



Cocoa Fresh Skin Therapy

Dry skin is a symptom of eczema, not the cause

So using our Cocoa Fresh Skin Therapy is only a solution that must be accompanied by internal work.

Why should you book an appointment to finally rid yourself of eczema for good?

- Wear what you want
- No more itching skin
- No more embarrassing looks
- Able to concentrate in school

Here's a sneak peek at some of the best things you can implement to rid this condition from your body naturally:

Foods to avoid when you have eczema

- Dairy - Cheese, Cow's milk
- Nuts - Peanuts, cashews, almonds, pistachios
- Gluten - Bread, pasta, tortillas, alcohol
- Shell fish - Crab, shrimp, lobster, oysters
- Soy - Tofu
- Grains - Oats, wheat (Even if it says gluten free)
- Soda and sugary drinks - Mountain Dew, Hawaiian Punch, etc
- Processed foods - Deli meat, any scientifically made plant based foods like impossible meat

Supplements for eczema

- Vitamin D3
- Vitamin E
- Zinc
- B12
- Vitamin C
- Vitamin A

Herbs

- Aloe
- Calendula
- Chamomile
- Milk Thistle
- Nettle
- Turmeric
- Witch Hazel