Your Child’s Immune System Doesn’t Need Boosting, It Needs This. With Dr. Rob Silverman Transcript

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Introduction and eczema overview

Hey team, welcome back to the eczema kids podcast. If you've been in this exima journey for any length of time, you probably heard some version of we just need to boost your child's immune system and I get why that's the instinct.

It feels proactive, it feels like we're doing something, but it might be the wrong move entirely. Sometimes the immune systems isn't weak at all, its over-functioning and its dysregulated and what it actually needs isn't more fuel, just repellency.

And that's exactly what we're unpacking today with Dr. Rob Silverman. He's a chiropractor who spent years working at the intersection of functional medicine, inflammation, and chronic disease.

We talk about why eczema is almost never actually a skin condition and how the gut and the nervous system are constantly talking to each other and some really simple, doable shifts that you can start making in your own home tonight.

And I've got a free guide for you. It walks through the four steps most families miss when they're trying to get to the root of their child's eczema. And you can find that linked in the show notes.

Nowhere else, friends, just linked into the Show Notes. So download your copy of that and let's get into our conversation with Dr. Rob Silverman. 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 childhood eczemat without steroids, without the overwhelm, and finally see calm, healthy skin again.

Let's get into it. Hi, Dr. Rob, welcome to the show. How are you? I'm excited to be here. There's actually a lot happening inside the body that's driving what's showing up on the skin.

And you've spent a lots of time, years, working at this intersection of functional medicine and inflammation and chronic disease and helping people understand how the bodies actually heal from the inside out.

To start us off, can you explain why inflammation has become such a central piece of the puzzle in so many of chronic conditions that we see today? Well, for me, it's all about inflammation.

I think most of my patients are pre-inflamed. As I told you before, I don't get enough of an opportunity to see the young ones. That said, it starts then.

And I think one of the biggest misses in healthcare is that we're not addressing inflammation in our young children. So for me, inflammation is an accumulation problem.

Inflammation in children is rarely caused by any one thing because functional medicine used to be root cause. It's all about root causes resolution now.

And when it comes to children, it's in reference to inflammation. It's usually the accumulation of many small stressors, diet, environmental exposures, the microbiome disruption, and lifestyle factors.

So for me the key message is small daily inputs create large immune effects. So for everyone who's experiencing

that now, they're experiencing the accumulative effects of every conscious and unconscious decision that they've made.

Inflammation, gut health, and the skin-gut axis

And what I've found, unfortunately, is our kids inherit our exposures too, right? So like everything that led up to us having them, their experiencing those effects.

be they positive or negative. And a lot of them are unfortunately negative, you know, like we're children's of the 80s and 90s, and we grew up on a lotta processed foods and a lotta pharmaceuticals.

A lotta chemicals in and around our environments. I was hoping that you could walk us through how the gut and the skin are connected physiologically. Absolutely.

But just so you know, for me, the gut is the epicenter of health. 80% of immune cells are in your gut. It's where your macro, your foods, you micro, vitamins and minerals are absorbed.

So many children, by the day they're born, have a compromised immune system because they are exposed to antibiotics. I'm not anti-antibiotic. I hope that's not a misnomer.

Unfortunately, most people don't fix that issue. For me I had to take a boatload of antibiotics because I have a tooth pulled and the option was get some bacteria in your brain, get bacteria into your heart or damage your gut.

Well, you can fix your got pretty promptly because the gut epithelial cells have turnaround healing time of three to four days. They're the fastest turnaround cells in your body.

So that said, I believe that gut health is premium health. The gut immune skin axis is one of the most powerful frameworks in modern functional medicine.

When the gut microbiome becomes disrupted, immune signaling changes and the skin often reflects that imbalance. This skin is the result. It's talking to you.

it's telling you what's going on inside. If you have athlete's foot, if you are fungus on your hands, and if have acne, it is telling what is going inside and I'm all about inside out health.

So from your perspective, now we know, of course, you had to make those choices and a lot of times earlier, I had four cesareans, unfortunately. But luckily, my kids are all here, thank God, they are doing really well now, but we greatly suffered for a while because they had antibiotics from their first breath, right?

And if you come into the world that way, like I was obviously going through a surgical procedure and had some heavy doses of antibiotics. And, you know, once you, know better and you start to heal and your getting in, on board with the prebiotics and the probiotics and postbiotic, all the things like, from your perspective though, what are some of those internal drivers that keep that systemic inflammation going, even when you're starting to do all of the right things?

You know, those internal drivers are the compromise of the gut. And, you know I really want to piggyback and segue into a major topic that you talk about, eczema.

Because I want really to make sure that every mom and dad knows that exema is the body's early warning sign. Cause exima is really rarely a skin condition.

In many children, it's the immune system's earlier warning that something deeper in the bodies is out of balance, i.e. like the immediate system. So that skin is that messenger.

It's actually not the problem. When inflammation builds up inside the body, the skin frequently becomes the place

where that inflammation shows up. So eczema is not a skin disease.

Memo, spoiler alert. Eczemas really a problem, skin again is the messenger and most children, it reflects that deeper issue that you're referring to called immune dysregulation, gut imbalance, and an elevated inflammatory load.

Remember, our immune systems need regulation. They don't need stimulation. Parents are often told to boost the immune system. But with eczema, the system isn't weak.

It's dysregulated. The goal is in boosting. Its restoring balance. its allowing balance, its support. it's all trying to get their immune to be resilient.

So understand it is a sign, it a symptom, but it not a cause and it isnot a reality, if you will. Yeah. Well, that's the silver lining, right? It's like we're actually, luckily, as dire as some situations feel and are in the moment, we can absolutely reverse this.

That's why I host this podcast and why- You're a great job…. I've done so much time to this, so thank you. I mean, it's really important to know. If you're parent and you are not sleeping and your child is miserable and can't set them down because they're scratching themselves raw, you have to note that there is light at the end of this tunnel.

can sequence the inputs in a way that we can sincerely reverse this. And like you said, the small intestinal lining, it can be that cellular turnover is so quick and it absolutely can heal and seal your gut.

by and by, you then heal this skin condition, right? You no longer see the rashes on the skin, and they're no long itching. And they have the bandwidth and the frequency and vitality to just be a kid.

So when you're speaking with your patients, because by the time they get to you, by they time get me, they've tried a lot of things. What are some of the mistakes that you commonly see when people are dealing with these types of chronic health conditions?

You know, it's very interesting that I hear this statement. You probably hear it also. They're kids so they can eat what they want because when they're older, they are going to have to watch what the eat.

Wow! I know. I mean, what a mess. If anything, start them off young so that healthy and they make good habits and start eating well and avoiding a lot of the inflammatory things.

So some basic points would be diet quality.

Eczema as immune dysregulation and root causes

so I have a few acronyms. GPS, we'll start with. I'm a big proponent of GPS. No gluten. Sorry, everybody. The average child consumes 63% of their calories from ultra-processed food.

It is a five-year half-life, but it doesn't give five years to your life. So you wanna avoid ultra-processed foods and no added sugar. You wanna have a fruit?

Yeah, have fruit, but avoid added sugars. Another acronym would be DNA. And this one's really gonna hurt people. No dairy for the D. We're the only species that wants to drink another species milk.

we've gone through that with breastfeeding or lack thereof of breast feeding. Number two is nicotine, no nicotin. Well, obviously that's probably not prominent with children.

In the third one, No artificial sweeteners. If the food label is longer than your name, don't consume it. And the last one is inflammation reduction strategies, IRS, no processed seed oils.

They are without question, deleterious to one's overall health. they're very inflammatory. No deep fried foods and made this one will really segue into a conversation.

no food sensitivities. So when was the time you tested your child for food allergies, but really food sensitivity. I believe. that food sensitivity is one of the biggest reasons for chronic hidden inflammation because it takes three days for the symptomology of inflammation to come out by what we like to refer to as an IgG antibody.

So essentially, today is Tuesday. If you ate something on Saturday like broccoli and that made you inflamed, I wouldn't know that as a practitioner. You wouldn' t know as the patient.

This beckons the idea of testing and not guessing. Some other talking points that I think are important are the microbiome support. 8% of immune cells are in your gut.

We've talked about that. Sleep. Got to get good rest. Get them sleeping and get them locked in with their circadian rhythm, their ability to match with the outside world.

Reduce environmental exposures. That's not just big for children, that's big adults. The number one reason for Parkinson's in adults, not to talk about adults is the environmental toxins.

One of the biggest issues with children today in ADHD is damage to the gut from environmental exposure. And of course, as I said before, support immune balance.

So a key thing for me is build immune resilience early in life because those small daily inputs, as I said before, create large immune positive health effects.

Oh, yes. A lot to unbox. It is so much to unbox. I don't know where you want to start. You're a chiropractor. One of the reasons that I was really excited to have you on is to speak at large about that connection in between the nervous system and whether that can play a role in these inflammatory conditions.

Without question, the nervous system is a major regulator of inflammation. And we're talking the central nervous, which is the spine and the brain comprised.

However, The largest nervous in the body lines the gut. It's called the enteric nervous. Make note. That enteric nervous system actually communicates with a nerve called the vagus nerve.

As long as that vagous nerve is firing appropriately, it allows the gut to communicate with the brain, and that would be called a suprahighway to health.

So the brain is part of the central nervous system. So whatever you do to your gut, ladies and gentlemen, with your child, you're due to their nervous systems.

Whatever you to that nervous, system you due the gut. It's bi-directional, it's intersected. And for me, the nervous and structural stress are major components, but also regulators of inflammation.

What led you into chiropractic? So you want to know my why, basically. My why is simple. I don't wear it on my shoulder, I wear on it my neck. i suffered from congenital torticollis, which is an asymmetry to the neck, it laterally flex to right, and rotates to left. I grew up in New York City in a borough called the Bronx.

It's tough. So when kids see things that are different, they're not so kind. Kids would want smack me in the face and try and straighten my and things of that nature.

So I always searched for an answer, you know, not to be made fun of, but to fix others who had a similar plight like I did. At 18 years old, I went to an orthopedic pediatrician.

It was one of the best moments in my life because he said three things. He said, number one, i can do surgery, But

all I can guarantee you is a scar. Who's going to do that?

Number two, he told me something that made an indelible mark on my life that I share with all my patients. Number 2, when it comes to health, if you do nothing, it never gets better.

It never goes away. And number three, which changed my life, Which is my epiphany. He said, you could try something. I heard they don't kill people anymore.

This was 1983. You could cry chiropractic. They may be able to help you.

Common mistakes: diet, sensitivities, and inflammation triggers

So it was chriopractic for me. And I was going to school. That was studying to be an accountant. and I did finish because my Jewish mother said you've got to finish a college degree.

She was concerned that chiripractors weren't real doctors, all that kind of stuff. so I. Did that. It worked the morning at IBM left, went back to the community college.

after completing a five-year accounting degree and enrolled in all the prerequisites and now I'm here now. I will say this, I never thought going to chiropractor school I'd be able to treat the conditions I treat now and talk about the things that we're talking about right now it's been a beautiful ride and I got to tell you anytime anybody needs anything just feel free to reach out to me I am all about to share.

Oh, so generous of you. And personally, I shattered my leg last year. I see her now once a week and she's just helping me holistically and I take my kids' problems to her, all the things.

She is like my physical therapist and all of the thing.s I believe in the modality so much. So when people think about the chiropractor, they think the cracks and things like that.

The adjustment. Yes. When you get an adjustment, What is happening to your nervous system or what does that, those sort of inputs say to the body? At its basic level, we're realigning the nervous system, the spine, to allow it to function optimally.

And the central nervous is a driver, as we talked about, of inflammation. It's also a drive of communication, health communication. So all chiropractors' basis is on the Central Nervous System.

When it comes to eczema and other things like that, We've now evolved and included the gut, and other organs in the whole trajectory of what we want to do, because remember eczema is often the first chapter of chronic inflammation.

So therefore, in many cases, ectoma is the 1st chapter in a longer inflammatory story. If we address the root causes early, which is the idea of functional medicine, we can often change the entire trajectory of a child's health.

So it's symptoms leading to systems now for chiropractic getting to root cause, getting two root causes, and chiropractic 2.0 we're now working not at the nervous system level only, but to working at this cellular level.

And I don't know if this is true. Would adjustments help that cellular turnover happen faster? Would it accelerate it? Obviously, I'm a chiropractor. I believe adjustments help people vastly.

It's the backbone of helping the immune system work. Its the central nervous system regulator. So yeah, find a nice chiopracter that does adjustments for pediatric patients and go for it.

So I want to dive into your other pillars of health. What are some general guidelines that you give to the people that come to see you surrounding sleep?

Because people know they need more of it. They need eight hours of. But do you have any, I guess, just common advice that feel like you say over and over to well-meaning people who come visit you?

Absolutely. Believe it or not, I told them I found the data indicates that sleeping on the left side is more advantageous for health than sleeping in the right side.

You have a better detox by sleeping the same side as the liver. Number two, it will at least help you get to sleep. Try and make it dark, as dark as you can.

Don't play with the blue lights, don't fudge with your phone five minutes before. Some people like to sleep with their eyes blocked or covered, that's fine.

They also wear things in their ear to ward out some sounds. That's fabulous. But the basic idea is sleep is medicinal. So you have to make it a daily routine.

I mean, I know it's a day routine, but you'll have prepare for it. People say I'll just go to see what I'm tired. that doesn't always work because most people suffer from sleep apnea and we as adults know that sleep Apnea is the bane of many people's existence, leading us down a ruinous effect.

So, in the case of eczema, we want to do everything that we can to boost the immune system, but then at the same time… Balance the system. Yes, because at same the time the systems is over firing, right?

It's overfiring. It's over-functioning. How do we start to balance that? I'm a big believer in food, because I believe that healthy food is a potentiator for health information to the body.

Unhealthy food or inflammatory food leads to inflammation. Food is our conversation with the outside world. We really need to educate the parents on getting your children a better diet.

I do believe in breastfeeding, obviously, that would be number two. Number three, what's wrong with some quick little supplements? What's the wrong a little vitamin D?

What's wrong with a little omega-3? Low levels. They're little. But why not? You know, they're tiny health. Why not, because every cell of the body has a receptor site for vitamin D3 and omega 3 fatty acids.

So that speaks volumes to taking that. Also, I'm a big believer in a pre and a probiotic. So if you do those few things, they'll make tremendous changes in people's health outcomes.

There was somebody sitting in the reception room today and the child was behaving about seven or eight years old and they gave him a lollipop. Are you kidding me?

I know. Sugar, artificial sweeteners, coloring, how is that gonna help them behave better? I feel for people, I am put in that position constantly. I have four kids, and of course they're naughty sometimes.

And then of, course people offer it. People offer when we check out at the grocery store, people come over and bring stuff.

Nervous system, chiropractic, and Dr. Silverman's background

It's at church, it's a dance, you know, every single place. Then when you say, Hmm, this might not be the best, like, or, you know, we have like a switch policy.

Like you can bring me anything and I will switch it out for you. That just doesn't have, I've tried to just say at least just no dies. Can we just start there?

Like nothing that has dies in it. Because my kids are healed. I mean, from eczema, certainly, but like it's a lifelong

quest. of health and I'm doing everything that I possibly can and trying not to drive them or myself crazy.

But you can notice a behavior shift. You know, when we do compromise on our standards, there is a behavioral shift that lasts for almost 48 hours. It's like, honestly, really significant, especially if they have gluten.

And I would love for you to talk a little bit more about the dairy piece because we suggest, you know, laying off a dairy for a while, like 90 days while we're really doing that healing work because it's certainly an inflammatory food.

It's definitely denser and it's harder to digest and, you know, our gut needs a break if we're experiencing eczema. So we need to omit it from the diet for a short while.

But what would you say to the parent who is concerned about calcium and protein? Well, there's more calcium in food than there is in milk, so it's a little bit of a misnomer.

And a dairy is the fight. The gluten, they're willing to do, but the dairy's the fights. So I do things like good, better, best. It's easy, like what's good to cook with.

Well good would be… or clarified butter. It probably doesn't have any dairy. Better would be avocado oil. Great choice because you can go high on the flame.

The best would extra virgin olive oil because of all the rich polyphenols and antioxidants and nutrients. Only problem with it is you'd have to do it at a very low flame, I think over 140 degrees.

That's rendering a lot of nutrients damaged. So good, better, best, I'm a big believer in. As far as dairy, dairy is a problem because dairy's one of the highest autoimmune foods, and this is what I tell the parents.

Dairy is also one the of highest inflammatory foods. Food allergies and food sensitivities. So let's table the idea of dairy and let get them a whole, rich, full diet.

You know, interesting, it's about choices and good choices. Wow, isn't that great? We're American. I love pizza. You know, cauliflower pizza, chickpea pizza and then I've had people say, oh, that tastes like crap.

Well, have you tried it? No. So how do you know? Now my understanding, I'll give you a little story. So my wife is a fabulous cook and she makes gluten-free and dairy- free for me.

And I have my neighbors, my good friends for the last 30 years, you know, and they're traditional Italians. They want real pizza, real baked ziti, the whole bit.

It came over and mine was done first and then she put it on a table. They dug in and they were eating it and I'm like, oh my God, what's going to happen when they eat this vegan cheese and this cauliflower pizza and eat non-gluten pasta?

They loved it. They didn't know it until I told them what it was. And they're like oh yeah, I could have the aftertaste. You know what, if you haven't tasted it, you'll never know, what you're missing and you acquire the taste.

So good choices are critical. It's, instead of a fried fish, grill fish steam fish things of that nature. Instead of French fries, yams, sweet potatoes, baked potatoes baked fries.

You it's the food, but it the preparation of the. is the critical element. And then we can get into, is it organic? Is it farm to fork? Things like that.

But, you know, again, if you're going to have somebody go all organic and farm-to-fork, it's a little different strain on their wallet. that's where we start here.

It's just like start in the kitchen, start at the next meal. You're feeding yourself or your kids all the time and there's so

much you can do by way of food and nutrition.

it's honestly incredible and the bounty is so great. you're really not missing anything. I have to share my 11 year old wanted a sleepover for her party and We had a pizza party like we went to my neighbor's pizza oven and we had cake and pancakes the whole next day, which I'm like, you know, it was a lot of carbs and I am not into it, but that's what she really wanted to do.

But everything was gluten free and nobody knew, like they were all, regular 11 year olds. I didn't talk about it. And say anything, nobody said one single thing because it's all delicious.

Like the commercial gluten-free, you know, the processed gluten free baking mixes and things like that. Those I don't think are really any better than just regular gluten, maybe a tad bit better, but not not that much.

But if you make it from scratch, nobody would know the difference. If you just choose sorghum flour over wheat flour, and there's just I like what you're saying.

You're talking about a choice of the flour, not necessarily like 18 different things. So there's a lot of non-gluten flours that ultra-process.

Sleep, food choices, and balancing the immune system

probably put it down, it's probably ultra-processed. And gluten-free and dairy- free, vegan cheese can be ultra processed, so you want one or two ingredients.

I think that's where we're at. You want to eat food in its whole, fullest form. So I'll give you guys a little takeaway on food. The best way to food to make sure that carbohydrates don't have any adverse effect is eat the fiber first, the protein and the fat second.

follow with any carbohydrates. So eat your fruits at the end of the meal. If you do so, you'll decrease your blood glucose rise by 73%, your insulin rise, by 48%, and you will decrease the incidence of eczema in all your children because of that, because sugar may be one of most inflammatory chronic markers.

do like the French do, right? It's like just an easy way to incorporate what you just said is before you have dinner ready, you put out sliced cucumbers and carrots.

If that's what's available and that what out, they'll naturally gravitate toward it and eat it. You know, my kids won't sit for a three course meal. I don't serve three-course meals, but if we do that, I'm reminded again and again how effective that strategy is.

And that's the name of the game, right? We were just trying to get their blood sugar to a place where it's not spiking and plummeting all day. Every day, that's what's ultimately driving this systemic inflammation.

And kids are just exposed to so many carbs all the time. They just seek them out. So that a really good formula. Thank you for sharing that. Yeah, I'm not anti-carb.

However, they have little brains, their growing. Fat is much more salubrious for a brain than carbohydrates. Sugar is actually inflammatory, so if you're not really sure, the macronutrients of choice would be protein, fat, and then carbohydrates.

It's not no carbs, it's good quality carbs. So they're essential amino acids, protein. They're central fats. There's no essential carbohydrate, but the carbohydrates have a lot of nutrients.

Yeah, right, exactly, for the growing brains and all the things. Yes, thank you. What types of conversations are you having with your patients surrounding their environmental exposures?

I live in Westchester County. We have more golf courses per square foot than anybody else in the United States. Interesting. If you live within one mile of a golf course, you increase your incidence of Parkinson's by 126%. Is that true?

So we are exposed. My patient base is exposed, so I talk about trying to minimize the exposure. You know, don't use tea bags. Don't used bottled water if you're able to.

Use glass. Mug. Things of that nature. Consider detoxing spring and fall. And if you do that, I've seen a tremendous drop, a precipitous drop in the incidence of environmental conditions because of it.

Remember, we have Lyme here. Everybody's got long COVID and things of the nature, so if we can decrease that environmental toxic load, you're going to have a much better health outcome.

But it all starts with lifestyle. And I think at the beginning of the lifestyle, the two things that are right there, one A and one B, and they battle each other are environmental toxins and food.

So if you're a parent listening and you obviously want the best for your child, you want to best your family and all of these things are inundating you, maybe you live next to a golf course, they're going to school, or they are going into daycare, the cleaners.

I mean all the things that they come in contact with every day, just normal stuff. What are two or three foundational things they could focus on to make their day better today?

In reference to food, I'm going to say it again, no ultra-processed food. And you did a great job. Avoid the non-organic dry cleaners. Remember, you have to take care of your child's body.

It's the only place they have grow. If the parents listening are thinking about pursuing chiropractics for their child, what would be some things that they should look for?

Now question, if they're going to look for chiropractic, they look, for somebody who's trained in pediatrics and chriopractic, there out there. They're mostly women, and I think they do a fabulous job.

And I that they should be a given for your child's health upbringing. In your opinion, with the patients that you see that really start to take your advice to heart, what are the things that start you to see, that tell you that they're moving in the right direction, they are moving toward balance?

Energy level is one thing. You know, 80% of Americans, including children, they're part of, Americans obviously, suffer from fatigue. Number one would be fatigue, number two would the ability to concentrate.

number three, getting better grades in school and thriving in sports. So, you know you have that lethargic child. I mean, my mom fed me eggs and bacon in the morning, cheeseburger and fries in afternoon.

If it wasn't a grilled cheese, hear me out. some steak and potatoes and things like that in the evening. And she thought that I was eating a well-nourished diet.

I mean, she did what she knew.

Environmental exposures, testing, and closing advice

She was a high school grad. There's no such thing as organic then. It was no sense thing is farm foods. Everything she went to the butcher to get food and the things that.

When I switched, She always said, you know, life really disturbed her because when I left, my grades got better. It wasn't that I had left her, it was I'd left what she fed me and I started to be conscious of food.

I incorporated good fats, I incorporate some carbohydrates, and remember I didn't eat a lot of fats back then because fat made you fat 35 years ago. Right?

I mean, wow. Well, we lied to. By the way, everybody, fat does not make you fit and carbs don't keep you thin. That's a misnomer. They lied to us in a Harvard study in 1966. Too many crappy calories will make us fat.

A good amount of calories with exercise will keep us trim and thin. Yeah. I mean, the diet that you just outlined, that's lot of red meat, which, you know, is still a lot better than some of the kids today.

You know they're eating like the cold cereal and then peanut butter. That too. And I had my frosted flakes and Captain Crunch. That was on the off days when she didn't want to make breakfast.

Frosted flakes. Carbohydrates on sugar, sugar sugar. Captain Crunch. Rice Krispies because they did snap, crackle and pop. Oh my God. Bagels and lox. Jewish household on Sunday.

That I eat once a year now, once year on my birthday. At least there's locks in it, it is still quite the contrast. But I did want to ask you, I mean, do you recommend that much meat for a child?

A lot of these parents are worried about, you know, missing these growth milestones. These kids are malnourished even when they're eating healthy, right?

They're not extracting the nutrients that they need from their food and they are not digesting it. in the most efficient way. I think problem number one is not good food choices, but problem two goes back to what we said earlier about the gut.

The gut not absorbing it. So my suggestion for everybody now would be to take a food sensitivity test and to a gut barrier panel test. Use that as a baseline for all your kids if you can.

You'll be amazed at what you'll find out. you will be amaze if your correct any issues on their outcome and their growth and it's a one time test Dr. Rob, thank you so much for your time today.

It's so fun to speak with you. Where can everybody find and follow you? They're able to find me. My website is drrobertsilverman.com and I'm on social all over the place at Dr Rob Silverman, am I correct?

I have my staff in here. You know, they want to help the old guy remember. I should have had an extra banana for some energy. So much fun. Oh, my pleasure.

Well, thank you. All that will be in the show notes and thanks again. My pleasure, Thank you That's really it, isn't it? The small daily inputs create large immune effects.

It's not one dramatic overhaul. it's the cucumbers on the counter before dinner. Its choosing sorghum flour over wheat. its getting them to bed on time and in dark.

You don't have to do all of it right now or today. Just pick one thing from this episode and start there. And if this conversation had you thinking about what might actually be driving your child's eczema underneath the skin, I put together a free guide that walks you through the four steps that most families miss.

It's called Why Eczima Doesn't Heal Without These Four Steps. And you can grab it at the link in the show notes, only at link at show note. I'm working on it friends, but that's it.

So just scroll down and click on there and you will be able to download that. Rooting for you and your whole family as always friends and I will 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 exima kids and finally rest easy too.

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