

ORGANIC BALM FOR SKIN REGENERATION



PROGRAM

Dear Sir/Madam,

Before starting the therapy, we would like to share some very important **information and advice** with you.

First and foremost, we would like to emphasize that we are not medical doctors, and everything we share with you is based solely on our personal experience and what we have practiced ourselves. If you have any other medical condition, you must consult your physician. This also applies to your diet and the detox tea — if you are allergic to any of the listed ingredients, you must consult your doctor and follow their instructions.

The entire healing process is complex and requires patience, persistence, and discipline.

Follow the instructions provided in the program you received, and do your best to fully commit to the body detox using the tea. Additionally, adjust your diet, take the recommended vitamins, and switch to plant-based cosmetics.

The application of ELDEM Forte balm must be consistent — **every day**, without skipping. If you follow the steps we've outlined, you should start seeing the **first results within the first month of using ELDEM Forte balm**.

The balm must be applied only to clean skin, and must not be mixed with any other products, especially not with corticosteroids.

IF YOU HAVE RECENTLY USED PRODUCTS CONTAINING CORTICOSTEROIDS, YOU MUST TAKE A 40-DAY BREAK TO ALLOW YOUR BODY TO NATURALLY ELIMINATE TOXINS BEFORE YOU START USING THE BALM.

Mixing the balm with other products or corticosteroids is done solely at your own risk.

To make this journey complete, in 90% of cases it has been shown that there are serious deficiencies present in the body, such as:



Omega-3 Vitamin D3



Therefore, we kindly ask you to do lab tests for these two elements — the ratio of Omega-3 to Omega-6 in the body (lipid profile) and Vitamin D3. If deficiencies are found, it would be best to consult your doctor on how to raise the levels to optimal values, and we will share how we personally achieved those results.

The Omega-3 to Omega-6 ratio should ideally be 1:1, or at most 1:3 in favor of Omega-6. If the ratio is 1:5 or higher in favor of Omega-6, this is a sign that there is an inflammatory process occurring within the body. In that case, you must start taking Omega-3. It helps suppress all inflammatory processes inside the body.

Also, check your Vitamin D3 levels, and if they are deficient, it must be supplemented, just like Omega-3.

OUR RECOMMENDATION: Choose the highest quality Omega-3 supplement possible. The quality of Omega-3 is determined by a high percentage of EPA and DHA forms of Omega-3. The label must clearly indicate the percentage of EPA and DHA — if it doesn't, do not consider that product.

The percentage should be 50% or higher.

If you are using soft gel capsules, calculate the content as follows:

Example:

EPA 250, DHA 250. Each Omega-3 soft gel capsule contains 1000mg.

$250 + 250 = 500$

500 out of 1000mg equals 50% — this is a good-quality Omega-3 supplement.

If you are using oil (which is the best option) – we recommend Camelina oil or wild flaxseed oil, and it is important that it is cold-pressed (for oral use). If you cannot find these, then choose any Omega-3 supplement that meets the values we previously mentioned.

The recommended dosage for adults is one tablespoon per day. For children, please consult your doctor.

The price will always reflect the quality — the more expensive the product, the higher the percentage of EPA and DHA forms it usually contains.

Try to find Camelina oil, as it has an ideal ratio of Omega-3, 6, and 9, as well as a rich amount of vitamin E, which is a powerful antioxidant and highly beneficial for the entire body. If you can't find it, then follow all the recommendations we've already provided.

Let's now move on to Vitamin D

D3: We recommend Vigantol (or any liquid D3 supplement), because when taken in tablet form, its absorption is very poor. Take 20 drops (10,000 IU) with food (Vigantol), and after 3 months, do a blood test and compare the results with the initial ones to see the progress. For children, consult a pediatrician. For optimal health, vitamin D levels should be between 80–120, with 100 being the ideal value.

The most natural way to get vitamin D is through sunlight.

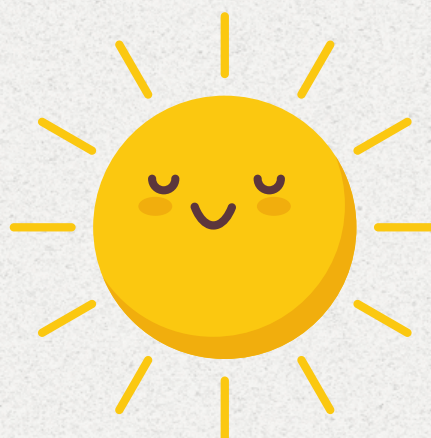
K2 is essential when taking D3. It's best to find K2 separately, in oil-based form (drops) or as soft gel capsules. The recommended dose is 50 micrograms per day. When taking high doses of vitamin D3, it is necessary to also take K2, because D3 increases calcium levels, and K2 ensures that the excess calcium is directed into the bones instead of soft tissues. It should be taken with a meal, just like vitamin D3 and Omega-3.

All of this is because digestive enzymes are released during meals, which allows for maximum absorption — as if you were eating food naturally rich in Omega-3 and vitamin D.

(Foods rich in vitamin K include sauerkraut and fermented soy — NATTO.)

After 3 months, repeat the blood tests to monitor progress and track your condition. This is the approach we followed and how we managed to bring our body's internal state into balance.

You can find plenty of documentation on everything we've mentioned on the PubMed website.



AWARENESS – POSITIVE ATTITUDE – DISCIPLINE

Awareness – The first and most important thing you must develop is proper awareness. You need to understand what causes your skin condition to worsen — what contributes to its spread, and on the other hand, what helps stop and suppress it. This is the foundation for making progress.

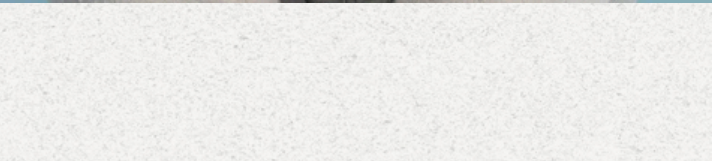
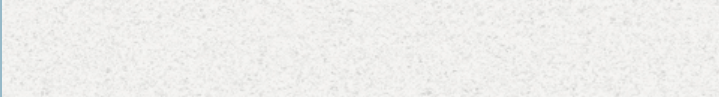
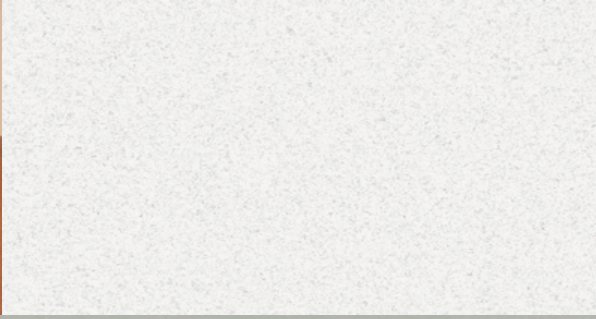
We all secretly wish to solve the problem overnight with one magical herb and wake up the next day as if the condition never existed. However, that mindset only leads to procrastination, followed by failure. Disappointment usually follows — or worse, depression.

That's why: awareness!

Positive attitude – You must approach your condition with a positive mindset and set small daily goals that will gradually lead you to bigger ones — and ultimately to your main goal. Let your first goal be to stop the spread of the condition. It's important not to get ahead of yourself with big hopes or expectations until that first step is achieved.

Discipline – Discipline may be the most important factor in this entire program. This doesn't mean constantly rushing around to prove you're being disciplined, but simply doing what needs to be done at the planned time — for example, if something needs to be done at 7 a.m., then do it at that time.

Of course, let's return to awareness. You must be realistic and aware of your personal time and life circumstances and create the best plan for you, not the most ideal or theoretically perfect plan. Because your best plan will work far better for you than some general, ideal plan that's hard to follow. So respect your plan, and stay consistent and disciplined.





SWITCHING TO PLANT-BASED COSMETICS

Switching to plant-based cosmetics – Try to equip your home with natural, plant-based products. **Shampoos, soaps, body washes, dishwashing liquid, and laundry detergent should all be plant-based.**

This is a very important step that lays the foundation for your ultimate goal. If you skip this part, even though you may be doing many good things for your skin throughout the program, you will still be constantly irritating it in various ways. For example, washing your hands with chemical-based products leaves behind residues that do not have a positive effect on your condition. The same applies to your toothpaste.

You can read a lot about this in specialized magazines — but you don't even need to spend time on that. Simply switch to plant-based cosmetics, and you've already made a huge first step.



NUTRITION

Nutrition – The most complex and demanding part of the program is nutrition, but at the same time, it can be very simple if you truly commit to it. One key point is to identify which foods cause allergic reactions in your body — and if you are allergic to certain foods, eliminate them from your diet, even if they are considered “superfoods” for your condition.

Based on the results of your Omega-3 to Omega-6 ratio blood test, consult a nutritionist to determine the most effective way to achieve a balanced diet, along with the supplementation we've recommended. **Every body is unique, and because of that, it is impossible to create one universal meal plan for everyone.**

People suffering from psoriasis, eczema, dermatitis, and seborrhea must strictly eliminate foods rich in alkaloids. Here are some examples of such foods: potatoes, tomatoes, peppers, eggplant... and all products made from these ingredients.



EXERCISE

Exercise – When it comes to skin conditions and physical activity, regular exercise is extremely important. Our bodies are designed to move. However, it's essential to be mindful — listen to your body, avoid overexertion, and aim for a healthy balance.

During workouts, staying hydrated is crucial. A few fresh dates or figs are also an excellent choice to maintain energy and provide healthy sugars.

Regular exercise strengthens the heart and lungs, improves metabolism and digestion, promotes better sleep, supports effective waste elimination from the body, boosts energy to cope with stress, lowers blood pressure, enhances energy production in the body — and, in addition to all of that, improves your physical appearance.

Recommendation: 3–4 training sessions per week, lasting 45–70 minutes at a medium-to-high intensity, would be the ideal option. Of course, depending on your physical and health condition, everyone should find the best balance that works for them.

WATER

Water – Alongside nutrition, which plays an extremely important role in managing your skin condition, fluid intake is equally essential. Dehydration, when we speak strictly about the skin, leads to dryness, and if your body experiences a more severe level of dehydration, the result is wrinkled, completely dried-out skin.

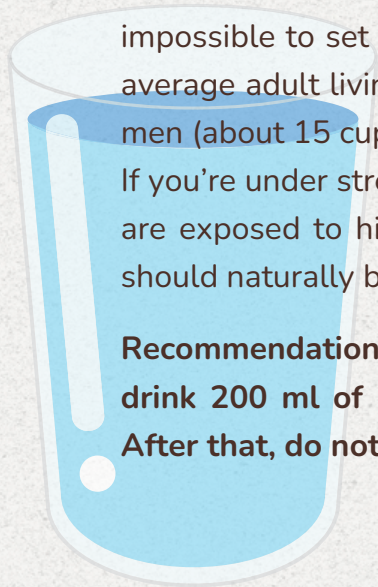
Beyond that, dehydration affects a number of other processes that directly and indirectly impact your body and immune system. As a result, it negatively affects your skin condition and contributes to its rapid spread. If you don't drink enough water, you become dehydrated — and dehydration can lead to chronic illnesses, including certain autoimmune diseases.

Our main goal is not to talk about diseases, but to guide you toward what can help you stop the progression of your condition. That's why we're emphasizing the importance and necessity of proper hydration.

Since we all have different metabolisms, different jobs, and varying levels of daily exertion, it's impossible to set a universal fluid intake for everyone. However, under optimal conditions, the average adult living in a temperate climate should consume around 3.7 liters of fluids daily for men (about 15 cups) and 2.7 liters for women (about 11 cups).

If you're under stress — which increases your body's dehydration — or spend time in a sauna or are exposed to high daily temperatures that cause constant sweating, then your fluid intake should naturally be higher. You should drink water between meals, but in sufficient amounts.

Recommendation: Every morning, immediately after waking up and on an empty stomach, drink 200 ml of lukewarm water (room temperature) mixed with the juice of ½ a lemon. After that, do not eat or drink anything for at least 30 minutes.



SUNLIGHT

Sunlight – Vitamin D, which we receive through sun exposure, plays an extremely important role in the health of our body and skin. It also has a remarkably positive effect on many skin conditions. According to numerous studies, both global and regional, vitamin D is responsible for skin pigmentation, and its deficiency is linked to the development of many autoimmune diseases.

Note: Be very cautious and mindful, as you are surely aware that careless and excessive sun exposure can increase the risk of developing melanoma — which is the last thing we want. People suffering from psoriasis, eczema, and dermatitis should expose themselves to the sun only if it has a soothing effect on their condition, while those dealing with vitiligo should seek gentle morning or late afternoon sunlight exposure.

REST

Rest – Getting enough sleep is a very important factor in stopping the further progression of skin conditions. Rest allows your body time for regeneration, rejuvenation, and repair. While you rest, your body eliminates waste products — all of which positively contribute to the healing of any skin condition. In addition, quality sleep is essential for skin regeneration after sun damage, preventing acne breakouts, and achieving a healthy, glowing complexion. Sleep before midnight is especially important. If you don't give your body enough rest, you will age much faster. Factors that reduce your ability to get quality nighttime rest include large, heavy evening meals, caffeine, energy drinks, and similar stimulants.

Note: Heavy evening meals late at night, too much fat or protein in your dinner, and stimulants such as coffee or caffeinated drinks all impair digestion. Digestion consumes energy. If you eat late at night, how can you expect your body to carry out rejuvenation and repair? One of your body's fundamental needs for healthy and proper functioning — and for overall well-being — is an adequate amount of rest at the right time.

Try to incorporate all of these steps into your daily routine.

Also, don't be too radical or constantly force yourself to do this or that. Be realistic and make the most of this program in a way that fits your personal situation.

ELDEM FORTE BALM

Eldem Forte Balm (Vitiligo) – This is the final, key step — the “icing on the cake” — where the spread of vitiligo is replaced by the appearance of small pigmented dots, which gradually turn into larger pigmented areas on the affected skin.

Apply Eldem Forte balm in the **early morning and late afternoon** hours, combined with 30 minutes of sun exposure when UV radiation is very low. During mild evening sun, you can extend your exposure time while observing your skin’s reaction. **Visible results may begin after just 3–4 weeks.** Of course, if you’ve followed the full process beforehand, improvements may even appear sooner.

Applying Eldem Forte balm is very simple. On the depigmented (white) areas, use your fingertip to apply a small amount of the balm and gently rub it in. Then expose the area to sunlight as described above. Repeat this treatment twice daily.

ADDITIONAL TIPS:

VITILIGO IN WINTER – During periods with limited sunlight:

Vitiligo tends to become “camouflaged” during the winter months and appears much less noticeable, which often leads us to the false belief that it is fading or disappearing. In reality, it is simply in a state of “hibernation” and continues to spread progressively. Since we don’t take any action during this time, a few months later — when the first rays of sun appear — we’re faced with surprise and disbelief.

That’s when we actually notice how much it has spread across the surface of our skin. This effect is especially noticeable in people with fair skin. That’s why it’s extremely important to take the right approach to stop vitiligo from spreading during the winter.

Recommendation: Vitiligo in winter should be treated internally — through body detox and a healthy diet — and externally by using ELDEM Forte balm along with a UVB lamp (under medical supervision).

VITILIGO IN SUMMER – During periods of sun exposure:

The first major surprise usually comes with the arrival of spring and the first sunny days. That’s when we truly see how much vitiligo has spread. At the same time, we often find ourselves confused, asking questions like: “Where did this come from?” or “Is this caused by the sun, and what should I do now?”

These are the typical reactions we’ve heard from people who have gone through this entire process — and we’ve experienced them ourselves. With this in mind, we’re simply trying to make your journey easier, so that you don’t stumble at these obstacles, but instead recognize and overcome them successfully.

Eldem Forte Balm (Psoriasis, Eczema, Dermatitis, Seborrhea) – Apply the balm 2–4 times a day to the affected areas by gently rubbing it in. It is important that the skin is clean before application and that the balm is not mixed with other products. Repeat the process daily, and the first results typically appear within 3–4 weeks.

Eldem Forte Balm (Fungal Infections) – The same principle applies as with psoriasis, eczema, dermatitis, and seborrhea. However, if the fungal infection is located on the nails, in addition to rubbing the balm onto the nail surface, you should also drip a small amount under the nail so it can penetrate.

Tip: Get a medical pedicure (from a trusted professional) to speed up and improve the results.

Respectfully,

The ELDEM Forte Team

