



SKIN HEALING PRACTICAL GUIDE

A Free Holistic Guide to Healing Eczema & TSW

by Ramune Rancova

Skin Healing Coach · @ramunerancova

*"Your skin is not your enemy.
It is the most honest voice your body has."*

What's Inside This Guide

Gut Healing & Microbiome Repair
Adrenal Recovery & TSW Support
Gentle Skin Care Protocols
Sleep & Nervous System Regulation
Emotional Healing & The Mind-Skin Connection
Functional Testing Guide

The Cortisol Trap — Why Your Body Stopped Healing

When you use topical steroids regularly, your body stops producing cortisol naturally. The adrenal glands go to sleep. Without your own cortisol, the gut barrier weakens, immune function becomes chaotic, and inflammation spreads throughout the body — showing up on your skin.

But here's what most people miss: the skin flare is not the root cause. It is the message. Beneath it lives immunosuppression, leaky gut, emotional load you never learned to express, and stress your nervous system cannot regulate.

This is why creams alone never work. Healing means stopping the external cortisone, waking the adrenals back up, rebuilding the gut, and learning to process the emotions your body has been holding. **Your skin is not your enemy. It is your most honest mirror.**

STEP 01

Gut Health — The Root of Everything

Start every morning with warm water on an empty stomach. When the gut microbiome is disrupted, the body expels toxins through its largest organ — the skin.

Remove first:

- ◆ Gluten, dairy, sugar, alcohol, processed foods
- ◆ Heavy spices, acidic foods, refined carbohydrates

Add & Rebuild:

- ◆ **L-Glutamine** — the amino acid that literally rebuilds the gut lining
- ◆ **Bone broth** — collagen and gelatin repair intestinal walls
- ◆ **Probiotics & Prebiotics** — rotate strains; take long-term until skin improves
- ◆ **Digestive enzymes** — support digestion while gut heals
- ◆ **Aloe vera juice** — soothes and repairs gut mucosa
- ◆ **Zinc** — essential for gut lining integrity and skin repair
- ◆ **Anti-inflammatory foods** — omega-3 fish, turmeric, ginger, leafy greens, kefir or kimchi if tolerated

STEP 02

Parasites — The Hidden Missing Piece

Parasites are far more common than most people realise — especially with leaky gut and eczema. They disrupt the microbiome, suppress immune function, and release toxins that appear on the skin. A natural antiparasitic cleanse using specific herbs can gently clear them.

- ◆ **Signs you may have them** — persistent flaring unresponsive to diet, bloating, strong sugar cravings, fatigue, skin worse around the full moon

STEP 03

Adrenal Recovery — Especially in TSW

If you have used topical steroids long-term, your adrenal glands have stopped producing cortisol naturally. Waking them back up takes time, patience, and the right support.

Adaptogenic Herbs:

- ◆ **Licorice root** — extends your body's own cortisol — use non-deglycyrrhizinated form
- ◆ **Ashwagandha** — balances cortisol and supports stress resilience
- ◆ **Rhodiola** — reduces fatigue and supports the stress response
- ◆ **Holy Basil (Tulsi)** — calms the nervous system, supports the HPA axis
- ◆ **Eleuthero / Siberian Ginseng** — key adaptogen for adrenal exhaustion

Key Nutrients for Cortisol Production:

- ◆ **Vitamin C** — adrenals use it in large amounts to produce cortisol
- ◆ **B5 — Pantothenic acid** — directly activates adrenal function
- ◆ **Full B vitamin complex** — essential for energy and adrenal health
- ◆ **Magnesium** — depleted by stress; supports sleep and cortisol rhythm
- ◆ **Zinc** — supports immune function and adrenal health
- ◆ **DHEA** — depleted by steroid use; test and supplement carefully
- ◆ **Phosphatidylserine** — supports healthy cortisol regulation
- ◆ **Selenium & Molybdenum** — thyroid, adrenal support and liver detox of synthetic steroids
- ◆ **Iron** — check blood levels and supplement if deficient

Gradual Steroid Reduction:

Stopping cortisone suddenly causes severe withdrawal. A gradual protocol — reducing frequency, then diluting the dose, then stepping down strength over several months — allows the skin and adrenal glands to adapt slowly. Always combine this with the adrenal support protocol above.

- ◆ **Weeks 1–3** — Apply every other day instead of daily. Use zinc cream or natural barrier on skip days.
- ◆ **Weeks 4–8** — Mix steroid with a plain fragrance-free cream — half and half. Continue every other day.
- ◆ **Weeks 8–12** — Step down from strong to medium to mild (1% hydrocortisone). Each step takes 2–4 weeks.
- ◆ **Weeks 12+** — Apply only twice weekly. Then stop completely and switch to natural alternatives.

"Morning sunlight within 30 minutes of waking is the single most powerful free tool to reset the cortisol and melatonin rhythm."

STEP 04

Gentle Skin Care — Stage by Stage

Less is always more. The more reactive the skin, the simpler your routine. The goal is not to treat the skin — it is to support it while the inside heals.

During Active Flares:

- ◆ Warm water only in the shower — no soap during flares
- ◆ Pat dry gently — never rub
- ◆ Colloidal oatmeal baths — anti-inflammatory and antimicrobial
- ◆ Epsom salt or Dead Sea salt baths — reduce inflammation and bacterial load
- ◆ Apple cider vinegar diluted in bath — balances skin pH
- ◆ Ice packs through a cloth — never directly on skin
- ◆ Wet wrap therapy during severe flares
- ◆ Cotton or bamboo only against skin — no synthetic fabrics
- ◆ Change towels every 1–2 days; wash bedding frequently
- ◆ Avoid: chlorine pools, extreme heat, direct midday sun, synthetic fragrances

Key Products — Simple & Effective:

- ◆ **Manuka honey 20+** — kills Staph aureus bacteria directly; anti-bacterial and moisturising
- ◆ **Colloidal silver** — antimicrobial and antifungal; apply topically, let dry
- ◆ **Zinc oxide cream** — antimicrobial, closes cuts, supports barrier repair
- ◆ **Ceramide-based emollient** — rebuilds the barrier and reduces water loss
- ◆ **Natural oils** — jojoba, sunflower, shea butter, avocado, coconut to seal moisture
- ◆ **Tea tree oil** — diluted in carrier oil — reduces bacterial growth, calms itching
- ◆ **MSO cream** — on clean skin only; wash off if burning; let skin breathe after
- ◆ **DMSO (advanced)** — pharmaceutical grade, diluted — penetrates where creams cannot reach; anti-inflammatory; explored in depth inside the program

When skin is *not* actively flaring: dry brush gently in small circles before showering to support lymphatic drainage.

STEP 05

Sleep — The Skin Heals While You Rest

Sleep is not a luxury — it is biology. Without deep sleep, cortisol stays dysregulated and the skin cannot repair itself. This is non-negotiable.

- ◆ **Fixed sleep and wake times** — rebuilds the cortisol rhythm over time
- ◆ **No screens after 9pm** — blue light blocks melatonin production
- ◆ **Cool, dark bedroom** — skin temperature regulation matters especially in TSW
- ◆ **Yoga Nidra or body scan before sleep** — activates the parasympathetic nervous system
- ◆ **Magnesium glycinate before bed** — the most calming form for deep, restorative sleep

Supplements for Sleep & Nervous System:

- ◆ Magnesium glycinate
- ◆ Vitamin D
- ◆ Zinc

- ◆ B vitamins
- ◆ Omega-3 fatty acids

STEP 06

Regulate the Nervous System Daily

Chronic stress is chemical — it elevates cortisol, inflames the gut, disrupts sleep, and shows directly on the skin. Regulating the nervous system is part of your skin care routine.

- ◆ **Breathwork** — directly lowers cortisol and activates the vagus nerve
- ◆ **Cold/warm contrast showers** — regulate nervous system tone
- ◆ **Yoga & gentle movement** — support lymphatic drainage and circulation
- ◆ **Morning sunlight** — resets the cortisol/melatonin rhythm — the most powerful free tool
- ◆ **Nature walks** — morning or evening only; avoid midday sun
- ◆ **EFT Tapping** — shown in published studies to reduce cortisol levels
- ◆ **Meditation & affirmations** — rewire the stress response over time
- ◆ **Family constellations** — addresses inherited emotional and relational patterns
- ◆ **Journaling** — processes emotions and reduces inflammatory markers

STEP 07

Your Skin Is Not Against You

Eczema is not just a skin condition. It is an accumulation. It is the body's way of speaking when everything else has been silenced.

We live in a world where we have learned to close ourselves off — not to share, not to express, not to feel too much. And when emotions have nowhere to go, they find another way out. The skin becomes the messenger.

When the nervous system is constantly in fight or flight, everything feels personal. The world feels hostile. We attack ourselves from the inside without even realising it. The inflammation on the skin is often a reflection of the war happening within.

"The moment you understand that your skin is not against you — that it is actually talking to you, asking you to slow down, to feel, to release — everything begins to shift."

What this means in practice:

- ◆ Learning to identify fight or flight — and how to return to safety
- ◆ Allowing emotions to be expressed rather than suppressed
- ◆ Understanding eczema as accumulated emotional load the body is trying to process
- ◆ Moving from self-attack to self-listening
- ◆ Somatic therapy — trauma lives in the body and keeps cortisol elevated
- ◆ Community — isolation worsens cortisol dysregulation; this journey is lonely but possible

No cream, no diet, no supplement can do what emotional healing does. The skin is your most honest mirror.

Consider Functional Testing

If healing feels stuck, testing reveals exactly where to focus — so you supplement with precision.

- ◆ **Cortisol rhythm test** — saliva, 4 points through the day — shows where the cycle breaks down
- ◆ **Comprehensive stool analysis** — microbiome, parasites, bacteria, yeast
- ◆ **Food sensitivity testing** — IgG panel — identifies hidden inflammatory triggers
- ◆ **Nutritional deficiency panel** — zinc, vitamin D, omega-3, B vitamins, iron

Ready to go deeper?

This guide is your starting point. Inside the program we work through every layer — gut healing, adrenal recovery, emotional release, nervous system regulation — with personal guidance every step of the way.

Take a free assessment in my bio and let's talk about what your skin is telling you.

@ramunerancova