

INSIDE

6 SCALP-CALM FOOD GROUPS
BUILD-A-PLATE GUIDE
3 SIMPLE RECIPES
PRINTABLE GROCERY LIST
14-DAY FLARE JOURNAL

FOOD GUIDE · THE H.A.I.R. WELLNESS METHOD™

The Scalp-Calm *Kitchen*

Best foods for psoriasis & seborrheic dermatitis: what to eat, how to build your plate, and how to find your personal triggers.

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WELCOME TO YOUR KITCHEN

Your scalp is skin, and skin is *fed from within.*

If you've been fighting flakes, itch or flare-ups with product after product, I see you. Topical care matters, but it's only half the story. What happens on your plate, in your gut and in your stress levels shows up on your scalp too.

This guide is the kitchen side of the H.A.I.R. Wellness Method. It's simple, real food that supports a calmer scalp, with no extreme diets and no guilt.

— Iisha

HOW TO USE THIS GUIDE

01
Learn the 6 groups
The foods I come back to again and again with my clients.

02
Build your plate
One simple visual you can use at every meal.

03
Cook 3 recipes
Easy, delicious, and made for real weeknights.

04
Track 14 days
Use the journal to find your own patterns and triggers.

> *You don't need a perfect diet. You need a consistent one, and a little more awareness than yesterday. Healthy Awareness Is Rare.*

THE SIX FOOD GROUPS · PART ONE

Calm starts on the *inside.*

Where to start: the National Psoriasis Foundation points to a Mediterranean-style way of eating (fish, olive oil, vegetables, fruit, beans and whole grains) as a helpful place to begin. Everything below fits right in.

1 Anti-inflammatory fats

Omega-3 fats are some of the most studied foods for calming inflammation and supporting moisture in the skin.

- **Fatty fish:** salmon, sardines, mackerel, herring (aim for 2 servings a week)
- **Seeds:** flaxseed, chia and hemp seeds, the plant-based omega-3s
- **Extra-virgin olive oil & avocado:** healthy fats plus antioxidants

2 Antioxidant-rich vegetables & fruit

Antioxidants help protect skin cells from everyday stress. A large study from the Netherlands found people who ate more fruit had less seborrheic dermatitis.

- **Leafy greens:** spinach, kale, collard greens, Swiss chard (vitamins A, C, K and folate)
- **Cruciferous vegetables:** broccoli, Brussels sprouts, cauliflower
- **Berries:** blueberries, blackberries, strawberries (vitamin C)
- **Orange vegetables:** carrots, sweet potatoes, pumpkin (beta-carotene, which your body turns into vitamin A for skin)

3 Gut–skin support

A healthy gut helps regulate how your immune system responds, and researchers call this connection the gut–skin axis.

- **Fermented foods:** plain unsweetened yogurt, kefir, sauerkraut, kimchi, miso
- **Prebiotic foods:** garlic, onions, leeks, asparagus and bananas, which feed your good gut bacteria
- **High-fiber foods:** oats, quinoa, lentils, beans, for steady, regular digestion

4 Zinc & selenium-rich foods

These minerals support skin repair and a balanced immune response.

- **Zinc:** pumpkin seeds, chickpeas, oysters, beans and lentils
- **Selenium:** Brazil nuts. One or two a day is plenty, and more is not better.

5 Hydration & skin-friendly drinks

Good hydration supports skin's elasticity and comfort, and a dry, tight scalp often starts here.

- **Water:** sip through the day; your scalp is skin too
- **Green tea:** contains EGCG, an antioxidant studied for skin health
- **Caffeine-free herbal teas:** chamomile and rooibos, calming and gentle

6 Spices & herbs

Easy ways to add flavor along with plant compounds known for their soothing, anti-inflammatory properties.

- **Turmeric with black pepper:** curcumin is the compound studied for inflammation, and pepper helps your body absorb it
- **Ginger:** a warming spice, lovely in tea and stir-fries
- **Cilantro & parsley:** fresh herbs packed with antioxidants

Limit for best results

Added sugar, highly processed foods, alcohol and refined carbs. These tend to work against a calm scalp. You don't need to be perfect, just more consistent.

Know your triggers

For some people **dairy** or **gluten** can be a trigger, and for others it isn't. Use the 14-day journal before cutting whole food groups, and talk with your doctor about big changes.



IISHA'S TIP

Add before you subtract.

Before you cut anything out, add one food from each group this week. Crowding your plate with good things is easier, and kinder, than a list of rules.


“Healing isn't always linear, but every small step you take is moving you closer to balance and relief.”
IISHA C. SILVER · I.C. BEAUTY

ONE VISUAL FOR EVERY MEAL

Build your *scalp-calm plate*



- **Half: colorful vegetables**
  Leafy greens, broccoli, carrots, peppers, whatever's in season. The more colors, the better.
- **A quarter: protein**
  Salmon, sardines, beans, lentils, chickpeas, eggs or chicken.
- **A quarter: slow carbs**
  Sweet potato, quinoa, oats, brown rice or whole-grain bread.
- **Plus: a thumb of healthy fat**
  Olive oil, avocado or seeds, with water or tea on the side.



RECIPE 01 · BREAKFAST · MAKE AHEAD

Golden Overnight Oats

Serves 1 · 5 min prep · Chill overnight

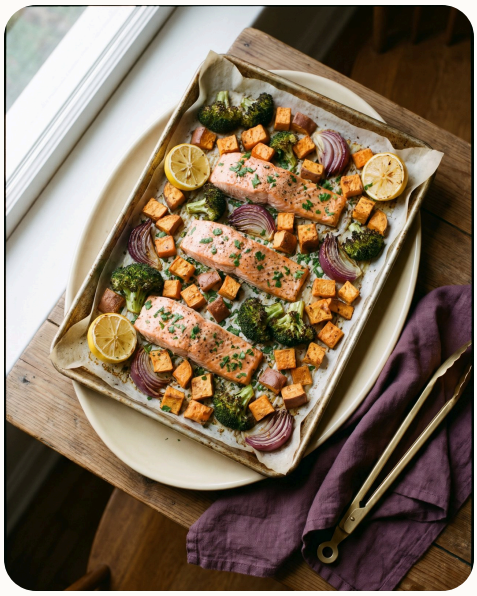
YOU'LL NEED

- ½ cup rolled oats
- ½ cup kefir or unsweetened almond milk
- ¼ cup plain unsweetened yogurt
- 1 tbsp chia seeds
- ½ tsp turmeric + a pinch of black pepper
- ½ tsp cinnamon
- Blueberries, banana, 1 tbsp almond butter

MAKE IT

1. Stir oats, kefir, yogurt, chia and spices together in a jar.
2. Cover and refrigerate overnight (or at least 4 hours).
3. In the morning, stir, then top with berries, banana and almond butter.
4. Sweeten lightly with honey or maple only if needed.

Why it works: fiber, omega-3s from chia, fermented kefir and antioxidant berries in one bowl.



RECIPE 02 · DINNER · ONE PAN

Sheet-Pan Salmon, Sweet Potato & Broccoli

Serves 2 10 min prep 30 min cook

YOU'LL NEED

- 2 salmon fillets
- 1 medium sweet potato, cubed
- 2 cups broccoli florets
- ½ red onion, sliced
- 2 tbsp extra-virgin olive oil
- ½ tsp each garlic powder & turmeric
- Salt, pepper, lemon, fresh parsley

MAKE IT

1. Heat oven to 425°F. Toss sweet potato and onion with 1 tbsp oil; roast 15 minutes.
2. Add broccoli and salmon to the pan. Brush with remaining oil and season.
3. Roast 12–15 minutes, until the salmon flakes easily (145°F).
4. Finish with lemon and parsley.

Why it works: omega-3 salmon, beta-carotene sweet potato and cruciferous broccoli: the plate guide, done for you.



RECIPE 03 · SNACK · 5 MINUTES

Green Tea Berry Glow Smoothie

Serves 1 5 min No cook

YOU'LL NEED

- ¾ cup brewed green tea, cooled
- 1 cup frozen mixed berries
- A handful of spinach
- ½ frozen banana
- 1 tbsp ground flaxseed
- ½ cup plain kefir or yogurt
- Optional: a coin of fresh ginger

MAKE IT

1. Brew green tea ahead and chill it (keep a jar in the fridge).
2. Add everything to a blender.
3. Blend until smooth; add water if it's too thick.
4. Drink right away for the best color and taste.

Why it works: EGCG from green tea, antioxidants from berries, and gut support from kefir and flax.

PRINT IT · SCREENSHOT IT · SHOP IT

Your scalp-calm *grocery list*

Seafood & protein

- [ ] Salmon
- [ ] Sardines
- [ ] Mackerel or herring
- [ ] Eggs
- [ ] Lentils & chickpeas
- [ ] Black or kidney beans

Produce

- [ ] Spinach, kale or collards
- [ ] Broccoli or Brussels sprouts
- [ ] Berries (fresh or frozen)
- [ ] Sweet potatoes & carrots
- [ ] Avocado & bananas
- [ ] Garlic, onions & leeks
- [ ] Ginger, cilantro & parsley
- [ ] Lemons

Pantry

- [ ] Extra-virgin olive oil
- [ ] Rolled oats & quinoa
- [ ] Chia, flax or hemp seeds
- [ ] Pumpkin seeds
- [ ] Brazil nuts
- [ ] Almond butter
- [ ] Turmeric, cinnamon & black pepper

Fermented & drinks

- [ ] Plain unsweetened yogurt
- [ ] Plain kefir
- [ ] Sauerkraut, kimchi or miso
- [ ] Green tea
- [ ] Chamomile or rooibos tea
- [ ] A reusable water bottle

MY OWN ADDITIONS

- [ ]
- [ ]
- [ ]
- [ ]

FIND YOUR PATTERNS

14-day *flare journal*

Jot down meals, stress and how your scalp feels each day. After two weeks, look back: what did you eat, or how did you feel, one or two days before a flare? Bring this page to your next appointment.

DAY	WHAT I ATE	WATER	STRESS 1–5	SCALP TODAY
1		○ ○ ○ ○ ○ ○		
2		○ ○ ○ ○ ○ ○		
3		○ ○ ○ ○ ○ ○		
4		○ ○ ○ ○ ○ ○		
5		○ ○ ○ ○ ○ ○		
6		○ ○ ○ ○ ○ ○		
7		○ ○ ○ ○ ○ ○		
8		○ ○ ○ ○ ○ ○		
9		○ ○ ○ ○ ○ ○		
10		○ ○ ○ ○ ○ ○		
11		○ ○ ○ ○ ○ ○		
12		○ ○ ○ ○ ○ ○		
13		○ ○ ○ ○ ○ ○		
14		○ ○ ○ ○ ○ ○		

Water: fill a circle for every glass. Scalp today: calm, itchy, flaky, tender or flaring.

You're not alone *on this journey.*

Remember that consistency with your scalp regimen and mindful product choices will always work in your favor. There may be times when you're doing everything "right," yet your scalp still flares. This doesn't mean you've failed. It simply means your body is responding to other factors, like stress, weather or internal shifts.

Don't be discouraged. Healing isn't always linear, but every small step you take is moving you closer to balance and relief. Stay patient with yourself and keep going. You and your scalp are worth the effort.

Yours in health,

Iisha Silver

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GO DEEPER · $7.99

Radiance Rewired

Transform your gut, transform your hair: the link between gut health and hair, and the food and lifestyle shifts that nourish your strands from the inside out.

icbeautyinyou.com/shop/radiance-rewired

PILOT · FEBRUARY 2027

30 Days to a New Love Story with Your H.A.I.R.

My virtual education program: embrace, understand and confidently care for your hair, from the inside out.

icbeautyinyou.com/hair-love/30-days

This guide is for education only. It does not diagnose, treat or cure psoriasis, seborrheic dermatitis or any medical condition, and it is not a substitute for care from your physician or dermatologist. Talk with your doctor before making major diet changes, especially if you're pregnant, nursing, take medication or have food allergies. Sources: National Psoriasis Foundation (psoriasis.org), guidance on the Mediterranean diet and psoriatic disease; Sanders et al., the Rotterdam Study, on diet and seborrheic dermatitis (Erasmus University Rotterdam). © I.C. Beauty LLC · Henrico, VA · icbeautyinyou.com