One Connected Plan for Your Child’s Eczema Transcript

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Why eczema fixes keep failing

You already know you're not dealing with one problem here. The skin thing, the food thing. the sleep thing the gut thing some days it's a different thing every single week nobody needs to tell you that that's what you are living but what I want to give you today is why every fix that you've tried only ever holds for a couple weeks at best and what to aim at instead so you can stop starting over every.

Single. Time. 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 children's eczemat without steroids, without the overwhelm, and finally see calm, healthy skin again.

Let get in to it! Think about every single thing that you have already tried for your child's eczema. The creams, the elimination diets, steroids, Zyrtec and the antihistamines, allergy tests, craniosacral therapists, homeopathy medicine.

Maybe you've been at this for months, maybe you been this years, And then you have experience raising other kids who just never had it this bad and wondering what you're missing this time.

And I've been exactly where you are, friends. I know what it's like to stand in the bathroom at 11 p.m. with a tube of cream in one hand and a list of ingredients the other and trying to figure out which one is doing this.

You felt it. The eczema calms down behind the knees and then shows up on the cheeks.

Introducing Eczema Kids and the problem with one-at-a-time treatments

two weeks later or two days later and the skin clears but now there's a new food reaction but you can't tell what food could they possibly be reacting to because they're eating the healthiest diet you could imagine.

And the sleep gets better but then the eczema flares get right back up and then it gets worse. and you hit one mole and then another pops up three inches away.

And it's because you've been handed a mallet built for one more at a time. You're up against a body that's lighting up in five places at once. The game was rigged before you even picked up the mallets, friends.

That's why it feels so defeating. How can you possibly know this? How could you possible cover the whole board at the same time? You feel what this is costing you every single day, not just financially, but experiences.

I mean, the stuff that you skip or you say no to because you weren't sure how your child would react with all their broken skin or they're just too sensitive to go out and about right now because it's spring and, you know, this season is just basically a shutdown time for you.

You're living like it is COVID, but it isn't COVID anymore. the money that you've spent on all the different topicals that work for a minute, and you have been spending late night scrolling on Instagram and parenting forums, you're trying to piece this together with a plan that nobody ever handed to you.

It's costing you this quiet guilt of feeling like you should have this figured out by now, especially if this isn't your first child or your 1st year doing this.

And it's the exhaustion that sits underneath it all, that bone breaking, spirit breaking painful level of exhaustion that

not just from the lost sleep, but from being the one standing there with the mallet swinging at whatever pops up next by yourself and holding it all by herself in your head.

That's not traumatic. that's a Tuesday for every single one of you listening.

The hidden cost of managing eczema

I know this and I want you to picture a summer where you put down the Mallet because there's nothing left popping up to hit and a pool day where just watching them swim.

And a birthday party where you know it's not a calculated risk, it is just cake. A child who sleeps through the night, all night because their skin isn't on fire at 2am.

For you, a version of this where, you're not the only one standing guard over every mole anymore. I'm not describing a fantasy, friends. I watched this happen for my own two kids within six months time, and with what I know now, it would have taken half that.

It would've taken three. And it's because of their age. When you're dealing with this, when you are dealing a baby, a toddler, young child, time is on your side, friends.

They can get over this so, so quickly. That is the good news. I had cesareans, so that certainly comes with antibiotics and all the rest of the things.

And, you know, they inherited all my exposures. I used to be in the dental industry. There's a lot. birth control, all the things guys. So I didn't give my kids the best starting off point, but we didn t use steroids.

And that truncates your timeline. If you have, it's okay. It'll just take a little bit longer. But it s still 100% reversible, pharmaceutical free, food free kids.

That is what we're going for. I know you're just angry about how this hasn't happened for you yet because you have been trying so hard and you've tried so many things already.

All the things. Every single thing that you can possibly think of. If there's one more thing you think, then you are going to try it. You've done the research that most parents never would.

it's very clear you don't have just one problem. And that is the problem!

A better vision for healing and recovery

Every fix that you've tried was aimed at a mole, and a cream for the skin, an elimination diet, a different steroid for next flare, different prescription for a next infection, or the immune response.

were focused on all these things instead of what keeps pushing them all up at one time. Nobody ever sat you down and asked what your child's gut and their nervous system and immune system were actually trying to tell you.

You were handed mallet after mallett, tool after tool, and everyone showed What's underneath the board? Like, how does the Board actually work? What is the game that we're actually playing here?

And this is exactly why I built the eczema elimination method the way that I did. This is best way I know how to support you friends because it's so many things and it is completely different from one child to another, one case to other, and one home to But we do have a lot of advantages because we focus 100% on eczema here, and there are a lots of patterns.

And we know we make assumptions to save you thousands of dollars in testing. We make some assumptions that are pretty safe in these cases, that there is most definitely a dysbiosis going on, there's things that we can do to

address that, And there most are definitely nutrient deficiencies.

And they can also benefit from an eczema safe diet. And that is something that isn't found on the internet, friends. They would absolutely benefit just from a real whole foods diet, right?

We can go a long way with just these things. For some, it's enough. But we also run a GI map test. We also ran a stool test because what we see on these stool tests, I know I'm not the first person that you go to when you're dealing with this situation.

You have seen many different specialists. I did, I went to all the specialists, allopathic, naturopath, every single one, but nobody had the answer.

Why a whole-child approach works

Nobody had a full plan. And that's what we do here. We build one plan around your child's body. and what they need shown to us through their condition and through testing instead of five disconnected fixes.

And I'm here to support you every step of the way, so you're not standing alone at the board anymore. When you stop swinging at every mole and go after what's pushing them up, you are not just calming a flare for 10 days.

You're getting the whole summer back, and you get some of yourself back too. we really get into maintenance mode like oh my goodness my life is 180 degrees it's 360 degrees different than it was seven years ago i know what it feels like in your house and i Know the guilt and I know the bathroom math that you do and I know the scrutinization and the research and praying and tears and exhaustion that you have put into this.

I want you to know that none of it is in vain. It led you this place. It led you to this time, and in the end, when you achieve full reversal, which is what we do here, that is our standard, our goal post, 100% reversal.

You will be so thankful that you have gone through all of this and now you are on the other side looking at a healthy, happy, vibrant kid.

Free alignment call and next steps

that will not have to live in the medical system, that would not just depend on one appointment after another and one disappointment after the other for the rest of their lives.

It's not what we're doing. We're getting it taken care of young. Dr. Laura Hanson talked about this last week, how important it is to get this taken They get this systemic inflammation nipped in the butt as early as humanly possible.

If you're ready to treat your whole child, everything that is going on with them through a holistic plan all at once, book your free alignment call friends.

The link is in this show notes. It's a free 15-minute call. We go over what's been going on, how long you've been working through this, and what can we do, what would be your next step so that your life doesn't have to feel like this anymore, that you're playing a game that don't want to be playing.

Raising kids is the biggest blessing in the world and they bring us so much joy. and I want to help uncover that feeling again for you. I wanna bring back your motherhood, your parenthood.

And I bring your child's childhood. Restore their vibrancy, restore their health so they can just be a kid. So thank you for being here today, friends.

We'll talk to you next week. Take care. 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.