Welcome and episode setup

Hey team, welcome back. If you're listening to this while you're putting cream on a child who's scratching nonstop or wondering why their skin isn't calming down, even though you've cleaned up all the foods and the products and the routines, this episode is for you.

And before we dive in, I do want to say this. If your child is flaring right now and you just need relief, not months from now, but just this week, start with the Skin Comfort Trio, friends.

It's our foundational topical system designed to calm inflammation and protect the skin barrier. and help your child feel comfortable while you work on the deeper root causes.

And if you're thinking, I don't just need a product, I need a plan, I need eXima gone from our life, then go to eXimaKids.com and book an alignment call, friends.

I'll help you look at your child's bold picture and we'll map out exactly what to focus on next so we can stop guessing. I'm excited about today, friends.

It's a little bit different, but we're talking about something that I've been hearing more and more about in conversations around inflammation and nervous system regulation and healing capacity, and that's PEMF, which is Pulsed Electromagnetic Field Therapy.

And before your brain goes, great. That's one more thing to add to my Already full of filet, I brought on someone who has been studying this for a very long time, way before it was a wellness buzzword, and I'm joined today by Dr.

William Pollock. He's a medical doctor, a researcher, and one of the earliest and most respected voices in PEMF therapy, and he's authored multiple books, including Power Tools for Health, and supercharge your health with PEMFs and has spent decades helping patients understand how the body actually heals.

Okay, so today we're going to break all of this down in playing language. What PEMF is, what it does inside the body, and where it might fit into your root cause approach for healing your child's eczema.

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 eczema kids. Here, you'll find natural solutions that actually work so you can heal your child's eczema without steroids, without the overwhelm, and finally see calm, healthy skin again.

Let's get into it. Hey team, welcome. Today I'm joined by Dr. William Pollock. He's a medical doctor, researcher, and one of the most respected voices in the field of Pulsed Electromagnetic Field Therapy, or PEMF.

Dr. Pollock has spent decades studying and writing about PEMF, long before it became a buzzword in the wellness or biohacking circles. And he's authored multiple books, including Power Tools for Health and Supercharge Your Health with PEMFs.

And what I appreciate about Dr. Pollock's work is not that it's about chasing symptoms or adding another thing to your already very full plate. It's about understanding how the body communicates and regulates itself and restores balance with the right inputs when they're there.

So I am far from a PEMF expert. I am so genuinely curious and I hear it mentioned more and more in conversations around nervous system regulation and inflammation and healing capacity.

So I'm really excited to have you on today, Dr.

Introducing PEMF and Dr. Pollock

Pollock. Welcome to the show. Thank you very much, Andrea. I really appreciate being here as well. And kids are one of my favorite topics. When I was a family physician, I basically ran a medical group of 14 family doctors, and I was the only one who did prenatal care.

So I did prenatal care for the first two trimesters, and then I got the kids after they were born. So instead of going to a pediatrician, they went to I took care of the kids in our group.

It was a lot of fun. It sounds fun. Yeah, kids are the best to work with, right? They bounce back so quickly. They could be interesting. They could be very challenging.

Yeah. Yeah. And what I found on my dream, I mean, when, so two of my kids, I have four now and two of them suffered from severe, severe eczema. And when we first started, yeah, I mean, it was so like just head to toe bleeding scaly mess.

And it was, you know, it was miserable. There's certainly worse things out there, but you know, it was really, really hard. Nobody was sleeping. Very, very, very.

I totally agree. And they were just so sad, right? One was just a baby, one was two years old, and they were miserable in their own skin. And, you know, when you start traveling down this path, once you get outside the pediatrician, like the pediatrician says, here's steroids, and put some bleach in their bath, and that's all I have for you.

And then so you start moving beyond that. And a lot of people are afraid to touch kids, honestly. Like if the word pediatrician isn't a part of their title, they honestly are, you know, like, and I understand there's lawsuits and all the things, but it became a challenge to really find somebody to work with us.

Where I found, I had one case in particular more recently who is 21 years old, a young lady. Mother brought her in because they'd been to all kinds of doctors.

For 21 years they'd been treating her for her eczema. And I said, okay, I think that this is probably a food sensitivity. So we tested her. Sure enough, she came up positive for dairy, eggs and gluten.

And she had eczema, horrible eczema on her hands. Her hands were like like that, she could barely work with her finger. So we tested her, she was positive, dairy eggs and gluten.

Twenty years of this, tested for dairy eggs and gluten, got her off the foods. Now the good thing about the testing is it's objective, right? You're not guessing, and you're not doing food elimination diets with all the perturbations that happen with all that, because what happens is people don't do the food elimination adequately.

And you don't do it long enough. Right, because IGG Half Life, it's like 21 days. I mean, you really have to eliminate these foods for a good while to see.

A long time. And the problem is that with the testings, it comes up moderately positive, but not really, really bad. then a small amount of this plus a small amount of that creates the problem.

Often it's combinations of foods and not a specific food by itself. So I discovered this again over years of practicing and in this particular case this girl got off her foods.

I saw her back I think four weeks later. It was almost miraculous. Really? Yeah, you know, it's almost completely gone. And then being a kid, well, 21 year old, I guess.

Still a kid. Are 21 year old kids? Very often they are, very often. So what she did is that she started cheating, right? Because her rash was better, it's all gone.

She was happier and she's been in decades. two decades. So that was a clear signal to her, you can't cheat and you can't stop. So what happens is the way I tend to look at this is that the gut is relatively impermeable to whole foods.

foods break down in the stomach right then they go into the small bowel and then they get absorbed so a whole food is broken down in the stomach and then basically the elements of that whole food get absorbed and they're not toxic but a whole protein or a whole food once the gut's inflamed then it's very porous it's like wet tissue paper right it's easy for food to get in yes food does not belong in the gut wall right right there's a barrier there on purpose Yep.

Right. So what happens is then the foods cause the allergies of sensitivity because they're getting into the gut wall. So if you repair the wall, then the food doesn't get in, but you still have the sensitivity.

You still have the IgG or the IgA involved. And so how often do people have increased gut permeability? I mean, I would say 90%. Exactly, my boy, you're very clever, very good.

Exactly. You cannot predict when it is or it is not a barrier, right? So how long does it take for somebody with infectious gastroenteritis to recover from an episode of diarrhea or vomiting?

I don't know, a week or two? Three days. Okay. Well, it's actually longer than that, but the gut wall retares itself in 72 hours. Wow. So theoretically, it should repair in two days.

But what happens is when do we start eating after we had gastroenteritis? Right away. Right away. We never get rid of it, right? We never really eliminate the problem completely.

It's a continuing process. And you know, what is the biggest cause of food absorption issues? You're not digesting. stress.

Food sensitivities, gut permeability, and eczema

So you could say gastroenteritis, you could say toxic foods, you could say a bunch of things, but the most common cause of problems with food absorption in gut permeability is actually stress.

So you already have one problem on top, you know, in the first place, and then you add stress on top of that, then the stress itself causes all kinds of changes to the gut wall.

Right. After the permeability. So basically, once you have a reaction, once you have the food becoming an antigen for you, you're never done. You can't predict when you're going to have a gut permeability issue or not.

So basically, that's why it becomes essentially lifetime. Interesting. Parents, are you exhausted from battling your child's eczema? You've tried the prescriptions, the creams, the elimination diets, and the flares keep coming back.

I'm Andrea McHugh, mama for and host of the eczema kids podcast. Two of my children suffered with severe eczema and I know the sleepless nights and the nonstop itching and the frustration of feeling like nothing works.

That's why I created this podcast to share what actually does from natural solutions that calm the skin to practical everyday tips that make healing actually possible.

You'll find hope, clarity, and a path forward here. Follow eXimaKids wherever you get your podcasts and head to eXimaKids.com for free recipes and resources to start your child's healing journey today.

I have never viewed it that way. Our ultimate goal here is food freedom. I feel like for kids, and maybe you

disagree, do you think for kids, maybe that's not the case?

If you present with an IGG to whatever it is, if you really do the work and heal and seal the gut lining and you're not sick down the road, do you think you can move past that sensitivity or you even with kids you think it's the answer is the answer is the honest answer is i don't know yeah right i don't know how how can you tell except for the external manifestations of it so if you got rid of the external manifestations because you decrease the total burden that your body has to deal with from an immune perspective right but if you also have iga deficiency or you also have IgG deficiency and there's different types of IgGs.

So if you have a slight, even if you have a complete deficiency, then you're in big trouble no matter what. Of course. And it's not just the gut. Right.

Right. But if you have a slight deficiency, it can come and go depending on various factors. So things tend to pile up on you. Now, the other thing that happens too is that does it change?

Just because now you don't have a gut permeability issue in an obvious way, does that mean that you're no longer subject to the irritation from the food?

I don't know. But the problem is, why do people then develop lupus? Why do people then develop Crohn's disease? Why do people develop ulcerative colitis?

It's because you're not done. I would say, I mean, it's just been unattended for so long. Right. And even if you do attend to it, you can minimize it, you can decrease it.

The rule of thumb is that once you've turned on the immune system, you can't turn it off. You'll always have an antibody response to those antigens, always.

It's just a question of degree and how does it manifest. So if you happen to have an antibody that's going to manifest that way, then you have a fairly obvious signal that you know that you did something wrong, right?

So it's really, I don't know that you can't ever cure it. I think you can make it better for sure. And this is why you use steroids for autoimmune diseases.

It just decreases the inflammation. Right. It's just you're suppressing the immune system. In a sense, it masks the problem. So now you feel like you're better, but you're really not because you still have the original problem in the first place.

Right. I think you can have a big impact on it, and in this girl's case that I mentioned, she stopped the food, the eczema got better. Now, if she stopped it long enough, how long is long enough?

If she stopped it long enough, can you significantly decrease the irritability, the inflammation in the gut wall, and therefore you feel like you're better?

But again, because you still have that immune system issue, you just don't manifest it in the eczema. You may manifest it in fibroiditis, you may manifest it in lupus or rheumatoid arthritis.

So the immune system will continue to try to express itself, because that's its job. So you can decrease it, you can minimize it, but you can never turn it off.

And if you find that you cheat and you have a problem, if you have a little problem, then that's an indicator. If you have a big reaction with your eczema, then that's clearly you're much more vulnerable.

And the problem then becomes is that the problem in general shrinks, becomes less and less and less severe, then you think you're better. We are all hopeful.

So you're saying, like, it doesn't truly get better, or it doesn't truly get resolved. It gets calmed down. It doesn't get cured, right? Because the purpose of the immune system is to protect you for the rest of your life.

And as a child, there's something called the hygiene hypothesis. Children that are raised in environments that are very, very clean are vulnerable. Right.

The rule of thumb is that if it doesn't kill you, it'll make you stronger. Right? So all these infections that children have are very, very important because if you get an infection that a child would have, children get over them usually much faster, much better.

And same infection, chickenpox in an adult is a whole lot different than chickenpox in a kid. Right. Right? Because kids are immune to them, they're so robust.

they get over these things, typically most kids, not all kids, clearly not all kids, but most kids get better and they develop a memory for the rest of their life.

We do testing last year, you know, we do what we can via all the inputs that you have control over because that's a lot, you know, in your child's life it's everything.

So there's a lot of kids that can calm down these systems and you know and we don't even have to move into testing and you give it a few months and just let your body relax and then there's the kids that are seemingly allergic to everything and like just outside in general.

I remember those kids that were like the chart is all red or yellow or you know whatever color that happens to be in the chart system that you're using.

Right. They are so overwhelmed their immune system is so hot. Even small molecules, this is where things gang up on you. You got a reaction initially from dairy, and that created some gut permeability issues.

Then other foods came in coattail behind the dairy, and then you developed another problem because of that, and so on. So what happens then, when do children get primarily introduced to food sensitivities?

What age would you say? I mean, six months-ish, but I would say before that, because it depends on what the mother is eating. Exactly. Exactly. So the mother is not going to give the child, the baby, the fetus, basically superficial allergies.

It's not going to be IgA. Right. It's going to be IgG because it's in the bloodstream going into the body of the baby. And so the mother's food sensitivity then transfer to the baby.

So the mother's vulnerability to the genetics does, but also the actual IgG, IgA, IgM reactions for the baby. So those babies who were born essentially they're born with allergies they were born because they were exposed to gyro either to the food so if the mother ate a lot of dairy right and the mother develops some sensitivities to it or in this case the fetus is going to get some of those sensitivities and because they're already primed in a sense in utero it's very easy for them to develop a problem out when the baby's born and usually it will develop within a month of being born if they're born because you get kids who are basically breastfeeding or bottle feeding when they're a week old two weeks old.

So what do we think, kids, when they were very young? Well, breast milk, if you're breastfeeding. Of course. In which case, the mother, the breast milk is almost completely transparent to the food.

It can go into the bloodstream, and so those antigens are already there in the bloodstream, and the mother's passing that on to the fetus, to the baby, in this case, the newborn.

Right. So there's lots of ways these things eventually evolve to produce a challenge. and separate spaghetti, unscrambling the scrambled eggs becomes very difficult.

Yeah. Yeah. So when you're in that boat, right? I mean, people listening, they're so researched, they're so in tune, they haven't eaten gluten and dairy and all the things for years, right?

I mean, it's been out for a decade and they're still experiencing these problems and their kids are still experiencing these problems. I mean, what can you do to start to calm that system down?

My opinion is pretty strong in children who have these kinds of issues. that they need to have the testing. I've done elimination diets of all kinds over the years, and they routinely fail.

And when I see a chart that has dairy and eggs with huge reactions, well, then it knows clearly to be eliminated. But what you have behind it is you may have a little bit of peanuts, you have a little almonds, you have a little carrots, you have a little celery.

I think that you would not normally even think to cause food allergies or sensitivities. Amazingly, celery can cause allergies. Mm-hmm. Mm-hmm. I've seen it.

Right? That's what? Salary? There's nothing in celery except water and crunchiness. Yep, I know. If you don't do the testing, you'll never know that there's a little bit of celery problem here.

And if that child takes dairy and eats some celery, double wang. Right. That child eats carrots and almonds and celery, and all of them are very little reacting.

They gang up on you. A little bit of this and a little bit of that is enough to cause a big problem. The testing reveals that to you because then what happens is you can then figure it out.

If you combine foods, a big problem we have is that we combine foods. We don't just eat dairy. We don't just eat celery. We don't just eat beef. We're usually combining all kinds of foods in the same meal.

There are some people in foreign countries who believe that we should be basically monoatomic. one atom one type of atom molecule we should only eat one thing at a meal interesting yep right for that very reason yeah and if you're eating a lot of things you don't know what's causing the problem of course and it's very difficult to figure out It is.

When you've been doing this, like we start out and, you know, you take out the immediate things, the things, of course, the gluten, the dairy, the sugar, the known inflammatory sugars, and for eczema specifically, nuts and eggs and just like naturally high histamine foods and foods naturally high in food chemicals, like.

chocolate, things of that nature. So do that. Give your immune system a little bit of breathing room. But when your issues are still long-standing, like that's when we go in.

Because sometimes we're dealing with babies that are under 12 months, you know? And so the testing options for them aren't a lot. And like you said, it's very expensive and for some very traumatic, you know, when you're doing blood draws and things like that.

We've saved that as the very, very last base just for all the reasons. But you're saying anything that shows up on that IGG and IGA. And IGA, yeah. we do both, then that's with you for life, no matter what you do.

You could decrease it, but it's with you for life. Your body remembers that molecule inside the body, because it didn't belong there. Okay. So next time it comes in there, the body says, out of here.

Yeah. It sets up a reaction to it. So again, you can minimize, you can decrease it, and you can be able to heal the gut so that you don't get new things happening, or you don't get that fluid now becoming wicked, Causing a wicked reaction.

So the reaction is less because they've got wall is protected It's impervious right next round. They're stressed Next

time they have gastroenteritis So maybe one of the things that we should be doing is kids that should have gastroenteritis.

We should be nasty They should not be putting food in their mouths except for very very minimal like their brat diet Yeah, the bananas I'm generally very, very safe.

Right. There are a lot of kids that I had who had a huge series of allergy problems. All they could tolerate was rice. That's sad. They were on a rice diet and they got better.

But again, can you completely eliminate it? I want to be optimistic and say you can, but I think what you have to do is they have to be wary. Right. You're right.

Right. And spend the time calming down the system, repairing. Primarily first, that's correct. Yes. Then go into repair. And yes, those food reintroductions.

And repair is a lifetime. Right. The food reintroductions need to wait because the system is just already taxed and It is sad. It is sad that we're having this conversation, you know, that people are listening.

It's like, yeah, we're there and these kids are so young and already having to deal with this, but that's..

Why food reactions can persist for life

. okay, right? Like through testing and through the work that you and I do, you know, you can see the path forward. And it's not that limiting. It's okay.

It's basic. You start with real whole food and it's not at all like calorie restrictive because you can't really live on a rice. You're not going to get the nutrients that you need on a rice diet.

And feeding is so stressful and hard to manage. guess a big part of our work here is is food combining as well like proper food combining you know and in the west in general as like you said it's completely neglected right like we eat a ton of things and it's just we're not even given us we're not we're not limited but you know there are many many cultures pure eskimo what do you eat fish seafood and blubber a lot of blubber They eat whale meat.

Right. A lot of it. So their diet is very, very restrictive, but there are lots of cultures around the planet as well who live in the desert. What can you eat in the desert?

What can you grow in the desert? Cactus. Well, whatever. And then you maybe find some crickets occasionally. So the point is that we are blessed and cursed by having plenty.

by having a lot of variety. And unfortunately, because we have a lot of variety, then it's harder to detect the culprits. It is. Especially when they're combined.

Yeah. But if you talk about the gut, one of the reasons we're talking is because I'm a specialist in PMS therapy, is what do PMS do? Please tell us. The first thing, never mind the eczema, that's important.

The first thing PMS will do is to heal the lining. No way. Yes. So, PNF therapy is not going to cause your microbiome to become balanced because that's what it does.

It causes the microbiome to become balanced because it heals the gut. And then a microbiome, once the gut is healed, the gut will produce the microbiome that it needs.

Because there's, you know, about 300,000, well, 3,000 of these varieties of bacteria in our guts. If I give a child or I give somebody, say, 10 billion units of probiotics, But you have 3,000 types of bacteria in your gut.

Right. Then what am I doing? Shortchanging them. I am giving them a select number of bacteria. And those

bacteria that I just gave you. are not broad spectrum enough.

They're narrow. And as a result, what do they do? They upset the microbiome further. Right? You understand, right? You're not doing the full spectrum, letting the body choose what it needs, and you're kind of forcing it into a direction, a certain direction where you're now going to change the microbiome, and you're going to have a different microbiome, but it's still not a normal microbiome.

We're nowhere near figuring out what the microbiome is and what the deficiencies are and how to replace them properly and so on. So we're still very crude in what we're doing with the microbiome.

My point is that the good thing about PMF therapy, it doesn't care what the bacteria are. It doesn't care what the microbiome is, right? What then, did you heal it?

you restore it, you rebalance it, give it more defenses, allow it to defend itself better because when the immune system of the gut is stronger, right, then it has better defense.

Yeah, yeah, of course. So can we zoom out a little bit more so you can state it simply for everyone listening and myself who don't know a lot about PMF at all, just what is it in playing language and what is it actually doing inside the body?

Well, very important. Thank you for that intro question, because that's really key. And we make a distinction between EMFs and PEEMFs. Okay. All right.

So everybody worried about EMFs. Of course. Telephones and Wi-Fi and all that. So EMFs are human made. EMFs are what we call open loop. They're broadcast in the environment.

They go in one direction. They just keep on going. Right, like light. This is broadcast, it just keeps on going. PEMFs are pulsed electromagnetic fields.

So a pulsed electromagnetic field is created by current flowing through a wire. If you have a machine that's got leads from it, right, and those leads at the end are attached to a coil that then helps the body heal itself.

So you can think of, say, this as a coil. This is not a magnetic coil, but it can function like that. So basically, you could take a wire, put the wire into this coil, and then that becomes a magnetic field.

Okay. So the magnetic field then through the wire, the current goes through the wire and then goes into a coil that's inside here that's wound. Okay. And that wound coil of copper typically could be aluminum, could be metal, could be steel, but basically it's copper.

And that produces a magnetic field that basically pulses in and out. of the coil. So if you look at my picture, the picture here is like that. So it goes out and collapses back on itself.

Goes out and collapses back on itself. So every pulse of the current produces the pulse of magnetic field in the opposite direction. Interesting. Magnetic field is perpendicular to the current, to the flow of the current, right?

Okay. So in effect, it could be like a fish flowing in the water while you have waves. Waves are the electrical current and the fish flowing opposite to the current of the water produces the magnetic field.

So that magnetic field then goes into the body. The body is irrelevant to a magnetic field. The body is like air to a magnetic field. Really? Yeah, so I've actually tested it.

So I take the coil, let's say this is the coil, and I have a tester over here. Okay. We put them together so that my other hand is a tester, narrow picture.

So what happens is if I have a magnetic field and I put that towards the body, then that's air. If I take the body out

of the picture and I still have the magnetic field going towards the body, then what happens is that there's no difference in the measurements.

Zero. Interesting. Right, so essentially the body is completely transparent to magnetic fields. So that's the analogy that I use. Magnetic fields are like wind.

Okay. You don't know, you can't see it, right? You could see the leaves moving, or the tree moving, but we can't see the wind. You just know it's there because the leaves are moving.

And you can feel it. When something happens to the body, and the magnetic field goes through the body, completely through the body, as it passes through, it's like the wind in the trees.

Interesting. The wind is moving through the tree, but it keeps on going. It doesn't stop at the tree. It keeps on going. Okay. Right? So that magnetic field then basically, as it passes through the body, is moving the jiggling things, moving things.

So it's creating charge. It's creating energy in the tissues of the body. So magnetic field can increase the energy in the body by upwards of 20 to 50%. No way.

How PEMF works in the body

So if you have more energy in the body, what can you do with it? Repair. Whatever you want. or whatever you can do. Right, right, right. Your skin is gonna be reacting like skin.

Bones are gonna react like bones. Brain is gonna react like brain. Teeth are gonna react like teeth. So every tissue has its own reactivity to that increased energy that's now moving through that tissue.

So what the body does is says, okay, I got more energy. What can I do with this increased energy? It's gonna be smarter. It's gonna have more circulation.

It's gonna work faster. Muscles are gonna work better. stronger and longer. So all the things in our body basically get amped up. So essentially you're amping it up by about 20% at least.

Interesting. So that increased energy then is used by the body for whatever the body wants. The body decides. The magnetic field doesn't decide. Right.

The body decides. So I got more energy, now the body says I got more energy. Now what can I do with this energy? So if you happen to have a skin lesion, and you put a magnetic field through that skin lesion, then the skin tissue wakes up, energizes.

And then what can I do with that? It repairs. Right. And it also becomes more resistant. So if I scratch myself, and I put a magnetic field on it, the body will heal it faster.

I'll give you an example. This doesn't have anything to do with the eczema, but eczema is one of the conditions that's been studied with magnetic flow therapy, including psoriasis.

The skin lesions in general, vitiligo, all kinds of inflammatory skin problems, the body then has more energy to deal with it. You have to heal it. It has a decreased inflammation.

So the key, one of the key elements of PMF therapy is to heal inflammation, regardless of the tissue. So the body begins to heal itself. So with eczema, then magnetic field therapy then basically decreases the inflammation in the eczema.

But if you don't eliminate the cause, they're just pouring gasoline on the fire. You may not have as bad, the eczema may not be as bad, but you still have to get rid of the cause as much as you possibly can.

Of course. Whether it's the skin or whether it's the bones. So a wound on its own, I should have a personal attitude. I had an appendectomy. And I had a small magnet.

It was something like this. And I put one coil. I had two coils and I had three stab wounds. It was a robotic procedure. Okay. So laparoscopic. So they create three stab wounds to be able to manipulate the tissues to be able to remove the appendix to do the surgery.

So I put two magnets, two coils on two of the wounds, one of them I left as the control. So I didn't do magnetic therapy on that third one. I had my procedure done on Friday, noon.

I treated my skin, basically those wounds, 24-7 for the next three days. I was back at work on Monday. No way. So can you target like what systems of the body you want to utilize this increased energy or it's just like up to the body to see what's most necessary?

It's where you aim it. Okay. All right. So if a magnetic field, say this is the source of the magnetic field, the magnetic field is all around it, three dimensional.

So when I put this up against the body of the skin, it's going to get the skin, but it's also going to get the air on the other side of the body. So what happens then is whatever this coil is up against is going to get the most amount of magnetic field.

And then the body says, OK, I have more energy. What am I going to do with this energy? Oh, I've got some inflammation here, or I've got a cut here, or I've got a break fracture here.

So all of a sudden the body says, OK, I have more energy to do more work. body will do the work it can do on its own no matter what right but if it's got 20 more energy or 30 more energy yeah it'll do everything it wants to do better faster yeah right that's the nature of magnetic field wow So if you are targeting full-body eczema, would you recommend just moving it around to different hot spots around your body?

Practically speaking, you need to have a certain amount of stimulation for a certain amount of time, because again, the body is doing the work. In order to reduce inflammation, if you burn yourself, the body is going to try to heal itself.

It will take whatever time it has, depending on the resources it has, to do the healing. If I stimulate it by 20 or 30%, have I healed it instantly? No.

Because the body has to do the work. Right. So you have to give the body the time, you have to give it the resources, the amount of stimulation that it needs until the job is done.

I'll give you another example. I had a little girl. Three, oh, cut off the end of her thumb. It'll go down. Uh-huh. Lens it right off. Awesome. Father called me before the surgeons had at it.

Uh-huh. And I said, just throw it back on. Throw the piece back on. Blood splines off. But throw it back on and it'll serve as a bandage and serve as a reservoir of tissue that the body may be able to use.

So first of all, it's a bandage that covers the wound. Of course. We treated her for an hour to an hour and a half a day with a small PEMF device. Uh-huh.

an hour to an hour and a half a day. 12 weeks later, she's regrowing her nail. Wow. No way. Can you imagine? No. I have pictures in my book, my first book called Power Tools for Health.

I actually have pictures of the little girl's thumb regenerating over the 12 weeks. Wow. I'm so excited. Can an adult do that? No, I don't think so. Not as efficiently, but yeah.

No, they can't do that. Like regrowth. Yeah, sure. Okay. Well, we have salamander genes. Okay. Right. But your

salamander genes are being suppressed by all your other genes until probably around age of 10 or 12. Okay.

So early on, I think she was three years old. She had the genetics to be able to manipulate her body's healing capacity. You're doing everything right.

You've cleaned up the diet. You've swapped out the soaps. You've put air filters in every room. Maybe you even live on an organic farm. And still your child is scratching, bleeding, awake all night.

The flares won't stop and no one can tell you why. No parent should have to watch their child suffer, especially when you're already doing everything in your power to fix it.

That's why I created the eczema kids podcast. I'm Andrea McHugh, mama for health coach and the founder of eczema kits. Two of my own children battled with relentless eczema and I know firsthand how heartbreaking and exhausting it is.

Here we go beyond surface level fixes. You'll learn how to uncover hidden triggers. Prepare your child's gut and calm their skin from the inside out. You'll hear the real stories of families who found freedom and insights from practitioners who are rewriting what's possible.

Because eczema isn't just a skin condition, it's a message from the body. And when you listen, you can heal. So follow eczema kits wherever you get your podcasts and start your child's healing journey today.

That's so interesting. So I'm so excited about this like selfishly. I mean, I shattered my leg like five months ago and they put a rod through my knee and I have plates and screws.

And so it's still painful. And I said a year, but so it sounds like this would, yeah. It would heal much faster. So how does it deal with scar tissue?

I mean, does it just aggregate scar tissue quicker? A scar is still a scar. A scar is the body's ability to be able to deal with that injury. It doesn't always replace the injured tissue with the original tissue.

Because it's got to heal it fast. Because healing it fast, it's remodeling that tissue using whatever resources it can to remodel the tissue. That means you create a scar.

The scar is basically trying to bridge a gap, but it's not the normal skin tissue. It's there to bridge the gap. Right. Like your bones. Yeah. Right. You're using rods and screws and one of the plates and so on to help the bone be stable.

So you can keep using your body. Otherwise, what you're doing is you're relying on the body, the ability to heal itself quick enough and well enough that you can't hurt yourself further with the fracture tissue that you have.

Right. So we use that equipment to create a faster healing response and also to protect you, but it's not normal tissue. So you still have rods and screws in the bones.

And what do they do with the bones? I don't know. Their body's trying to reject it. Oh, yeah. Right? But I don't like it. Right? You don't belong here.

I tolerate you because I don't have a choice, but I'd rather you weren't here at all. Yeah, that's right. For you, anybody, any human with any kind of hardware in their body, if you have a needle stuck in a muscle, for example, your body's going to try to reject it.

Right. We see that all the time that eventually the body works the needle out. Interesting. Not always successfully, not always well, but at least works the needle out.

So PMF therapy helps the body to heal you and protect you, but it doesn't necessarily do it in a way that's natural.

Right. Which is okay. Which is okay.

Temporarily, that's okay. Adults don't heal as well as kids clearly. Yep. Right? Kids heal much faster. They have better genetics. Infantile genetics.

The genetics hasn't gotten older. genetics hasn't learned that you're limited, right? And so on. Yep. All right. So I, another anecdote is my wife, I should broke her toe.

her little toe. Oops, where's the camera? There. She broke her little toe, right? Yep. And so I said, okay, and let's buddy tape it, which is what we normally do in medicine, buddy tape the toe.

Yep. So the, the, the neighboring toe serves as a splint to the broken toe. Right. And I would put them in platform shoes so that they'll bend the joint.

Right. And then you rest and elevate and do all the things that you have to do to keep that wound. Okay. Well, I put her in the same magnet that I did for the three-year-old, same magnetic shift that I did for the three-year-old.

She did it around noontime, had her use it for 24-7 till the next morning. Pain's gone, bruising's gone, swelling's all gone. Wow. You couldn't tell. It's a bone, so it wasn't protruding through the skin.

Right. Then I had her do it for another 24 hours, and normally it takes four to six weeks to heal a fracture. Uh-huh. She had one of the small bones. A day later, first 12 hours, swelling, bruising, and so on is gone.

Pain is gone. Another 24 hours of treatment, swelling is still gone, bruising is still gone, pain is gone, essentially eliminated. She walked a mile in tennis shoes.

Did treatment for another 24 hours, walked three miles in tennis shoes, and then she was done.

Healing injuries, scars, and tissue repair

Wow. So, I mean, you've sold us, we're believers, but you're saying it heals, you know, it helps us heal unnaturally. So I have to ask, then, are there any deleterious effects of using this therapy?

Yes, there is. I warn people regularly. They get the urge to put on a cape. And I say, it's okay. You can wear as many capes as you want. I don't care what the flavors or the colors or what they do.

But if you get the urge to jump over something tall, call me first. The good thing is now there are magnetic fields that are designed to burn tissue. There are most magnetic fields that we work with that are basically healing magnetic fields are extraordinarily safe.

the body's injured. And when you're putting a magnetic field through tissue that's injured or inflamed or needs to heal itself, the body has to have the ability to do that.

And so, and if that's thinking it this way, you're learning to run a marathon. You're going to run a marathon. Can you get off the couch and run a marathon right away?

No, you got to train. No, exactly. Took my words out of my mouth. You got to train. So how fast can you train? It's a gradual process. But everybody's different, right?

A 70-year-old is going to train versus a 20-year-old who's going to train. It's a big difference. So what you do is you have to acknowledge the body's capacity to be able to do the work it needs to do.

In the meantime, you don't go stupid. So I had a goalie, a hockey goalie, who lost his scholarship. because he injured his groin. For two years, he was dealing with physical therapy, doing all kinds of things for two years.

And finally, I gave him a magnetic system. Within two weeks, gone, pain was gone. And because he was basically a teen or a young adult, he was energetic.

And he got a bullet head and take on the world again. He's going to go back and play hockey again. So he overtrained. And he was worse off than he was before.

So his body wasn't ready for that amount of demand. So essential therapy is basically demanding your body, causing your body to have to do the work. And it has to be ready to do the work.

So you have to go low and slow. You have to gradually increase the amount of energy that you're doing and gradually increase the amount of time. And you may have to treat more than one area of the body, depending on the magnetic system you have.

So we've got to give the body time. That's the biggest risk. And we're in a rush. We're in a hurry. We're trying to do more than we should for what the body is actually capable of.

Yep. Right. So it's not a panacea. It's magic. It can be magical, like the girl regrowing her thumb. But we have that common sense. Not typical results.

Got it. So, right, so yes, you're saying you can't ignore the regular things that we're doing. You have to eat well, you have to sleep well, you have to eliminate well, you have to do all of those things preceding this type of therapy and continue.

And if your body's telling you that, okay, I'm being more active now because I'm feeling better, because I have less pain, and I have more mobility, I have more joint action going on, then say, okay, fine, how much can I push this?

So if you're working with a trainer, if you're an athlete and you're working with a trainer and you got injured, What are they trying to do? Treatment.

Then after the treatment, the trainer says, let's test the tissue. Let's test the joint. Let's test the muscle. Let's see what we can do. Are we ready to go back to bigger work, more work?

And so the testing then determines whether you should continue change the treatment or you're done. We have to do the same thing with magnetic field therapy.

So that's the risk. Almost impossible to do harm with PMF therapy except for overdoing things too fast. We're using high intensity, very high intensity magnetic fields to the brain.

So that little girl with the thumb, the magnetic system that we were using for that thumb was about 200 gauss. So gauss is G-A-U-S-S. That's the measure of the intensity of the magnetic field.

The Earth's magnetic field is about half a Gauss. Okay. All right? So we're using machines now to people's brains to treat treatment resistant depression that are 13,000 Gauss.

Oh, wow. Right? And then you may have to be careful about how fast you go, how much you do at one time. So you have to gradually increase the treatment time.

Right. Magnetic fields are amazing, obviously. And that's one of the reasons I've been working with magnetic fields for 35 years. And it works. Okay, two questions.

One, I want to know how you got into this, but two, okay, so you, you said that, right, it's a different kind of tissue. Like once you, when you heal or I guess like rebuild the structure, like the, the tissue's different than it was before.

And so I'm wondering. Well, it isn't, it's still the same tissue. Okay. Right. It's just, it's just that big repair work tissue. Right. So in other words, you're not going to regrow for a bone, right, your bone that you broke.

You're not going to regrow brain tissue. It's still skin and ligaments and muscles and bones and so on. It's still that tissue. So it's not going to change that tissue, but it's going to make that tissue work better harder because the tissue's job is to preserve itself.

Skin is trying to preserve itself. It's got the DNA to say skin. as opposed to the DNA to say it's muscle or that it's blood vessels or nerves, et cetera.

So as long as the body is keeping its own compartments the way it should be, then those compartments then heal at the rate they can and how they can. Okay.

The body, the control. Got it. So it's about stimulating the body to help it self-regulate in return to balance. To balance it to whatever normal is under the circumstances.

Yeah. Okay. You and normally a 70-year-old, they're going to be different. Uh-huh. Uh-huh. Of course. That's great news. Sure. So what about, I guess, how does this work?

How do these fields impact the nervous system? Well, in a sense, no different. So the nervous system, of course, is sensitive to frequencies, for example.

So listening to Bach versus listening to heavy metal or to rap, your nervous system is going to be reacting differently to each of those types of stimuli, right?

So the nervous system has its own healing capacity. It will regenerate as well to the extent that it can't. But it's nervous system regeneration, nervous system tissue that's regenerating.

So skin regenerates much faster. Nerves, if I cut my finger here, just behind my thumb, just behind my joint rather, just the nail. I cut a nerve there in that finger.

There's four nerves in a finger. two up and two down. When you cut through the nerve, that nerve has been disrupted, right? Right. It's no longer able to do the work it's supposed to do because it's been cut through.

Well, the nerve is going to try to regenerate itself. Body tries to regenerate damage. Nerves regenerate at around a millimeter a month. Okay. So if I want to go from the end of my finger to the fingertip from the first joint, It's going to take that many millimeters, months, basically, to regenerate, if it can't.

The nerves cut through completely. It will try to regenerate itself, but the regenerated nerve is no longer a normal nerve. It's going to try to regenerate itself, but it may not do a good job.

The nerves are sprouting in different directions. It's trying to get the whole thing back together again. But in the meantime, you're living. And you're doing all the things that you would normally do to that finger, which means that you're like a broken bone.

you have to leave it be to do the work it needs to do. And don't, A, re-injure it, don't stress it. Yeah. So it will regenerate. But nerves do not regenerate completely, do not regenerate well, and they are very, very slow to regenerate.

OK. They do the brain. So if you have allergies of the brain, I had two little kids brought to me by the mother, and they were like, oh, five or six. And they were jabbering away, just jabbering away.

I couldn't understand a thing they said. But they were engaged. They were looking at me. They want to talk. They want to communicate. And they were jabbering, nonsense.

And I asked the mother, do you understand what they're saying? She says, sometimes. Turns out I tested them for food sensitivities. Turns out they had dairy eggs and gluten.

Stopped the foods. You can understand what they were saying. They cheated, but right back. So what they had is they had allergic encephalitis. their brains were having an allergy response to those foods.

Interesting. Interesting. That's an example of how food allergies can affect virtually any organ system or fatalities, including the brain. Yeah, I mean, right?

Like autism and eczema, I mean, it's basically on the same spectrum, right? And yeah. Largely essentially the same, and well, they are. And so autism is, in a sense, a certain dysfunction of the brain, right?

So let's call it on the spectrum. So there's something going on functioning in the brain, whether it's toxins, whether it's an allergic reaction of some kind to a food, whether it's a virus.

So kids, autism doesn't normally begin until later in the early childhood, right?

Safety, dosing, and using PEMF wisely

Because identified at age two, age three, doesn't happen at birth. It does sometimes, but most of the time it takes time to develop. So what's causing it to take time to develop?

Several factors. One is that there's an accumulation of damage over time, which may get worse and worse and worse and worse. or it's a developmental component.

So some parts of the brain are affected earlier than others because of the degree to which they're affected. So allergy can be a major cause of food sensitivity.

So one of the first things I would do with an autistic child is do food sensitivity testing. to see which foods may be contributing to it. But it may not be foods.

Again, it could be viruses. They had a virus, they got herpes simplex. Babies born to mothers who have gentle herpes often get herpes through the breath canal.

So they could be affected by the virus and so on. So again, it can be pretty complex. Yeah. to the parents that are listening right now and they've just felt like, I don't know if we can heal, if my child's body or their own body has even lost its ability to heal.

Like, where do you see PMF like fitting into that? Children, I think you always have to expect the fact that children are going to heal. But you may not be able to expect the fact that adults are going to heal, right?

But children, like that little girl with a thumb, have an amazing capacity to heal, given the chance. You don't be pouring gasoline out of the fire, right?

And then put water on the fire. Why are you pouring gasoline on the fire? Which one's going to win? Right. You're sure. Yeah. If you add more gasoline, it's just going to exacerbate 10 times faster.

Yeah. Yeah. So you can never predict. So you have to eliminate the confounding factors. You have to eliminate the factors that are contributing to the problem in the first place.

Yep. To the extent that they possibly can. At least reduce the burden. Right. Yes, absolutely. And there's so much you can do. So is this something that you can do at home?

Do you send your clients with a device for home use or do you supervise or how do you do this? All right. So my website is drpauluk.com. e-r-p-a-w-l-u-k dot com.

I have a huge number of devices that we talk about. I talk about all kinds of health conditions on the website, so there's a ton of information. To the books, probably the book that most people really would get the most benefit

from is called Supercharger Health.

And that one is basically a manual. And the other book, Power Tools for Health, I originally wrote that book to provide the science behind why magnetic fields work, how they work, and all the different conditions they can have.

If you're a geek, and you really want to geek out on the science, I would get that book. That book is not as practical, so often people get both books.

Okay. And so the Supercharger Health book has protocols for about 50 different health conditions. So it's a guide then essentially how to use PMF therapy.

In the long run, if you're healing a thumb, like that little girl did, what does healing have done? Right. Are adults ever healed? I would say no. I would say no too.

It's like you're never done. You're never done. You're always in need of stimulation and support for whatever's going on in the body because we all have inflammation and now we're calling it aging, inflammation.

Yeah. All right. So aging is an inflammatory process. So we could all be using PMF therapy every day, every day. Okay. So think of it this way. We have a hundred trillion cells in our bodies.

Right. Right. Yep. And every cell has about a million biochemical processes per second. Uh-huh. So how much treatment time do we need? Infinite. Well, but time is finite, sorry, so we have to limit how much we're going to be spending doing this treatment.

What do you recommend? If you do the treatment all night long, that's the easiest way to do it. Okay. Wear it, and if it runs for hours at a time, that's one of the easiest ways to do it.

Most people, for most conditions, only have a certain amount of time to be able to treat it, especially to treat your whole body. Of course. For anti-aging, what you do is use whole body.

If you have an autoimmune disorder, whole body. Yep. We check some eyes. Food allergies are not just the brain and not just the skin. They're the whole body essentially.

So ideally you do the whole body because then if you're strengthening one part of the body even though it doesn't need treatment, you're strengthening it which means it becomes resistant to whatever else is going on elsewhere in the body.

It's going to be able to preserve balance better and recovery better and resistance to break down and the need for repair better. So ideally you should be treating as often as you need to help that tissue.

We can't be thinking magically about magnetic fields. It's a practical solution. It's a physical therapy, right? It's a magic therapy. It's causing the body to do the work.

But the body can do an amazing job, like that little girl. So you have to do it regularly. And the idea that you pick the right system for what you need.

For a child with cold body, actually, you need a whole body treatment. If the child only has an extra mile of her hand, then maybe you can get away with just treating the hand.

And you have to keep in mind, where else is this fluid sensitivity traveling to? Of course. Where else involved? Do you get most success for this kind of stuff, like on lymph-dense areas of the body?

Like how do you treat that? It doesn't matter. It doesn't matter. Whatever tissue is in the magnetic field is going to get one-hour stimulation that tissue needs.

So yes, if you want to focus on the lymphatics, you can do that. Where's the lymph system? Well, groin and neck and spine and feet. Everywhere. Yep. The whole body has a lymphatic system.

So all the lymph nodes in the body need help. Basically, if you're dealing with a more systemic, certainly if you're dealing with infection. So depending on the tissue, in the long run, you're best off with whole body.

If you can't afford whole body, because the whole body systems tend to be more expensive. So for that little girl's thumb, that machine happened to be around $400. $500. Most whole body systems are a minimum of $1,200, $1,500. Okay.

Right? And the key thing is that when somebody buys a PNMF system, they don't own it. The house owns it. Oh, really? Yeah, that's true. Anybody can use it.

And who can't use it? Who can't need it? Right. We all need it every day. Your bones need it. I bet you if you started using magnetic field therapy to your skeleton, to where you did your fractures, you might be amazed.

I mean, I have to try because I'm so intrigued. That's all you can do. You can try it. Yeah. Oh my goodness. Dr. Pollack, I feel like I could ask you 80 more questions, but I want to respect your time.

I could talk to you forever, but I guess as somebody listening to this conversation now, what do you want these parents to take away from this conversation?

Well, we started with eczema, so he said the problem with eczema is getting rid of the cause as much as you possibly can, because otherwise you're pouring gasoline on the fire, right?

So get rid of the cause if you can, help the body to heal itself faster. So if you have a chronic problem, a chronic eczema problem, you have to heal the skin, but you also have to remove the cause.

You really need a dual approach.

Nervous system effects and broader applications

I'm trying to be holistic in the way I think. So you not only have to say, okay, what's the problem that I'm dealing with, eczema, but what's the cause?

It's flu sensitivity and genetics and bad behavior. All these factors have to be taken into account to the extent you can. So we have to think holistically.

The magnetic field therapy is one solution, but if you keep pouring gasoline on a fire, then you're never going to be able to heal that tissue. Right.

Right. So, common sense as well. If you read the books, people are very interested in magnetic field therapy because of all the amazing amount of benefit from it.

Then you'll find all kinds of things that you might find that you would benefit from. Now, when you buy a magnetic system, the house doesn't own it either.

Everybody in the house, including the dogs, the cats, and the plants. if it even improves the growth of plaques with magnetic totality. No way. Oh my goodness.

This has just been such a grounding and clarifying discussion. Thank you so much. I will link all of that in the show notes. I'm getting your book right now.

I'm sorry I wasn't able to read it before this conversation, but like I cannot wait to read and dive in deeper and there will be so many follow-up questions.

I feel like we're going to have to have a round two, but Well, I'm glad to have it around, too. And if you're more educated and some of the listeners are more educated the next time we talk, then it may make more sense.

Absolutely. Absolutely. Tell everyone your website and where to just find and follow you, and I'll let you go. Well, everything's pretty well done on the website.

I have a huge number of interviews with all kinds of practitioners of different kinds because chemotherapy does so many different things. How can you constrain it?

Right. Right. So I look forward to another conversation and we'll go take the discussion even further. And I love treating kids. Magnesial therapy is not used enough in kids.

Yeah. They have a much better capacity to heal. Kids need the help. That's why we're here. I have to ask then, why has this not become mainstream? Why isn't this one of the first line of defenses if it has no deleterious effects and it could be used on everybody and it helps your body get more energy by 20 to 30 percent?

Why wouldn't this be the first thing mentioned? Why do you think? Money, I know it's a trick question. They thought it's your question. It's not just money.

Money is absolutely a big part of this. It's also a system, the mathematical system has a way of doing things, has a way of thinking, has a way of thinking about causation, has a way of thinking about solutions.

right and the solutions are controlled by the government largely because you have to go to the FDA to get approval so the government can say aha you can use this for eczema right right otherwise you're taking a guess on your own now fortunately this system is there's no harm in guessing typically all you can do basically is waste your money Right.

Right. But that's, it's still going to help you. It may weight your money for the problem that you try to use it for. Yeah. That you have the right system for the problem.

The big three reasons fundamentally I say that why doctors have not embraced it other than the fact that they don't get educated about it. One is ignorance.

they just don't know about it. Nobody told them about it. But I know doctors who, when they get a book and they're showing the science, they still refuse to look at it.

So ignorance is not only, not knowing about it, ignorance is I don't want to know about it. Sure. I'd put that in his memory. I know what I know. I'm comfortable with what I know.

I know who I am. Don't bond me with extraneous things. The second major reason why is arrogance. I was at Johns Hopkins. I was a faculty member at Johns Hopkins.

I know what arrogance is. Right? If it's not developed at Hopkins, it's not real. Right. So I'm familiar with that concept as well. The third aspect of it is what you were referring to, Mike.

Yeah. I know orthopedic surgeons who have lost 50% of their income when they started doing magnetic field therapy. I mean, I just, yep, cannot believe that my orthopedic surgeon, no mention of this.

Yeah. Of course not, but actually orthopedic surgeons do use this technology. They do use it for fractures that won't heal. It's been approved now for over 25 years.

There are magnetic systems that are FDA approved for healing fractures that won't heal. called delayed unions or non-union.

Closing takeaways and next steps

But somehow, for some reason, the doctors think it's kind of limited to that thing. If it's not a non-union, it doesn't work or I just don't believe in it.

That's essentially what they say in their mind. If they really understood why it worked, how it worked, then we'd be a lot better off. Right. There's a company that makes the magnetic field for non-unions who is going to get a new indication from the FDA, applied to the FDA to be able to treat osteoporosis.

Wow. And the FDA said you have to go back and start with animal studies again. It's going to cost you half a billion dollars. No. This is how you turn a $2 hammer into a $20 hammer.

Right? But the science is there for 25 years, but they said, no, you got to start all over again. okay well because of you now we know better so thank you come on let's know better right yeah now we know and let's i mean that's the name of the game it's okay you have to be in charge of yours and your family's health absolutely correct you have to be your own be your own doctor, right?

Your own primary care physician. And that's okay. It's not even like a sad truth. That's just like absolutely what's required. And that's why we do this so that, you know, people have the tools and the support that they need to get over this.

Today, we're amazingly lucky to be able to do this because we have the information out there. It's available. It's accessible. 50 years ago, you had to go to your doctor or your minister or your professor or teacher to get the information.

Right. Because they had it in their hands. Right. Now it's more widely available. So yes, avail yourself of it. Yeah. And your life will get better. We treat all kinds of problems, cancers, diabetes, heart disease, you know, virtually any tissue in the body that needs help can be helped by PMF therapy.

The body is not that efficient. Man. All right. That's a perfect place to leave off. So thank you. Thank you for your time, Dr. Pollack. My pleasure, Abra.

And I look forward to the next time and hopefully we'll only have one screen. Likewise. Take care. Have a great day. God bless and good luck with your bones and your kids.

Thank you. Bye bye. Well, that was fun, wasn't it? Isn't he adorable? This was such an important conversation because the big takeaway here is this, that tools like PEMF can support the body's healing capacity, but they don't replace removing the load that's driving the inflammation in the first place.

The real healing requires addressing the root causes. So if you want to learn more from Dr. Pollock, you can visit drpollock.com and we'll link his books in the show notes so you can dive deeper.

And if this episode resonated with you and you're in the thick of eczema right now, here are your next steps. If your child needs immediate skin relief, start with the Skin Comfort Trio.

That's at eczemakids.com. And if you're ready for a structured personalized path to calm skin and a stable home again, you can book an alignment call there as well.

It'll help you figure out what actually needs to happen next so you can stop guessing and start actually healing. And if this episode helped you, share it with another parent who feels stuck in the flare cycle because no family should have to navigate this alone.

If this podcast is helping you at all, I would love a review. It makes my day. And if you do submit a podcast review, I will reward you with a 30% off coupon for the eczema shop.

Just because it helps the mission so much, I want as many parents as possible to know that healing is possible and you can do it from home. And it doesn't have to cost tens of thousands of dollars.

And I'm so thankful that you are all here for it and on this mission with me. So take care, friends. I will talk to you next week. Thank you for helping with my eczema.

Love you. Thank you 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 eczema kids and finally rest easy too.

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