

Cure Children's Eczema

How to use this guide:

Treating eczema in children can be a difficult task in that there really isn't any instant miracle cure for them.

However, there are several proven methods have parents have found great success with.

As you read through this guide, realize that not everything in it will be effective on your child's eczema.

These natural remedies have helped hundreds of parents completely eliminate their child's eczema.

People's immune systems react differently to different eczema triggers and will also react differently when it comes to the potential cures.

Children are no different and in fact have a greater spread of how they react to these stimulants.

Natural healing doesn't happen overnight and parents will need to have patience as they work through the process.

Understanding Eczema:

I could spend a great deal of time here explaining exactly what eczema is and the different types of eczema...but I'm not.

I am going to assume that you are reading this guide because you want to relieve your child of the awful fate of having eczema.

Here is what you do need to know about eczema; Eczema is **NOT** a disease. Well not in the typical sense anyways. Eczema is really just a description of the symptoms.

- Red rash
- Itchy rash
- Inflamed skin
- Painful rash
- Dry skin

These are all intensified by the sufferer having a weak immune system.

When these symptoms show up, it is a sign that something is going on inside the body and that the immune system is unable to deal with it for whatever reason.

This is typically where medicines come into play. They will cover up the symptoms and sometimes they can actually make the symptoms go away for a while.

However, whatever was wrong in the body is still wrong and as soon as the creams and medicines are stopped the eczema will reappear.

When you realize that eczema is a combination of a weak immune system and a body that is full of toxins, you will look at curing eczema totally different.

You will no longer see the need in using antihistamines and steroids because you will be trying to find ways to strengthen the immune system.

What you have to understand is that you have toxins in your body caused from the food that we ingest on a daily basis.

These toxins need to exit the body and really only have three ways to accomplish this. They can exit through:

- Urine
- Bowels
- Skin

Eczema is one thing that can happen when these toxins exit the skin. In fact, eczema is an extremely high level of toxic release.

What the body need is a good blend of proper nutrition:

- Proteins
- Vitamins
- Essential fatty acids
- Minerals

Regardless of what you have read, what you think or what your doctor says; your nutritional intake has a direct correlation with your level of eczema. (I am sorry if that sounds harsh but I want you to know this is the truth...as unpopular as it might be)

Vitamins and Fatty Acids:

Fatty Acids: Some fatty acids are what are known as essential fatty acids. They are called this because the body needs them to stay healthy.

These fatty acids help the body keep the skin moist.

Eczema sufferers need to be concerned with their intake of fatty acids in order to keep the skin from getting drier than it already is.

There are several foods that you can find Omega3 and Omega6 fatty acids including:

- Sunflower seeds
- Canola oil
- Fish
- Leafy vegetables
- Shellfish
- Flaxseed
- Pumpkin seeds
- Walnuts

Vitamins: There are 2 important vitamins in the battle against eczema. Both Vitamin E and Vitamin A are essential in having moist skin.

Most people do not realize that signs of vitamin A deficiency are dry and cracked skin.

You want to get these vitamins in the natural form which is through food.

Below are some good sources of natural Vitamin A.

- Spinach
- Kale
- Squash
- Carrots
- Grapefruits
- Broccoli
- Sweet potatoes

Giving your eczema child a multivitamin supplement is also beneficial in helping to develop a healthy immune system.

In babies, their main source of nutrition is either breast milk or baby formula.

If baby formula is the culprit, then you may have to supplement the breast milk with a multivitamin in order for your child to get the proper nutrients he or she needs to develop a healthy immune system.

Allergies: There are many ways that allergies play a role in eczema.

Later, we will look at different things that cause allergies that in turn can cause eczema.

First, we are going to look at foods that actually help your child's body fight those allergies.

Allergy fighting Foods:

Yogurt – yogurt is one of the foods that are good for a lot of things and eczema is one of them. The probiotics that are in yogurt help fight allergies that cause skin outbreaks.

However, the store bought yogurts are very weak. You should make your own using organic milk.

Fish (Cold Water) – cold water fish is full of Omega3 fatty acids which we have already discussed is good for the body.

Salmon and tuna are the best sources for this.

Zinc Foods – There have been 1000's of eczema studies done over the years and some of these studies have shown that eczema sufferers are zinc deficient.

Foods that supply the body with a good amount of Zinc are:

- Chicken
- Tofu
- Crab
- Beef

Fresh Fruit/Juice: Fresh fruit and juices will give your child much needed Vitamin C. Good for many things your child needs and will support the immune system which in turn will allow the immune system to better handle toxins that in turn can cause eczema.

Magnesium Foods: People who have a history of being allergic are usually lacking on their level of magnesium in their body.

Foods that supply the body with Magnesium include:

- Pinto beans
- Sunflower seeds
- Spinach
- Halibut

Remember, it is possible that your child may be allergic to some of these allergy fighting

foods. If that happens to be true, just substitute and alternative that will provide the same benefit.

Probiotics: Probiotics are basically the opposite of antibiotics. They have bacteria in them that help the body's digestion system.

Studies have shown that probiotics can have dramatic impact on skin conditions including eczema.

Probiotics should always be taken with food.

Things that cause allergies (allergens):

This is a list of common allergens that have been linked to children's eczema.

Dust Mites:

Dust mites are so small that you can't see them and typically live in damp places.

They can be found in your furniture, beds, stuffed animals and carpets.

Steps to take to reduce the risk of dust mites are:

- Hardwood floors vs. carpet
- Use a cover for your mattress that is designed to protect against dust mites.
- Vacuum with an allergen filter equipped vacuum.
- Use a hypo-allergenic marker
- Change your mattress to a latex mattress.
- Wash bedding regularly
- Keep house ventilated
- Use a hypo-allergenic

Antibiotics:

Just like antibiotics can cause yeast infections in women, they can cause/trigger eczema outbreaks due to the Candida yeast increase in the gut.

Fluoride:

Fluoride can actually cause eczema. In fact, Fluoride compounds which are put in water (fluoridation), toothpaste and supplement tablets (including some vitamins) were never tested for safety before approval.

Studies have shown that fluoride does very little (if anything) against cavities.

I recommend using fluoride free toothpaste. Not only for eczema but for a lot of reasons.

Pets

I know this goes without saying but it is a huge contributing factor so it must be mentioned.

Here is the rule of thumb, the furrier the pet the more likely to cause allergic reaction.

Soaps

Another very common trigger is soap. More specifically, fragranced soap.

You see, you can have an allergic reaction to the drying effect of the residue that fragranced soap leaves behind.

These fragranced soaps do little other than give you fragrance. They contain very little moisture retaining properties and can even cause the skin to dry out.

Bathing

There could be a lot written about bathing but I am just going to give you the rules to live by.

- Never give bubble bath
- Always use lukewarm water
- Never bathe for longer than 15-20 minutes
- Moisturize within 3 minutes of taking your child out of the bath

Clothing

Rough fabrics can irritate your child's skin. Whenever possible, dress your kid in cotton. It is very soft and it breathes while on the body reducing the irritation.

Food Allergies

Many children have an allergy to some type of food. Many times there are not the obvious symptoms that one associates with food allergies. However, eczema can actually be the result of a food allergy.

90% of all food allergies can be attributed to 6 common foods.

- Milk
- Peanuts
- Eggs
- Wheat
- Soy
- Fish

There are many different methods to determining if your child is allergic to any of these foods. The method I suggest is eliminating all 6 for 2-3 weeks. Then, bring each food back one at a time to see if there is an allergic reaction.

The following is a list of foods that you should avoid giving your child because they are known culprits at bringing on eczema flare ups.

You do not have to remove all at once. I recommend using a food diary and keep close notes. Once you figure out what is the offending food, you can simply remove that food from your child's diet.

Dairy Products

A majority of eczema sufferers have some level of allergy to dairy products. This is especially true when looking at milk from cows.

The protein that exists in cow's milk can be very difficult to digest.

You should give your eczema suffering child either goats milk or rice milk (non-dairy milk).

Do not give your child soy milk as it can interfere with proper functioning of their digestive tract.

Acidic Foods

An ideal diet for your child would be 75% alkalizing foods and 25% acidifying foods.

Animal meat is very high in acid. The more we eat the more acid we store in our bodies. These toxins will start to effect cells and the body will look to get rid of them.

Once of the easiest way to get rid of these toxins is through the skin. Many times this comes in the form of eczema.

Remove the following foods for 90 days from your child's diet and watch the eczema become much more stable and your child have more consistent energy.

- Beef
- Chicken
- Pork

If you have to have one of these in your child's diet, choose chicken. However, you will need to offset this with foods that are high in alkaline.

Here are several examples.

- Tomatoes
- Kale
- Lima beans
- Potatoes
- Celery
- Soybeans
- Greens
- Beets

NOTE: Fish is also an acid producing food but provides valuable nutrients if eaten in moderation.

Yeast Breads

You want to avoid breads that have been leavened with yeast.

The best choice in bread is whole rye bread that is leavened with lactobacillus.

High-Glycemic Foods

Foods that are considered high-glycemic can cause a whole host of issues when the body tries to deal with the toxins left behind. Here is a list to avoid.

- Corn chips
- Pies
- Pastry
- Cakes
- Instant processed grain mixes
- White rice
- Processed breakfast cereals
- White flour pasta
- Instant grain cereals

Hydrogenated oils and margarine

These “foods” have been drastically altered and have no place in our bodies. Here is a list of oils that are so much better for you.

- Flax seed

- Almond
- Olive
- Sesame
- Sunflower
- Walnut
- Pumpkin

Refined Sugar

Some children's eczema completely goes away just by removing refined sugar from their diet.

You see, eczema can be an internal yeast infection and sugar aggravates this condition.

It can be very difficult to remove refined sugar from a kid's diet. Yes there is the obvious like cookies and candy but there is sugar hidden everywhere.

Cereals, prepared foods, fruit juices, etc. can and do contain refined sugar.

Junk Food

Junk food like pizza, fast foods, candy, sodas, chips, etc. contain preservatives that can bother your child's immune system. This is especially true in a child that suffers from eczema.

Fresh fruits and vegetables can replace these junk foods as snacks if your child learns from a young age.

Note regarding Foods

You have to become very proficient in reading ingredient labels. Even foods tagged as “healthy” or organic can contain ingredients that you need to avoid.

Internal Cleansing:

As discussed earlier, eczema is a release of toxins from the body. Thinking logically, if we eliminate the toxins that are in our body then there will be nothing (or a lot less) to release. This in turn would mean no eczema.

The directions contained within this guide in regards to food intake are designed to reduce these toxins. If your body is already filled with toxins however, then you need to start from a clean slate.

**if you are dealing with an infant with eczema, you will not do a cleansing. They have not had enough time to build up toxins.

A detoxifying cleanse in an older child will allow their immune system to take a break from fighting toxins.

In some cases, a one-time cleanse will eliminate the eczema and in other cases it only lessens the severity.

Eating a healthy diet and performing occasional cleanses will cause the eczema flare ups to decrease and eventually stop all together.

The best method of flushing toxins from the body for a child is through the use of water.

Water

Drinking lots of water will help flush toxins from the body. This is especially true when combined with some exercise.

Water also helps keep the skin moist and hydrated which will make it less probable to crack and get infected.

If your child drinks a lot of water, then a cleansing may be un-needed.

Juice Cleanse

The most effective real cleanse for a child is a simple apple juice cleanse.

You want to juice the apples yourself to ensure there are no added preservatives. Make sure to leave the peel on the apple as you go to juice it.

Now when you perform a cleansing on your child, you will notice loose stools when they go to the bathroom. It will probably smell much worse than normal as well.

After a couple of days, their stools should go back to normal and their eczema should be better.

I suggest a combination fruit juice of carrots, beetroot, red apples and a cube of wheatgrass right before lunch.

Let me recap the cleansing process

- Follow the diet guidelines set out in this guide
- Apple juice every morning 2-3 days

- Special mixture juice every afternoon before lunch for 2-3 days
- Continue diet guidelines after 3 days.
- Continue giving juices once per week
- Drink lots and lots of water

NOTE: For a lot of kids, this will do it. This will get rid of eczema and keep it away.

However, in some cases there is more needed. The following sections will look at some alternative methods for dealing with eczema in kids.

Alternative Methods

Wrap Therapy:

Wrap therapy has shown to be effective in some cases. It is designed to give relief to the eczema sufferer, sometimes overnight, by soothing and re-moisturizing the skin.

Studies have had varied results but in one prominent study, children showed a 70% decrease in itching. Also, they were able to get more consecutive hours of sleep at night due to the decrease in skin irritation.

Step 1: Soak bandages in warm water

Step 2: let your child soak in a bathtub of lukewarm water with emollient oil for approximately 20 minutes.

Step 3: Immediately apply moisturizer once the child comes out of the bath. You will want to pay special attention the areas that are infected.

Step 4: Wrap wet bandages carefully on the affected areas.

Step 5: Apply a second layer of dry bandages over the wet bandages.

NOTE: You will want to do this, as needed, for one-two weeks. This is not enjoyable for the child and it may take a while to get it right. It may require a good deal of patience to help your child with this method.

Make sure to do this in a warm room as the wet bandages can cause some discomfort in a cold room.

Apply moisturizer at least 3 times per day.

Herbal Remedies

When used topically ***witch hazel*** cream is very effective (often with phosphatidyl choline). Other wonderful ointments for topical usage are from ***calendula***, ***chamomile*** and ***chickweed***.

Red clover is beneficial for all manner of chronic conditions, including eczema. Traditionally, red clover ointments have been applied to the skin to treat psoriasis, eczema, and other rashes. Usual topical treatment is following: an infusion, liquid extract, or

ointment containing 10 - 15% flowerheads; apply as needed unless irritation develops. Do not apply to an open wound without a doctor's supervision. Red clover has no severe side effects, mild effects are headache, nausea, and rash.

White oat can also be used to treat a variety of skin conditions, including eczema.

Avena Sativa– another herbal benefit. Oats are sometimes added to the bath as a topical treatment for the skin condition eczema (1 pound of shredded straw is boiled in 2 quarts of water for half an hour, the liquid is strained and added to the bath, or the cooked rolled oats may be put into a muslin bag and used to bath with). It has no side effects, only use oats with caution in case you are suffering from gluten sensitivity.

Aloe Vera is known for its healing and soothing effect on the skin. It contains lignins (help it penetrate deeply into the skin to deliver its therapeutic effects), gibberlin and polysaccharides (decrease inflammation and promote wound healing), salicylic acid (so it is an effective pain reliever) and polysaccharides (an excellent natural moisturizer, that relieves the dryness often associated with itching). You

may have an allergic reactions to aloe if you have allergy to garlic, onions, tulips, or other plants of the *Liliaceae* family.

Rosemary ointment is also for treating eczema.

Marshmallow root tea (*Althea officinalis*) may soothe and promote healing of gastrointestinal inflammation that is often found with eczema.

Oak bark is a great herbal remedy because of its main therapeutic component – tannins. Tannins bind liquids, absorb toxins, and soothe inflamed tissues. It is applied topically after cooling (boiling 1–2 U.S. tablespoons (15-30 grams) of the bark for fifteen minutes in 2 cups of water) – just right to the rash several times a day.

Stopping the itch

Its great to change diet, eliminate allergens and take a proactive role against eczema. However, the itching stays with you during this process.

Anti-histamines help control itching but they also suppress the body's immune system and ultimate response time.

Luckily, there are some great all natural methods that will help you relieve both the itching and the pain associated with eczema.

Vitamin C: Vitamin C is the best natural anti-histamine. It's always best to get it from natural sources vs. supplements.

Oregano Oil: Wild oregano oil has shown to be effective in controlling the itch in some people with eczema. You need to dilute it a little with olive oil as it may burn at full strength. Use after each bath.

Apple Cider Vinegar: 1 cup of apple cider vinegar in a lukewarm bath can have good anti-histamine effects for some. You will want to soak for 20-30 minutes and then rinse with clean clear water for at least 1 minute.

Neem Oil: Neem oil contains Vitamin E and is an excellent moisturizing oil. It also contains amino acids and fatty acids. Neem oil works well when applied topically mixed in bath water.

Calendula Oil: Apply this directly to the skin. It is great for very dry skin.

Borage Seed Oil: This oil contains very high levels of Omega-6 and soothes the skin while reducing inflammation.

Colloidal Oatmeal: Soaking in a colloidal oatmeal bath will moisturize and protect the skin. Do not use regular oatmeal. You can get colloidal oatmeal at any organic or wholefood stores.

Conclusion:

I can't stress enough that eczema is not a disease. It is simply the reaction to something else. This something else is typically an allergen or toxins.

You have to attack eczema at the root cause. You have to look at the internal issues, external issues and allergens.

To heal your child's eczema:

- You must provide them with a diet or at least things in their diet that will help build and boost their immune system.
- You must give them plenty of water every day.
- You must remove foods that damage or weaken their immune system. Dairy, junk and yeast foods are a big 3.
- You must develop good routines with your child to care for their skin. Properly

cleaning and moisturizing are key to fighting eczema.

- You must eliminate products that contain harsh chemicals and/or fragrances.
- You must not stop trying different things and combinations of things until their eczema is under control.

It is important to remember that 1000's have been right where you are right now. Eczema can be eliminated. I wish there was a one cure fits all method but there just isn't.

I truly hope you find the right combination for your child. No one, especially a child, deserves to deal with this.