

Case Study

46 year old female with ECZEMA



The patient was also diagnosed with fatigue, hormonal imbalance with irregular menstrual cycles, an ovarian cyst and GERD. She also took Prilosec (20mg/day). SpectraCell's micronutrient testing revealed decreased levels of zinc, Coenzyme Q10 and significantly decreased total antioxidant function. **Based upon her deficiencies, she was administered the following treatment protocol:**

1) 25mg/day of Zinc

In addition to the above supplement, she was also recommended to follow a diet modification and exercise program.

Clinical Outcome:

After only one week of treatment with zinc along with coenzyme Q10 and other antioxidants, the symptoms of dermatitis significantly subsided and in about two weeks completely disappeared. The patient stopped using any of her creams prescribed by her dermatologist. The patient's fatigue significantly subsided and her energy level increased.

Conclusion:

It is a known fact that zinc deficiency may cause symptoms of eczema, fatigue, apathy, brittle nails and other symptoms. In this case, the physician observed the tremendous benefit of using micronutrient analysis which detected a zinc deficiency. This deficiency was the cause of the patient's long standing eczema which has not been helped by any conventional medical treatment. Zinc supplementation helped this patient to get rid of longstanding eczema.

Supplementation with antioxidants and coenzyme Q10 have helped to correct her low antioxidant function and apparently helped to manage her chronic fatigue state.