

CHILDHOOD ECZEMA



WHAT IS IT? Eczema is intestinal and allergy related. Skin manifests the inability of intestines, kidneys and liver to eliminate toxins.

3 STEPS TO CONTROLLING ECZEMA:

1. **Elimination** - Eliminate common intestinal irritants

- Wheat, soy, eggs and especially cow's milk! No cow's milk/dairy. None. Never.
- Eliminate Skin Irritants - Laundry detergent, perfumes/colognes, colorants
- No Partially Hydrogenated Fats

2. **Healing** - Nutrition to build normal body function and remove nerve interference.

- Internal:
 - Multivitamin Liquid
 - Vitamin C Powder (mixed in juice)
 - Antioxidants (grape seed extract)
 - Essential Fatty Acids (Fish oil/Flax oil)
 - Green Drink (Alfalfa or Kelp)
 - Zinc Liquid
 - Fresh Carrot Juice
 - Acidophilus to protect intestine lining prevents yeast overgrowth
 - Magnesium/Water to encourage bowel movements
- External:
 - Vitamin E on the skin
- Regular Chiropractic Adjustments:
 - Remove interference to enable innate healing

3. **Prevention** - Be diligent with diet and lifestyle. Your increased stress will also stress your child.