How to Know If Mold Is Behind Your Child’s Eczema Without Tearing Up Your House with MoldPro John Bohde Transcript

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Intro: Home Environment and Eczema

Hey team, welcome back to the eczema kids podcast. I have to ask you, does your child's eczema get better when you leave your house, if you go on vacation or if you're staying somewhere else and then flare again when you come home?

If so, this episode is absolutely for you. I'm Andrea McHugh. I help families get to the root of chronic eczema. And one of the most common patterns I see is parents doing everything right.

They're changing their food and upgrading their skincare and adding supplements and their child's skin is still stuck because the home environment just hasn't been fully looked at yet.

And this is exactly the kind of situation the eczema elimination method was designed for. It's a transformational one-on-one coaching program that'll get you to the bottom of what's driving your child's eczema, how to reverse it, and then, most importantly, how to maintain healthy, happy skin so that you're not guessing or reacting to every flare that you don't even have to think about eczema anymore.

You can learn more about that in the show notes. But today, friends, I'm joined by John Bode. He's a mold remediation expert with nearly 20 years of experience working at the intersection of indoor environments and human health.

His approach is data-driven and conservative and avoids harsh chemicals first and foremost, which, you know, matters so much for everyone listening, for all families with sensitive kids.

And in this conversation, we're talking about where mold hides when your house looks fine and which tests are actually helpful and which ones have blind spots and then how remediation can be done thoughtfully without immediately jumping into worst case scenarios.

So 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. Hi, John. Welcome to the show. Hey, thanks for having me. Glad to be here. I'm really glad that you're here because you're a mold pro, and this is a space that I think is sometimes overlooked for families dealing with chronic eczema or chronic conditions, but then it's also a space that's really misunderstood once you start to delve into the research.

John Bodeu2019s Path Into Mold Remediation

Before we get into that, I'd love to share a little bit about you and how you got into mold remediation and what led you to focus on indoor environments and health.

Yeah, so great question. It started out many, many years ago. I think we're nearing 20 years in this space. It actually started out when the mortgage crisis, 2007, 2008, we started buying these foreclosed homes.

And those homes wind up having mold issues. And we wouldn't find the best way to address those mold issues. And so we found a company that used enzymes and botanicals.

And so we partnered with them initially as a bit of resource, and that was for houses in Florida, and then we started

out in Kansas City. So we started when as that foreclosure bubble went to the Midwest from the coast, we couldn't find anybody that did a natural remediation.

So we started our own company then and got involved with the healthcare. Dr. Joseph Brewer is a well-published internal medicine specialist or infectious disease specialist that made introductions.

And then we just grown ever since then. So we got into it somewhat serendipitously, but it certainly became a passion and a personal business for us. That's amazing.

So from your experience, are there certain signs or situations that you see again and again that make you think that might be contributing to somebody's unfavorable conditions?

Yeah, you know, one of the first things that we see or oftentimes we hear is that we're in our house and we just don't feel well, whether it's, you know, congestion, it's fatigue, we don't sleep well, et cetera.

We go on vacation and then with the kids, we go to Orlando or somewhere, then we come back and we're fine while we're gone. We come back, we don't feel great again.

So when we're talking with about children issues, that's oftentimes what we see or hear a lot about, but it's, you know, some of that congestion, head cold, some of those types of things could be early telltale signs.

So if you're thinking, I mean, it's one thing to look at a wall and see black spores, but most people aren't in that boat.

Signs Mold May Be Affecting the Family

They're thinking our house looks fine. So if that's where you are, where are the most common places that molds tends to hide where families don't normally check?

That's a pretty common thing, right? So a mold spore is about 0.3 microns. So about one thousandth the size of a human hair. And so you just don't know that it's there.

So molds need really three things to thrive. I'll give you a little bit of mold 101 to try not to bore you to death. But molds need three things to thrive.

It needs a complex carbon compound as a food source. It needs oxygen, just like you and I do. And it needs amount of moisture. And the amount of moisture it needs depends on the type of mold that it is.

So if we think about, and this is a long way around to answering your question, but it's going to be a complete answer. One of the most common places where molds will hide is the HVAC system and the duct work.

We stop and think about these light airborne spores that get sucked into the HVAC system. And that really is the lungs of the house. So it does a couple of things.

It spreads it all throughout, because that's kind of like the highway of the home. The other side of that is that all those three things that molds need to thrive, the moisture, the oxygen, and the complex carbon compound, is in that ductwork.

So that's one place that molds will frequently hide that we don't suspect. Yeah, fair.

Where Mold Hides and Why HVAC Matters

So if you're suspecting that mold might be hiding in the ductwork, like I say that if there's more than one person in your family experiencing autoimmune-like conditions, it's not just one person, but it doesn't have to be eczema, but if there's more than one person, struggling in your home like likely this is a very big contributing factor but you're not

seeing any molds and if you're thinking yeah maybe there's some mold hanging out in our HVAC system I mean how do you go about checking and then remedying that?

Yeah. So we always encourage a really data-driven approach because you can't always see it. And that can sometimes be the challenge. Having a water leak and seeing black or green fuzzy on the wall, that's easy, right?

Everybody gets that. But where is it at throughout the home? And so that's where testing comes into play. There's different types of tests that we could do, and we do some pretty comprehensive testing.

So we do some standardized testing to find, okay, what's the inhalation risk inside the home, whether it's mold or allergens or other things. Find out what everybody's breathing in.

We can do that as well. And then we can get pretty bleeding edge around, okay, do we have toxigenic or pathogenic fungal species, right? So we've always heard toxic molds.

Well, do we have those? Because there's a lot of literature out there that says that these toxic molds can create chronic illness. So one side of things could be the upper respiratory allergy asthma sort of things.

That could be with maybe any mold if someone's susceptible. Then we have molds that are capable of producing these toxins that can create some chronic illness.

And so what we do for our clients is we're able to go in and not just test for overall molds and allergens. We can do that, but we can also test for toxicity species and we can also test to see if they're actually producing toxins.

And if so, which ones and how much? Well, take us through, like, you know, we started with the agar plates, just, you know, and you put out for 12 hours or something and send them back to the lab.

What do you think about those? So usually they use potato dextrose as that food source that we're talking about. And then you can set them out and they look kind of nasty once they start growing.

If yours was positive, it's like, and it certainly grabs people's attention. And to be honest, I think that could be the biggest value of them. As an indoor environmental professional, we don't use those with the exception of we want to understand if molds are cultureable or viable.

So there may be a good, easy starting point, but they have a big blind spot because not all molds, I'll give you an example, like stachybotrys chartreum, which people, you know, black mold, toxic black mold doesn't aerosolize and it doesn't culture very well.

So we can have a lot of stachy inside of a home and it'll never make it onto that auger plane. And the other thing is that they're not as quantitative and I'll explain that.

So if you're doing standardized air sampling, bio aerosol sampling, again without getting too mold nerdy, you calibrate, it's how much air is pumping through 15 liters per minute, how many minutes, so we have maybe 75 liters of air equates out to this much mold.

When you set an auger plate out, you don't have that level of specificity. because airflow factors into it. Is the ceiling fan on in the room? How much air went across that auger plate to get that end result?

Really difficult to determine that. Got it. So what kind of tests do you lead with?

Testing for Mold, Toxins, and Allergens

Yeah, so we think there's not just one test that's kind of the be all, end all. We have actually an upcoming episode on our podcast to talk about some DIY testing, but we think that a really great approach is going to be standardized mold testing, and that's at a genus level.

So for example, all species of Aspergillus, all species of Penicillium, Cladosporum, et cetera. And then if we're concerned with health issues, you know, around chronic illness, like, I mean, issues or things like that, then let's understand, we do DNA testing to help us understand if we have those toxicogenic or pathogenic species.

And then we do the mycotoxin testing as well. On people. No, we do it. No, not at all. So we do it on the environment. So we're strictly, when it comes to environmental illness, we're the environmental side of that, the health care providers, the illness side.

So a lot of the clinicians or practitioners that we work with, they'll run urine tests or IgG tests on their patients. And it says, okay, hey, we have aflatoxins or ocrotoxin A in the system.

Well, where did that come from? That's where we come in to help, you know, those puzzle pieces fit together. 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.

How do these tests work? You're capturing the air. Yeah, so we want to understand there's three pathways for mold exposure, right? So it's going to be inhalation, ingestion, or dermal contact primarily.

So it's important to understand what we're breathing in. So we're going to take air samples as well. When we do some of these polymers chain reaction or DNA tests for the toxigenic or pathogenic species, we'll do a surface sample and we'll collect dust.

Usually we recommend collecting that from the HVAC system. Why? Because it helps us understand what you're breathing in. Also, if we're on top of things as we should be, that filter is probably a 90 day filter.

So it gives us a look back period for the last few months, as opposed to sampling underneath the refrigerator, which can be a seven year core sample, you know, from dust that's occurred over the last, you know, however long it's been.

Right. That's where we sample from. Got it. So if you're thinking, oh goodness, there could be mold lurking in my HVAC system. Do you start with calling you guys or is there an air quality test that you can do on your own and then you call you guys?

Like, what's your first step? Yeah, they're standardized equipment. So the answer to that is yes and yes. So we can actually help out. Some of the basic mold testing requires equipment that most people won't have.

They just won't. We do have some of the polymeric chain reaction or DNA testing for microtoxins. We can help out and we can do it and we do that frequently.

DIY Testing and Environmental Sampling

So if they were to contact the mold pros and they can do that from our website, what we'd like to do is do an intake call and just to kind of understand, hey, what's going on?

Cause there's so many different tests. You know, we do sometimes it's not just mold. Maybe it could be volatile organic compounds or maybe it could be bacteria.

We can test for all those. And so really understanding what the issues are. And then we'll give a recommendation on which test we would recommend for the family or the household.

And then there are some of those tests we can send those test kits out for sure. Yes. So we recommend there's a specific air quality test. It was actually recommended by Andy.

He's of the Green Home Design Center. Have you ever heard of him? Not sure. No, which is fine. So you could go about getting an air test and then you bring those results to you.

But say your problem is VOCs and a lot of people like volatile organic compounds, as you just referred to, like we lived in a recently renovated house a few years ago and I knew VOCs was a big, big driver of my kids.

skin issues and just symptoms in general. And if you know that to be the case, if you're in a recently renovated home or there's a lot of new things in there or whatever the case may be recently painted, how do you go about remedying that?

Can you or do you just have to give it time? Yeah, things that can be done to help. Time usually cures that. We did a project in Boulder, actually. We didn't do the work on the gentleman's home, but he had essentially had a mold problem, had to come and come in, gutted it, took everything down to the studs, all the drywall, all the kitchen cabinets, all the flooring completely gone.

We came in to do the post-test to clear it, to make sure that the fungal ecology was normal. And it was, and so did the build back and the family moved in after being out for over a year and spent well under six figures on this remediation.

Well, it turns out what happened was, unfortunately, they got in and it didn't fill well and they had to move back out. And I said, well, let's check for VOCs.

He goes, nah, it's not going to be VOCs. It's got to be mold. And so we went back out into the mold test, couldn't find anything. A month later calls you back.

Okay, let's do VOCs. Guess what? Formaldehydes off the charts with all the new stuff they put back in. All the new flooring, all the new lacquer finishes and varnishes.

My heart just bled for these folks because they've been through so much. So yeah, we can test for those.

VOCs, Renovations, and Indoor Air Quality

And then we write up a plan to say, okay, here's the risk, whether it's solvents, you know, to contain them or add ventilation to the home or those sorts of things.

Those issues can be a little more complex, but we have the expertise to handle those. Okay. So how big of a role does humidity play into these problems?

Because like you said, you're in Florida, right? So the air is just naturally more humid. Do those homes experience more mold? Or I'm in Denver, which is a pretty naturally dry climate.

But then I've read that it doesn't give you a bypass on this by any means. Like there still could definitely be a mold problem. So where does that fit in?

Yeah, it's a big driver. And we have an episode on our podcast that Forliller, the main thing is to control relative humidity indoors. That is the majority of the work that we do.

We have locations, you think Denver's area, we have locations in Phoenix as well, right? When we think about these molds, there's what's known as xerophilic or dry-loving molds, and then we have hydrophilic or these water-loving molds.

So we've all seen bread that gets moldy or cheese that gets mold on it. Well, it's not sopping wet. It's just a little moist. Well, these xerophilic molds will thrive.

with just elevated humidity. And the EPA recommends ideally keeping that relative humidity between 30 and 50 percent. So stop and think about why we're cooking, how much if we're cooking pasta, how much steam gets, we're taking showers, not having sauce fans on.

And so that creates a lot of moisture inside of a home, regardless of how arid your climate is. Yeah. Yeah. So are you a fan of, no pun intended, but are you a fan of those then like humidity systems or dehumidifier systems inside a home?

Yeah, if you can't get it, I'll give you a perfect example. So at my home, I live in South Florida. It's a little muggy in South Florida. We have a dry season, so it's less so, but during the dry season, but especially in rainy season.

So we have additional, if the HVAC system is not able to pull enough moisture out of the air on its own, then you want to supplement that, whether that's with portable dehumidifiers, which can be done, or like a whole house dehumidification system.

But the biggest thing for controlling indoor mold growth, the first thing is to keep that relative humidity between 30 and 50%. Between 30 and 50%. Okay.

Okay. And is there a piece of equipment that measures this? Yeah, we have some pretty expensive stuff that we already use. That's eight, $900 to measure the humidity.

And that's probably overkill for most homeowners. You can get little hygrometers off of online Amazon, 10, 15 bucks and put those all around your home.

And they may not be spot on accurate, but directly they're going to be fine.

Humidity Control and Dehumidification

And so that's a good place to start. And it's pretty inexpensive to do. Thank you. So my fear when I started going down this rabbit hole seven years ago, it's like, okay, if I go down this mold rabbit hole and find things, then we have to go into remediation and you don't even really know what that means.

But you picture, you know, your walls being tore down and like you mentioned earlier, like you know, six figures going out of your non-existent bank account.

Like, can you explain how your approach is different and why avoiding harsh chemicals matters so much for these families with sensitive kids? Yeah, well, there's several parts to that question.

So the fear side, it can certainly mean a lot, right? My recommendation is get data and make data-driven decisions. So have a thorough inspection because a good inspection should tell you the why, the where, and the why most importantly, right?

So it doesn't come back. And then the how, how do you fix it? And so it could be that it's an isolated situation. It's not that big of a deal. Now, if you catch it in time, it's not going to get fixed on its own.

So you have to address it one way or the other. The ostrich approach by putting your head in the sand doesn't work great. So just go through and get someone who's knowledgeable to do the inspection, find out what areas are impacted and get a scope of work and then execute against that scope of work.

Now our approach, as you mentioned, is a little bit different. Sometimes the cure is worse than disease, especially when we're dealing with chemically sensitive patients or clients like we have.

And so we don't want to take these toxins and try to treat environmental toxic situation with more toxins. We just don't. And the EPA says even dead mode has health concerns.

So we use more of a nature versus nature using enzymes and botanicals in our approach. And we have some advanced filtration to give some of that finer contamination out.

But I would say it doesn't have to be scary, just make it fact-driven and data-driven and let the science kind of guide you to what needs to occur. Okay.

So do you put that stuff inside of the ductwork? You can, yeah. So it depends on where your contamination is. So there's an atomization process. You can atomize ductwork.

You can treat air handlers. If it's inside a wall, if we've had water damage inside a wall and these building materials can't be effectively treated, you want to get them removed.

You want to get them out of the home. whatever remediation cost is going to be pennies of the dollar to overall, you know, health and wellbeing and the cost that can come with that as well, right?

So we can go in with infrared thermal cameras and moisture meters, hygrometers and say, okay, these are the impacted areas and these are the ones that aren't and have data to show and educate, right?

That this is what the issue is. So it doesn't have to be the whole house. Oftentimes it can just be certain affected areas.

Remediation Without Harsh Chemicals

Okay. So I had a client ask me the other day, what about UV light inside your ductwork? Yeah, we don't recommend them because it may do a good job of keeping mold off of the coils, but not necessarily actually treating the air that passes through.

Right. And so I think there's some good literature on the EPA's website about that kind of thing. The EPA actually recommends a high efficiency, which is a MERV 13 or MERV 16 air filter to help filter out those contaminants.

And so we follow the EPA's guidelines. I don't have, and I live in an area that's known for being a little moldy, but yeah, we use MERV 13s and have forever.

And I test my home frequently and my mold counts are negligible inside of my home. If your air handler has been treated and it doesn't have mold in it, and then we have good filtration on the intake or on the supply side of that, then we're going to use that HVAC system actually is kind of like a big indoor air quality machine to help filter out and circulate the air in the home.

Yeah. Yeah. 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.

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So are those MRF filters that you just spoke about, are those like a higher caliber than whole house HEPA filters? Well, so MERV 13 and MERV 16, those are high efficiency filters.

MERV 17 is going to be a HEPA. And that's going to be too tight to put on your HVAC system, you know, due to air restrictions, right? So if we're talking about augmenting additional filtration with like an IAQ machine, like a molecule or an air doctor and that sort of thing, that's what I do.

In my office right behind me, I have one because I spent a lot of time in my office and I just run that, I run one in my bedroom. Outside of that, my house that we use the ductwork and our two HVAC systems to keep our hair circulating and filtered out.

Nice. Okay. So if you find some mold in your ductwork and you take it out and replace it, then how do you help keep it from coming back? Yeah, so great question.

That goes back to that, those three things that molds need, right? So you can't pull all the oxygen out of your house. That doesn't work. And there's always going to be complex carbon compounds because we have drywall and those sorts of things.

That's the food for mold. So the only way to really stop it is to control that moisture. And that's where that control, that relative humidity is key.

And then we're going to get water, water leaks, you know, underneath sinks or what have you. Just get almost really quick. If you do that, you're going to be in great shape.

Filtration, Duct Cleaning, and Prevention

So if a family suspects mold, but just isn't ready for a full remediation yet, like what are just the first few practical steps that we would take to reduce exposure right now?

Yeah. If they suspect that there's mold there, but they're not ready to move forward to remediation. I would agree if you just suspect it, then they don't have the data that would show, okay, what needs to be done?

Where does it need to be done? And so the first step, what we'd recommend is let's get an inspection and get data to see what the scope would be the first thing.

If you're going to say, okay, we're just going to add an indoor air quality machine, you know, and try to filter it out. Really what you're doing is you're treating the symptom and not the problem, right?

So that doesn't make sense. Just go ahead, find out what your facts are. And there's a lot of inspectors out there that can be cheap and they'll come in.

We call them pump jockeys. They come in, they'll grab an air sample. That's all they do. They don't really inspect. They don't do a thorough job, especially if we have health concerns.

So get a really good inspection done and let that be your first step. Okay, okay. So if you could leave the people listening today with one grounding takeaway with how mold and BOCs and all the things that you specialize in and how they affect your day-to-day life, what would that be?

I guess I would go back to just make knowledge or data-driven decisions, right? I heard years and years ago that mold is almost like the C word cancer, right?

For a person, it's kind of like that for a house. And I would say that you can't always see it That's the easy stuff. And so this get good data. It's easy to get wrapped up in fear over it.

It doesn't need to be that way. Just get good data, good science and find somebody that can work with you and then make sure a lot of people don't understand what products are being put inside of a home to get rid of the problem.

Really dig your homework there. That's really critical. Yeah. Yeah. I want to ask you if this advice is on par, but I recommend, and we ourselves did this, it's like we call HVAC cleaning companies, but ask if they do a chemical or manual clean.

And we try and go for a manual clean. Like don't just like throw a bunch of chemicals in my duct work. That's not going to make anything better, but we do need them to be manually scrubbed.

Do you agree with that approach? Yeah. So as a good rule, Yeah, good rule of thumb, if you haven't, you'd be amazed the stuff that we've seen in HVAC ducks.

I mean, either building materials, sawdust, we found McDonald's wrappers. We had a project in Arizona where he had two liter empty pop bottles in there.

It's just crazy once in there. So yeah, get your ducks clean to remove the particulate. Because like, if we're going to treat it with, even if we atomize an enzyme approach, we're not going to pump so much enzymes through there where it's dripping down the walls.

So it wouldn't be able to penetrate a heavy dust bed. So we always recommend if you're able to, every four or five years to get the ducts clean to remove the particulate matter.

And then we use a green approach, not spraying a bunch of just biocides through that duct core. Yeah. Yeah. Take some research and some due diligence, but they're out there.

Yeah, that's right. Where all do you service? What parts of the country? Yeah, we have locations throughout the U. S.

Service Areas, Resources, and Closing

, Pacific Northwest, obviously Colorado, Arizona, Texas, Midwest, and Kansas, Missouri, Indiana, which is Illinois. We have locations in Georgia and Florida where I'm at as well.

The only state that we don't do work in is the state of New York. It's one of a few states that are actually licensure states and we just don't have a branch up there yet.

Okay. We've done projects in Alaska, Hawaii, Puerto Rico, all over. No way. So anywhere in the United States, you guys are the people to call. Well, we have a patent process for removing micro toxins from a structure.

And I don't know of any other companies that do. So we have crews that will mobilize. If someone's not near one of our offices, then we just cover the travel expenses and we go and we help resolve those issues.

And oftentimes that's much, much cheaper than just throwing everything away. So yeah, just give us a call. We can help. Thank you so much, John, for being here and for your time today and for the work that you're doing and helping families feel informed and actually proactive instead of just afraid.

So thank you. And where can everyone connect with you? Yeah. So there's a couple of places. Our website's

pretty easy. It's www.themoldpros.com. There's a contact form on there.

If you want to contact us, they can fill that out. They can also go send us an email at info at themoldpros.com and that inbox is monitored. They can also find us if you listen to podcasts on our mold, mycotoxins and war podcast as well.

So. There's all sorts of different ways. Our goal is to educate and inform. And so if you go to our website, there's a lot of good materials, especially our e-magazine or digital magazine about mold prevention.

And so hopefully we can help people toward, they don't need to call us straight away. They can catch it before it gets to be a big problem. Well, thank you.

Thanks again for what you do. Cause for everyone listening, we're already at the problem stage. It's like now we need to take some action and figure out how to get past this.

So thanks again, John. It's been a pleasure. Thank you so much for having me. He's so wonderful, right? If today's conversation gave you that quiet realization that your home environment might be a part of what's keeping your child's skin stuck, take a breath.

You don't have to figure everything out at once. John actually offers free 30-minute consults, whether you've already done something like an agar plate test and you have some results to show him or you're truly starting from scratch.

I'll link his information in the show notes so you can explore that if that feels like the right next step. And if your child is dealing with eczema and you want to support looking at the whole picture, the skin, food, gut, and environment, that's exactly what we do inside the eczema elimination method.

You can learn more about it in the show notes whenever you are ready. And my hope is that this episode help you feel less alone and more clear about what to do next, especially in this huge vast.

ocean of mold and VOCs and the health of your environment, right? The lungs of your home. And John is such a great resource for that. So thank you for being here, friends.

If this episode helps you at all or if you know of anybody who needs to hear John's advice, please forward it to them. If you leave a podcast review and screenshot it to me and send it to support at eczemakids.com, I will respond with a 30% off coupon that you can use anywhere inside the eczema shop at eczemakids.com.

Take care, friends. I'll 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.