

# Children and Eczema

Eczema is a chronic itchy skin condition that usually starts during the first five years of life, most often in the first six months, and typically lasts into childhood and even adolescence. In infancy, eczema often appears as red, scaly, crusted and even weeping patches often on both cheeks and on the (lower) extremities. During childhood, eczema usually moves to areas such as the knees, elbows, wrists, and ankles.

There are times when the skin appears only mildly affected while, during other periods, it is moderately–to very severely affected.

Eczema now occurs in almost 20% of all children in industrialized countries; its prevalence in the United States alone has nearly tripled in the past thirty years.

## Why the Increase in Eczema?

### One Suggestion

Could the increase be partly due to an imbalance in the gut bacteria?

There are four main ways in which the body eliminates unwanted matter:

1. The bowels get rid of food waste – as well as waste from the lymphatic system and toxins from the blood that the liver has cleaned out.
2. The kidneys and bladder handle cellular waste as they clean the blood.
3. The lungs deal with any waste that can be converted to a gas, for example, carbon dioxide.
4. And the skin eliminates waste as we perspire.

All four methods have to work properly for optimum efficiency,

but even if just one does not, waste finds it way back into the body, which has to go back to square one to find another method for elimination.

A traditional naturopath doctor, *Kathryn Doran-Fisher*, believes eczema is a result of waste material being passed out of the skin that was never meant for the skin to eliminate. These irritating substances cause inflammation, itching, and redness as the immune system works to get rid of it.

## **Another Possible Reason**

Before the 1900s, vaccines were administered by a lancet, but by the turn of the century, nearly all countries in the western world changed to using the hypodermic needle instead. Coincidentally or not, a new disease called serum sickness began to afflict thousands of children. The connection was well recognized and documented in the medical literature of the day. In fact, Dr. Clemens Von Pirquet (who actually coined the word "allergy") was a leading researcher in identifying the new disease. The doctor recognized that vaccines had two primary effects: immunity and hypersensitivity. He said they were inseparable; the one was the price of the other.

- Could the growing number of cases of eczema in children be part of that second primary effect of hypersensitivity, especially in view of the increased vaccine schedule of recent decades?
- Could the elimination of the toxins from vaccines (even through the skin as we describe above) be at fault?

Whatever the reason, eczema can be particularly harsh and painful for children to endure.

# How Can We Help Our Children To Heal the Eczema?

Investigating your child's gut health and ensuring the buildup of good bacteria in their digestive system has to be at the top of the list. Parents can do this in a number of ways:

- By making every effort to breastfeed your baby for as long as possible.
- By cutting down or cutting out all refined sugars (including agave, fruit juices, coconut sugar, etc.).
- By including probiotics in your diet (in the form of fermented foods or with probiotic supplements) during pregnancy.
- By giving probiotics from a young age to beneficially alter the early colonization of bacteria in the gut and to help the child's immune system develop and mature. However, probiotics do need to be integrated with a healthy diet. It does not help to add probiotics if your child is consuming loads of sugar, grains, and fruit juices as these will rapidly break down in the intestine and feed the pathogenic bacteria, rendering those probiotics useless.

The presence of Candida or yeast is a sign of problems with gut health. It is those simple carbs – sugars, grains, and pastas – that feed the yeast. Candida develops as a helper to create balance in the gut due to antibiotics, preservatives, heavy metal toxins, and processed foods. Once gut health is improved sufficiently, Candida becomes obsolete. Unfortunately, Candida overgrowth can be passed down from mother to child.

Consider changing to a raw food diet if your child is on solids. Such a diet would include a large proportion of living, nutritionally-dense organic uncooked and unprocessed food along with pure water. Such a diet will help eliminate

those toxins that can be created during the cooking process and help the body to become more alkaline.

Make the connection between that nightly bath time and the appearance of eczema. Bathe your children when they're dirty, this usually means two to three baths a week. Use one bath each week to wash your child's hair and body with natural soap/shampoo, while the other bath or baths are kept simple with oatmeal milk or herbal bath bombs, not only to clean their skin but to nourish it as well. Dryness and eczema go hand in hand, and it is this dryness that makes it so important to keep on moisturizing when you have the recurring symptoms of eczema. When the body sweats, valuable water and moisture are lost from the skin. Caring for children with eczema means establishing a skin care routine that locks in moisture.

Dry skin brushing combined with the use of a natural scrub to exfoliate, followed by a natural moisturizer, can help to get rid of dry skin topically.

Using 100% natural H-Eczema Formula will work gently with your child's body to heal those symptoms without the adverse effects that other harsh eczema remedies (containing chemicals and other harmful ingredients) can bring.

## **Conclusion**

No parent wants their child to suffer from the pain and discomfort of eczema. We must remember that our skin is our largest organ and everything we apply to the outside of our skin gets absorbed into the skin and into our bloodstream. We need to focus on what goes into our children's bodies not only via the mouth and nose, but also via the skin – everything from the type of food they eat, the vaccines injected, the day-to-day exposure to chemicals, toxins and so much more.

## Sources and Further Reading:

- *Candida, Gut Flora, Allergies, and Disease*
- *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases*
- *How To Detoxify and Heal From Vaccinations – For Adults and Children*
- *If Your Child Has Eczema They Should Avoid or Delay Vaccination! – Elder and Sage Blog*
- *Eczema & Is There A Link To That Daily Bath? – amoils.com*
- *Probiotics Might Lessen Infant Skin Problems – Mercola*
- *What is Candida? – Green Med Info*
- *Galactagogues Foods, Herbs, and other Ways to Increase Breast Milk Production*