



Identify Top 3 Root Causes & Get Rid of Eczema

+ 13 Eczema-Friendly Recipes
+ Protein Requirements



By Julia Chien

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PLEASE NOTE...

Disclaimer..

The symptoms listed in this guide are not intended to diagnose a condition. Please consult with your physician if you have any concerns about your health. The information provided in this guide is for general education and not specific advice to an individual. The use of information in this guide is solely at your own risk.

ABOUT Me

in case you're curious!



Founder of Clear Your Eczema

Who am I?

I'm Julia, Registered Dietitian and Eczema Coach.

I help people just like you who are tired of doctors prescribing you one steroid after another that likely hasn't been working. If you are trying to figure out a way to heal naturally and need tips, this guide is for you!

Follow me on IG [@juliachien.rd](https://www.instagram.com/juliachien.rd)

LETTER

from

FOUNDER

BY JULIA CHIEN

Dear Reader,

Welcome to the Identify Top 3 Root Causes + Get Rid of Eczema Guide, created by me, Julia Chien. The goal of this guide is to give you tips, strategies and inspiration that there ARE other ways to heal your eczema rather than typical conventional treatments. This guide was made to help YOU achieve your skin healing goals, by taking small but impactful actionable steps.

If you're like how I was on my healing journey, you're probably looking for a solution to your eczema. Although I can't find the answer to your eczema for you (since each individual is different), this guide is definitely insightful, giving you valuable tips for your skin, and will ultimately lead you on the right track for healing your eczema.

I hope you find the guide enjoyable as much as I did creating it for you!

Happy Healing,

J

INTRODUCTION

What's in the Guide?

CHAPTER ONE

6 Steps to Clear Your Eczema

- Things To Consider (other than just your diet)

CHAPTER TWO

Top 3 Common Root Causes

- What They Are, Common Symptoms, How to Address It

CHAPTER THREE

Eczema-Friendly Recipes

- Breakfast, Lunch and Dinner

CHAPTER FOUR

Protein Requirements

- Your Protein Needs, Where & How To Get Protein

CHAPTER ONE:

6 Steps to Clear Your Eczema

What is Eczema & How to Heal it?

Healing eczema can feel impossible. It takes a lot of work and patience, but if you have the right steps to guide you, then the only thing you need is to be patient and consistent with your healing.

If you have eczema, there is likely some kind of imbalance in your body. Your doctor will tell you eczema is only genetic (I argue it is to SOME degree). We now know through research that eczema is much more than it just being "your genes."

Eczema is more than just a skin condition. In fact, I don't even like to call it a skin condition! It is a symptom of an imbalance between your internal and external environment. To heal eczema, you have to approach it holistically, to treat the body as a whole. All of the organs and body systems work together, they do not function independently.

That's why in the next few pages, I'm going to share with you other components of eczema you must consider, beyond just the external, so you can finally get rid of those uncomfortable itchy rashes.

These 6 steps I have outlined for you will help you gain more clarity on what you need to work on to heal your eczema once in for all.

So warrior, keep on scrolling!

CHAPTER ONE:

6 Steps to Clear Your Eczema

Step 1-

UNDERSTANDING THE ROOT CAUSES

Eczema is a SYMPTOM of an underlying issue. You need to understand where the inflammation is coming from, otherwise you'll be lost on where to even begin to heal your skin. This could be your diet, stress, environment, digestion. There are many different root causes.

Step 2-

REMOVING THE COMMON OFFENDERS

If you want to clear your eczema, you have to remove the common offenders. For example, avoiding foods that provide little nutritional value, getting rid of unwanted gut bugs and gut infections.

Step 3-

SUPPORTING YOUR GUT & LIVER

Not supporting these two elimination pathways can prevent your skin from healing. You can't heal from just eating a healthy diet! Your gut & liver needs to be supported to help with removing waste and toxins out of the body efficiently.

CHAPTER ONE:

6 Steps to Clear Your Eczema

Step 4-

MAXIMIZE & OPTIMIZE HEALING

Ever felt overwhelmed and confused on what to eat? Knowing exactly the healing foods, vitamins, minerals, etc. your body NEEDS for healing your eczema is pivotal, more than just "eating a salad" for lunch. We need to ensure you are hitting your nutrient requirements, especially since most people with eczema are nutrient deficient!

Step 5-

BECOMING AWARE OF YOUR ENVIRONMENT

Toxin exposure, stress, sleep and your overall lifestyle can also impact eczema. You cannot heal your eczema with a diet-only approach if your flare ups are caused by chronic stress or poor sleep. You have to take a whole systems approach rather than focusing on one aspect.

Step 6-

SHIFTING YOUR MINDSET

Mindset is KEY. If you don't believe you will heal, then your body isn't going to give you the results you desire. Healing happens when you are in the right mindset, even when there are challenges. Persistence and putting faith in your healing is what gets people results.

WHY MOST PEOPLE DON'T SEE RESULTS WHEN TRYING TO HEAL THEIR ECZEMA..

✘ **MISTAKE #1: You think ONLY cleaning up your diet is enough**

Eating a healthy clean diet is not enough to reverse eczema. Often times the underlying issue is still there. For example, a gut or liver detox issue that needs to be addressed BEYOND changing your diet. Our food is not nutrient dense enough to heal from chronic conditions like eczema, even if you eat all organic.

✘ **MISTAKE #2: You're addressing the problem with a bandaid solution**

Using steroids, drugs and other medications to treat eczema is like putting a bandaid on a giant wound. This is not going to resolve why you got the wound in the first place. Healing eczema is all about nourishing your body from within.

✘ **MISTAKE #3: You're taking a bunch of random supplements because you heard it helps**

Not all supplements work for everyone. Everyone's body is unique. There are also SO many brands and supplements out there. It's time for you to stop wasting money on supplements that aren't working for your specific needs.

CHAPTER TWO

TOP 3 COMMON ROOT CAUSES

CHAPTER TWO:

Top 3 Common Root Causes

Now because I want you to walk away with a **solid action plan** and things you can start doing TODAY to help heal your eczema (besides the 6 steps I've ALREADY given you), I'm going to spend the next few pages on exactly what you can do to address your root causes.

MORE value woohoo 🙌

To start off...

I know one of the most frustrating things dealing with eczema is not knowing the root cause of flare ups.

This is something I hear often. Because when this happens, most eczema warriors feel like it's always the food they are eating that's driving the rashes - which isn't always the case.

In my clinical practice, I find that most of the time flare ups are related to poor digestion, imbalanced microbiome, stress or liver detox issue.

So, I'm going to go over a few of these root causes and list common symptoms you can identify for yourself and what your diet and supplement regimen should look like based on your root cause. I am literally taking a resource from my paid program, Clear Your Eczema, and I'm sharing it with you guys!

CHAPTER TWO:

Poor Digestive Function

ROOT CAUSE #1: Poor Digestive Function

Symptoms:

- Bloating, Gas (belching, burping)
- Indigestion
- Constipation
- Undigested food in stool
- Heartburn/GERD
- History of gallbladder removal
- History of antacid use
- Greasy stools
- Eating in a stressed state
- Feeling full hours after eating

CHAPTER TWO:

Poor Digestive Function

Diet

- Chew your food very well, at least 20-30 times every bite
- Remove poorly digested foods/allergens like gluten, dairy, soy, red meat, fried and high fat foods, heavy carbohydrates such as bread and pasta
- Eat lighter, cooked meals with a good balance of protein, fats and fiber
- Eat more fiber and drink fluids, at least 8-10 cups daily
- Try lemon or apple cider vinegar diluted with water 30 minutes before meals
- Try peppermint tea at night time

CHAPTER TWO:

Poor Digestive Function

Supplements

- Consider taking full spectrum digestive enzyme with every meal
- Try aloe vera juice or magnesium citrate for constipation
- Take a high quality probiotic, I like the professional brands Genestra or Megaspore

Lifestyle

- Exercise regularly
- Focus on stress reduction

CHAPTER TWO:

Gut Dysbiosis & Candida

ROOT CAUSE #2: Gut Dysbiosis & Candida

Symptoms:

- Gas after eating a meal
- Crave sugars/bread/alcohol
- Constipation or loose stools
- History of antibiotic or birth control use
- Heartburn/GERD, IBS/IBD or diagnosis of SIBO
- Headaches
- History of UTIs
- History of yeast infections
- Vaginal and/or rectal itching
- Tinnitus (ringing in the ears)
- White coated tongue
- Brain fog
- Rashes in moist or warm areas

CHAPTER TWO:

Gut Dysbiosis & Candida

Diet:

- Remove all sugar, dairy, processed foods, gluten, alcohol, refined oils. Take a look at this list of foods to avoid [here](#)
- Choose low sugar fruits like kiwi, avocado, and berries (in small amounts!)
- Eat non-starchy vegetables like broccoli, brussell sprouts, cauliflower, cabbage
- Cook with unrefined coconut oil (powerful antimicrobial), garlic and onions
- Drink [Pau D'arco tea](#)
- Aim to have at least 35-40 g of fiber daily from colourful vegetables

CHAPTER TWO:

Gut Dysbiosis & Candida

Supplements

- Consider taking natural antifungals to kill off Candida
 - Caprylic acid
 - Black walnut
 - Grapefruit seed extract
 - Oregano oil
 - Sweet wormwood
 - Pau D'arco

Lifestyle:

- Reduce stress and improve sleep
- Use meditation apps like Calm, Simple Habit or Headspace

CHAPTER TWO:

Liver Detox Issues

ROOT CAUSE #3: Liver Detox Issues

Symptoms:

- Waking up between 1-3AM often
- Bad breath
- Excessive body odour
- Constipation
- Food allergies & sensitivities
- History of alcohol consumption
- PMS symptoms
- Blood sugar issues
- Dark urine and yellow skin
- Mood swings
- High sensitivity to medications and smell
- Sensitivity to salicylates

CHAPTER TWO:

Liver Detox Issues

Diet:

- Eat organic foods as much as possible to reduce toxic burden
- Eat liver supporting foods daily including dandelion, cruciferous vegetables, berries, beets
- Avoid heavy meals, especially at night time
- Avoid deep fried foods, saturated fats (red meat), alcohol and processed foods
- Eat enough protein! Aim to eat least 1.2 g protein per kg of your body weight daily

CHAPTER TWO:

Liver Detox Issues

Supplements:

- Take a supplement like glycine and vitamin B6 to support the liver detox pathway
- If you're itching after meals, take milk thistle
- Consider other antioxidants and liver healing nutrients like glutathione, B vitamins and magnesium

Lifestyle:

- Avoid exposure to medications, toxins and chemicals
 - Check out EWG for finding clean products
- Avoid smoking and drinking alcohol

CHAPTER THREE

13

ECZEMA-FRIENDLY RECIPES

RECIPES FOR VEGANS, VEGETARIANS
AND MEAT EATERS

>> breakfast
>> lunch
>> dinner

CHAPTER THREE:

13 Recipes for Eczema

BREAKFAST *I*deas



Gut Healing Porridge

- 1 cup quinoa
- 2 cups non dairy milk or water
- 2 tbsp maple syrup
- 1/4 tsp cinnamon
- 1 tbsp slippery elm powder
- 1 tbsp ground flax seed
- Pinch of sea salt
- 1/2 cup papaya or mangoes

Cook your quinoa with all the ingredients except flax and fruit using these directions. Garnish with fruit and ground flax.

CHAPTER THREE: 13 Recipes for Eczema

BREAKFAST Ideas

Anti-candida Smoothie

- **BASE** - non dairy milk or water (1-2 cups)
- **GREENS** - kale, spinach, romaine lettuce (1-2 cups)
- **FRUIT** - green apple, berries, kiwi (1/4 to 1/2 cup)
- **HEALTHY FAT** - 1/2 avocado, 1 tbsp coconut oil, 2 tbsp flax seed oil
- **PROTEIN**: hemp and chia seeds (2-3 tbsp) or 1 scoop sugar-free protein powder
- **OTHER**: 1 knob ginger, 1 tsp spirulina and/or chlorella, ashwagandha for stress



CHAPTER THREE:

13 Recipes for Eczema

BREAKFAST Ideas



Breakfast Burrito Bowl

- 1/4 cup red peppers, diced
- 1/4 cup red onions, diced
- 2 cups potatoes, diced
- 1/2 cup cooked rice
- 1 tbsp olive oil
- 1 tbsp taco seasoning
- 2 eggs OR 1 cup black beans

STEP 1 Preheat oven to 425 F.

STEP 2 In a large bowl, toss potatoes, peppers and onions with olive oil and taco seasoning.

STEP 3 Spread them on an even layer on a foiled baking sheet. Place in oven for 15-20 minutes.

STEP 4 While the potatoes are roasting, slowly scramble the eggs on a heated skillet over medium heat*

STEP 5 Assemble the potato mix and scrambled eggs in a bowl.

STEP 6 Add toppings: avocado, tomatoes, green onions, and lime.

STEP 7 Drizzle with chipotle aioli.

*NOTE: If you are using black beans, you can drain a can of beans and sauté with taco seasoning.

TOPPINGS:

- 1/4 avocado, sliced
- Handful tomatoes, diced
- Green onions, diced
- 1 lime
- Chipotle aioli dressing

CHAPTER THREE: 13 Recipes for Eczema

BREAKFAST *I*deas

DIY Oatmeal

- 2 tbsp almond flour
- 3 tbsp unsweetened shredded coconut
- 2 tbsp each of chia, ground flax and hemp seed
- 1/2 tsp alcohol free vanilla
- 1/2 tsp cinnamon
- Pinch of salt
- 1/2 cup water

Add all ingredients except vanilla into a pot and cook on low heat until thickened, about 5 minutes.



CHAPTER THREE: 13 Recipes for Eczema

BREAKFAST *I*deas



Chia Pudding

- 3-4 tbsp of chia seed
- 1 cup of non dairy milk
- Handful of fruit*
- 1 scoop protein powder
- Toppings: Nuts and seeds, coconut flakes, nut butter

Stir well and let it sit overnight.
Top with fruits when serving.

*Choose low sugar fruit such as berries or kiwi if you suspect you have Candida

CHAPTER THREE: 13 Recipes for Eczema

LUNCH Ideas

DIY Sandwich

- 2 slices of gluten free bread
- 2 tbsp hummus spread
- Broccoli or radish sprouts OR other greens of your choice
- 4-6 slices of cucumber
- 1-2 slices of red onion
- Salt and pepper to taste
- Select your protein:
 - Vegan: Mashed chickpeas or sliced tofu
 - Meat: Chicken or turkey breast



CHAPTER THREE:

13 Recipes for Eczema

LUNCH Ideas



Baked Lemon Fish

- 4 white fish fillets
- 2 tbsp of vegan butter (I like Miyoko's)
- 1 tbsp avocado oil
- 2 lemons, sliced thin
- Salt & pepper
- 4 garlic cloves, minced

STEP 1 Preheat oven to 425 F.

STEP 2 Heat a medium pan over medium heat.

STEP 3 Add vegan butter, oil and garlic. Saute garlic until slightly browned then set aside.

STEP 4 Place lemon slices on bottom of baking dish.

STEP 5 Season both sides of fish and lay the fish on top of lemon slices.

STEP 6 Brush the garlic-butter mixture over the fish.

STEP 7 Juice the other lemon over the fish.

STEP 8 Bake the fish for 10-15 minutes, until it flakes easily.

CHAPTER THREE:

13 Recipes for Eczema

LUNCH *I*deas

Vegetarian Rice Rolls

- Rice paper wraps
- 1/4 cup sesame seeds
- 1/4 cup almonds or cashews
- 1 large carrot, sliced into strips
- 1 mango, sliced into strips
- 1 cup small red cabbage, sliced
- 1 cucumber, sliced into strips
- Pickled Ginger

STEP 1 Lightly toast sesame seeds and nuts in a small pan until starting to brown for few minutes. Set aside and let cool.

STEP 2 Soak rice wraps one at a time in lukewarm water until starting to soften. Remove and lay on cutting board.

STEP 3 Add all the vegetables then sprinkle sesame seed, nuts and pickled ginger.

STEP 4 Roll the rice paper, folding and holding each end to keep it tight.

STEP 5 Mix all satay ingredients in a small bowl and use to dip your rice rolls!



INGREDIENTS (SATAY SAUCE)

- 1/2 tsp sea salt
- 1 tbsp apple cider vinegar
- Half a lemon, juiced
- 2 cloves garlic, chopped finely
- 1/2 cup almond butter
- 2 tsp sesame oil
- 1 tbsp tamari
- 1 tsp fish sauce
- 2 tsp grated ginger

CHAPTER THREE:

13 Recipes for Eczema

LUNCH Ideas



Gut Healing Soup

- 1 lb chicken breast, chopped
- 3 cups bone broth
- 2 cups filtered water
- 1 cup beets, quartered
- 1/4 cup leeks, chopped
- 1/2 cup cabbage, sliced
- 4 celery stalks, chopped
- 2 carrots, chopped
- 2 scallions, chopped
- Salt & pepper to taste

STEP 1 Add bone broth and water into a large pot on medium heat.

STEP 2 Bring to a boil, then add chicken, carrots, beets, celery, cabbage.

STEP 3 Add salt & pepper to taste.

STEP 4 Reduce heat to simmer, then cook for 10 minutes.

STEP 5 Add leeks, then cook for another 5 minutes.

STEP 6 Garnish with scallions.

CHAPTER THREE:

13 Recipes for Eczema

DINNER Ideas

Easy Vegan Pasta

- 1 cup chickpea or lentil pasta
- 1 tsp sea salt
- 1/2 cup broccoli, chopped
- 1 tbsp olive oil
- 1 tsp gluten free flour
- 2/3 cup of almond milk
- 1 tsp each of garlic and onion powder
- 3 tbsp nutritional yeast
- 2 tbsp juice of lemon
- Handful of arugula

STEP 1 Bring water to a boil in a pot. Add salt to water and cook pasta according to package instructions.

STEP 2 While the pasta is cooking, steam broccoli for 5 minutes.

STEP 3 MAKE THE SAUCE: In a medium pan, heat oil over low heat and add flour.

STEP 4 Slowly add in non-dairy milk, stirring frequently, allowing it to slightly thicken.

STEP 5 Add in nutritional yeast, garlic and onion powder. Salt to taste. Mix well.

STEP 6 Stir in the pasta and broccoli. Combine well.

STEP 7 Serve in bowls and garnish with arugula and drizzle lemon juice on pasta.



CHAPTER THREE:

13 Recipes for Eczema

DINNER *I*deas



Chicken & Bok Choy Stir Fry

- 1 organic chicken breast, cut into 1 inch chunks
- 1 bunch bok choy, sliced lengthwise
- 3 garlic cloves, minced
- 1 inch knob of ginger, grated
- 1/2 pack of soba noodles
- Salt & pepper to taste
- 2 scallions, sliced
- 1-2 tsp sesame oil

STEP 1 Prepare noodles according to package instructions. Once noodles are cooked, set aside.

STEP 2 While the noodles are cooking, in large wok, heat sesame oil over medium heat.

STEP 3 Add ginger and garlic. Saute for 1 minute.

STEP 4 Add chicken and cook for 5-7 minutes.

STEP 5 Add bok choy, cook until soft (few minutes). Add salt & pepper and dash of water if needed.

STEP 6 Stir in the soba noodles. Serve with scallions.

CHAPTER THREE:

13 Recipes for Eczema

DINNER *Ideas*

Chicken Sharwarma Plate

- 2 lb skinless and boneless chicken thighs

MARINADE:

- 1 large garlic clove, minced
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 tbsp ground cardamom
- 1/2 tsp ground cayenne pepper
- 2 tsp smoked paprika
- 2 tsp sea salt
- Black pepper
- 3 tbsp lemon juice
- 3 tbsp olive oil

STEP 1 Marinate chicken by combining all the ingredients in a large zip lock bag. Massage the chicken from the outside to ensure each thigh is coated well. Marinate for 24 hours.

STEP 2 On the next day, heat a large non-stick skillet to medium high heat with avocado oil.

STEP 3 Place chicken on skillet and grill on each side for 5 minutes.

STEP 4 Remove chicken from grill and let it rest for 5 minutes before serving.

STEP 5 Serve chicken with tabbouleh, rice and hummus and/or yogurt dressing.



CHAPTER THREE:

13 Recipes for Eczema

DINNER Ideas



*Most filets will cook within 15 minutes, unless you have a very thick piece of a fish in which you will have to steam it for longer!

Steamed Salmon

- 1 salmon fillet
- Sprinkle of sea salt and pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp paprika
- Lemon slices

STEP 1 In large pot over medium-high heat, add 3-4 inches of water and a steamer basket.

STEP 2 While the water brings to a boil, prepare the salmon. Sprinkle salt and pepper on both sides of fillet.

STEP 3 Add garlic powder, onion powder, paprika and few slices of lemon on top of the salmon.

STEP 4 Wrap the salmon in aluminum foil, Place the wrapped salmon in the steamer basket.

STEP 5 Once water is boiling, close the lid. Leave the fish untouched for 8 minutes.

STEP 6 Check the fish at 8 minutes - the flesh should be light pink and easily flaked with a fork. If not, cook for another 4-5 minutes.

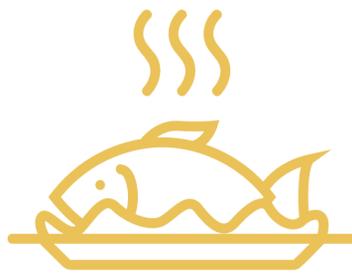
CHAPTER FOUR

PROTEIN REQUIREMENTS

HOW MUCH YOU REALLY NEED!

CHAPTER FOUR: Protein Requirements

Are you getting enough Protein?



Sometimes it can be hard to meet your protein needs, especially if your diet is limited.

But, getting enough protein in your diet is fundamental for healing eczema.

You need protein not only for wound healing and skin repair, but proteins are what make up enzymes, hormones and other chemicals in the body.

It is quite common for people to eat less protein than they actually need, simply because many of us don't actually know our own protein requirements.

Also, if you are a meat eater, it is much easier to get enough protein in your diet. However, for vegetarians and vegans, it may be harder due to the fact that some plant based foods are not complete sources of protein. Complete sources of plant protein include quinoa, chia and hemp seeds.

CHAPTER FOUR: Protein Requirements

Calculating Your Protein Requirements

For healthy adults over 19+:

Your weight in kg x 0.8-1.0 g/kg protein = average protein needs daily

i.e. 70 kg x 0.8-1.0 g/kg protein = 56-70 g protein daily

For eczema & TSW healing:

Your weight in kg x 1.2-1.5 g/kg protein = average protein needs daily

i.e. 70 kg x 1.25-1.5 g/kg protein = 88-105 g protein daily

PRO TIP 1: To get your weight in kg, divide your weight in pounds by 2.2.

i.e. 154 lbs / 2.2 = 70 kg

PRO TIP 2: It is best to aim for the mid-high range of your protein needs, especially if your skin is oozing with lots of cuts and wounds.

CHAPTER FOUR:

Protein Sources

CHICKEN + FISH



3 oz = 20-25 g

WHOLE GRAINS



1 cup cooked quinoa = 8 g
1 cup cooked buckwheat = 6 g

BEANS + LEGUMES



1 cup chickpeas = 11 g
1 cup black beans = 15 g
1 cup lentils = 18 g

NUTS + SEEDS



3 tbsp hemp = 10 g
2 tbsp chia = 5 g
1 oz walnuts = 4 g

CHAPTER FOUR:

How To Get Enough Protein?

- Add nuts and seeds to your breakfast (hemp seeds have the most protein)
- Always aim for AT LEAST 20-25 grams protein at every meal
- Eat 3 oz (size of your palm) meat for lunch AND dinner
- Eat at least 1 cup beans for lunch and dinner if you're vegetarian or vegan
- Add protein powder into your smoothie
- Pair snack with a protein (i.e. fruit + hummus, veggies + nut butter)
- Choose legume-based pasta (chickpea or lentil pasta)

NEXT STEPS: What to do after this Ebook..

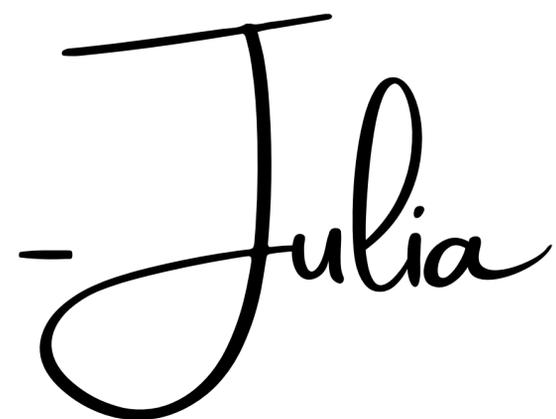
If you're still feeling stuck with your journey, I'd be happy to hop on a free call with you to discuss if any of my services can support you.

[Book a free discovery call here.](#)

We can talk about what isn't working for you in your healing, my suggestions on what to do instead, and how my CYE program or Nutrition Packages can get you the results you're looking for!

I look forward to hearing all about your skin journey!

P.S. Don't forget to also TAG ME [@juliachien.rd](#) on Instagram so I can reshare how much you enjoyed this guide!

A handwritten signature in black ink that reads "Julia". The signature is written in a cursive, flowing style with a long, sweeping tail on the letter 'a'.

Julia Chien
Founder of Clear Your Eczema