Opening encouragement and eczema struggle

Hey team, welcome back to the XMA Kids podcast. My goodness, are you in for a treat today? Because I bet you're listening to this maybe at 2 a.m. because your little one is scratching again or you are in the car with one minute to yourself and you were just so tired, like bone aching tired.

And I get it, friend, and I really do see you. I have lived this so hard and you've changed the soap, you changed everything, You changed every single thing that you can possibly think of and You've cut the foods and stood in the bathroom at night putting on a cream that You don't even feel good about and your still in it.

And you've seen the doctors and the specialists and they say we can't run that lab insurance won't cover it and it wouldn't help anyway and just put the steroid on it or the cranial sacral therapist says for more visits and you should see some progress or.

the naturopath that runs the tests and hands you a bag of supplements and it just doesn't make a dent. And I have been there, friends. I've done all of it, I paid for all it.

That's just not how the eczema that I see actually heals. But you keep trying because you can't give up and that's why you're here and you want this to be over.

Not managed, not they'll grow out of and just put a little bit more steroid on it, you want your child vibrant and well and happy. And the hardest part isn't even the eczema, is it?

It's you don't know which thing is helping or which is making it worse. You don t know if the next thing you try will finally be the thing. Maybe quietly you started to wonder if your kid is just one that can't be helped and you're carrying all of that by yourself.

And maybe you're in the car with a tear in your eye right now. And I just want you to know that you are not alone, friends. Today's guests know the feeling better than almost anyone.

Reuben and Seema spent four years trying everything. They started with antibiotics at nine months and then steroid creams and the Dr. Aaron protocol. and then a naturopath and two homeopaths.

And they read every single article and they tried every simple supplement and each time it got a little better and it came right back. They had two full-time jobs and one sweet little girl and no end in sight.

Here's where Safina is now. She is six and her skin is clear and she's completely off of steroids and eating tomato and gluten. and dairy and all the things.

And she sleeps through the night and she doesn't scratch. She goes to school and has a merry time and then comes home clear-skinned, itch-free, and enjoys the evening with her parents.

That took months, friends, not years. They saw progress within the first couple of weeks inside the program. I want you to picture that for your family.

Think about your morning. when you walk into your child's room and there's no blood on the sheets or flakes in the sheet. Think about the first night that you sleep straight through the night.

I'm sure you daydream about it all the time. And you wake up feeling like a actual person again. You need like, a solid four nights of this to actually feel like person, again, based on exhaustion that your feeling right now.

But I'm telling you friends, it's coming, It's Coming for you. And you can picture your little one at a birthday party, eating the cake right alongside everyone else, and you're not watching from across the room, holding your breath.

You can pictures the first summer in short sleeves without anybody asking, what's wrong with her skin? And at the holiday table, the only opinion anyone shares about your child is now how happy and healthy she looks.

And no more creams. You're not worrying about creams anymore. It's not a budget line item anymore, and you're worried about food anymore and not Googling at midnight anymore because you are sleeping and your kid is just a kid.

I know you've tried everything. The road you have been walking on has been really hard and really long. And Ruben and Sima thought the exact same thing, but they joined the program with 100% commitment.

Rupin and Seema's long search for answers

And what changed for them wasn't working harder. There was no place for him to actually work harder, they didn't have the bandwidth to work hard. They worked smarter at the root of what was actually going on inside of Safina's body.

He had a clear plan built just for her. Someone to reach out to when something looked scary and support from the inside and the outside at same time. When Safina joined the program, she was on steroids, but coming off of them didn't mean a huge flair because we did it slowly and carefully.

And that's exactly what the new eczema elimination method gives you. Here is what is inside, friends, a one-on-one call with me. We go through everything, your child's routine.

what's happening in your home and your family and all of it. And from there, I built a personalized healing plan for your child and it lives inside your own private healing hub.

Then you have six months of weekly live healing hour calls. These are small groups of parents. You can bring your wins, your woes, everything in between, and you can send questions anytime between those calls as well.

And then you have a plan that moves with you. As labs come in, as life happens, and as your child heals, I adjust your plan for as long as you're in the program and beyond.

And you get unlimited lab reviews. Testing is never required. We only run something if we know it will actually be useful for your children and the lab bills you directly.

I review every result and adapt your plans based on exactly what we find. And you also get a six-piece healing box shipped straight to your door. These are natural, whole, organic products that work for eczema-prone skin specifically.

And 20% off everything at the eXima Kids store the whole time that you're in the program. The program is normally $24.97, but the holidays are coming.

And that means parties and cookie trays and travel and relatives and opinions about your child's skin and their health and too many steroids and not enough steroids, and everything in between.

And this is when you need the support the most. This is it, you're in the hard. So I wanna make it as easy as possible for you to sign on right now. You can use code HEALINGHOLIDAYS, all one word at checkout and you will get $500 off friends plus an extra two and a half months inside the program.

Let's get a jump start on the new year. That's eight and a half months of support for 1997. It carries you through the holidays and through spring. And my goal is to get your child to a place where flair season isn't a thing anymore.

You're not managing eczema. you're just living life and you are enjoying it so much more. You've already spent the time. You have already spend the money and you're so ready to be done with this problem.

And so am I. My goal is the same as yours. I want you to have a child that is pharmaceutical free, eating freely and comfortable inside their own skin.

Getting started now is your fast track. It is you fast pass to getting your nights back, to get your freedom back to your sanity back. And the link is in the show notes or you can head to the brand new eczemakids.com.

It's so exciting, friends. Check it out. Use code HEALINGHOLIDAYS for $500 off and two and a half extra months inside the exima elimination method. Okay, now let's hear how Ruben and Sima did it.

Is your child struggling with itchy nights and endless flare ups? I'm Andrea McHugh, mom of four and host of eXima Kids. Here you'll find natural solutions that actually work so you can heal your children's exima without steroids, without the overwhelm, and finally see calm, healthy skin again.

Let's get into it. Rupin and Seema, welcome to the show. Hi, Andra. Thank you. I'm so excited to have you here. And before we get into Safina's story, can you guys introduce yourselves and tell us a little bit more about your family?

I am Ruppin. This is Seama. We're from a place called Hertfordshire in England. Yeah, we've got a now seven-year-old daughter called Safinah. who, um, yeah, just enjoying life and enjoying being extra free.

So we're both very, very happy parents. And extra-free for probably nearly enough, what, nine, 10 months now as well. Yeah. Our journey has been amazing and now life is just normal for us.

I'm so glad to hear it. I am so excited to get into it because yeah, she has been living eczema free for quite a while, which is such a gift. But can you take us back to when her symptoms started to present?

I know that was back when she was a baby. Yeah, what did life look like then? So when was nine months, I remember this vividly, She had a mark on her back.

We thought it was an insect bite and then we went to the GP in the UK, I think you guys call it Family Doctor, and we were told it was eczema, which was surprising.

But nonetheless, we listened. We listened to GP. Fortunately, when we listen to a GP who put her on a course of antibiotics at nine months for, you know, a small small bit of eczema on her back and that sort of seemed to clear it at the time, but it didn't.

It was the beginning of us trying the standard creams in the UK, which is You initially start off with a bit of a weak, stable cream, and that works for a small period of time.

It doesn't work. You go back to the GP, they give you something stronger. That works with small periods of times. Stops working and you go even stronger, so there's, you know.

And it obviously started spreading to other parts of her body as well. It's a mixture of antifungal, antibiotic cream, but remember second course of antibiotics, then referred to a dermatologist in the hospital because it got so bad.

You only get referred once the GP can't manage it anymore. And then when you get to that level, a dermatology level then they give you even stronger creams when it's just like this vicious vicious cycle we get into.

And I had eczema when I was younger and I managed to treat that through some natural naturopathic ways. So I always had the intention that we would do this, but if it didn't work, then we will try a different route.

We did try something called a Dr. Arrow method, which I'm sure a lot of the listeners would have come across,

which is like a weakened steroid cream solution mixture.

And again, that worked for a period of time. Then it came back and then we found a person in the UK who claimed to be an XMA expert and did a like a herbal tincture and gave us some herbal tea, but then it got really bad.

At that point, it probably wasn't too bad, I guess manageable is the word. And then, we were told there would be a bit of a flare initially, the skin sort of just opening up and letting out all the eczema and you know, all the internal organs, sort of breathing, but got so bad.

I went back to the Dr. Aaron method, the cream, just to stabilize the set of skin because I vividly remember her sleep got her so disturbed. She was itching.

It was the first time I think she started really itch at night and waking up and it was bleeding. So yeah, we went back to the Dr. Harrah method and it was okay.

It was managed, but still the skills are looking great and continue on. We wanted to treat it naturally. Re-found again in the UK, a homeopath. Yeah. And we didn't really like her.

Not sure why he went with her and that lasted for about three months.

Finding the program and committing fully

And we found a nicer homeopath who seemed well-intentioned. And I think she genuinely believed she could help. She did to a degree, but I just got a sense and it felt like it wasn't going to be a long-term cure because it just wasn t improving enough.

At that point, I started to research other naturopaths. Surprisingly, they were all based in the US. One night, I don't know if it was out of desperation or someone was telling me I just did a search in my podcast app, must typed in eXma for kids or kids exma and we came across you and went to your website.

I like the look of it. We set up an introductory call I think for the following day, the day after. and we spoke and he just filled us with so much confidence.

I think your story really helped that you had kids and you overcame it yourself. And we were both on the call and were pretty desperate at that time. Her skin was bad and she was just really frustrated.

We just could not see the end of it. She had from a very young age had a whole food diet, so his diet was generally pretty good. Avoided processed food, junk food.

Sweets, all home food or whole foods, or home cooked foods as well. But I guess at that stage, we didn't know how important the diet. Obviously we were given a good diet but we don't realize once until we spoke to you what we had to do to improve with the elimination diet So yeah, by the time we got to, you were pretty desperate.

Yeah, yeah, I remember that initial call and you guys were just, you had been at it for years and years, and I just as a parent I can't imagine, You're seeing all these different practitioners and each time you probably have a little bit of hope, right?

And that's like what helps move you forward. And then you're just being prescribed these stronger and stronger, stronger prescriptions. I mean, what did that feel like?

Did you know? Like, I'm sure you had like this parent intuition, this is just not how we want to handle it. Like what was going through your mind at that point?

Well, mainly from when I had Exmo and I was younger, just knew that we shouldn't really be applying these strong creams to a child's skin. part of us was thinking, let's get it under control and then we can look for something more

natural.

And that was why the whole Dr. Everything initially appeared to us, a so-called weaker mixture, or weaker treatment. In our case, it just didn't work.

We, you know, part of our frustration, anxiety came from the fact that we knew we shouldn't be using these creams, but we just couldn't find anything else.

And we tried loads of other creams like natural creams honey creams. We tried so many up until that point and nothing really ever worked. Yeah, yeah. It's just soul crushing.

And just, you know, as I speak with you, I just think of her sweet little face all the time. She's so full of joy and it just has such an energy about her.

I really feel for your journey and I always did. When you came, when we had that initial phone call, all the right things. You were feeding her really, really healthy and you had tried these natural routes.

I mean, what made you think, okay, this is something that we have to try? I always felt there was something else out there that would work and the options we chose or ended up choosing didn't work for Safina.

They may have worked for other children and obviously partly never lost hope that there would be a a natural route and it was just about finding the right person and fortunately we found you when we did.

I'm not sure how many more people we would have tried and the reality is we probably would've kept on trying because we know how bad the traditional allopathic route is for the long term and in our case it wasn't really working anyway.

It's just putting a band-aid over the issue. Wasn't a long-term solution. in our heads, we were always about finding the underlying issue, was causing it, fixing it because we knew long term that was really the only way it was ever going to resolve itself.

Yeah, yeah. And, right, I mean, as a parent, you can't stop. You have to continue on. There's no giving up option. It's just, man, it's how it goes. So once When we did start working together and you started implementing changes, I mean, you both work full-time, Safina goes to school, your busy people, was there ever a point where you were thinking, we don't have enough time for this or this is more than we can manage?

No, I think once we had that call with you, we basically had a chat after it and we said, look, We're going to do this. We've said before, you know, like we're quite close with my parents and my mom's a great cook.

So we called her and said we need to make a lot of changes to her diet. And so she was like, let's just do it. Whatever you need, just let me know. between the three of us particularly, we just said, We went all in, whatever you told us to do.

We changed pretty much our whole house, you know, in terms of getting the plants in and getting all the supplements, changing her diet, We just thought we're not going to leave any cleaning products for the washing and we just left no stone unturned.

We thought, we were going do this. And because also what you told us was within three months, you'd see results. So if you cannot change your life for three month in the hope that your daughter will then be free, to me, that's just a no brainer.

Once we decided to go with you, We were totally all in. Yeah. Yeah and I mean before when you compare to like when, you were really working it and versus just your life before.

When you're not sleeping I, mean did it feel like I? Mean my personal experience when my children were, really

suffering that took up much more headspace and sanity and sleep than having a plan.

Early improvements and coming off steroids

100%. You're just not sleeping. When your child has got eczema and that's how bad it was to speak, you're not just sleeping, so many times in the night you are swapping bedrooms and the fact that when you then get a good night's sleep, when she's getting a When she's not getting much sleep, you're not.

And then like you say, then we still have to go to work. We still to do the daily routine. She still has to to school. I think one thing we were so lucky with is her herself.

she has always just been such a positive, happy little girl. Even through it all, for her, now when we look at everything, what she was going through would have just be absolutely horrendous.

The pleasing thing is that for her, her smile every day is now that she gets 11 hours sleep every night. She has a little timer on for the white noise and she says every-day, mommy, I woke up at 11 and a half hours.

It's like, wow, we've all slept nine hours, 10 hours whatever it is. Oh, that's fantastic. That's wonderful. Part of our plan, I remember, you know, when we first started working together was we were going to wean her off of the steroids that you guys didn't feel good about putting on her.

But up till then, that was the only way that could possibly make your lives manageable. How did you feel going into that? Were you worried? Yeah, yeah, definitely.

We've done it before, haven't we? It's more because of what we'd experienced with other practitioners which didn' t work. whatever the situation, if it hasn't worked before, there's always going to be part of you that is not confident.

But you filled us with a confidence with that initial chat we had and then the framework you provided with the food changes, the topical part. the baths you suggest and all the other changes to make.

We felt confident doing it because you gave us the confidence. And then once we started, within three weeks, we were confident enough to remove any stale cream that was part of her topical treatment, which was mainly the Dr.

Aaron cream, like a necessary evil at the time. But when I think back on it, that we did it within three weeks is I still, it still surprises me that.

We were confident enough to do it that, we didn't and there wasn't a massive kickback at all. Cause that was always the worry, but it worked because of, you know, the whole routine, whole regime that you provided.

And as Seema said, within, three months we saw a huge difference. That's so great. And when you were going into it and you've committed to the plan and here's what we're going to do and we have extended family on board, I mean, what were the things that you started to see?

Like what, were just like the tiny little clues that made you feel like, okay, we are on the right track here? Can you remember things you're just, like okay we actually moving forward?

I guess there's obviously the improvement within the skin itself. We could see that less itching, we'd keep a diary each week and every Sunday the two of us would sit down and say, right, okay, what's been her sleep this week?

One out of 10. What's been your skin? We'd sort of both give it our opinion and I think we would then each week start to see improvement. There was less itching.

She woke up instead of waking up four or five times a night. Maybe she woke two or three times in the night, so when we kind of did it that way, we were sort saying, okay, well, there are improvements.

You might not from one day to the next see an improvement, visually, but overall the weeks were just improving bit by bit. And I think that's what gave us the confidence to just think, right, this is definitely heading in the right direction.

Yeah. Anytime we had any queries or we weren't confident about something or unsure, you were at the end of a message and you respond to us to give us, the answers we needed.

It's certainly not a breeze or easy in first three to four weeks, A lot changes, a lot is happening, you're implementing a lock, You're gonna be confused, gonna have questions, but they were always answered.

And you know, the word I'm gonna keep on using a long show will overuse is just the confidence that we had in the method. We, yeah, I remember seeing the skin being less angry and that was quite important because it was very angry at that point.

things that we did on a daily basis, say the bards, the topical treatments, we started to see the results. And it's not linear, it is not going to be an improvement.

It's going be a gradual improvement, there was a little bit of a kickback as well, but you told us about that. So we were kind of mentally prepared. Yeah, is just amazing to seeing.

One thing that I really noticed is when the real anger of the skin sort of came away and it was, you could tell vision was improving and the sleep got better.

And even when Safina could kind of really see and feel it, there was like a real vitality that came back or which probably there always, but once sort of the eczema started, We never saw it.

So when the ex-man was really just getting under control and skin really improving, you just saw this vitality in Safina. It's like, I don't know, mentally or physiologically, she could tell, right, they've got on top of it, mum and dad have got it on, but I can feel it now.

And yeah, just this vibrancy about her, which I've never really seen, it's just beautiful to see. That's really beautiful. And that's true, right? In all of parenting, if you can stand by even like a consequence, with confidence, you're saying like, this is how it is, like they might not like it, but they feel safer.

They feel calmer just being like okay, mom and dad have got this, they're running the ship, They know what to do. I can misbehave and it's not that big of a problem.

That is a huge signal to her nervous system. they've got this. We can handle this, this is an overcomable problem that's a session. I think what's also made it also very easy is that she was just so accommodating.

Whatever we said to her, we need to do this you know, you're not allowed to have sweets at school, she'll see it anytime, but you if we went to a party, one of her friends party I'd have to take food, I would say sorry that you cannot have the pizza you can not have And she'd be like, okay, that's fine.

And so that made life completely so much easier when you've got this constant battle and they're like not eating this, not in there, whatever we put in front of her, she would eat it.

Daily routines, food changes, and healing habits

So she was herself doing everything she could do. You know, so we were obviously doing the hard work, but she's probably doing harder work by just taking it all in and just knowing it was helping her.

That was also so fantastic from our point of view. She's a wise soul. But yeah, I mean, they're motivated. Honestly, the they don't want to feel that way.

And, you know, she felt like absolute garbage and the same as it just gives you hope. It's just like, okay, if you're a little bit less itchy, a feel a bit a less red, and it adds up to eventually clear, calm skin.

I do want to hear about the prebiotic tea and how you guys made this into a ritual that she really enjoyed. Can you tell us about that? We still do it.

She still has it daily. So we just brew it and she just give her a couple of tablespoons in the morning at breakfast and then also have it at dinner. And, you know, the tea tastes, there's no real bitter taste about it.

So I think that helps. It's got to have a sweet taste, I thing, from the sort of marshmallow root. Yeah, she drinks it, 18 months on she's still drinking it I can't really see us stopping it because of all the health benefits, maybe when she gets older.

She wants to make her own decisions. She might decide it's not for her, but yeah, it is something she has and she still has, and we'll continue to give it to her because we know the benefits of it, the prebiotics in it.

There's so many other things we still do. The baths, we don't do a bath every day, she does a shower during the week, at the weekends we're still doing the epsom salts and that bath.

We're using the tallow cream everyday. Still makes bone broth. Yeah. pate so we've not stopped, we still continue it even now. Because we know the benefits and regardless of the fact she doesn't have ex-mate.

We have it as well, the bone broth we put it in all our food and so it's special to us all. That's what happens, right? When you know you do better. It's like, oh wow, this is such amazing life giving practices and foods.

Like why would I stop? That doesn't make any sense. Now I'm not gonna start feeding them like dyes and sugar exclusively and stop protecting their health and wellbeing.

So yeah, kudos to you, that's amazing. I mean, all those things that you listed, just for us and I believe for you it just becomes a way of of life that has such amazing results, but would you attribute your success to, you know, one or two things, or would attribute it to the whole holistic plan of all the things that you guys did?

Yeah, I think it's got to be the hole. Obviously the diet was extremely important, It's one of those where we just did everything. So I think I would just recommend when you start your program, just whatever you would advise, go for it.

Don't leave any stone unturned, I'd say. Yeah. Now, she's been able to add everything back in. Talk about what it's like now with clear, calm skin. What is she eating now that she couldn't before?

Everything. So obviously we took out the big five that you suggest, the eggs, dairy, nuts, gluten and wheat. And yeah, she eats all of them now. It's just really freeing to know that we can give her any type of healthy food and there won't be a kickback.

The really frustrating thing beforehand is, you know, we know what is healthy. We know. What's not healthy? We knew that and we were feeding a healthy diet, but It wasn't really helping the eczema and that was really frustrating because we knew it was healthy but for her at that time it wasn t serving her.

Now we can give her something healthy and we know it's not affecting her skin. It's actually doing what it should be doing, whatever that food is. And You know, I think part of her understands what is healthy and what isn't more so than, you know another seven year old child would.

And she makes good choices as well. I like to see her saying at school, even now when she can, she'll get given some sweets and she won't take them or she will just bring them home and give them to us.

She might not know consciously exactly what's wrong with that sweet and why it's not good for her, but sort of

somewhere unconsciously she knows it might affect my eczema, I know it's not healthy.

She still talks about it, she still talk about mommy when I had exema. You know, what was it like and you know and she's still. Yeah, every now and again she would just, you would have a normal conversation and just say, how did you find Andra?

Why did Andara help me? How did andra help? Very positive. How many people did he speak to before Andora? Yeah, but even, you know, we've had a very hot summer this summer in the UK and we were able to give her ice cream, which we haven't been able too.

And, it's a treat, she wouldn't have it every day, But she could have, and then we didn't feel, oh no, right then, We've got to now then worry. We knew just giving it to her, It's fine, its okay.

I remember you saying that to us in once that everything, the gut lining is thickened, that you can do your treat, which we do do. She's still a seven year old child.

It is lovely to just to give her an ice cream, give a chocolate, and it's great, it is not then affecting her skin. So that's lovely as well. Yeah. I remember when there was treats given to her when she had eczema, I would get really anxious and I wouldn't worry.

Seema could see that, but now that's gone and it's just so freeing that she came in. It's not saying she has to have ice cream to enjoy her food, if it is hot, some we've had or on holiday and she sees some ice cream.

We're not going to give it to her at lunch, breakfast and dinner, but she may have it once or twice or three times in that week while we're on holidays as a little treat alongside all the other good food she's having.

So it's not a big deal in the context of it all. Actually when we did a holiday, we started in April 25, when me and my grandma were going on holiday in May 25 into Portugal.

Luckily the hotel was really accommodating, but that holiday there were no treats and you'd see other children walking around with ice cream. You'd have to say, sorry, sweetie, but we cannot.

And again, no problem. But now we get to, we went away at Christmas last year. We went Easter this year where like Rupin said, she can enjoy those feats on holiday.

Life now: clear skin, freedom, and advice to parents

Then we come back and it is back to the routine of our normal diet, But it's lovely. She can get do that, have cakes in the evening and stuff at the restaurants.

Yeah, I mean, that's that our goal and you're living is a pharmaceutical food free kids and that how we live to make any do not get in between you know my kids in their ice cream like that for real.

But yeah, you don't have to worry because the anxiousness comes from a real place. It's like, oh gosh, if you eat this piece of pie with gluten in it, then I'm not going to sleep tonight because you're going throw up on it.

That's where you are before and just the itching gets set off and it becomes unrecoverable versus now it's yes, be a kid. We're gonna limit your sugar just for your overall metabolic health.

I just I am so glad that you that your there. But besides her skin, how has Safina changed like her energy and her personality? She's always had a lot of energy.

She has always a fantastic personality, but it's now our life is just a normal life. It doesn't revolve around as soon as she wakes up in the morning running into her room so she doesn't start itching.

When she uses the toilet, we used to have to sit and watch to make sure when the leggings came down she didn't want to start itchy in her legs. So it's now going to school.

In the nice weather, she gets to wear a summer dress, whereas before she'd have wear leggings. The excitement of just wearing short socks with a summit dress for her, a PE when she get changed.

We don't worry about itch. Leave her in her room now where she'll play with her dolls. We talk about we love putting the cream on her skin because it's so smooth, but eczema is not even part of our day-to-day thinking now.

This summer we did so many trips, did some activities because we just knew we didn't have to worry about, oh no, we need to get back at this time. She's going to start getting tired, start get itchy.

It was, that's fine. we can stay a bit later. No problem at all. So I think in that respect, it just It's just lovely life, fantastic for us and what it was.

What did this whole journey give back to the two of you as partners and as parents? We could just sort of plan things and take her to activities that when she had eczema it just didn't make sense to do.

It would cause more grief than it would be worth doing and now we can You know, one day we'll say, right, let's just, you know go, go to a high ropes and, You now let Fina enjoy herself and you now takes a bit of lunch with us and then we can go and walk in the park.

And, it's, just I think the freedom of making choices without having to consider like a fourth person. No, It's Just now me, Seema as Fianna. It is not me Seama as the Exmo.

Yeah. Yeah. And I think the fact that between the two of us, I mean, like you said, we were on board this together, you know, in a way, Rupin found you and did all the hard work, all of the research, and then I was like, okay, always starts off all the research and everything, but I think the both of us were just going to do this together and I worked as a team and that's always helped.

That was fundamentally very important that we're all both on the same page. And because there is a lot of work initially to implement everything, but we were ready to do it and in the right place to it, and willing to anything at that point.

Yeah, yeah, so if somebody is listening now and it's 2 a.m. and they're holding a scratching child and their feeling as hopeless and desperate as you guys were, what would you say to them?

Don't hesitate. I mean, it's not a question of, will it work? It's just, how long will take for it to start working? If it is that person and it 2am and they're listening to this, there's a reason, a really good reason.

that is reason in itself to just start working with you, Andrea, and implement everything that you tell them to do and it will work and your life will be back to normal.

As I said, it won't be this other person in the relationship, just be you and you child and be free to enjoy your lives and not have to worry about it.

And you give the child their childhood. That's so important because it's such a They grow up so quick, so let them enjoy when they're around this age.

We feel quite lucky that Safina's still very young and we've managed to just cure it. And we now can just let her follow her dreams and do whatever she wants to do and not have eczema get in her way, not that barrier.

She can go and spread her wings, as they say. And the other thing is, you know, as a result of having eczema, a lot of Facebook groups and other email lists, and I see a little things about living with exema.

You shouldn't have to live with it. It's not something you have do learn to life with for the rest of your life. And when those doctors say they'll grow out of it, just put the cream on.

I was ready to wait for that time and it was rude and that said, no, we're not waiting until she grows out. When will that be? Who knows? Five years, 10 years.

And so just, just yeah, go for it with you. Honestly, it's the best thing ever. You will just never regret it. I mean, that's where we are as parents, right?

We're willing to walk to the end of the earth for our kids. Just tell me what to do so I can walk in that direction and I'll do it. But I just commend you and congratulate you on all your success because you've given back her childhood.

You've gotten back your life and you have saved her from literally a lifetime of doctor's offices and health challenges. I'm so appreciative of your time and everything that you shared today so openly and vulnerably, so thank you.

Thank you, Andrew. And yeah, if there's anyone listening who is unsure and wants to speak to someone who's been through it, obviously I have no… No problem with them getting in touch, talking to us, setting up a call.

You know, I'm trying to let other parents and families know that, you know it's not just your traditional allopathic route or doctor's office or GP's Office.

If that hasn't worked, then there's a reason for it. And this is the route to try. It's amazing. Thank you guys. That's the story, friends. How inspiring.

Rupin and Seema were exactly where you are right now. Four years, two full-time jobs, every cream and every protocol tried and wondering if anything would ever, ever stick.

And look at them now, Safina is doing so well. Her skin is clear and she's eating tomato and gluten and dairy. Hers is the sweet little voice that you hear at the end of this podcast because she just holds a special place in my heart because my goodness, that girl is amazing.

They're going on holiday, she's sleeping through the night, and you'll notice that it was never just one thing that made the difference. It wasn't one single product.

it Was having a plan and having somebody to call when her skin started shedding so they didn't panic and Having somebody call, when she caught a cold and it, was coming off the steroids slowly, steadily, safely, not cold to her ghee and It was working on the inside and the outside at the same time.

And here's what I really want you to think about, friends. You can keep piecing this together on your own. One supplement, one podcast, and one specialist at a time.

And maybe in a year or two, you might get there. I hope you do. But if you want to fast track this, if want be done with eczema, You could get a clear plan in your hands in the next couple weeks and start seeing the change that they did.

and want your child to be sleeping through the night during the holidays so you can enjoy them. So you could enjoy all the winter holidays that are coming up.

because you're not stressed about food. You have a plan. you know exactly what's going to happen and then eventually you'll not need a plant, right? But for this upcoming holiday, you will know how to navigate it.

This is when you need the support. And when spring season comes, I just want it to be spring for the first time. Not flair season, just spring. So you can finally stop holding your breath.

That is what you're saying yes to. And if you are thinking, but what if my child is the one that it doesn't work for, Rupin and Seema thought that too.

I thought as well, I was also in your shoes. Eczema is not a life sentence, and I want you to know that first and foremost, no matter what. Exzema, is your child's body asking for support.

Very specific, eczeme friendly support, when you give it the right support It heals. And it doesn't look the same for everybody. That's why everyone's plan looks very, very different.

It's very personal. We look at your child and your home and life and we adjust as we go. You're never, ever left guessing. Inside the eczema elimination friends, you get a one-on-one call with me and a personalized healing plan for your family and own healing hub.

You get six months of weekly live healing hour calls in small groups. You Get unlimited lab reviews with your plan adjusted as results come in and as life happens.

you get a six piece healing box shipped straight to your door. With the code HEALINGHOLIDAYS, you get $500 off and two and a half extra months inside the program.

That's eight and half months of personalized support for 1997. You'll have someone in your corner through every holiday coming up. Every cookie tray, every relative's opinion, and all the way through spring.

And this offer ends at the end of the month on October 31st. So fitting for Halloween. I want you to take action now, friends. If you're dealing with eczema, this is your way forward.

This offer ends the $500 at the end of the month. So November 1st, the offer will be done. You can get a leg up on the new year. Don't wait till January.

Head to the brand new eczemakids.com or book a free alignment call through the link in the show notes. Use code HEALINGHOLIDAYS. You've done so much already, friends.

I see you, I acknowledge you. And I'm sending so many hugs and prayers your way. you do not have to do this alone anymore. and I want to get your family to a place of calm, skin and quiet nights, just like Safina.

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

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

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