



ECZEMA

Resource Bundle





PLEASE NOTE:

The primary purpose of this guide is to provide information regarding the skin condition eczema and not to provide medical advice or assistance. Content from this article has been sourced from reputable sources including National Eczema Association, The Eczema Association of Australasia Inc and Australian Society of Clinical Immunology and Allergy. Links to these pages will be available throughout the article to benefit the user and do not constitute medical advice or treatment recommendations.

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UNDERSTANDING

Eczema

ECZEMA IS MORE COMMON THAN YOU MAY THINK. Many people have it and are looking for treatment solutions that help to manage and reduce symptoms. It's a skin condition and type of dermatitis and skin problem that causes dryness, redness, and itchiness. As you may assume, it can be extremely frustrating and irritating when it's at its peak. Many elements may cause your skin to overreact and flare up, such as stress, skincare products, detergents, and animals, to name a few. Knowing what will trigger your eczema is a considerable advantage. It is vital to stay away from known triggers that can be detrimental to your skin.

It's good to point out that psoriasis is often confused with eczema. Although they have some similarities, they are different skin conditions.

However, eczema is not contagious and is solely cosmetic as long as you're not always itching your skin and making it worse. While eczema doesn't spread from person to person, it can spread to various parts of the body (for example, the face, cheeks, and the neck, wrist, knees, and elbows). Scratching the skin can make eczema worse. The challenging part is that eczema can cause you to want to itch and scratch your skin, but this can lead to more problems. Therefore, you need to use eczema cream and an eczema treatment that actually works.



COMMON TRIGGERS

- Allergies (foods, animals, environment)
- Stress (very common)
- Alcohol
- Smoking
- Poor diet
- Not drinking enough water
- Sleep (sleep reduces inflammation throughout the body)
- Body overheating

SYMPTOMS & TYPES OF Eczema



SYMPTOMS

You may be wondering if what you're dealing with is eczema or not. Be on the lookout for a few of the most common symptoms so you can address them accordingly.

- Redness
- Hives
- Itchy skin
- Dry skin
- Cracking
- Blisters

The appearance of eczema can vary from mild forms, when skin looks dry and flaky, to severe forms, when skin can be extremely irritated and red. The most severe types of eczema can make your skin crack and ooze. Other times, it will feel itchy, and scratching leads to a red rash or leathery skin.

The other tricky part is that there are a few different types of eczema, which can make it harder to get under control since they vary in symptoms and treatment options. How long your eczema lasts depends on the type of eczema and its response to treatment.



COMMON TYPES OF ECZEMA



ATOPIC ECZEMA

Atopic eczema is the most common type of eczema, and is an allergic disorder which is usually hereditary. This is typical for people whose other family members may have other health issues like asthma and hay fever. In most cases, it comes in the form of a rash that leads to intense itching, especially in the 'hot' areas of the body such as behind the knees, elbows, neck, chest, and inner thighs.



CONTACT DERMATITIS

Contact dermatitis is another form of eczema, which is triggered when someone comes into contact with a substance they are allergic to or sensitive to. Common irritants include chemical based soaps, detergents, and washing cleaners. This is one of the easier forms of eczema to treat, as the individual can stop using the products they know to cause irritation or allergic reaction.



XEROTIC ECZEMA

Xerotic eczema is commonly found in individuals with extreme cases of dry skin, also known as winter's itch. During the winter period, patients suffering from xerotic eczema can experience heightened symptoms, with eczema usually affecting the core area, legs, and arms.



SEBORRHOEIC DERMATITIS

Seborrhoeic dermatitis is another common type of eczema, which appears as red, scaly, itchy, and inflamed skin. It is also common amongst babies, which is known as cradle cap. This particular type of eczema is often associated with dandruff, peeling, or flaking of the scalp.

WHAT CAUSES

Eczema

Although the cause of eczema remains unknown, it has been widely linked to internal and external triggers. These triggers include:

INTERNAL

A FAMILY HISTORY OF ECZEMA, ASTHMA OR HAY FEVER (THE STRONGEST PREDICTOR): if both parents have eczema, there is up to 80 per cent chance that their children may also develop eczema

SOME FOODS AND ALCOHOL: dairy and wheat products, citrus fruits, eggs, nuts, seafood, chemical food additives, preservatives and colourings

STRESS

EXTERNAL

IRRITANTS: tobacco smoke, chemicals, weather (hot and humid or cold and dry conditions) and air conditioning or overheating

ALLERGENS: house dust mites, moulds, grasses, plant pollens, foods, pets and clothing, soaps, shampoos and washing





WHO CAN SUFFER FROM *Eczema*

ECZEMA IS CONSIDERED A CHRONIC HEALTH PROBLEM that can affect individuals of all ages but has become common in:



INFANTILE ECZEMA

Occurs in around 20% of children under two years of age, and usually starts in the first six months of life. Infantile eczema usually improves significantly between the ages of two to five years.

CHILDHOOD ECZEMA

May follow infantile eczema, or start from two to four years of age. Rashes and dryness are usually found in the creases of the elbows, behind the knees, across the ankles and may also involve the face, ears and neck. This form of eczema usually improves with age.



ADULT ECZEMA

Similar to that of older children with areas of very dry, itchy, reddened skin at the elbow creases, wrists, neck, ankles and behind the knees. It can cause rough, hard and thickened skin, which may also have weeping areas. Although the condition tends to improve in middle life, and is unusual in the elderly, it can still occur.

PREGNANCY ECZEMA

Research shows that eczema accounts for half of all skin problems in pregnant women. Between 60 and 80% of women who develop eczema during pregnancy are experiencing the skin condition for the first time. It normal to experience skin changes in pregnancy as hormones change.

While eczema symptoms can show up for the first time in some pregnant women, those who already deal with eczema can end up having more severe symptoms than usual. This happens in more than 50% of pregnant women with pre-existing eczema, especially during the second trimester. For roughly 25% of women who have pre-existing eczema, their symptoms improve during pregnancy. Around 10% of women with pre-existing eczema have a flare-up right after pregnancy.

SYMPTOMS

Pregnancy eczema symptoms can range from mild to severe, this can also change throughout the pregnancy. Symptoms appear throughout the first and second trimester. The symptoms are the same as regular eczema. Eczema in adults is most commonly found on the hands and feet, upper chest, elbow and knee creases, neck, and eyelids.

- Red, dry, itchy, and scaly skin
- Swelling and increased sensitivity in areas that are scratched frequently
- Weeping and crusting



TIPS FOR MANAGING PREGNANCY ECZEMA

- Keep skin well moisturized so it doesn't dry out
- Avoid using products with harsh chemicals as this could further irritate your skin
- Limit time spent in water (particularly shower) and watch the heat
- Drink plenty of fluids
- Manage stress and lifestyle changes
- Wear loose clothing with non-irritable fabrics

TREATING

Eczema

YOU CAN KEEP YOUR ECZEMA UNDER CONTROL BETTER WHEN YOU GET IN A PROPER MOISTURISING ROUTINE DAILY.

It'll help you to avoid problems that arise with dry skin. It's best if you moisturise your skin right after a shower or a bath when the skin's pores are raw and open. Dry skin can cause even more problems so be sure to make moisturising your skin a top priority.

ROUTINE CARE

Get in a routine so that you can keep up with your good habits and heal your skin more quickly. There's an easy two-step eczema skincare routine that you can follow to help you achieve this goal. Our Natural C+ Eczema Cream used in conjunction with our Body & Bath oil is a powerful combination.

STEP 1

Add **GRAHAMS BODY & BATH OIL** to your bath or shower. Our Body & Bath Oil is formulated with natural olive, emu oil, Vitamin E, and Manuka Oil to help nourish and hydrate the skin. As this product is 100% oil-based, it provides essential hydration to the skin that common skin problems such as eczema strip through the irritation caused.

FOR A SEVERE OUTBREAK, APPLY THE NATURAL ECZEMA CREAM AND THEN WRAP A WET BANDAGE AROUND THE AREA TO KEEP IT MOIST.



STEP 2

Nourish your skin with **GRAHAMS C+ ECZEMA CREAM**. Our C+ Eczema & Dermatitis Cream contains clinically proven ingredients that aim to reduce redness and inflammation on the skin. Our cream works to calm the skin with the 'oil-in-water' formula providing a cool, soothing feel to relieve the itching and pain commonly caused by eczema.

SIDE EFFECT OF UNTREATED ECZEMA

What you don't want to do is avoid the situation or your symptoms and live in discomfort. Several complications can occur when eczema is left untreated. These can include neurodermatitis, eye complications, and skin infections.

Eye complications and neurodermatitis can cause permanent damage to the body. Instead, it's in your best interest to find practical and helpful ways to treat your eczema properly. You'll be a much happier person for it, and your skin will look lovely again in no time.

The downside is that there isn't a cure for eczema. However, there's the Best Eczema cream that will allow you to manage your condition and calm the inflammation and reduce your itching. The reason the C+ Eczema cream is the best eczema treatment for 2020 is because of its natural and powerful ingredients. The reality is that many alternatives out there contain chemicals and ingredients that are harmful to your overall health. You may be, in fact, creating other problems and issues that you'll have to deal with later on if you choose a product that is damaging to your health and well-being.

The chemical products such as creams or oils contain steroids which only suppress the eczema symptoms temporarily. The toxins from the body simply get concealed for a certain time period and then may come back even stronger. At Grahams Natural, we believe in treating eczema with a **natural approach** instead. Our products are made with all-natural ingredients which make them safe to use. You'll find that they quickly hydrate your skin, treat the inflammation, and treat the infection.

COMMON SIDE EFFECTS

- Increased skin sensitivity
- Thinner skin (very easily bruised)
- High blood pressure
- Suppressed hormone production
- Weight gain
- Pimples
- Cushing syndrome

TREATING AGING ECZEMA

As we get older, our skin becomes naturally drier. This means that when an eczema rash or flare up appears, the skin will become itchy, red, and potentially infected. The general eczema treatment is a topical eczema cream and eczema oil used specifically for hydrating the skin while reducing inflammation and bacteria on or around the rash. While using an eczema cream is ideal – personal lifestyle changes could also help reduce flare ups or the severity of them. Common foods such as citrus and dairy are known to contribute to eczema while excessive exercise with sweat can be known to irritate an eczema sufferers' skin further causing a flare up.

Reducing these personal lifestyle choices while using eczema treatments, will help your skin age with hydration in it – further reducing the exposure to eczema flare ups or severe eczema flare ups.

USING NATURAL SKINCARE PRODUCTS WILL TRANSFORM YOUR SKIN INTO ITS HEALTHIEST AND MOST RADIANT SELF.

Grahams Natural C+ Eczema Cream contains clinically proven ingredients that aim to reduce redness and inflammation of the skin. People suffering from eczema and dermatitis would understand that once you start scratching, it's hard to stop. Continuing to scratch will cause infection and bacteria to spread, while also worsening the skin condition.

Our eczema cream works to calm the skin, control the spread of bacteria, and hydrate the skin. We have created an 'oil-in-water' formula, which means it provides a cool, soothing feel to relieve itching and pain. Suitable for all ages, our Natural C+ Eczema Cream is a must-have for all eczema sufferers.

Our C+ Eczema Cream is made from powerful natural ingredients, including Manuka Honey, Calendula, Gotu Kola, Jojoba seed oil, and Sea Buckthorn oil. Manuka Honey draws out vital moisture into the skin, hydrating and nourishing it while restoring it to its natural glow. Manuka Honey acts as an excellent anti-bacterial and anti-inflammatory agent for your skin. The ingredient provides essential anti-bacterial and anti-inflammatory properties to eczema-prone skin to help relieve the itchy and pain that is associated with eczema. Manuka Honey also provides the skin with vital moisture, providing hydration for over six hours to the affected areas. Calendula contains incredibly powerful properties that aid in skin health. These properties include anti-inflammatory, anti-bacterial, and antifungal compounds. This allows Calendula to be useful in the healing of wounds or open/infected skin and to soothe irritated skin such as eczema.

NATURAL INGREDIENTS for Eczema

It's these natural ingredients that we know will help you address your eczema irritation and keep your skin looking flawless. For best results, apply Grahams Natural C+ Eczema Cream as often as required to keep the affected area moist (two-three times per day). Use a small amount spread thinly over your skin.

BENEFITS:

- **ANTI-INFLAMMATORY:** Calms and reduces inflammation with powerful anti-inflammatory herbs
- **ANTIBACTERIAL:** Active Manuka Honey helps to control bacteria on the skin, naturally
- **HYDRATION:** Moisturising ingredients to hydrate dry and irritated skin clinically tested for six hours of hydration

It's a wise idea to use our natural products in combination with living a healthy lifestyle. For example, there are natural home remedies to help soothe eczema so that you can keep it under control. Most importantly, using the right lotion or cream is essential for combating the dreaded itch. Natural skin treatment products such as eczema creams and body oils that are derived from natural resources will be one of the best ways to keep your skin vibrant and safe from harmful side effects.

TRIGGER Tracker

Modern life can be tough on our skin. Using the following chart on the next page, you can record the condition of your skin over the week and the possible triggers you may encounter.



Share the completed tracker with your pharmacist/ healthcare professional to help them advise on suitable skincare. You may also like to take some pictures on your phone to help demonstrate any symptoms.

DATE: _____

DAY	MY SKIN			MY MANAGEMENT				POSSIBLE TRIGGERS (Please give details as indicated)							
	How dry (1-5)?*	How itchy (1-5)?*	Other noticeable symptoms?^	How did I use emollients?	Did I use emollient cleansers?	What other treatment did I use (eg. lotions)?	Weather (hot or cold)	Airbourne allergens (eg. pollen)	Was I stressed? (Yes/No)	Pets or animals (eg. cat/ dog)	What clothing did I wear?	Did I sweat? (Yes/No)	What soaps/ detergents did I use?	Do I live in a hard water area?	Other
1															
2															
3															
4															
5															
6															
7															

* 1 is the least dry/itchy; 5 is the most dry/itchy.
 ^ Key symptoms to note: red, cracking, weeping, flaky.

This trigger tracker is not a diagnostic tool. All medical conditions must be diagnosed by a healthcare professional. Please see your healthcare professional if needed.



MEGA OIL

Recipes

Grahams Natural Mega Oil has become a quick favourite amongst skin condition sufferers and healthy lifestyle activists.

The Mega Oil contains a multitude of healthy, essential fats that can be used and added to meals in a variety of ways! Grahams Natural Mega Oil is made up of omega 3, 6 and 9 oils that not only provide internal skin benefits but has been known to help treat gut and health issues.

The Mega Oil contains valuable oils such as Flaxseed Oil, Evening Primrose Oil, Borage Oil, Safflower Seed Oil, Sunflower Seed Oil, Sesame Seed Oil, Pumpkin Seed Oil. These oils combined hold a large amount of healthy benefits to your body and skin.

INGREDIENT

Overview

FLAXSEED OIL

Flaxseed oil is high in omega 3 fatty acids. It has been known to have a variety of health benefits that include reducing blood pressure and promoting regularity. The omega 3 oils in flaxseed oil have been associated with benefits such as reducing inflammation, improving overall health and protection of the brain against aging.

EVENING PRIMROSE OIL

Evening primrose oil is made from the seeds of flowers from a North American native plant. The oil has been used for centuries to treat bruises, digestive problems, and general colds. Evening Primrose Oil is used in Grahams Natural Mega Oil to help ease eczema and skin inflammation while also improving overall skin health such as improving elasticity, moisture, and firmness.

BORAGE OIL

Borage oil is an extract made from seeds from the *Borago officinalis* plant. Borage seed oil is praised for its fatty acid called gamma linolenic acid (GLA). The oil is known for helping skin conditions such as eczema while reducing inflammation in the body.

SAFFLOWER SEED OIL

Safflower seed oil contains healthy fats called unsaturated fatty acids. These fats offer health benefits when consumed such as blood sugar control, heart health and reducing inflammation. It is also a great additive to those who suffer from skin conditions as it helps calm dry and inflamed skin.

The Grahams Natural Mega Oil has been developed to be an easy additive to any skin sufferers or healthy living activists' lifestyle.

The oil can be added to a variety of foods and drinks as it has a neutral, nutty taste – making it easy to consume all the incredible health benefits that oil has to offer.

Grahams have compiled a variety of great recipes in which Mega Oil can be added to however it is important to note that another oil such as coconut can be added to them yet you won't be receiving all the health benefits that Mega Oil has to offer.

SUNFLOWER SEED OIL

Sunflower seed oil is rich in Vitamin A & E and Omega 6. Vitamin A & E are great for improving overall health and well-being such as improving vision, aiding in immune system health, and helping to protect cells from damage. While Omega 6 fatty acids aids in reducing the risk of heart disease and lowering bad cholesterol levels.

SESAME SEED OIL

Sesame seed oil contains vitamin e which helps in protecting skin cells from natural, environmental damage. The oil also contains phenolic compounds which give the oil antioxidant and anti-inflammatory properties!

PUMPKIN SEED OIL

Pumpkin seed oil is said to help promote heart health while also containing vitamins and anti-inflammatory properties. The oil is high in natural fiber which promotes a healthy digestive health for those with skin problems and general gut issues.



BLUEBERRY GREEN TEA *Smoothie*

INGREDIENTS

- 1 cup plain yogurt
- 2 cups frozen blueberries
- 1/2 cup of green tea
- 1 tablespoon of honey (optional)
- 3 teaspoons of mega oil

DIRECTIONS

- 1.** Start by steeping your green tea. Preferably, use fresh matcha powder over the teabag variety, since green tea (much like omega-3 fish oil) is better in a fresh, less processed form.
- 2.** In a blender, combine the yogurt, blueberries, and green tea and blend until smooth. Add the honey if you prefer the extra sweetness.
- 3.** Pour the mixture into a tall glass.
- 4.** Now, with a spoon, stir in the mega oil until smooth.

HEALTHY GREEN *Smoothie*

DIRECTIONS

- 1.** Power up your morning with this fruit-veggie combo. Prepare the banana by slicing and placing it in a freezer bag. Freeze the banana overnight.
- 2.** In a blender, combine the unsweetened almond milk, honey yogurt, baby spinach and frozen banana and blend until smooth.
- 3.** Pour the mixture into a tall glass.
- 4.** Now, with a spoon, stir in the mega oil until smooth.



INGREDIENTS

- 1/2 cup unsweetened almond milk
- 1/2 cup honey yogurt
- 3 cups baby spinach
- 2 bananas (sliced and frozen)
- 1 tablespoon of mega oil



PEANUT BUTTER Smoothie

INGREDIENTS

- 1 small banana
- 1/2 cup almond milk
- 1 teaspoon of creamy peanut butter
- 1 tablespoon of mega oil
- 3 ice cubes

DIRECTIONS

- 1.** In a blender, combine the banana, almond milk, peanut butter, ice cubes and blend until smooth and frothy.
- 2.** Pour the mixture into a tall glass.
- 3.** Now, with a spoon, stir in the mega oil until smooth.

BERRY GINGER *Smoothie*

DIRECTIONS

- 1.** In a blender, combine the strawberries, blueberries, orange juice, ginger, yogurt, ice cubes and blend until smooth.
- 2.** Scraping down the side of the container occasionally if mixture get stuck
- 3.** Pour the mixture into a tall glass.
- 4.** Now, with a spoon, stir in the mega oil until smooth.



INGREDIENTS

- 1 cup frozen strawberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh orange juice
- 2 teaspoon chopped and peeled fresh ginger
- 1/4 cup plain low-fat (1%) yogurt
- 1 tablespoon of mega oil
- 2 ice cubes



INGREDIENTS

- 1/2 firm ripe avocado (peeled)
- 1 cup frozen mixed berries
- 1 ½ cups soy milk/almond milk
- 2 teaspoons honey
- 1 tablespoon mega oil

AVOCADO BERRY *Smoothie*

DIRECTIONS

- 1.** In a blender, combine the avocado, mixed berries, your choice of milk, honey and blend until smooth and creamy.
- 2.** Pour the mixture into a tall glass.
- 3.** Now, with a spoon, stir in the mega oil until smooth.

BREAKFAST

Smoothie Bowl

DIRECTIONS

1. Prepare the banana by slicing and placing it in a freezer bag. Freeze the banana overnight.
2. In a blender, combine the frozen banana, mango, pineapple, almond milk and blend until smooth.
3. Make sure the consistency is still thick, stopping and stirring occasionally. Adding more liquid if needed.
4. Pour into 2 bowls with a spoon, stir in the mega oil until smooth.
5. Add your desired toppings.



INGREDIENTS

- 1 banana (sliced and frozen)
- 1 cup frozen mango chunks
- 1 cup frozen pineapple chunks
- 1 cup almond milk
- 1 tablespoon mega oil

DRESSING

with herbs



DIRECTIONS

- 1.** In a blender or food processor, combine vinegar, chives, parsley, basil, oregano, mustard, and garlic and blend until smooth.
- 2.** Slowly add Mega Oil in a fine stream and blend until slightly creamy.
- 3.** Season with cayenne, salt and pepper.

INGREDIENTS

- 3 tablespoons apple cider vinegar or lemon juice
- 1 tablespoon chopped chives
- 1 tablespoon chopped parsley
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dry mustard
- 1 large clove garlic, roughly chopped
- 1 ½ tablespoons mega oil
- A pinch of cayenne
- 1/2 teaspoon salt
- A pinch of ground black pepper

SOY & SESAME

Vinaigrette

DIRECTIONS

1. Add sugar, white vinegar and soy sauce into a saucepan.
2. Gently heat until sugar is dissolved.
3. Leave to cool.
4. Once cooled add sesame oil, mega oil and lemon.
5. Mixed well and pour over salad.



INGREDIENTS

- 25g raw sugar (or honey)
- 65g white vinegar
- 30g soy sauce
- 10g sesame oil
- 3 tablespoons mega oil
- 1 squeezed fresh lemon



BASIL & THYME *Pesto*

INGREDIENTS

- 1 cup loosely packed fresh basil
- 1/2 cup loosely packed fresh parsley
- 1/2 cup loosely packed fresh thyme leaves
- 1/2 cup grated parmesan
- 1/2 cup toasted pine nuts
- 2 garlic cloves
- 3 tablespoon mega oil
- 1/4 cup olive oil

DIRECTIONS

- 1.** Finely chop first 5 ingredients in processor.
- 2.** With machine running, gradually add mega oil.
- 3.** Continue processing until pesto is almost smooth.
- 4.** Season to taste with salt and pepper. (Pesto can be prepared up to 1 week ahead. Cover tightly and refrigerate.)
- 5.** Do not heat. Leave out and warm to room temperature, then mix into cooked hot pasta.

TAHINI

Spread

DIRECTIONS

1. Preheat oven to 350.
2. Toast sesame seeds for 5-10 minutes, tossing the seeds frequently with a spatula. Do not allow to brown. Cool for 20 minutes.
3. Pour sesame seeds into food processor and add the olive or vegetable oil and mega oil. Blend for 2 minutes. Check for consistency. The goal is a thick, yet pourable texture.
4. Add more olive or vegetable oil and blend until desired consistency.

NOTE: Tahini should be stored in the refrigerator in a tightly closed container. It will keep for up to 3 months.



INGREDIENTS

(Can make up to 4 cups)

- 5 cups sesame seeds
- 1 ¼ cups olive oil or vegetable oil
- 2-3 tablespoon mega oil



HUMMUS

Spread

INGREDIENTS

(Can make up to 2.5 cups)

- 1 can chickpeas (reserve half the liquid from the can)
- 4 tablespoons lemon juice
- 2 tablespoons tahini
- 1 clove garlic (chopped)
- 1 teaspoon salt
- 2 tablespoons mega oil
- black pepper to taste

DIRECTIONS

- 1.** In a blender, chop the garlic. Pour chickpeas into blender, reserving about a tablespoon for garnish. Place lemon juice, tahini, chopped garlic, mega oil and salt in blender.
- 2.** Blend until creamy and well mixed.
- 3.** Transfer the mixture to a medium serving bowl.
- 4.** Sprinkle with pepper over the top. Garnish with reserved chickpeas.

NUT Butter

DIRECTIONS

1. Put the nuts into your food processor. Turn the machine to high.
2. Blend for 60–90 seconds and slowly add the Mega oil until desired consistency is reached.
3. Place into an airtight container and refrigerate.

Note: Use within 6 weeks.
Do not heat or use for frying.



INGREDIENTS

- 1/2 cup almonds
- 1/4 cup brazil nuts
- 1/2 cup cashews
- Mega oil



MEGA OIL Fat Bomb

INGREDIENTS

(keto-based)

- 1 cup nut butter of choice
(or allergy friendly)
- 2/3 cup cocoa powder
- 4-5 tablespoon sweetener
of choice (or as desired)
- 1/4 tsp salt
- 2 tablespoon mega oil
- Sugar Free Choc Chips (optional)

DIRECTIONS

- 1.** Blend everything together in a food processor. Scrape down the sides as needed until it forms a smooth dough.
- 2.** Refrigerate just until firmed.
- 3.** Scoop with a mini cookie scoop and roll into balls.

AVOCADO Mousse

DIRECTIONS

1. Add all of the ingredients to a food processor or blender. Process until completely smooth.
2. Transfer to a sealable container and refrigerate at least 1 hour, or until ready to serve.
3. Serve with grated dark chocolate and/or coconut whipped cream.

Note: You may need to scrape the edges of the food processor to get everything to combine.



INGREDIENTS

- 2 large avocados (peeled, pitted, and halved)
- 1/3 cup pure maple syrup or honey
- 1/2 cup raw cacao powder or unsweetened cocoa powder
- 1/4 cup unsweetened almond milk or coconut milk
- 1 teaspoon of mega oil
- 1/8 teaspoon sea salt



CONCLUSION

Although there's not a cure for eczema, the good news is that there is a natural treatment option available to you. We believe that eczema is curable to some extent through a change in dietary habits and with the use of the right products. Stay away from triggers and harsh chemicals that may cause your skin condition to flare up. Instead, eat healthily, reduce your stress, moisturise your skin, and invest in the Best Eczema cream on the market to help you keep your itching and redness under control. Take the time to read over our product reviews and what customers are saying about our C+ Eczema cream so you can review for yourself why it's the top choice for treating your eczema in 2020.

We're happy and available to answer any questions you have or provide you with more information about your products. Please note, we try our best to respond to all inquiries within 48 hours, Monday – Friday. You are also welcome to give us a call if you would like to chat at (07) 5596 1708.

We look forward to hearing from you and strongly believe you'll find our natural treatment solutions to be beneficial and will wonder how you ever lived without it once you apply it to your skin. So, what are you waiting for? Let's work together to help you better manage your eczema so you can get back to living.



For more information visit
<https://www.grahamsnatural.com.au>

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