

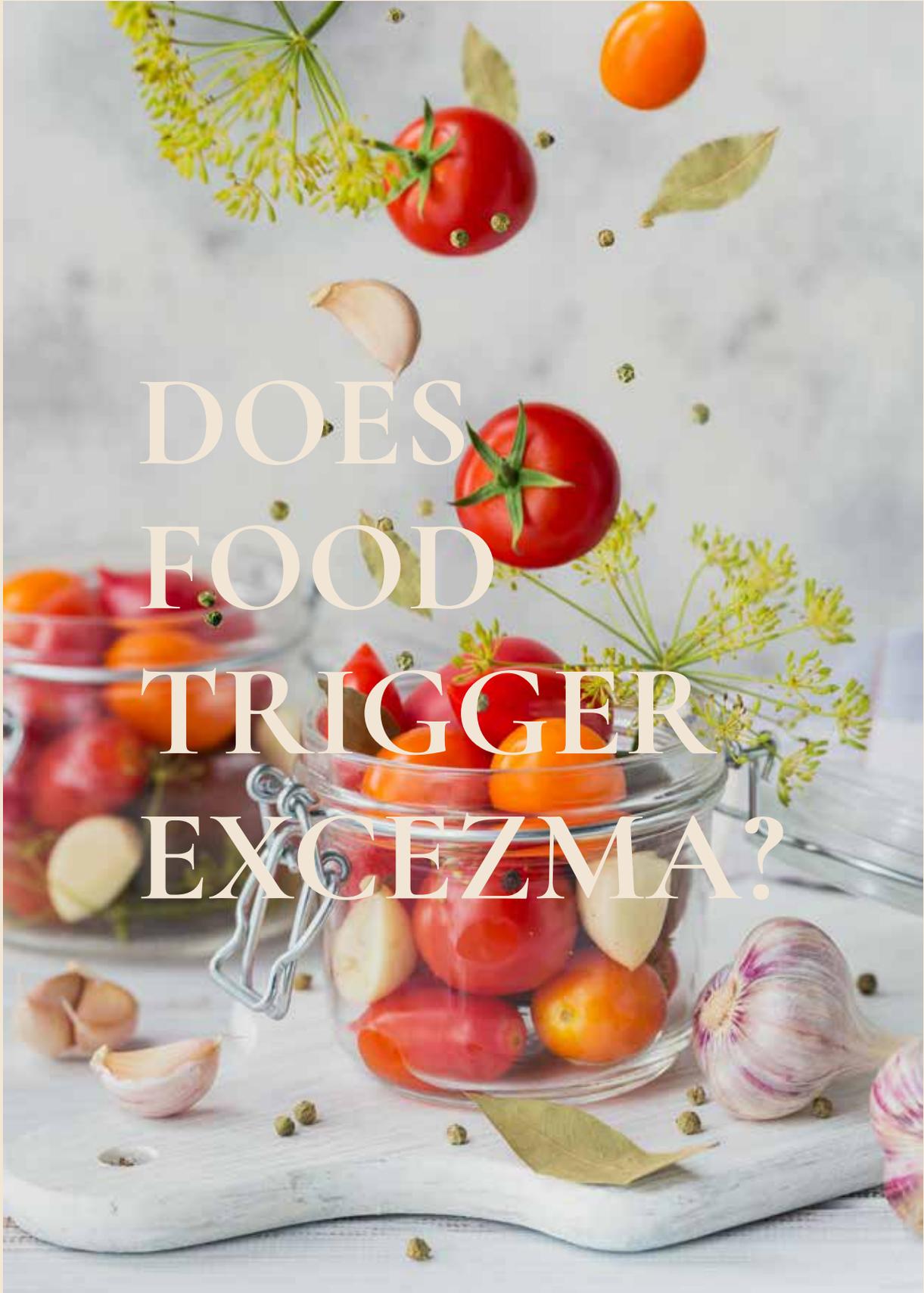
ECZ+ Analysis
get healthy skin

New Product
2022 - edition

ECZ+ Analysis

GET HEALTHY SKIN





Does food trigger eczema?



Many nutritionists say that food plays a much more significant role than is thought. The main difference between a dermatologist and a nutritionist is that a dermatologist looks at a local problem and treats the symptoms, for example by prescribing hormone ointment.

Advised is to look at the overall picture and ask: 'what is the cause?'

With years of experience in food sensitivity testing, we understand that certain foods can certainly aggravate eczema complaints. That does not apply to everyone, because every person is different, but it is certainly worth investigating.

If you suspect that a certain product may be the culprit of your eczema, you can have this tested through research by not eating the food for a while. Our advice is to completely remove a product from the menu for at least eight weeks. Of course, you need to repeat this process for every food you may suspect, this can take months.

Only do this under the supervision of, for example, your medical practitioner.

If you leave the products you are reacting to for two months, the intestinal flora must have improved. Only then can you rule out whether you are hypersensitive to it. If you stop, the symptoms may get worse in the beginning.

That is normal. If your eczema eventually disappears or reduces significantly, it does not mean that you should never eat that food again.

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FROM THE INSIDE





BALANCE YOUR GUT FLORA TO GET A HEALTHY SKIN



Wheat, Cow's milk, egg, citrus fruits, certain spices, and pork are a few foods that people can be hypersensitive to. These products can make eczema worse.

That does not mean that you are immediately allergic to it. It is no allergy, but a hypersensitivity: an intolerance. To find out whether you are really sensitive to a food, first look at the intestinal flora. Healthy gut is extremely important.

Your intestinal flora is responsible for many inflammatory reactions. Cow's milk and meat, for example, are known to trigger inflammation. Stress also has a major impact on your gut. So everything is related. If your gut flora is out of balance, more parts of your body will be, like your largest organ: the skin.



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ADDITIVES AND PRESERVATIVES

Preservatives are commonly known to cause contact dermatitis, a skin condition that results in redness, swelling, and itching. The face, neck, hands, and armpits are the most commonly affected areas; however, reactions can also occur in other parts of the body.

Preservatives are chemicals that are added to food to help them last longer. They are commonly found in personal care products, shampoos and conditioners, detergents and other household items. While they're common in many products and they can be very beneficial, a lot of people are sensitive to them. People with eczema, psoriasis and other skin conditions may notice they get a rash or other irritation when they come in contact with foods and products with strong preservative chemicals.

If you discover that a particular chemical irritates you, stop using that product and try out some alternatives. There are plenty of products available that are free of preservatives, chemicals and artificial coloring. You don't have to subject yourself to skin irritation!

There are dozens of substances that can trigger eczema. Acids and detergents are the culprits of many chemical reactions. When they come in contact with your skin, they cause it to dry out and this can cause your eczema to flare up. You can protect yourself from these substances by wearing gloves when you work with them in the home. Also, wear a face mask. If you are sure to wash your hands after you have worked with these chemicals, it'll also help you avoid these flare-ups.

What chemicals can trigger eczema?

1. Acids
2. Detergents and disinfectants
3. Gasoline and other fuels
4. Glue
5. Hair dyes and chemical solutions
6. Paints, dyes, varnishes, and stains
7. Solvents



SULFITES

You may be one person
to the world but you
may also be the world
to one person.

Sulfites are often considered to be 'anti-nutrients' because they can destroy vitamin B1 and folic acid in food. Additionally, sulfites have been known to trigger eczema flare-ups and asthma attacks in individuals who are already susceptible to these conditions.

While only those with sulfite sensitivities or asthma may be affected by sulfites, it's still important to be aware of how they can affect the body. Sulfites can trigger asthma attacks, eczema symptoms, and diarrhea in those that are allergic to sulfites. Those with eczema, asthma, or sulfite allergies should avoid foods that have sulfites in them. Additionally, sulfites naturally occur in foods like fruits and vegetables, so unless you're buying processed foods, it's impossible to completely avoid all foods that have sulfites. Check the food labels of your favorite foods to see if they have sulfites in them.

Sulfites are a common preservative found in wine, dried fruits, and processed foods. As an 'anti-nutrient', they destroy vitamin B1 and folic acid in foods. This means that many foods that use sulfites as a preservative, especially processed foods, should be avoided.

What foods help fight eczema?

Vegetables and fruits that are high in inflammation-fighting flavonoids: Apples, broccoli, cherries, blueberries, spinach, and kale. Flavonoids have been found to help improve the overall health of a person's skin and fight problems such as inflammation (which is associated with eczema).

OUR NEW PRODUCT

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There are lots of different types of skin problems ranging from things like acne to carrion psoriasis to rosacea and eczema and all of these have different triggers and those include diets of course.

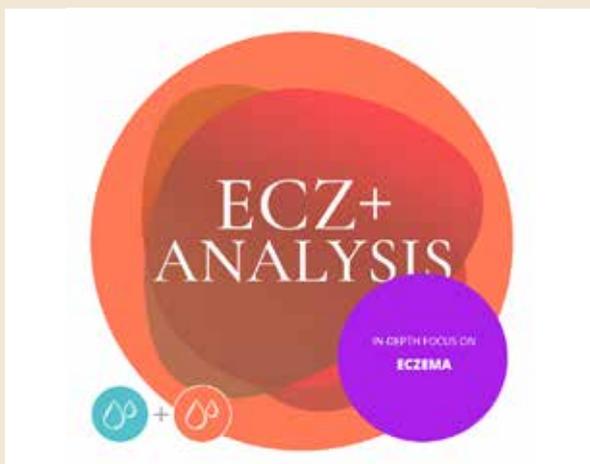
They also include your genetics and things like the status of your immune system.

Food intolerances are linked to the immune system and inflammation and so the actual symptoms of food intolerance can come out anywhere including in the skin the most common skin symptoms are things like eczema often seen in children also things like hives attic area rosacea and psoriasis and all of these things can be associated with the food you eat.

To find out if your skin problem has anything to do with food intolerance, you can do a test.

A Food intolerance is having a difficulty digesting certain foods and having an unpleasant physical reaction to them. It causes skin-related symptoms, such as tingling or itching in the mouth, or red rashes (hives) which usually happen a few hours after eating the food.

When you have a food intolerance, symptoms usually begin within a few hours of eating the food that you are intolerant to. Yet, symptoms can be delayed by up to 48 hours and last for hours or even days, making the offending food especially difficult to pinpoint.



ECZ+ Analysis

45% LESS
RASHES
AND ITCHES



www.comfortablywell.com

2022-Edition

ECZ+ Analysis



HEALTHY SKIN

Most advanced analysis in the USA.

We shoot for accuracy, not for average. That is why we perform our tests on two samples to improve quality and accuracy. We believe your health is the most valuable asset in your life.

Combined Testing

High accuracy accessible for everyone by performing combined testing using both your blood + saliva samples.

Saliva Samples

Saliva is scientifically proven to tell the story of toxins. Food colors, additives, preservatives, emulsifiers, stabilizers.

Blood Samples

Blood is essential to your health. Your blood circulates through our body and organs and helps essentially with the oxygen and nutrients in our cells. Blood helps our metabolism to work properly.



We test your Blood + Saliva on 1069 items simultaneously to get the most accurate results on:

Items we test:

Food (incl. lactose + gluten) - Non-food - Vitamins & minerals - Additives - Antioxidants - Food colors - Metal sensitivities - Hormonal balance - Gut biome - Digestive health and Metabolism analysis

Unlike other sensitivity tests, our premier testing combines the best of both worlds and tests your blood + saliva samples against 1000+ items. Backed by our no-risk, full guarantee money back policy.

Final Thoughts:

Of course you can do everything yourself, but that takes months. With our analysis you can have results within 48 hours.

