




Eczema




Moderate: Usually a 2 to 12 week process depending on the severity of your eczema.

Phase 1: **Active Eczema**

- A.  TrueCider Serum two times a day
- B.  TrueLipids Eczema Experts 1% Hydrocortisone Cream 2-4 times/day*
- C.  TrueLipids Relieve and Protect Ointment 2-4 times/day*

*Application two or more times a day usually leads to faster clearance.

Phase 2: **Maintain Clear Skin**

- A.  TrueCider Serum once or twice a day
- B.  TrueLipids Ceramide+ Cream twice a day
- C.  TrueLipids Relieve and Protect Ointment twice a day



 Eczema Experts



 Relieve & Protect Ointment



 Serum



 Ceramide+ Cream

If eczema flares, repeat Phase 1 and taper to Phase 2.

Learn what chemicals to avoid: www.CherylLeeMD.com/allergens