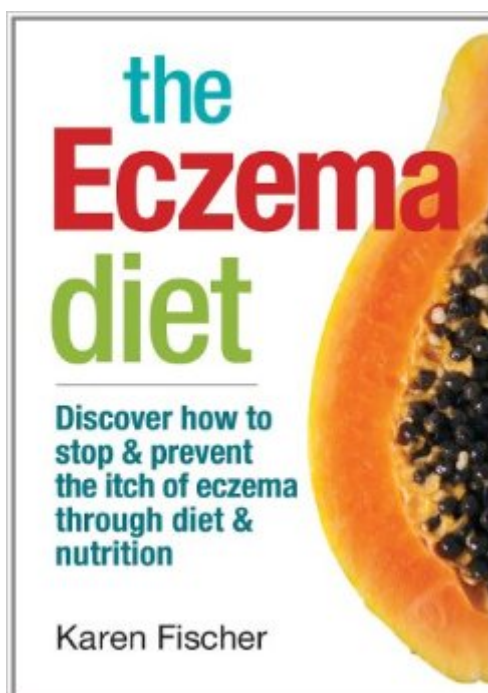


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# The Eczema Diet: Discover How To Stop And Prevent The Itch Of Eczema Through Diet And Nutrition



## Synopsis

Twenty per cent of people in the developed world have eczema -- the incident rate among babies and children is on the rise. The research shows that eczema sufferers spend up to \$2000 on eczema treatments each year and nearly 40 percent spend more than 10 minutes each day applying topical treatments. And yet the number of people with eczema is rising and has tripled in recent years. While it's perfectly fine to use modern medicines to help you or your child gain temporary relief, you need to explore and ultimately follow a long term solution. This solution involves making environmental and dietary changes. Part 1: Eczema and Diet Tips on how to manage and mend your eczema How the diet works How a healthy liver and healthy skin go hand in hand Top 12 eczema-safe foods and other important ingredients Supplements Part 2: Useful Non-Diet Information Information you can refer to at any time if you need a bath recipe, moisturizer advice or a quick itch-busting treatment. Skin care products, make-up and daily regimen Dandruff Bath recipes and emergency itch busters Part 3: Programs, Menus and Recipes Eczema-safe recipes Food charts and menus for each specific age group -- from babies to adults Eczema-safe shopping guides Party food guide. This outstanding program offers solutions and advice that can be tailored to suit individual needs -- whether it be a baby, child or adult -- ultimately you'll be able to manage and mend the eczema.

## Book Information

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## Customer Reviews

I thought I'd write a review for this book, seeing as how there weren't a lot of clear, concise reviews on it. I'm a female in late thirties, who suddenly developed a case of eczema on my ankles 4 months

ago. It progressively got worse, eventually spreading to my feet, calves, neck, face and scalp. I was miserable!! I am not the type of person to suffer in silence or to just sit back and accept my fate. So of course my first line of defense was to visit my dermatologist, who of course prescribed topical steroid (the strongest you can get, I'll add)..needless to say I was concerned. I knew the steroids were only going to be a "band aid" and I wanted to figure out the root cause of this! I found it very odd that I just woke up this way one day, well into my adult life. I'd never had eczema as a child, and no known allergies. Although bad skin and seasonal allergies do run in my family, with both parents. I was determined to solve this problem! I went crazy perusing the internet for hours on end, I visited 2 more dermatologists who both told me the same thing.."no one really knows the cause, it's chronic, you'll have it for the rest of your life. Food bears no influence on it, eat whatever you want." And of course..prescribed more steroids. Which I did not take. I then started spending 100's of dollars on various ointments, creams, shampoos and soaps. I covered myself in Aquaphor at night, and hated the sticky feeling, getting all of my clothes stained. I tried bleach baths and wet wraps. Although these things gave me temporary relief, and it would seem to get better, a couple of days later without fail it would always come back with a vengeance! During this whole time I'd been seeing things online about diet and eczema..

This is an excellent reference for anyone who either has or is interested in eczema. The title was misleading, but in the most positive possible way. This book is a treasure trove of information for the eczema sufferer. Dr. Fischer begins the book by describing the science of eczema. The book covers how healthy skin operates and how eczema operates. The book addresses questions about whether eczema is a strictly genetic or strictly environmental effect. The answer is that it is a combination of both. Some folks are more likely to develop eczema, and the book provides information on family trends and indicators. Still, there are lifestyle choices that even the most eczema prone people can do to minimize or even eliminate their eczema. The book prescribes six steps in the anti-eczema program: reduce chemical load (specific artificial chemicals), reducing histamine, improving gastrointestinal health, balancing fat ratios, liver detoxification, and getting the right acid-alkaline balance. The book repeats and expands information so that the reader has the maximum chance of finding the required information in a digestible form. For example, the third chapter is about the top 20 eczema friendly foods and chapters 9, 10, and 11 (called Part 7) describe menus and what foods to buy. Chapter five wends the reader through the complexities of buying and using diet supplements. Chapters 6,7, and 8 address a potpourri of topics, including non-food issues such as skin care and growth and eczema. The tone of the book is conversational,

and the book is loaded with anecdotes and examples. Dr. Fischer includes many tables and charts to aid the reader in understanding and following the routines and diets described in the book.

I have two children whose eczema manifested within their first months of life. Both of them also suffer from food allergies, environmental allergies, and asthma. As Fischer explains, for the eczema sufferer, it is important to avoid certain foods and load up on others. Not only does Fischer advocate appropriate skin care, she also supports treating eczema from the inside out through diet and nutrition. She begins with an explanation of how the skin works. It is important to know how healthy skin behaves so that one can better understand eczematous skin and how to care for it. The bulk of the book, however, focuses on food: how the human body utilizes food and how food impacts the body. This portion of the book was both overwhelming and disheartening to me. Simply put: there are a great deal of foods in the western world that an eczema sufferer ought to avoid. I was left wondering what in the world we could eat. Fischer provides a list of 20 foods that are "safe" for eczema sufferers. She also provides a list of important dietary supplements one may need to add to meals. For example, one of my children is allergic to dairy products, so I have to make sure he receives the calcium and vitamin D his body needs. Fischer includes a few explanations for how to conduct your own diagnostic tests for vitamin and mineral deficiencies. This section of the book is full of charts and tables for quick food referencing. The final third of the book is Fischer's how-to for implementing her food and meal plan. She explains the stages of her plan, menu plans for each stage, and recipes. Because every eczema sufferer is going to have a different level of food tolerance, Fischer offers guidelines and goals to go with her tables of safe foods more than specific rules.

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