3 Anti-Inflammatory Foods Every Eczema Family Should Have in Their Kitchen Transcript

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Welcome and Why Add Healing Foods

Hey, team, welcome back to the eXima Kids Podcast. I'm your host, Andrea McHugh. And you know, I know when we are trying to help our children with exima, we spend an enormous amount of time thinking about what to remove, the dairy, sugar, gluten, certain allergens, and that list can get really, really long, especially when you go down an internet wormhole and you start to worry about avocados and strawberries and it just keeps on going from there.

Oh my goodness, do I get it? Seven years ago, two of my kids had severe, severe eczema. I was reading everything that I could and doing everything I can do to support them and to help support myself so that they could finally sleep again, and their plates were getting pretty bare.

And I also was a nursing mama to one of those kids, so my plate was looking pretty sparse too. That's the exact opposite of what growing bodies need. certainly what nursing mamas need and then you look at all the list of nutrients that your child is supposed to get every day and the polyphenols and antioxidants and vitamins and minerals and you think how am I supposed fit all this in when there's so much that they can't eat.

So today I want to flip the script and talk about what we can add and I've been really inspired by some recent podcast guests And now that it's fall and the mornings are cooler and I'm ready for soups and roasted vegetables and all the warming foods that come with this season.

And I am sure you've seen this in your own kitchen. You know healing isn't just about eliminating foods. It's about making sure our kids are getting a wide variety of nutrients and beneficial plant compounds so that their bodies can be supported through this healing journey.

We're talking about three ingredients that I think deserve a more permanent place in your healing kitchen. And I've been just really craving them lately, ginger, garlic and turmeric.

We are going to cover why they're worth using, how to get your kids to actually eat them and how do prep all three in about 15 minutes on a Sunday. So they are ready for the whole week and nothing is complicated or expensive.

Just a few simple changes to the meals that you're actually making. Let's get into it. Is your child struggling with itchy nights and endless flare ups?

I'm Andrea McHugh, mom of four and host of eXimA Kids. Here you'll find natural solutions that actually work so you can heal your children's eximote without steroids, without the overwhelm, and finally see calm, healthy skin again.

Let's get into it! So maybe you're thinking why ginger, garlic, and turmeric, Andra, that doesn't make any sense and my kids don't like those foods. And I want to talk about inflammation because eczema is an inflammatory condition and what shows up on the skin reflects what's happening inside the body.

That's what troubled me the most when we were really going through it seven years ago. My kids looked like a mess on outside and I could easily see what their internal skin, their intestinal lining looked on inside.

Why Ginger, Garlic, and Turmeric Help

not a pretty picture. So we know what is showing up on the skin is a reflection of what's happening on inside and how well the gut and the immune system is doing and open are those detoxification channels and efficiently can

these little bodies clear what they're being exposed to day in and day out.

And we know no single food is going to heal eczema on its own. But what our kids eat every single day is one of the most powerful tools that we have to support their bodies.

And thankfully, it's just something that you do at home every day already. Healing journey or not. So ginger, garlic, and turmeric, they all contain natural plant compounds that researchers have studied for their antioxidant and anti-inflammatory properties.

I love them because they're so versatile. No intense green concoctions. My kids I have to admit have an inversion to green and you know definitely no handful of supplements required.

They go right into breakfast and lunch and dinner and they're just flat out delicious. they really really are when you're using them appropriately. So the first one I wanted to talk about today is ginger.

It contains compounds called ginger rolls and those have been studied for their effects on inflammation and oxidative stress and it's also just a really good ingredient to cook with especially this time of year, it increases your digestive function.

It like helps amp up the digestive juices and the pancreatic function, I mean it's such a simple thing and it has such profound effects and I just I like adding ginger to smoothies.

A little goes a really long way, especially if your kids aren't used to that slightly spicy flavor, but that's easily, easily overpowered by stronger things, just like a banana.

Or you can try a blueberry smoothie with a small piece of ginger and some chia seeds, whatever milk your child tolerates. And you could also grate ginger into soups or a stir fry.

One of my favorite combinations is a ginger garlic chicken thigh dish, and you add some vegetables and a little coconut aminos if you use them. You've got an amazing, really tasty anti-inflammatory dinner.

And just a quick tip, if you keep ginger root in the freezer, you can wash the root, freeze it whole, and then just grate it straight into whatever you're cooking.

Then you don't have to peel it or chop it, or throw away half because you forgot about it in a fridge, in that corner. You don' have do any of that. So it's the way to go.

10 out of 10. Highly recommend. Garlic is probably the easiest of the three because it already fits into basically every dinner that you know. Garlic contains sulfur compounds and those have been studied heavily for their antimicrobial and immune supporting qualities.

So when you crush or you chop a clove of garlic, that kicks off the production of allicin. And that's what makes garlic so, so good for you. So one simple habit is to just mince your garlic and then let it sit for about 10 minutes before cooking.

We don't have any evidence to support these techniques, but it's a really neat bit of garlic chemistry and it costs you nothing. And it is what naturally happens, at least in my kitchen, where if I am doing that and I chop up garlic, then it Obviously, it's not to just then put into the pot or pan.

Obviously then I have to go do something else or a kid needs me or you know, what have you. So it ends up sitting there anyway. And you can put garlic into meatballs or any homemade sauce of any kind, roast broccoli or carrots with garlic and olive oil.

You can just straight up roast a whole bunch of garlic. my favorite just with ghee on top of it and maybe some salt. You can add it to every soup and stew or chicken that you make and you can put it into mashed potatoes or you

could even spread it on toast when you mix it in with butter.

Roasted garlic is much, much milder than raw garlic, so that makes for a really good introduction to kids.

How to Use Ginger in Everyday Meals

And I'm sure you heard, if you've been around this podcast for any amount of time or just in casual reading about your child's condition, you ideally want to have as many as 35 different plants in your diet throughout the week, yeah?

And these are three. So anytime you put spices like turmeric into your dish, that's one, it counts as one. Same with garlic, same with ginger. And when you think about it that way, not just like, 35 different kinds of cauliflower, it's actually more manageable to get to that number than you think.

And also, to all the crunchy people that are listening, I'm sure you've heard that turmeric is best absorbed with black pepper, which is true. But black peppers is one of those things that I have my ex-soma families leave out for.

certain period of time just during that initial 90-day healing period because it's a common irritant for a lot of these eczema kiddos and it is just not worth it.

But the good news is you do not need it, curcumin is fat soluble so that means your body absorbs it better when it s eaten with a fat. So if you always pair turmeric with the healthy fat, which of course you are if your putting it in any meal that you're making.

You can toss it in roasted sweet potatoes or in olive oil before you sprinkle it on or you can start into soup with little coconut oil or ghee. You can cook sauteed apples with turmeric and ghee, I know you are already cooking with these fats so it's just a really easy habit to incorporate and then it just makes it much more bioavailable.

And another really cozy option is a warm turmeric drink. I love ending the day with a sort of tea time and there's plenty of kids in the program that have incorporated the same habit.

If you heat some unsweetened full fat coconut milk or another milk that your child tolerates, then whisk a small pinch of turmeric and cinnamon and vanilla.

And for a kid that loves warm drinks, it's a really nice swap for hot chocolate and a turmeric latte.

Garlic Tips and Turmeric Pairings

It just sounds so fancy and so fun. And you can really make it a thing. You can also incorporate some other supplements that you're trying to get in at the end of the day.

It's kind of amazing if you can incorporate this into your schedule. Okay. I want to show you some other ways that we can make this very, very practical because it's easy to hear about all the benefits and think, amazing, I'm going to do it, but also, oh geez, that's one more thing that I need to.

So here's what I. Want you to try on Sunday, set aside 15 minutes, not an afternoon of meal prep, just 15 and In the first five minutes, you're going to wash a fresh piece of ginger.

You're gonna grate it enough for a recipe that you'll make in the next day or two and keep it covered in a fridge. And then you will freeze the rest whole, like I mentioned, so it's ready to grate into smoothies and soups and stir-fries.

Then in next five, minutes you are going focus on garlic. Peel several cloves. and you can keep peeled cloves covered in the fridge for a few days, or you could mince them and freeze them in small portions.

And I love just having frozen minced garlic on hand. You can just put both these things in a stasher bag, those reusable silicone baggies, and that just makes weeknight cooking so much faster.

I don't know if you've ever avoided putting garlic into a dinner just because you don' feel like peeling and chopping. It's just a really good way to make it.

you know, tired parent proof. Okay, and this is next level. In the next three minutes, like I swear if you do this, you will be so proud of yourself. Like then you're going to make a simple spice blend.

You can grab a small jar, an old spice jar that you have on hand that your about to throw away and you put together two teaspoons of turmeric, two teaspoon of garlic powder, one teaspoon ground ginger, get the Cylon Cinnamon PS because of lead, you know, oh my goodness.

But anyway, do those things, shake it up, and then you've got a blend that is just ready for soups, roasted vegetables, anything else that you want to put into it, basically everything.

It is amazing. Making your own spice blend, I swear, you will just feel so, so accomplished. So leave out the cinnamon if you want it more savory, but use it with fat all the time so your child gets the most from that turmeric.

And then the last two minutes of your 15 minutes, just pick three meals. Look at what you're already planning this week and then choose which three meal where you can work these in.

You know, for instance, and I'm looking to revamp my meal plan, so this is what I am doing this week, just so you know. Monday, I doing garlic chicken meatballs with roasted carrots tossed in olive oil and a little of this spice blend, okay?

Wednesday, we're doing golden chicken soup with ginger, garlic, turmeric, carrots and celery, and then on Friday we're doing ginger garlic chicken stir-fry with vegetables and rice.

And any morning that you're already making smoothies, grate a little of that frozen ginger in there and that's it. Also in the morning if you are making sauteed apples, I just love this as like a prebiotic, it's like digestion starter, you cut up the apples you put some ghee at the bottom of the pan, saute them, add that spice mix that already have.

It's just like the best way to start a fall morning I promise you won't go back. It's so, so good. And that's it. You've set yourself up to cook with these ingredients all week long without adding a single complicated new routine.

and you don't need all three every day. There's no set daily amount for eczema and more isn't necessarily better.

Sunday Prep Routine for the Week

But what matters is variety and consistency over time. If your child doesn't tolerate one of these or has a known allergy, obviously skip it, there are always plenty of nourishing foods to choose from.

The bounty is so, so great. And if you are looking to incorporate more of these seasonal superfoods just throughout the year into what you're already making, you can download my seasonal foods guide for eczema at the link below in the show notes.

This is such a helpful thing. You can print it out, put it on your fridge, and it's just a really helpful reminder day to day. Like, oh yeah, I could add in some pomegranate here.

Oh yeah. and you know you just be doing your child's immune system, their level of inflammation, a really big favor. And I'm sure a ton of you are thinking, okay, but my child is really picky.

They are never going to eat this. So I want to talk about picky eaters because if your child that's used to really playing food, a heavily spiced curry isn't the place to start.

But just start with things that they already like and start small, even just a pinch. Nobody is going pinch of turmeric spice, like they just won't, they won' care.

And if they eat meatballs, just add a little more garlic. If they need smoothies, then add little bit of ginger. They like sweet potatoes or anything, you can just sprinkle some turmeric.

One of my favorite strategies is just letting kids get involved. I mean, I'm sure you've heard this advice. It really does make a difference. Just let them smell the fresh ginger, I made carrot cake for breakfast last night to serve to my kids this morning and my son woke up like, yes, let's eat the carrot.

It had tons of ginger in it and cinnamon and a few other things. I could have put turmeric in, I should have. You know, just have them be in charge of shaking the spice jar or pick which vegetables to roast.

And it really does help with them wanting to try the creations. I've just seen it time and time again. It always equates to the best outcomes. But always just give them a teeny teeny bit.

They're not required to eat it. And if you want to put it on more front and center, you can talk about these benefits that each of these compounds have because they want a heal just as much as you.

Want them to heal. They don't like feeling this way and they're motivated. Their motivated to change. they have to just understand the why. And our goal is just to slowly grow the list of foods that they are comfortable with and that their eating every week.

because that's the goal. The goal is a full plate full of a ton of different compounds. So zoom out and look at the whole diet. Is your child getting enough protein, a variety of vegetables and fruits like healthy fats?

They need omega-3s, they need enough zinc and iron and the other nutrients they needs to grow and build healthy skin. And just as important, We want the meals to be things that your family actually enjoys and that you can sustainably make over time.

Picky Eaters, Meal Planning, and Wrap-Up

And I would just much rather see a family eating balanced nourishing meals consistently than an elaborate protocol that leaves everyone frustrated. I am at the point where now we just have a static meal plan, you know?

And it's just Tuesday, this is what we're doing. It is a great place to start. And then I also want to reiterate that food is just one piece of the puzzle because real healing comes from a holistic array of applications, right?

I mean, food as the first, the jumping off point that we really do need to get that dialed in. We need to look at their gut and we need you to Look at the immune system and their environment and they're individual triggers but the kitchen is where we start and Incorporating these three foods is just a really good jumping off point So this weekend, you know You have a couple days to think about it to get your grocery list together just add ginger garlic and turmeric to your Grocery list Take those, do that 15 minute routine that I talked about this Sunday and pick three meals this week where you're going to use them and pair them with turmeric and a healthy vat.

And if you are already cooking with all three, push yourself a little further, try a new soup or a different smoothie that you've been meaning to make.

It just doesn't have to be complicated. We're building a way of eating that supports your child's healing and works for your family in the long haul. And if you want help figuring out exactly what your children's body needs, that's what we do inside the eczema elimination method, friends.

we dig into the root causes of your childhood's ectoma and build a practical nutrition and lifestyle routine around their individual needs. Everyone's The plan is different and it has to be that way.

Even though they're all experiencing the same condition, it's expressed in many different ways and there's many components that go into each of these kids' lives and previous exposures and all the rest.

So the program is set up that to address them all and you can learn more about that at eczemakids.com. Thank you so much for listening, friends. Get your free download, get the Seasonal eXima Guide, and I will talk to you next week.

Take care. Thank you for helping with my eczema. Love you. Thank for listening today, friend. I know healing your child's skin isn't easy, but you're doing it one smart step at a time.

If this episode gave you a little hope or a better night's sleep, leave a quick review so more exhausted parents can find exima kids and finally rest easy too.

Follow, share and let's help more kids heal. Take care.