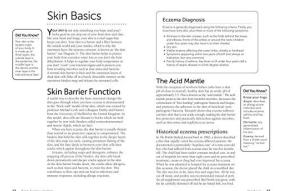
[PDF] The Eczema Diet: Discover How To Stop And Prevent The Itch Of Eczema Through Diet And Nutrition

Karen Fischer - pdf download free book



Books Details: Title: The Eczema Diet: Discover How Author: Karen Fischer Released: Language: Pages: 272 ISBN: 0778804615 ISBN13: 9780778804611 ASIN: 0778804615

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Description:

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

- 1. How the diet works
- 2. How a healthy liver and healthy skin go hand in hand
- 3. Top 12 eczema-safe foods and other important ingredients
- 4. 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 itchbusting treatment.

- 5. Skin care products, make-up and daily regimen
- 6. Dandruff
- 7. Bath recipes and emergency itch busters

Part 3: Programs, Menus and Recipes

- 8. Eczema-safe recipes
- 9. Food charts and menus for each specific age group -- from babies to adults
- 10. Eczema-safe shopping guides
- 11. 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.

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