

The skin-friendly cuisine

NEURODERMATITIS

DELICIOUS RECIPES FOR A BALANCED DIET AS A
CONTRIBUTION TO THE RELIEF OF THE SKIN CONDITION

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The skin-friendly cuisine - Neurodermatitis

**Delicious recipes for a balanced diet
as a contribution to the relief of the
skin condition**

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Reading notes

This book contains a selection of different recipes that can be consumed relatively well by most people with neurodermatitis. Even though it is obvious, we would like to point out that this book cannot and should not replace medical advice. The book can only be an aid in obtaining recipe ideas that are suitable for everyday use in the implementation of a diet for atopic dermatitis. Thus, this collection of recipes is essentially just a supplement to professional advice.

In the book, it is assumed that those affected have to struggle with "typical" neurodermatitis symptoms. This means that not everyone reacts the same way to all ingredients. Whereas one person may tolerate a handful of strawberries, another person may experience reddening of the skin after eating them. The recipes are therefore based on the typical intolerances of neurodermatitis sufferers.

Although the advice of a nutritionist or doctor is of course decisive in every case, some "rules of thumb" can nevertheless be established. These are basically aimed at giving those who are not affected a little help in cooking - or to serve as a "reminder" for those who are directly affected.

Most ingredients are available in normal shops. It should be noted that individual ingredients are sometimes not available everywhere. By the way, the appropriate diet for neurodermatitis shares this "problem" with numerous other nutritional approaches. Because of this, emphasis has been placed in the book on reducing the use of "exotic" ingredients to the necessary minimum.

A brief compatibility overview

The following statements are, by their very nature, generalisations. In individual cases or in case of doubt, consult a doctor or nutritionist.

Important: If an ingredient is listed as poorly tolerated, this does not necessarily mean that it should be avoided 100%. For example, a squeeze of lemon juice in a dish may be fine - but 3 tablespoons is really not.

The ingredients on the "poor tolerance" list are used sparingly in the book as far as possible. Another example: Person A has found out that she tolerates tomatoes well and can include them in her diet without hesitation. Person B has only "recently" developed atopic dermatitis and still has to find out exactly where the intolerances are - and in case of doubt, avoids tomatoes for the time being.

Cereals, pasta, potatoes and rice

- Mostly well tolerated: millet, oats, spelt, buckwheat, amaranth, quinoa, rice, spelt noodles (egg-free), potatoes.
- Mostly poor tolerance: wheat, rye, sugared muesli, peanut butter, chocolate spreads, durum wheat pasta, soy products, fast food, ready meals (due to numerous additives).

Snacks, nibbles and sweets

- Mostly well tolerated (in moderation): rice cakes, agave syrup, maple syrup, honey, sugar, dried fruit (unsweetened).
- Mostly poor tolerance: Confectionery and bakery products with additives (practically all industrially

manufactured products).

Fruit

- Mostly well tolerated: apples (sweet varieties), blueberries, mango, watermelon, apricot, occasionally also bananas and pears.
- Mostly poor tolerance: redcurrant, kiwi, peach, citrus fruits, gooseberry, sour fruits

Vegetables

- Mostly well tolerated: courgettes, asparagus, cucumber, beetroot, mushrooms, chard, sweetcorn, pumpkin, potatoes, broccoli, cabbage, lettuce.
- Mostly poor tolerance: hot herbs, sprouts, chives, pickled vegetables, aubergine, tinned vegetables, onion, tomato, soya bean, celery, sauerkraut, radish, rhubarb, carrot, garlic, ready-made vinegar-oil-based salad dressings.

Nuts, seeds

- Usually well tolerated: pumpkin seeds, pine nuts, almonds
- Mostly poor tolerance: walnuts, hazelnuts, peanuts

Oils and fats

- Mostly well tolerated: olive oil, margarine (without milk), coconut fat (non-hydrogenated), cold-pressed unrefined vegetable oils.
- Mostly poor tolerance: nut oils, lard, sweet cream butter

Drinks

- Usually well tolerated: apple juice spritzer, rice drinks, green herbal teas (lemon balm, fennel, peppermint, etc.), water.
- Mostly poor tolerance: Lemonades of all kinds, alcohol, coffee, black tea, cocoa, soft drinks, fruit tea, other herbal teas.

Fish products and seafood

- Mostly good tolerance: none
- Mostly poor tolerance: all of them (i.e. each ingredient must be tested for individual tolerance).

Meat, sausages

- Mostly good tolerance: turkey, chicken, beef, lamb
- Mostly poor tolerance: pork, spicy products, sausage products with additives.

Dairy products, cheese, eggs

- Mostly good tolerance (in moderation): milk, cow's/sheep's/goat's cheese, kefir, natural yoghurt.
- Mostly poor tolerance: rice pudding, custard, fruit yoghurt, fruit curd, cocoa drinks, blue cheese, cheddar, camembert, brie, parmesan, chicken eggs.

FAQ

"How do I find out which recipes from the book I can cook without hesitation?"

Usually, the doctor or nutritionist will urge you by omission diet to identify potential intolerances.

In practice, this means (simplified description): completely omit all possibly intolerable foods (see list above and the recommendation of your doctor/nutritionist) for 1-2 weeks. The skin condition should now improve (in the case of a diet-related allergy reaction). You can then deliberately include SINGLE foods from the "forbidden list" (e.g. tomatoes) in your daily diet for 1-2 weeks. If the skin condition does not worsen, you can add the ingredient to your "well tolerated foods" list.

"An acquaintance told me that you can get neurodermatitis under control with cortisone cream. Is that true?"

This book cannot and should not give a conclusive medical assessment. Generally speaking, although there are over-the-counter cortisone ointments on the market, their use without medical consultation is not recommended due to numerous potential side effects. In addition, cortisone is said to aggravate atopic dermatitis when used regularly.

"Are there any ingredients that are particularly likely to cause allergic reactions in atopic dermatitis sufferers?"

Too many hot spices, eggs, fish, strawberries, kiwis and also tomatoes can fuel atopic dermatitis. This means that even if you tolerate tomatoes well, for example, you should only consume them in moderation. The same applies to spices. In general, products with colourings, flavourings and preservatives should also be avoided. In most cases, it is not

the actual main ingredient that is the trigger, but an additive.

"What does the typical menu look like on a normal day?"

For example: In the morning, muesli with fruit and yoghurt (tolerable varieties, of course). At lunchtime, a meat meal with steamed vegetables and a potato side dish. In the evening, a good soup or a spelt sandwich with a side salad.

"What can I take as a snack for work or on the go?"

A few apples or rice cakes are always good. Dried fruit (without added sugar) as a snack is also good.

"I need to grab something quick to eat on the way - starving myself is not the answer. What fast food should I indulge in?"

Here it can only be a question of "less bad" and by no means "unhesitatingly good". A chicken leg from the grill or a salad (pay attention to dressing additions) is halfway "ok".

"I have been a chain smoker for years. I have already changed my diet, yet my neurodermatitis is not getting better. What am I doing wrong?"

Neurodermatitis can have nutritional causes or be aggravated by a wrong diet - but this does not have to be its main trigger. Other environmental influences can also be considered - e.g. smoking.

"I have read a guidebook, watched a documentary on TV with tips and now I have this book. With all the advice, should I treat my neurodermatitis myself and change my diet?"

No. A change in diet must always be discussed with a doctor or nutritionist. One of the reasons for this is that this book, for example, can only make general statements that

do not necessarily apply to your life situation. Rather, the opposite approach is better: first go to the doctor or nutritionist, then get additional suggestions for the concrete implementation with suitable literature and books like this one.

"I have a question about my neurodermatitis. I have had X for years and have already tried Y - should I now start with Z...?"

Please take these questions to a doctor or appropriately trained nutritionist. No book, no internet forum, no spiritual healer and no "hearsay" can or SHOULD give you concrete advice. The only things that are allowed are general guidelines (such as the list above with the ingredients). Only experts are allowed to give concrete statements for reasons of liability and above all for moral and ethical reasons (keyword: wrong treatment).

"but Karlo62 told me in a forum that..."

The internet, books and TV programmes can certainly provide suggestions and tips. In case of doubt, however, the opinion of your doctor or nutritionist is decisive. After all, they are legally responsible for their diagnosis if, for example, you suffer damage as a result.

"...and Someone else meant that certain supplements can also relieve atopic dermatitis?"

At least as a complementary measure. Your doctor or pharmacist can give you sound advice on which products (or which active substances) are suitable for you.

"In one dish I found an ingredient that is on the "less compatible" list. What applies now?"

First and foremost, the statement of your doctor or nutritionist. Additionally, it is often the "dose that makes the poison." Example: A trace of a hot spice will often not