

ECZEMA & FOOD ALLERGY; IF YOUR CHILD HAS ECZEMA WHAT CAN YOU DO?



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Are eczema & food allergies really related to each other? Eczema is a type of skin ailment that usually comes with itching, skin thickening and scaling.

Most often, eczema appears on the knees, arms, elbows and even on the face.

When this type of skin ailment affects children, especially those who have a clear skin, parents are not able to distinguish its cause at once.



Usually, parents perceived that food allergies are the source of their child's eczema.

However, there are numerous experts who find this belief to be untrue.

Instead, these experts advise parents not to limit the diet of their child without consulting with a paediatrician first.

An example of eczema relating to food allergy was the case of a five month old baby who suffers from severe eczema.



According to the mother, the baby was intolerant to lactose early on, even the formulas of lactose free appear to be incompatible to her baby. Hence, she decided to shift to soy.

The soy shows a good reaction on the baby's skin. However, after some time, the eczema appeared again.

If you were in the position of the mother, would you think that the soy caused the eczema to the baby?

Would you prefer to use the lactose free formula again?



As in the previous paragraph, eczema usually appears and vanishes, leaving the child with clear eczema free skin for a couple of weeks.

That makes the triggering factor of eczema hard to be determined.

This is the exact thing experienced by the mother in the presented case.

Though it is true that the controversy about food allergies as a triggering factor of eczema has not died away, the relationship of a lactose free formula to the baby's eczema does not show a good reason.



According to the experts, the baby might catch the allergy from milk proteins, or if not from the soy proteins. They reject lactose, a sugar, to be the reason.

Shifting to a lactose free formula can be an option. But experts affirmed that lactose does not include a formula that would cure the baby's eczema. If ever it does, it is certainly a coincidence.

Lactose may develop other symptoms, like diarrhoea or gas. If you have the same case, it is suggested that you visit your baby's paediatrician rather than rely on hearsay.



You can cite to your baby's paediatrician that you are suspecting the baby to be allergic on soy formula including those that are milk based.

Your paediatrician will tell you whether these formulas really worsen the eczema. Hypoallergenic formula like Alomentum or Nutramigen can be prescribed.

The paediatrician might also advise allergy testing. This is done through blood testing.

Now, if you really observe that the food or even drinks your baby had taken has worsen his/her eczema, then you can just simply avoid them.



But clarify it with your paediatrician; he/she is more knowledgeable about food allergies.

Note that there are also some children who both have eczema as well food allergies. But these two do not tend to affect one another.

The best thing about this case is to know the treatments for eczema.

Follow the prescription of the paediatrician; this will assure you that you are applying the right medication for your baby.



Determine properly the triggering factor.

Usually, paediatricians prescribe moisturizers, or topical steroids.

To go a bit deeper you can look into food allergies, you can go to see a kinesiologist who can muscle test your child to see which food and drinks affect your child.

Then you have an understanding of the type of diet moving forward to be able to best help your child with allergies or eczema.



Many people are on the GAPS program combined with an intensive supplement and lifestyle change and start to see improvement.

If you haven't heard of it, GAPS is a protocol in Gut and Psychology Syndrome.

It is an intensive nutritional program to heal the gut lining.

It focuses on soothing and healing the gut lining with foods like bone broth and beneficial fats while boosting beneficial gut bacteria with probiotics and fermented foods.



The most difficult thing regarding the GAPS diet is that in order to be effective, especially in the beginning, you must be 100% compliant.

This means a lot of preparing foods at home, as practically any food prepared by someone not familiar with the protocol will have things that can aggravate the gut.

How To Help Ease Eczema

Once your diet has been addressed, there are some things that can be used both topically and be ingested to speed healing or limit discomfort during the healing time.



These things many be helpful for you:

- 1. Coconut Oil**
- 2. Sea Spray**
- 3. Magnesium Baths**
- 4. Probiotics**
- 5. Gelatin-Rich Foods**

A good naturopath will be able to help you with these. I hope you have enough information to help you in moving forward to living with eczema and hopefully getting rid of it finally.

**This Ebook Was Written For
Global Healing Exchange**

