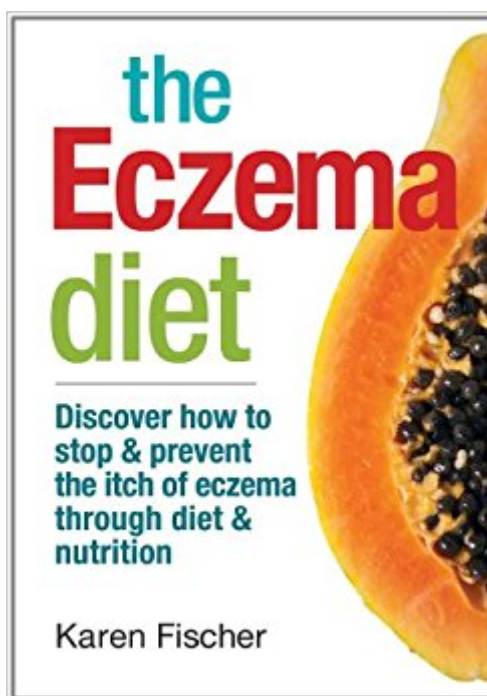


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# The Eczema Diet: Discover How To Stop And Prevent The Itch Of Eczema Through Diet And Nutrition



## 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

Karen Fischer is an award-winning author and nutritionist whose own daughter was plagued by eczema as an infant and toddler. She is also the author of *The 8-Week Healthy Skin Diet*. She's an

avid health researcher, and she has a passion for finding new, science-based ways to create beautiful skin.

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..and I always brushed it off as some "hippie dippie" propaganda. Not to mention I LOVE food and I was adamantly refusing to even entertain the notion of eliminating certain things from my diet. A couple of reasons for this were 1: I'm a very petite woman to begin with at only about 105lbs, I was very scared to reduce my diet and risk losing weight. 2: I felt I already ate fairly well to begin with. I NEVER ate fast food, haven't drank soda in a few years, tried to limit red meat most times and made sure to eat tons of fruit everyday! So I had the attitude of "I already eat well compared to most people, and there's nothing a special diet will do for me!" and I kept eating my normal foods..and I kept itching...then it turned into headaches everyday, on top of the itching. That's when I said "enough is enough" and went down the one last avenue I had been refusing to go down. I ordered this book with a VERY skeptical attitude toward it. But I was sooo surprised! It turns out I was eating a lot of the wrong foods everyday! Even though a lot of those foods are very nutritious, such as spinach, avacado, berries and almonds, they are loaded with a natural chemical called "salicylates" which some people can develop a sensitivity over

time. I said to myself "pish posh, I don't have a salicylate sensitivity! I've been eating these same foods for years and never had a skin issue!" But low and behold, the moment I cut all of those things out and followed the diet and recipes in this book, I stopped itching and had no headaches within 2 days!!! I am now on the 7th day of this diet and I have to say I am very impressed and grateful! I have not itched in almost a week, and my skin is clearing up before my eyes. I know a lot of people say this diet plan is strict. And it definitely is...don't get me wrong I am certainly craving a giant burger right now or a huge piece of chocolate cake, haha, but the fact that I'm not itching is so much more important to me right now. And she says in the book quite clearly that you can alter her diet to suit your own nutritional situation. For example, for adults w/ eczema she recommends a "3 day cleanse" before the diet where you essentially drink nothing but veggie broth for 3 days straight. She advised that children and pregnant women skip this part. I feel I'm the size of a large child anyway, lol, and couldn't risk losing weight, so I skipped that 3 day cleanse and just went right into the diet. Also, a side note, she has 2 different diet/menu plans for adults and children. I borrowed a lot of the menu ideas from the kid's menu...such as oatmeal w/ bananas (which I'd already been eating anyway), and incorporated a lot of the "adult" meals at dinner time. What I love about this book are the recipes and daily menu plans. She lays the menu plans out in a calendar format so you can get a very clear idea of what you need to buy at the grocery store, and different meals to fill your day, so you're not starving at all. In fact I've tried a few new things that I never thought I'd like. Such as carob powder (replacement for chocolate) and rice milk (turns out it's quite tasty!)...also I've made several of her recipes (pear muffins, chickpea casserole, roasted chicken) and even my fiance had second helpings. So they're not completely bland and tasteless meals. Of course it's a very mild diet in the way that you're cutting out about 95% sugar, gluten (there are a ton of delicious gluten free breads on the market these days though and they're allowed in this diet), cow's milk/cheese. The main thing it taught me was the level of salicylates in different fruits/vegetables. Once I cut out those specific foods, I have not had a headache, or itched for close to one week. I am VERY hopeful at this point! This is the ONLY thing that has worked for me thus far!! And she even says that it does not mean we can never eat these "normal" foods again. She mentioned typically within 8 weeks you've given your liver enough of a chance to rest and heal and at that point you can slowly introduce your old foods again..and in a few months you should be at the point where you're eating a full "normal" diet. I went into this diet kicking and screaming and I have completely changed my viewpoint. I feel physically better in general. I would highly recommend this book to anyone who is suffering with itchy skin right now!! It will be worth it!Update: May 2nd, 2016....This book includes raw, unsalted cashews into its diet plan. I absolutely loved this because I've always been a huge fan

of almonds, cashews, pistachios, etc and I was thrilled to learn I could still snack on nuts for a quick fix. During the month and a half of doing this diet my eczema did get a lot better...but never went away totally. Finally, a week ago, I went back to the food diary I'd given up on a few weeks ago and decided to re-read it, per my doctor's instruction. I was starting to get really cranky being on this restricted diet and watching my rash get better, then worse, then better again :( After reading the food diary again I realized there was one constant throughout my entire diet...and that was I'd been eating some various form of nut through the whole thing. I also noticed that every time I ate nuts, I recorded that was very itchy a day or two later. Why I never made the correlation I have no idea. But within 5 days of quitting all nuts cold turkey, the rash started rapidly fading!! It has now been 7 days and it is about 95% gone. I only wish I would've known this 6 months ago when the whole nightmare began!! This diet book is based upon a low salicylate diet...which is great..if you're sensitive to salicylates. I think maybe I was a tad bit, because my itching went from about a 10 down to a 1 or 2 on this diet. However, it never completely went away and every night the irritating itch (although not nearly as intense as before) would come back to haunt me...like I said, she includes raw cashews in her diet plan. Not her fault, as she does mention (unless you have a nut sensitivity)..turns out I did and I just didn't know it. I am about 95% better after not eating nuts...I realize everyone is different. What this diet plan did for me though was to narrow my choices of foods down so much that it helped me pick out the culprit that much easier. Since I had already cut out so many other things like dairy, wheat, most fruits, almonds, peanuts, caffeine, alcohol, etc...it wasn't that hard to pin down the thing that could be making my eczema worse. It was simply a matter of cutting out 1 more food..which I have to say was extremely difficult given my love of cashews..but I am very happy to see the eczema so rapidly going away!! I will attempt to add nuts back into my diet in a few months and see what happens. I will provide another update at that time. Good luck everyone!!

Very pleased.

Lots of good information, but lots of foods are different and can't be found at local grocery store.

Has a lot of great information that is helping me figure out how to control my eczema problem.

Good information. I needed something more simple to follow.

Have not finished the book yet, but I am already seeing some improvements in my 2 yr. old

daughter's skin. She has seemed happier the past couple of days because of the nutrition changes we have made.

Clear succinct information about eczema. No doctor has offered information. Steroids are scary especially for children. There truly is much more to life than eating. My daughters and I have had dairy allergies most of our lives. Now we have serious gluten intolerance. Mine first showed as a severe asthma trigger and as the gluten rash for 12 years. Five dermatologists misdiagnosed or said (the honest ones) that they had no idea. It was all over my limbs and face. About 7yrs ago I found pictures of the rash on Wikipedia. Mine were exactly the same. Health is more important than anything you want to eat. I know what it is to itch! I do not even want gluten. There are so very many products available now for special diets. I also have many recipe books from , a rice cooker, and a cheap bread machine. Everything needed is on . That said, it is my husband of 54 years, who is covered from his neck to his arches in ugly, scary, pustular eczema. Since he an agent orange and a stage 4 lymphoma 10 year survivor he has agreed to stop the steroids, I have not gotten in his face about the diet in the book. I just rub on his natural creams on his very dry skin. While he will not even discuss the diet, he has agreed to supplements and eating much more omega 3 fatty acids. Fortunately, he will take supplements. The author covers them clearly and succinctly in the first part of the book. She even covers gut health which is as important as skin to the immune system. We are currently using Wild Naturals Eczema & Psoriasis Cream. I chose it , on , due to it's claim to open clogged pores. It gives him about 12 hours of relief. We have used two 8 oz containers since 4 Aug. He is looking a little better, but more important is a good nights sleep due to itching relief. BUY THS BOOK

This is a very well researched book. This book is packed with useful relevant information. Be prepared to highlight, make notes, and dog ear pages. There is no filler here, every page is packed with well organized, concise, effective guidance. Eliminate triggers, detoxify and heal the body. With three eczema sufferers in my family, we were already about 80% on board with the Eczema Diet before even reading the book, but that extra 20% of what we didn't know (and that our doctors certainly didn't know) is already making a big difference in the degree and frequency of eczema flare ups. Worth every penny. If you or someone you love has eczema, buy it, do it and watch the healing commence!

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