

Healing From

Topical Steroid Withdrawal

Everything I did...

[Click here to watch my full Topical Steroid
Withdrawal journey](#)



Healing Topical Steroid Withdrawal



My Symptoms

1

Bone deep itching

2

Skin cycled between: dry, flakey, oozy, red

3

Insomnia due to itching and cortisol dysregulation

4

Swelling

5

Temperature regulation issues (hot/cold rushes)

6

Epinephrine dysregulation

7

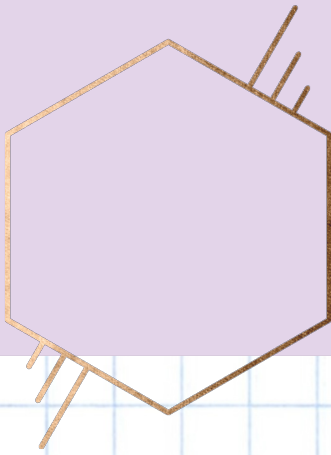
Elevated CRP and TSH (compared to previous tests)

8

Swollen groin lymph nodes

9

Muscle shaking with tension



Nutrition for Healing

Diet:

Autoimmune Protocol

[Learn more here](#)

Supplements:

[Ned CBD Oil](#) (15% off: fitandnerdy)

[Collagen](#)

[Krill Oil](#)

[Curcumin](#)

[Glutathione](#)

[Zinc](#)

[Probiotic](#)

[Colostrum](#)

[Digestive Enzyme](#)

****Check with your doctor before adding any new supplements****

My Detox Protocol



[Click here to watch my full detox protocol](#)

Only drank water filtered by the [Berkey Water Filter](#) & make sure to drink enough water

1 cup [Dandelion Tea](#) per day + any other bitter greens I could add to my diet

Supplements:

[GI Detox](#)

[Liver GI Detox](#)

Daily walks (aimed for 8-10k steps)

5 cups cruciferous veggies per week

3-5 cups antioxidant rich foods per week

Eat only whole, unprocessed foods

Castor Oil pack every other night before sleep

TSW Skincare Routine



[Click here to see my complete TSW Skincare Routine](#)

FACE PRODUCTS:

CellRenew

\$10 off code: missfitandnerdy

Face Oil

15% off code: fitandnerdy

Face Wash, Skin Relief RX, and Face Oil from Holistic Science:

<https://www.theholisticscienceco.com/>

Hemp Lip Balm

15% off code: fitandnerdy

BODY PRODUCTS:

Hemp Body Butter

15% off code: fitandnerdy

Body Lotion

Body oil ingredients in next page

BODY OIL INGREDIENTS:

Fractionated Coconut Oil

Castor Oil

Body Oil from Beautycounter

Vitamin E Oil

Essential Oils:

Lavender

Geranium

Tea Tree

Frankincense

Joov Red Light Therapy

Every other day for 1 hour (20 minutes per section on my body)

use code: MISSFITANDNERDY for a special gift at checkout

Switched ALL skincare/cleaning products to ones that were

EWG certified

Direct exposure to sunlight

Arms + legs exposed for ~20 minutes

Limited showers to 1-2x/week

Mindset & Stress

Reading Breaking the Habit of Being Yourself really helped me shift my mindset and focus on the positive and the healing

Implemented a sleep routine to promote better sleep.
[Watch my sleep routine here](#)

Daily meditation

Spending time with friends/loved ones

Cut back on work

Quit exercise. Only focused on getting movement in through walking daily.

Spent more time in nature to practice gratitude