

**take back your skin:  
know your enemy**

# checklist

## Which types of eczema do you have?

- atopic dermatitis
- contact dermatitis
- dyshidrotic eczema
- neurodermatitis
- nummular eczema
- seborrheic dermatitis
- stasis dermatitis

## Which eczema triggers do you experience?

- weather
- metals
- stress
- fragrances
- food dyes
- salicylates
- amines
- glutamates
- preservatives
- relationships
- artificial sweeteners
- body care products
- cleaning products



**eczema is chemical sensitivity**



## Check the items you can throw or give away to reduce your chemical exposure.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> perfumes/colognes | <input type="checkbox"/> lip balms        | <input type="checkbox"/> deodorants                 |
| <input type="checkbox"/> scented candles   | <input type="checkbox"/> toilet cleaners  | <input type="checkbox"/> antiperspirants            |
| <input type="checkbox"/> air fresheners    | <input type="checkbox"/> floor cleaners   | <input type="checkbox"/> sunscreens                 |
| <input type="checkbox"/> shampoos          | <input type="checkbox"/> carpet cleaners  | <input type="checkbox"/> bug sprays                 |
| <input type="checkbox"/> conditioners      | <input type="checkbox"/> cleaning sprays  | <input type="checkbox"/> makeup                     |
| <input type="checkbox"/> body washes       | <input type="checkbox"/> cleaning wipes   | <input type="checkbox"/> makeup removers            |
| <input type="checkbox"/> face washes       | <input type="checkbox"/> scented soaps    | <input type="checkbox"/> hair dyes                  |
| <input type="checkbox"/> shaving creams    | <input type="checkbox"/> fabric softeners | <input type="checkbox"/> hand sanitizers            |
| <input type="checkbox"/> lotions           | <input type="checkbox"/> dryer sheets     | <input type="checkbox"/> mouthwashes                |
| <input type="checkbox"/> toners            | <input type="checkbox"/> deodorizers      | <input type="checkbox"/> scented dish detergents    |
| <input type="checkbox"/> serums            | <input type="checkbox"/> stain removers   | <input type="checkbox"/> scented laundry detergents |
| <input type="checkbox"/> creams            | <input type="checkbox"/> bleaches         |   |
| <input type="checkbox"/> ointments         | <input type="checkbox"/> rinse aids       |   |