

Skin Rash (Irritant)

DNA Health Report

REPORT CATEGORY —



SKIN & BEAUTY

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

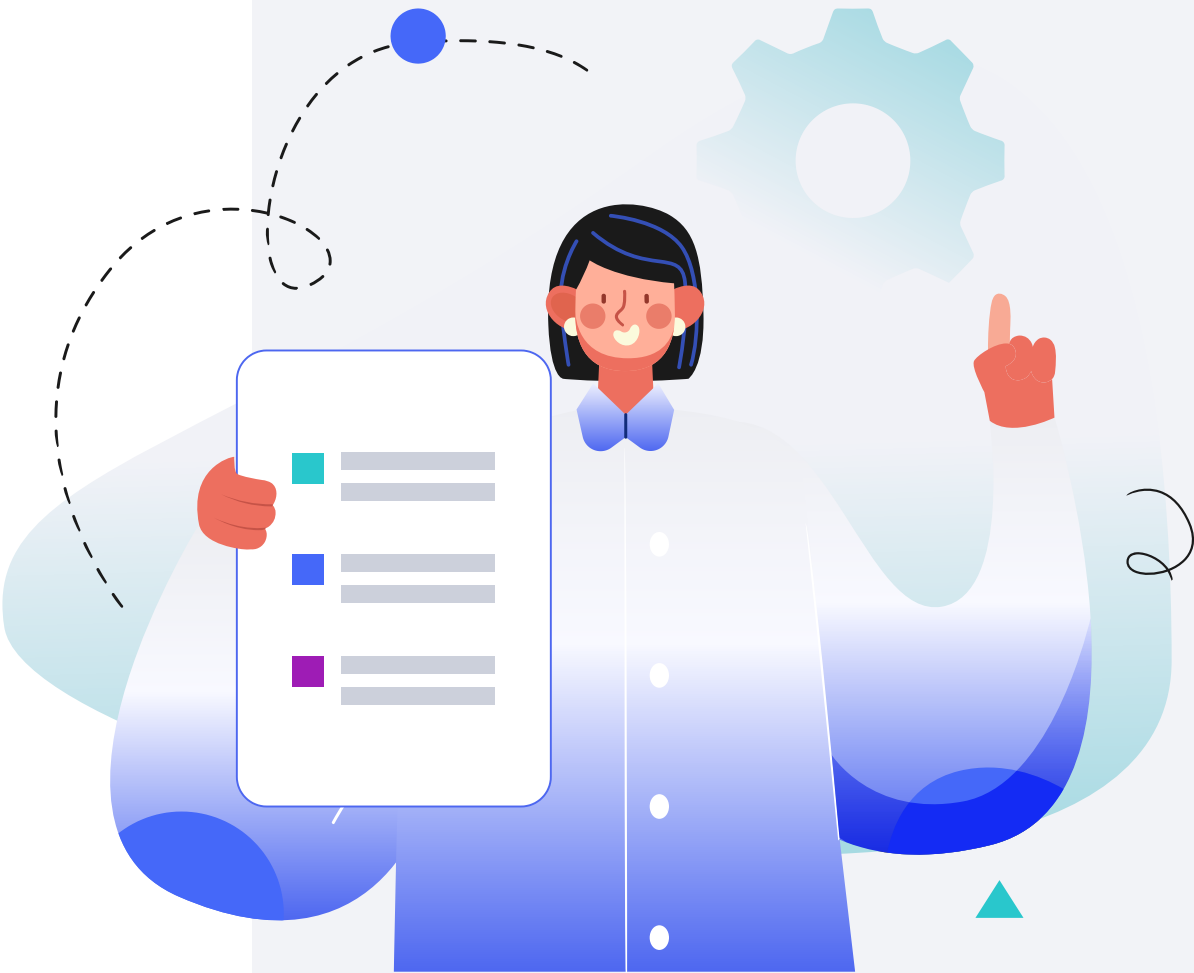
Male

HEIGHT

5ft 5" 165cm

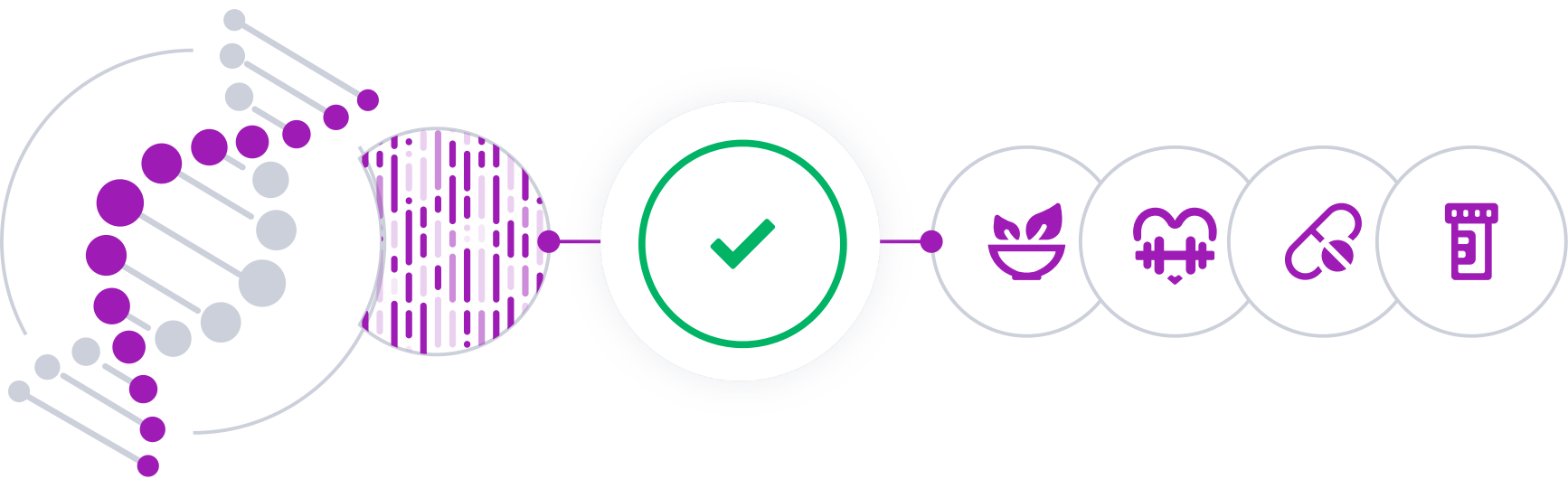
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

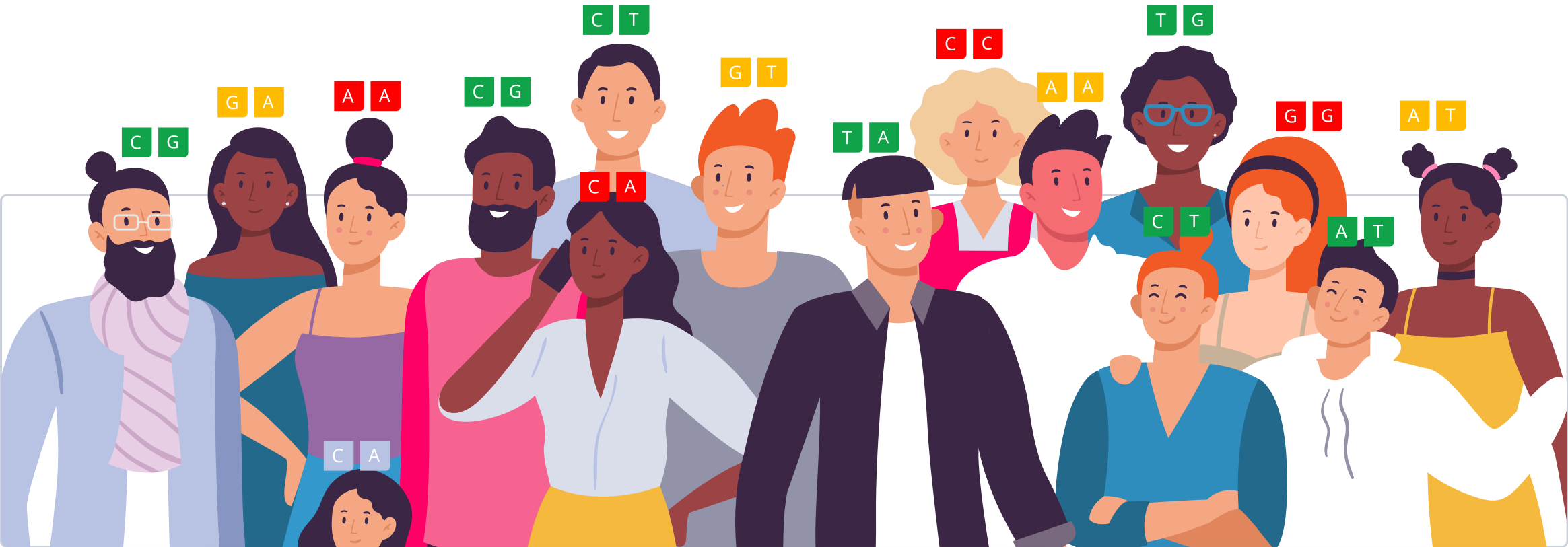


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

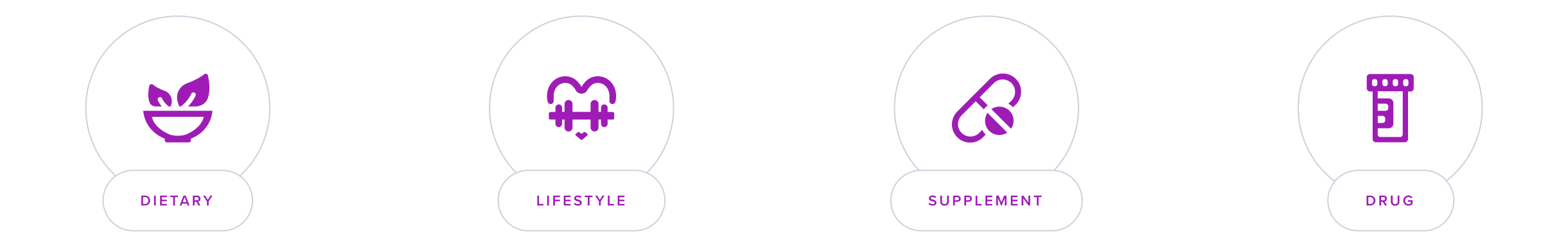
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
-
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
-
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
-
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
-
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Contact dermatitis is a type of inflammation of the skin that results from contact with an offending substance. There are two primary types of contact dermatitis: irritant and allergic. Irritant contact dermatitis is the most common type and occurs when a chemical or other substance irritates the skin, causing a direct injury to the skin's outer layer.

Symptoms typically involve redness, itching, and burning, and can range from mild to severe depending on the duration and intensity of the exposure to the irritant. In contrast, allergic contact dermatitis occurs due to an allergic reaction to a substance, such as nickel, latex, or poison ivy, where the body's immune system overreacts to an allergen that it has been sensitized to following previous exposure.

Treatment

Management of contact dermatitis primarily involves identifying and avoiding the substance responsible for the reaction. Patch testing can help determine the specific allergens that a person is reacting to in cases of allergic contact dermatitis. Treatment typically includes topical creams, such as steroids to reduce inflammation, and emollients to repair the skin barrier.

It is also essential to practice good skin care by keeping the skin clean and moisturized to prevent further irritation or infection. When avoidance of the irritant or allergen and topical treatments are insufficient, physicians may prescribe systemic medications to manage severe cases.



MORE LIKELY

More likely to have contact dermatitis based on 766,585 genetic variants we looked at



Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	E. coli Nissle 1917	2	Topical Rosemary Oil
3	Maintain Optimal Vitamin D Levels	4	Avoid Refined Sugar
5	Topical Calendula	6	Avoid Processed High Phosphate Foods
7	Avoid Contact With Pollen	8	Avoid Excess Sunlight Exposure
9	Dietary Omega-3 Fatty Acids	10	Sea Buckthorn Oil
11	Probiotics	12	Borage Oil
13	Topical Tea Tree Oil	14	Bath Therapy
15	Regular Hand Washing	16	Avoid Scratching
17	Turmeric	18	Topical Aloe Vera
19	Bromelain	20	Avoid Contact With Dust
21	Limit Dairy Intake	22	Colloidal Oatmeal
23	Oat Bran	24	Probiotic Yogurt
25	Aloe Vera	26	Vitamin C
27	Moisturize the Skin	28	Oats
29	Topical CBD	30	Topical Licorice Root
31	Avoid Secondhand Smoke	32	Avoid Pesticide Exposure

33

Topical Chamomile

35

Avoid Exposure To Organic Solvents

34

Zinc

15 mg

1



E. coli Nissle 1917

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

EcN is typically taken as capsules, tablets, or suspensions, with the dosage depending on the condition being treated (commonly, 1–2 doses daily). It is usually taken before or with meals, and if combined with antibiotics, should be spaced 2–3 hours apart. Follow the product’s storage instructions, as some require refrigeration. Consult a healthcare provider for proper use, especially for children, during pregnancy, or for long-term treatment of conditions like ulcerative colitis.

Description

E. coli Nissle 1917 (EcN) is a non-pathogenic strain of *Escherichia coli* that is widely studied and used as a probiotic. Originally isolated by Dr. Alfred Nissle in 1917 during World War I, this strain was identified for its ability to combat infectious diarrhea in soldiers. Unlike pathogenic *E. coli* strains, EcN lacks virulence factors and is considered safe for therapeutic use.

EcN is commonly available in probiotic formulations and has a well-established safety profile. Owing to its ability to modulate the gut microbiota and reduce inflammation, people use it to improve:

- IBD
- IBS
- Diarrhea
- Intestinal infections

How it helps

In a non-blinded trial of 57 patients with intestinal-borne facial dermatoses such as rosacea, acne, and seborrheic dermatitis, supplementation with *E. coli* Nissle 1917 (2 capsules/day) caused their clinical improvement [\[R\]](#).

2

Topical Rosemary Oil

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Apply 2-3 drops of rosemary oil mixed with a carrier oil, such as coconut or almond oil, to the affected area of the scalp. Massage gently for a couple of minutes to ensure absorption. Do this twice daily, in the morning and before bedtime, for at least six months to observe potential improvements in hair growth and scalp health.

Description

[Rosemary](#) is an herb native to the Mediterranean region. It is often used in food and fragrances [\[R\]](#).

It may also help support [\[R\]](#), [\[R\]](#):

- Pain relief
- Mental health
- Memory

Rosemary oil is found in some topical products for hair growth [\[R\]](#).

How it helps

A study tested marigold and rosemary extracts in cream to protect against skin irritation. Results showed significant protection during induction but not post-irritation, indicating potential benefits for irritant contact dermatitis [\[R\]](#).

3



Maintain Optimal Vitamin D Levels

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Check your vitamin D levels, they should ideally be in the 30-66 ng/mL range. If your levels are lower than that, take a vitamin D supplement, 1000-4000 IU daily, to reach an optimal range.

TYPICAL STARTING DOSE

1000 iu

Description

Vitamin D, often referred to as the "sunshine vitamin," can be synthesized by the skin when exposed to sunlight, as well as being found in fish, eggs, and fortified milk. It helps regulate calcium absorption, promoting strong bones and a healthy immune system. Vitamin D deficiency can lead to conditions like rickets in children and osteoporosis in adults.

Your body needs [vitamin D](#) for strong bones. Vitamin D also plays a role in [\[R\]](#):

- Mood
- Immunity
- Heart health
- Blood sugar control

[Sunlight](#) is our main source of vitamin D. Experts recommend getting at least **5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

Foods like fish, eggs, and fortified milk provide small amounts of vitamin D. **People lacking vitamin D should consider taking a supplement** [\[R\]](#).

How it helps

Vitamin D3 (cholecalciferol) has shown immunomodulatory effects that can mitigate acute inflammation caused by chemical-induced skin rashes in human adults [\[R\]](#).

The active forms of vitamin D are effective in the topical treatment of psoriasis, a skin condition that shares some inflammatory pathways with skin rashes. These forms help regulate keratinocyte growth and differentiation [\[R\]](#).

Vitamin D's pleiotropic effects in the skin also include improving barrier function and immune modulation, which can be beneficial for managing inflammatory skin diseases like atopic dermatitis and psoriasis [\[R\]](#).

4



Avoid Refined Sugar

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Eliminate foods and beverages high in refined sugars, such as sodas, candies, pastries, and white bread, from your diet. Replace them with natural sugars found in fruits and whole grains. Implement this change immediately and maintain it indefinitely for long-term health benefits.

Description

Reducing the consumption of refined sugar and high-sugar foods can help prevent dental problems, manage blood sugar levels, and support weight management.

How it helps

Consuming refined sugar can lead to inflammation in the body, potentially worsening the symptoms of contact dermatitis. A diet lower in refined sugars may help reduce inflammation, providing some relief from skin irritation and flare-ups.

5



Topical Calendula

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply calendula cream or ointment to the affected area of skin 2-3 times daily. Ensure the skin is clean before application and continue using until improvement is noted, which could be from a few days to a couple of weeks, depending on the condition being treated.

Description

Calendula is an herbal remedy known for its potential anti-inflammatory and skin-soothing properties. It's often used topically in creams and ointments to promote skin health and wound healing.

How it helps

Topical Calendula has anti-inflammatory properties that can help reduce redness and swelling associated with skin rashes.

6



Avoid Processed High Phosphate Foods

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To follow this recommendation, remove or significantly reduce processed foods such as sodas, packaged snacks, processed meats, and canned foods from your daily diet. Instead, opt for fresh fruits, vegetables, whole grains, and lean proteins. It's helpful to read nutrition labels, aiming to keep your daily phosphate intake below 700 mg if possible.

Description

Processed foods often have high levels of phosphate. These include fast foods and soda. Extra phosphate can make bones brittle and damage your blood vessels over time. So, it's healthier to choose fresh foods over processed ones.

How it helps

Processed foods high in phosphates can exacerbate inflammation in the body, potentially worsening the symptoms of contact dermatitis. Avoiding these foods may help reduce skin irritation and flare-ups associated with the condition.

7



Avoid Contact With Pollen

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Stay indoors during high pollen count days, usually during early morning or late afternoon. Close windows and use air purifiers to keep indoor air clean. Shower and change clothes after being outside to remove pollen.

Description

Avoiding exposure to pollen can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies and allergic conditions.

How it helps

Pollen can be an irritant or allergen for many people with contact dermatitis. Avoiding exposure to pollen can help reduce skin inflammation and irritation.

8

Avoid Excess Sunlight Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Limit direct sun exposure to early morning or late afternoon hours, ideally before 10 a.m. or after 4 p.m., when UV rays are less intense. Wear protective clothing, such as long-sleeved shirts, pants, and wide-brimmed hats, along with sunglasses that block UVA and UVB rays. Apply a broad-spectrum sunscreen with at least SPF 30 to all exposed skin, reapplying every two hours or immediately after swimming or sweating.

Description

Avoiding excessive sunlight exposure and practicing sun safety measures, such as wearing sunscreen and protective clothing, helps reduce the risk of skin damage, including sunburn and skin cancer. It supports long-term skin health and minimizes the harmful effects of UV radiation.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Boost your mood
- Boost your performance and energy
- Improve sleep quality

Experts recommend getting **at least 5-15 minutes of midday sun, 2-3 times per week**. People with darker skin and those living at high latitudes may need longer periods of sun exposure [\[R\]](#), [\[R\]](#).

However, **excessive sun exposure may lead to sunburn, skin aging, and skin cancer**, so make sure to find the right balance [\[R\]](#), [\[R\]](#).

How it helps

Exposure to excessive sunlight can worsen symptoms of contact dermatitis, as UV rays can irritate the skin further, leading to increased inflammation and discomfort.

9



Dietary Omega-3 Fatty Acids

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods high in omega-3 fatty acids into your diet daily. This includes eating fish such as salmon, mackerel, and sardines at least twice a week. Alternatively, include a tablespoon of flaxseed oil or chia seeds in your daily diet.

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [\[R\]](#), [\[R\]](#), [\[R\]](#).

There are three major types of omega-3s: ALA, EPA, and DHA. **EPA and DHA are vital for mental and heart health** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal health, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [\[R\]](#).

How it helps

Omega-3 fatty acids, found in fish oil and flaxseeds, have anti-inflammatory properties that can help manage and reduce the symptoms of contact dermatitis. This includes reducing redness, swelling, and itching associated with the condition.

How to implement

TYPICAL STARTING DOSE
1000 mg

Description

[Sea buckthorn](#) (*Hippophae rhamnoides*) is a berry-filled bush from Europe and Central Asia. It is rich in vitamins, antioxidants, and fatty acids [R, R, R].

People have long used sea buckthorn in traditional medicine to prevent aging, promote heart health, and clear the skin.

How it helps

Sea buckthorn oil may help soothe and repair the skin in cases of contact dermatitis. Its healing properties are attributed to its high content of fatty acids and antioxidants, which can reduce inflammation and promote skin regeneration.

0 / 5

12



Borage Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 2-3 grams of borage oil daily, in divided doses, with meals to help with inflammation or skin conditions. It is available in capsule form. This supplementation can be ongoing but consider a break or evaluation after 6 months.

TYPICAL STARTING DOSE

2 g

Description

Borage oil, derived from the seeds of the borage plant, is rich in gamma-linolenic acid (GLA), an omega-6 fatty acid. It is believed to have potential anti-inflammatory properties and may be used as a dietary supplement to support skin health and overall well-being.

Borage oil contains between 180-260mg of GLA per gram.

How it helps

Borage oil contains gamma-linolenic acid (GLA), which has anti-inflammatory properties. Applying borage oil topically can help reduce the inflammation and irritation in contact dermatitis, providing symptomatic relief.

13

Topical Tea Tree Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a few drops of 100% tea tree oil to a cotton swab or ball and gently dab onto the affected area of the skin. Do this 1-2 times daily until improvements are noticeable, usually for a period of 1-4 weeks. Avoid applying tea tree oil to large areas of the skin and test on a small patch of skin first to ensure no allergic reaction occurs.

Description

Tea tree oil is used topically for its antimicrobial and antifungal properties, commonly applied to treat skin conditions like acne, fungal infections, and insect bites. Its main chemical compound of interest is terpinen-4-ol, and it is sourced from the leaves of the tea tree, *Melaleuca alternifolia*.

[Tea tree oil](#) is derived mostly from steaming the leaves of *Melaleuca alternifolia*, a tree native to Australia [\[R\]](#).

It’s used to treat a number of conditions, such as [\[R\]](#):

- Acne
- Dandruff
- Nail fungus
- Lice
- Athlete's foot

How it helps

Tea tree oil has natural antiseptic, anti-inflammatory, and antimicrobial properties, making it effective in treating skin rashes and reducing symptoms like itching, burning, and redness.

14



Bath Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Submerge in a warm water bath, ideally between 92-100°F (33-38°C), for 15-20 minutes, three to four times a week. Avoid using very hot water to prevent skin dryness.

TYPICAL STARTING DOSE

20 minutes

Description

Balneotherapy (balneum, “bath” in Latin) is a type of therapy that involves using **water with minerals and salts**. The water used for balneotherapy is **at least at 20°C** and has a **mineral content of at least 1g/L**. Balneotherapy includes bathing in natural springs, mineral baths, or swimming pools with mineral-rich water

Balneotherapy (balneum, “bath” in Latin) is a type of therapy that involves using **water with minerals and salts**. The water used for balneotherapy is **at least at 20°C** and has a **mineral content of at least 1g/L**. Balneotherapy includes bathing in natural springs, mineral baths, or swimming pools with mineral-rich water [\[R, R\]](#).

Waters for balneotherapy contain a mixture of organic and inorganic compounds, such as hydrogen sulfide (H2S) [\[R, R\]](#).

People use balneotherapy to help with [\[R, R\]](#):

- Joint and back pain
- Fibromyalgia
- Skin conditions (e.g., psoriasis)

How it helps

Bath therapy, particularly with soothing agents like oatmeal, can help relieve the symptoms of skin rash. It reduces itching and inflammation, providing comfort and aiding in skin recovery.

15



Regular Hand Washing

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Wash your hands with soap and water for at least 20 seconds, making sure to scrub all surfaces of your hands, including the backs, between your fingers, and under your nails. Do this several times a day, especially before eating, after using the bathroom, after blowing your nose, coughing, or sneezing, and after touching garbage.

Description

Regular hand washing is a simple yet highly effective hygiene practice that helps prevent the spread of infectious diseases and illnesses. It is essential for reducing the transmission of harmful pathogens and maintaining overall health.

How it helps

Regular and thorough hand washing helps to remove potential allergens or irritants that could exacerbate skin rashes. It's a simple yet effective way to reduce the risk of infection and support skin healing.

16



Avoid Scratching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Keep your fingernails short and smooth to minimize damage if you do scratch. Whenever you feel the urge to scratch, try applying a moisturizer, using ice packs, or tapping/slapping the area lightly instead to reduce itching.

Description

Avoiding excessive scratching of the skin, especially in the presence of skin conditions like eczema, helps prevent further skin irritation and potential infection. It supports skin health and encourages healing.

How it helps

Scratching affected areas can damage the skin barrier, lead to infections, and worsen the symptoms of contact dermatitis. Keeping nails short and using moisture gloves can help.

17



Turmeric

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the *Curcuma longa* plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, a compound with strong anti-inflammatory and antioxidant properties. Incorporating turmeric into the diet may help reduce inflammation associated with skin rashes.

18



Topical Aloe Vera

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of pure aloe vera gel extracted directly from the aloe plant or an aloe vera-based product directly to the affected area. Gently rub it in until it is absorbed. Repeat this application 2-3 times daily until the symptoms improve.

Description

Aloe vera is a plant-derived gel known for its skin-soothing and healing properties. Topical applications of aloe vera are commonly used to relieve sunburn, minor burns, and skin irritation, promoting faster healing and reducing discomfort.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

Topical aloe vera may help soothe burns and skin conditions [\[R\]](#).

Oral aloe vera may help with blood sugar and gut health [\[R\]](#).

How it helps

Aloe vera is known for its soothing and cooling properties. It can provide relief from the itching and burning sensations caused by contact dermatitis. Aloe vera also has moisturizing effects which help in healing the affected skin.

19



Bromelain

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500mg of bromelain supplement two to three times daily, preferably with food to reduce the risk of gastrointestinal discomfort. It is recommended to use for short-term relief, typically not exceeding several months, unless supervised by a healthcare provider.

Description

Bromelain is an enzyme found in pineapple that may have anti-inflammatory and digestive benefits. It's often used as a dietary supplement to aid digestion and reduce swelling associated with injuries or surgery.

[Bromelain](#) is an extract from pineapples. It's rich in enzymes that break down proteins [\[R\]](#).

Bromelain may have some health benefits. People use it to [\[R\]](#):

- Maintain joint health
- Help with burns
- Support heart health

How it helps

Bromelain, an enzyme found in pineapples, has anti-inflammatory properties that can help reduce swelling and redness associated with skin rashes. It works by breaking down proteins that can contribute to inflammation, leading to less irritation and a quicker healing process.

20



Avoid Contact With Dust

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

To avoid contact with dust, clean surfaces with a damp cloth at least twice a week, use a vacuum cleaner with a HEPA filter regularly on carpets and upholstery, and avoid using feather dusters that disperse dust into the air. Additionally, consider using air purifiers in rooms where you spend the most time and keep windows closed on windy days to prevent outdoor dust from coming in.

Description

Avoiding exposure to dust can help alleviate allergy symptoms such as sneezing, runny nose, and itchy eyes, promoting respiratory comfort and overall well-being, particularly for individuals with allergies or allergic conditions.

How it helps

Dust can carry irritants or allergens that trigger or exacerbate contact dermatitis. Avoiding dust can help minimize skin reactions and reduce symptoms.

21



Limit Dairy Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Reduce your consumption of dairy products, such as milk, cheese, yogurt, and butter, to no more than one serving per day. A serving is equivalent to 1 cup (240 ml) of milk, 1 cup of yogurt, 1.5 ounces (42 grams) of natural cheese, or 2 ounces (56 grams) of processed cheese.

Description

Limiting dairy intake may benefit individuals who are lactose intolerant or have dairy allergies, as it helps prevent digestive discomfort and symptoms like bloating and diarrhea. Exploring dairy-free alternatives supports overall gastrointestinal comfort.

Dairy products are made from milk. They include [\[R\]](#):

- Cheese
- Yogurt
- Kefir
- Butter
- Cream

Dairy products contain high levels of [calcium](#). Calcium helps build strong bones. However, eating a lot of dairy products is linked to acne and certain health conditions like Parkinson's disease [\[R, R, R, R\]](#).

How it helps

Some individuals with contact dermatitis might find their skin condition worsens with high dairy consumption due to certain proteins in dairy that can trigger inflammation. Reducing dairy intake could potentially alleviate symptoms.

22



Colloidal Oatmeal

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of colloidal oatmeal cream or lotion to the affected skin area once or twice daily. For baths, add 1 to 2 cups of colloidal oatmeal under running water and soak for 10 to 15 minutes.

Description

Colloidal oatmeal is finely ground oatmeal suspended in a liquid. It is used in skincare products and baths to soothe dry, irritated skin and relieve conditions like eczema and itching.

Colloidal oatmeal is made from finely ground and boiled oat grain. People have used it for centuries to help manage skin conditions [\[R\]](#).

Colloidal oatmeal is a common ingredient in many skin care and bath products. These include gels, creams, shampoos, and soaps [\[R\]](#).

How it helps

Colloidal oatmeal has anti-inflammatory properties that help soothe and relieve the itchiness and irritation associated with contact dermatitis. It forms a protective barrier on the skin, which helps in retaining moisture and reducing dryness.

23



Oat Bran

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate oat bran into your diet by adding 1-2 tablespoons to your breakfast cereal or yogurt daily. You can also use it as an ingredient in homemade bread, muffins, or pancakes. Aim to include oat bran in at least one meal per day for ongoing dietary benefits.

Description

Oat bran is the outer layer of oat grains and is rich in soluble fiber, making it a heart-healthy addition to diets. Consuming oat bran may help lower cholesterol levels and support digestive regularity.

How it helps

Oat bran, applied topically, can soothe and protect the skin due its anti-inflammatory and antioxidant properties. Its components, such as beta-glucans, help form a protective barrier on the skin, which is beneficial for managing skin rashes.

24



Probiotic Yogurt

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Consume one to two servings of probiotic yogurt each day. Each serving is typically 6 to 8 ounces. Continue this practice daily for at least 1 to 2 weeks to begin noticing benefits to digestive health.

Description

Probiotic yogurt is a dairy product containing live probiotic cultures like Lactobacillus and Bifidobacterium, which can aid digestion and improve gut health when consumed regularly. It is a good source of calcium, protein, and probiotics, contributing to bone health and digestive well-being.

How it helps

Probiotic yogurt contains beneficial bacteria that can help balance the gut microbiome. This balance is important because it can influence the body's immune response and potentially reduce inflammation associated with contact dermatitis.

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Aloe Vera

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 50 mg Aloe vera supplement daily, with a glass of water, preferably at the same time each day to maintain consistency.

TYPICAL STARTING DOSE

50 mg

Description

Aloe vera is a succulent plant native to arid regions and contains a gel-like substance in its leaves that is rich in vitamins, minerals, and antioxidants, making it beneficial for soothing skin irritations, promoting wound healing, and providing relief from conditions such as sunburn and minor burns. The primary active compounds in aloe vera gel include polysaccharides, vitamins like vitamin C and E, and minerals such as zinc, which contribute to its healing and anti-inflammatory effects.

[Aloe vera](#) lives in the desert, and its thick leaves store water in the form of a gel [\[R\]](#).

People use aloe gel to help soften the skin and soothe burns [\[R\]](#).

Oral aloe supplements may help with blood sugar and gut health [\[R\]](#).

How it helps

Aloe vera has soothing, antimicrobial, and healing properties. It can help alleviate the symptoms of contact dermatitis by moisturizing the skin, reducing inflammation, and promoting healing of the skin barrier.

26



Vitamin C

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 500-2000 mg of vitamin C supplement daily. It can be taken at any time of the day, with or without food, according to personal preference or tolerance.

TYPICAL STARTING DOSE

2000 mg

Description

[Vitamin C](#) is an essential nutrient. This means that our bodies can’t produce it on their own, so we have to get it from food or supplements [\[R\]](#).

Foods rich in Vitamin C include: [\[R\]](#)

- Citrus Fruits
- Peppers
- Brussel sprouts
- Kiwi
- Broccoli
- Tomato
- Cantaloupe
- Cauliflower
- Spinach

Vitamin C has antioxidant properties. It supports immunity, heart health, and wound healing [\[R\]](#), [\[R\]](#).

Vitamin C deficiency is called *scurvy*. In the past, many sailors suffered from it [\[R\]](#).

How it helps

Vitamin C aids in the body's production of collagen, helping to repair and grow skin tissue. Its antioxidant properties also protect the skin from damage, potentially reducing the severity and duration of skin rashes by promoting healing and reducing inflammation.

27



Moisturize the Skin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a moisturizer to your skin within a few minutes after bathing or showering once daily. For dry skin conditions, moisturizing twice daily, once in the morning and once at night before bed, may be beneficial. Choose a moisturizer suited for your skin type; for sensitive skin, opt for fragrance-free options.

Description

Moisturizing the skin involves applying skincare products to maintain skin hydration, prevent dryness, and support a healthy skin barrier, which can help alleviate skin conditions like dryness, itching, and flakiness.

A water imbalance in the skin can make it dry and more susceptible to irritation [\[R\]](#).

Moisturizers help the skin retain water. In doing so, they may strengthen the skin barrier [\[R\]](#).

There are many types of moisturizing products, including [\[R\]](#):

- Gels
- Lotions
- Creams
- Ointments

These products differ in their water and oil content. Ointments contain the most oil. Lotions and gels contain more water. Creams have a bit of both [\[R\]](#).

It might take some trial and error to find products that work best for your skin type [\[R\]](#).

People with skin conditions like eczema may benefit more from using moisturizers with a lot of oil. These include ointments and creams [\[R\]](#), [\[R\]](#).

How it helps

Moisturizing keeps the skin hydrated and can aid in the healing process by providing a protective layer that reduces further irritation.

28



Oats

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate oats into your diet daily by having them for breakfast as oatmeal, or adding them to smoothies, baking recipes, or overnight oats. Aim for at least a half-cup (40 grams) of dry oats to reap the health benefits.

Description

Oats are a whole grain known for their high fiber content and nutritional value, like zinc, iron, and manganese. Including oats in one's diet can promote heart health, stabilize blood sugar levels, and provide sustained energy.

Oats are a good source for manganese, zinc, iron, magnesium, and vitamins B1 and B5. A ½ cup serving provides 0.7 mg of manganese or 30%DV.

How it helps

Oats contain compounds known as avenanthramides, which have anti-inflammatory and skin-protective properties. When used in creams or bath products, they can help soothe itchiness and reduce redness associated with skin rashes.

29

Topical CBD

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a CBD-infused cream or ointment to the affected area of the skin 2-3 times per day, gently massaging it into the skin until fully absorbed. Continue this regimen for at least 4 weeks to assess effectiveness.

Description

CBD, derived from the cannabis plant, is used topically in various skincare products for its potential anti-inflammatory and soothing effects on the skin. It is applied to address skin conditions like acne, eczema, and psoriasis.

[Cannabidiol \(CBD\)](#) is a compound found in cannabis. Unlike its cousin THC, **CBD is not psychoactive and can’t get you “high”** [\[R\]](#).

People use CBD to:

- Reduce anxiety [\[R, R\]](#)
- Relieve pain [\[R, R, R\]](#)
- Prevent seizures [\[R\]](#)
- Improve sleep [\[R\]](#)

Topical CBD products are also available. People use them for skincare, joint problems, and more [\[R, R\]](#).

How it helps

Topical CBD has been found to have anti-inflammatory properties which can be beneficial in reducing the symptoms of contact dermatitis. It helps in soothing the skin and minimizing redness and swelling.

30



Topical Licorice Root

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a thin layer of licorice root extract cream or gel directly to the affected skin areas twice daily, morning and evening, for at least two to four weeks to see improvements.

Description

Licorice root, derived from the Glycyrrhiza plant, is used topically for its anti-inflammatory and soothing properties. Its main compound, glycyrrhizin, can help alleviate skin conditions such as eczema, psoriasis, and dermatitis.

[Licorice](#) (*Glycyrrhiza glabra*) is a plant used to flavor candy and drinks [\[R\]](#).

Its root has long been used in folk medicine. Today, people use it for sore throats, digestive problems, and itchy skin. Its compound *licochalcone A* may also help with rosacea [\[R\]](#).

How it helps

Licorice root contains glycyrrhizin, which has anti-inflammatory and antimicrobial properties. Applying it topically can ease swelling and redness, as well as relieve itchy skin rashes.

31



Avoid Secondhand Smoke

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Implementing a smoke-free lifestyle involves communicating your needs to family, friends, and coworkers, requesting they respect your choice by smoking away from you. At home, establish strict no-smoking policies indoors. When out, choose smoke-free venues and accommodations. Advocate for smoke-free environments in your community and support legislation that promotes public health by reducing exposure to secondhand smoke. Utilize air purifiers at home to reduce any residual particles.

Description

Avoiding secondhand smoke is crucial for maintaining good health. Exposure to secondhand smoke can lead to respiratory problems, cardiovascular disease, and an increased risk of lung cancer, even in non-smokers. Protecting oneself from secondhand smoke involves staying away from smoking areas, ensuring smoke-free environments at home and work, and advocating for smoke-free policies in public spaces.

How it helps

Secondhand smoke contains chemicals that can irritate the skin. Avoiding it can help in preventing further aggravation of the rash.

32

Avoid Pesticide Exposure

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Purchase organic produce when possible, wash fruits and vegetables thoroughly under running water, and peel them if not organic. Use natural pest control methods instead of chemical pesticides at home and garden. Limit the use of non-organic lawn and garden chemicals.

Description

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. Reducing pesticide exposure involves choosing organic or pesticide-free foods and using natural pest control methods to limit contact with potentially harmful chemical residues. It supports overall health by reducing the risk of pesticide-related health issues.

Pesticides include all chemicals used to kill weeds, insects, fungi, and microbes. They are widely used in agriculture to improve crop yields. Common groups of pesticides include:

- Organophosphates (glyphosate, parathion, malathion, chlorpyrifos, diazinon, phosmet)
- Neonicotinoids (imidacloprid, acetamiprid, thiacloprid, clothianidin)
- Pyrethroids (permethrin, alpha-cypermethrin)

Chronic exposure to pesticides has been linked to:

- Fertility problems [\[R\]](#)
- Cognitive problems [\[R\]](#)
- Alzheimer’s and Parkinson’s disease [\[R\]](#), [\[R\]](#)
- Thyroid problems [\[R\]](#)
- Obesity [\[R\]](#)
- DNA damage and cancer [\[R\]](#), [\[R\]](#), [\[R\]](#)

How it helps

Pesticides contain chemicals that can irritate the skin and trigger contact dermatitis in sensitive individuals. Reducing exposure to pesticides can help prevent outbreaks.

33



Topical Chamomile

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply a chamomile cream or ointment directly to the affected area of the skin 2-3 times daily. Ensure the skin is clean before application. Continue use for as long as symptoms persist or according to the product's specific instructions.

Description

Chamomile extract, obtained from the flowers of the *Matricaria chamomilla* plant, is used topically for its anti-inflammatory and calming properties. It is commonly applied to soothe irritated skin and alleviate conditions like dermatitis.

How it helps

Chamomile has anti-inflammatory and soothing effects which can reduce the symptoms of contact dermatitis, such as redness, itchiness, and irritation. It can also help in skin healing and regeneration.

34



Zinc

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 15 mg zinc supplement daily, ideally with a meal to enhance absorption.

TYPICAL STARTING DOSE

15 mg

Description

Zinc is an essential mineral found in various foods, including meat, dairy, and nuts. It is crucial for immune function, wound healing, DNA synthesis, and maintaining healthy skin and nails. Zinc supplements are sometimes used to support immune health and manage zinc deficiencies.

[Zinc](#) is an essential mineral. Your body needs it to [\[R\]](#), [\[R\]](#):

- Defend against disease
- Protect DNA from damage
- Heal wounds
- Control blood sugar

Some of the best sources of zinc include **shellfish, pork, beef, and beans**. It is also available as a supplement [\[R\]](#).

Adults should get **8-11 mg of zinc** per day [\[R\]](#).

How it helps

Zinc supplements can help improve skin health by boosting the immune system and reducing inflammation. Its anti-inflammatory and immune-boosting properties make it beneficial for managing symptoms of contact dermatitis, including reducing redness and irritation.

35



Avoid Exposure To Organic Solvents

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Ensure to work in well-ventilated areas and wear protective gear when handling products like paints, varnishes, and adhesives. When possible, choose solvent-free or water-based products to minimize exposure. Regularly check labels for any solvents listed and strive to limit their use in both personal and professional settings.

Description

Avoiding exposure to organic solvents, commonly found in paints, adhesives, and cleaning products, can protect against the potential health risks associated with inhalation or skin contact, such as respiratory issues and skin irritation.

Organic solvents are used in various industries and workplaces for tasks like cleaning, painting, and manufacturing.

However, their use can be hazardous to workers' health. Exposure to these solvents can lead to problems such as breathing difficulties, skin irritation, and reduced fertility [R].

How it helps

Organic solvents can irritate the skin and worsen rashes. Avoiding them helps in reducing contact with irritants, allowing the skin to heal.