See Practitioner's Guide or individual product pages for suggestions.**