

My Daily Routine for Stabilization and Balance in Vitiligo

(A holistic, non-medical approach based on discipline, observation, and awareness)

This is a personal document built from direct experience, consistency, and self-observation. It is not a medical promise and not a “miracle treatment.” It is a lifestyle that supports body and mind in the context of an autoimmune condition that requires continuous inner balance.

Morning - Activation and Discipline

- **Upon waking**

A glass of water from a copper container.

The water stays in the container for at least 4–5 hours (ideally overnight), allowing it to interact with the copper. The container is refilled constantly.

- **Physical movement**

Cardio + running for 30–40 minutes daily.

Not for performance, but to activate circulation and the metabolic system.

- **Shower**

Quick, lukewarm, without chemical soap or shampoo.

- **Local care**

Application of Pigmerise or Protopic strictly on affected areas.

- **Breakfast (when present)**

Vegetables, fruits, seeds, natural fats.

Simple, clean, without excess.

- **Supplements**

Vitamin D3 + Magnesium

After ~30 minutes: Vitamin C – 1500 mg

- **Meditation**

Followed by entering a daily schedule with clear and intentional tasks.

Light Exposure - Sun and UVB Lamp

- Exposure before meals, whenever possible:
 - Face: Organics cream
 - Hands and other areas: Protopic or Pigmerise applied locally

How you know exposure is working

- On the same day or the day after exposure:
 - the skin becomes pink / slightly reddish.
- This is the correct reaction, a sign that the skin is responding.

Special attention for hands

- Hands are the most sensitive and easily irritated.

- If irritation appears:
→ I stop exposure completely until the redness disappears.

👉 As long as the skin is red, there is NO need for additional exposure.
Forcing exposure is counterproductive.

Exposure rhythm

- Exposure should follow a gradual crescendo, not an aggressive approach.
- Sometimes it is enough:
 - once every 3-4 days
- Rhythm differs from person to person.

Seasonal adjustment

- Summer: daily exposure, early morning or late afternoon
- Unfavorable weather: I use the UV lamp.

Lunch - Simplicity and Digestion

• **Food:**

- soups
- vegetables
- alternatively: pasta / fish

• **Supplements**

Vitamin B12

After ~30 minutes: Zinc

Evening - Calm and Recovery

• **Dinner**

Around 19:30-20:00, light food, small portions.

• **Supplements**

Folic acid

Ginkgo biloba (occasionally)

• **Evening care**

Application of night cream for vitiligo, locally.

• **Sometimes:**

- I skip dinner
 - fasting until the next day
 - only herbal tea (Three-Lobed Beggar's-ticks or Artichoke tea)
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- There are also days with:
 - fasting until lunch.

Meditation - The Foundation of Balance

- I prefer meditation with my legs up against the wall to support circulation.
- Meditation does not mean emptying the mind, but rather:
 - accepting thoughts
 - observing them
 - consciously letting go of those that generate fear, stress, and sadness.

These states are optional and often arise from unnecessary overthinking.

Mindset and Life

- I get to know myself better every day.
- I continuously educate myself about vitiligo.
- I accept things as they are.
- I do not attach myself to outcomes.
- Everything is change.
- I do not victimize myself.
- I live in the present.
- I mentally prepare for any life situation.

Boundaries and Energy

- I remove negative-energy people from my life without regret.
- Compassion toward others is necessary, but without emotional attachment and without amplifying other people's problems.

i Important Note

It is essential to discuss weekly:

- our experiences,
- personal routines,
- life with vitiligo.

Vitiligo must be accepted.

Even when there are no visible spots, it remains within us and is managed from the inside.

ESSENTIAL FINAL NOTE

If there is no permanent routine, if you do not understand that your lifestyle must change completely, if you do not let go of habits that have become a “false normality” – unhealthy food, constant stress, people with negative energy –

 then it becomes impossible to control or reverse this condition.

In that context:

- creams,

- sunlight,
 - UV lamp
- become ineffective.

But if you respect your routine,
the type of cream or “treatment” you use matters much less – results appear
clearly and consistently.

Vitiligo is not solved from the outside.
It is managed from within, through who you become day by day.

 **Motto**

“Each of us is our own guru.
We are the ones who bring ourselves out of darkness.”

Sebastian Tatar
A VitiGuru