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Diet and Eczema

Diet:

- Food is not the root cause of eczema
- Atopic Dermatitis patients are more likely to have allergies, especially through transcutaneous sensitization
- If suspect a food allergy, get an IgE test and do an oral food challenge, but avoid elimination diets as this can lead to nutritional deficiencies in children or lead to new allergies when eliminated foods are re-introduced
- Paleolithic diets that focus on unprocessed foods, no sugar, no dairy is helpful but may be difficult to sustain

Supplements:

- Oolong tea, 60% of those with severe poorly controlled eczema saw improvement
- L-histidine, 4 grams of powder added daily to smoothie reduced severity by 30%
- Hemp Seed Oil, 2 TBS a day decreased itch, dryness, and need for topical steroids

Evidence-based Recommendations:

- One study showed after eight weeks of symbiotics (probiotics + prebiotics) in adults and children over 1 year of age showed a significant improvement in eczema severity
- Best probiotics: *Lactobacillus paracasei* or ferment
- For those with verified allergies we recommend avoiding those foods strictly
- For those without verified allergies, it may be detrimental to avoid food as they may be more likely to develop an allergy
- Focus on healthy diet overall and intensify skin care as this may be the gateway to transcutaneous sensitization and developing more allergies if left unchecked