

Psoriasis & Eczema Daily Relief Plan: The Anti-Inflammation Protocol

This guide translates the medical differences and management strategies from the "Differentiating Psoriasis and Eczema" article into actionable daily routines focused on stabilizing the skin barrier and reducing inflammation.

Phase 1: Routine Simplification (The First 7 Days)

- **Goal:** Reduce irritation by removing potential triggers and stopping the **itch-scratch cycle**.
- **Action Plan:**
 - [] **Eliminate Harsh Soaps:** Swap foaming, scented soaps for a mild, **fragrance-free** moisturizing cleanser (often labelled for sensitive skin).
 - [] **Lukewarm Only:** Commit to taking **lukewarm** (never hot) baths or showers, limiting them to 10 minutes to prevent **skin barrier** breakdown.
 - [] **Pat Dry Rule:** After washing, gently **pat** the skin dry with a soft towel, leaving it slightly damp.
 - [] **Identify and Pause:** Stop using all scented lotions, harsh exfoliants, and strongly scented laundry detergents.

Phase 2: Targeted Daily Therapy

Pillar	For Eczema (Barrier Repair)	For Psoriasis (Cell Cycle Control)
Moisturizing	Apply a thick, ceramide-rich ointment or cream immediately (within 3 minutes) of bathing to lock in hydration. Reapply 2-3 times daily, focusing on joint folds.	Apply topical medications (steroids, Vitamin D analog) directly to the thick plaques as prescribed, <i>then</i> apply a general moisturizer.
Itch Control	Use cool compresses or an over-the-counter antihistamine (at night) to break the itch-scratch cycle . Keep your nails short.	Avoid picking or scratching the plaques, as skin injury can trigger new lesions (Koebner phenomenon).
Trigger Avoidance	Note times when you sweat (after exercise) and immediately rinse the skin to remove the sweat irritant .	Monitor stress levels, as stress is a major autoimmune trigger for flares. Practice daily relaxation techniques.

The Anti-Inflammatory Diet Focus

- **Goal:** Use diet to reduce **systemic inflammation**, benefiting both autoimmune response (Psoriasis) and chronic inflammation (Eczema).
- **Action Plan:**
 - [] **Omega-3 Boost:** Consume fatty fish (salmon, tuna) or a small handful of walnuts/flaxseeds daily.
 - [] **Spice Therapy:** Incorporate **turmeric** and **ginger** into cooking; these spices have known anti-inflammatory properties.
 - [] **Reduce Processed Foods:** Minimize refined sugar and highly processed snacks, which are known to promote inflammation.