

ECZEMA

S O U T H A R D L I V I N G . C O M

WHAT IS ECZEMA?: An inflammatory reaction where the skin is red, dry, rough, itchy, burning and weeping. PSA: Eczema is not just a skin condition! It's an EXTERNAL EXPRESSION of an INTERNAL irritation! So, ONLY using creams your doctor keeps giving you WILL NOT fix the underlying issues. Eczema is typically a **GUT ISSUE!** Eczema can also be a disrupted function of the skin barrier (microbiome), allergens/ triggers can be causing an inflammatory response, or there could be an impaired function of the immune system.

Here is a helpful article about eczema [here](#) from Dr. Green Mom!

FOOD:

Avoid inflammatory foods like gluten, pasteurized dairy, added sugar, peanuts, alcohol, fried foods, and processed foods. Consuming bone broth is very beneficial for the gut! Check out my Clean Eating Guide [HERE](#).

HELPFUL SUGGESTIONS

Treating eczema externally is important, but you must also heal the gut for long-term healing.

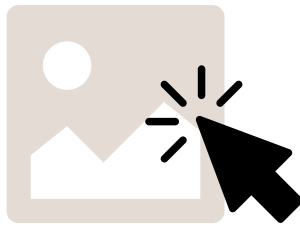
Get rid your environment of toxic chemicals such as: laundry soap, lotions, washes, bar soaps, anything that touches your skin. Find links to product guides [HERE](#) to switch those products out!

Minimize stress as it can contribute to inflammation in the body which makes eczema worse.

Get 20-30 min of healthy sun exposure daily

Look into finding a NET (Nambudripad's Allergy Elimination Techniques) allergy practitioner [here](#).

**[ALERT] EACH IMAGE BELOW IS
LINKED FOR YOUR CONVENIENCE.
SIMPLY CLICK TO SHOP.**



ALL SUGGESTIONS ARE FAMILY SAFE





CODE: JESSIE20
ROWE CASA ORGANICS
Skin Soothe Wash and Skin Soothe Cream to cleanse and nourish skin.



CODE: JESSIE20
ROWE CASA ORGANICS
Elderberry: Help calm gut inflammation as eczema is an inflammatory response that needs to heal from the inside out.



CODE: JESSIE20
ROWE CASA ORGANICS
Stop The Itch: To soothe itching skin



CODE: JESSIE20
ROWE CASA ORGANICS
Muscle & Joint Salve: Cooling and anti-inflammatory benefits.



CODE: JESSIE20
ROWE CASA ORGANICS
Relief: Calm the inflammatory response



CODE: JESSIE
ION GUT SUPPORT
My FAVORITE gut healing supplement!



CODE: JESSIE
ION SKIN SUPPORT
My FAVORITE microbiome healing spray!



ACTIVE SKIN REPAIR
Natural & Non-Toxic First Aid Healing Ointment & Antiseptic Spray for Minor Cuts, Wounds, Scrapes, Rashes, Sunburns, and Other Skin Irritations



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DR. GREEN MOM
Infant & Kids Probiotic Powder: Goes nicely in yogurt, milk, a smoothie, etc!



CODE: JESSIE10
DR. GREEN MOM
Kids Chewable Probiotic



MEGA SPOREBIOTIC
Click Probiotic then select the MegaSpore from the dropdown box.



BioOPTIMIZERS
Prebiotic & Probiotic



HMF NATOGEN
Infant Probiotic Powder (Newborn Approved)



SELECT BALANCE
Vitamin E is a potent antioxidant that provides a variety of anti-inflammatory benefits. Clinical studies suggest that oral or topical supplementation may help reduce inflammation in people with eczema and provide relief from some of the most bothersome symptoms.



SELECT BALANCE
A great link that explains the benefit of Omega 3 Fish Oil for eczema [HERE](#).