You’re Doing Everything Right, So Why Isn’t It Working? Transcript

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Why Eczema Healing Stalls

There's a moment I see over and over again with families dealing with eczema after they've cleaned up the food and they've switched the products and they've made progress and that's definitely something to be celebrated.

Maybe the redness softened just a little bit or maybe sleep improved or maybe the itching just backed off just enough for everyone to just breathe again and then it stalls or slides backwards and suddenly the noise starts and you take out another food and you try a different specialist and you add this supplement and you run this test and you try oregano oil or maybe a parasite cleanse and all this sounds reasonable right you just want your kids to be well but meanwhile you're up at night with an itchy kid wondering I don't think we're getting any closer to healing or are we just spending money and exhausting ourselves?

And today we're going to talk about why that still happens, like what it actually means and how families can move forward instead of spiraling sideways all the time.

And if you're listening and thinking this is exactly where we are, you can book an alignment call at xmakids.com. That's where I help parents figure out what actually matters next without guessing.

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. So welcome back, friends. Thank you for being here. And I want to talk about how emotionally brutal Maxima is. Because I remember sitting on the floor with my baby and my toddler scratching themselves absolutely raw.

The Emotional Toll on Families

And I had notes all over the place and tabs all over the place on my computer and just mental tabs in they had and protocols bookmarked in books and I was cooking differently and I was bathing differently and I still didn't know what was helping and you can only function on adrenaline for a short while and then uncertainty drains you faster than the effort because you're managing other kids and your marriage in your house and your job your job so you can pay for all these things and your responsibilities and this constant mental load of Is this the right thing?

Am I helping my child? And if you are there right now and feeling beyond stretched thin, that's not your weakness, right? That's just your reality right now.

And my goal, my biggest goal is to truncate the amount of time that you spend in that life experience because that is not fun. That is not joyful. When your kids are miserable and you're miserable and you cannot sleep and you cannot even think through a full thought because your brain damage at this point from lack of sleep, like that's not it.

And the shift I want to present to you that might take a load off your shoulders is the stall isn't because you aren't doing enough. It's because the body needs something different than effort friends.

And I hope that's actually a relief. because I wanted to zoom out and show you what's happening biologically. Like the early progress comes after removing the major irritants.

And this is a big step. This is really, really important. So you've removed the inflammatory foods and the harsh products and environmental triggers and that reduces the burden quickly and good on you for doing all that.

And then you start to see less redness and less itch and maybe better sleep. And that's amazing. That's real progress. And then the real healing, the deeper healing requires something else.

It requires nervous system settling. It requires microbiome rebuilding. It requires barrier repair. We have to completely rebuild our kids' skin barriers, right?

It's not doing its job. It's letting what's outside in, and now what's inside is coming out. And we need immune recalibration. And we need digestive strengthening.

And that requires stability, friends. Stability and consistency above all else. And when your routines change constantly, the digestion stays unstable.

And the nervous system stays reactive. And the skin turnover stays inconsistent. Even the good inputs become noise. And I know what it's like to die every time you go anywhere.

Even the grocery store, you're just like, oh my gosh, look at this problem. And they will give you advice there too.

Why Progress Slows After the First Wins

And certainly your friends at the park bench and certainly at work and your spouse and your boss and all the things. It's just like, oh my goodness, I don't know what to do.

And this is why the stacking, the interventions, it just rarely speeds healing. It fragments it. Because when routines change constantly, the nervous system stays reactive and the digestion stays unstable and skin turnover stays inconsistent and even good inputs become noise.

Like all the times that you talk about it, think about it, read about it to the grocery store checkout and your friend at the park and your boss and your spouse and the book that you just read, right?

All the things, all those good inputs become noise. And that's why stacking interventions rarely speeds healing. It actually fragments it. And healing accelerates when parents know what to hold steady, what to observe, what can wait.

That's the strategy. That's what I wish I knew, but you can't know. You can't know. Or right now you're looking at an itchy scaly kid, even though you've seen all the specialists and you've tried all the things.

And I want to tell you about the pattern that I see right before families break through. And you might recognize yourself here. You're changing something every week.

You're not sure what's helping. You can't stop trying. I remember driving somewhere with my dad and I was like, you know, six years ago, I was like, oh my goodness, I've tried this, this, this, this, this.

I don't know what else to do. I can't stop, obviously, can't stop. My kid's miserable and it's consuming your thoughts and you're worried and feeling your stress levels like unlike anything else, you know, knowing that your child is unwell and you're tracking everything and you're exhausted and you feel behind and you feel pressure and you feel responsible and you second guess every exposure and everything that you ever did.

And that's the signal that you've reached your limit of DIY guessing. And this is where the question changes from what else can I try to what does my child actually need right now?

And that's what helps family actually move forward. 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.

So first we lock in a nutrition baseline. You got to hold meals steady long enough for digestion to stabilize. You got to simplify the skin inputs. So here's what moves families forward.

It's not theory, it's practical anchors.

Stability Over Constant Stacking

You got to lock in a nutrition baseline. That means hold meals steady and long enough for digestion to stabilize. And if you don't know what to feed them, I have tons of episodes about this, depending on season and depending what you're going through, but all focused around eczema-prone people.

So check those out. And you also need to simplify the skin inputs. And we can't be changing creams every other day, every two seconds. We have to make sure that everything that touches their skin is not just clean, it's digestible, and it doesn't have any ingredients that are working against what you're going through, like even natural ones, like olive oil, right?

When you put on olive oil topically for a period of time, it thins the skin barrier even more. I know, right? And it's like, oh my goodness, I'm trying so hard.

So that's what we wanna do there, simplify the skin inputs. If you need some help with that, I have a really good recommendation. You can see that consistency reveals patterns and constant switching hides them.

That's what kept me in that plagued state for longer than it should have been. And then we're only tracking high value signals, like this is very, very important and you're likely mentally tracking it.

And especially if you have more than one kid and they're dealing with this condition or maybe another, that's really, really hard to do. But you have a general sense of sleep.

Itch intensity, bowel patterns is a biggie that we really need to look into. Their mood, right? That even small changes in that is a signifier that they're healing, that they're doing better.

And then we got to put earmuffs on and everything else. And that's, that's hard. Oh my goodness. It's coming at you, right? All the time and. just for our mental health, for our mental health and to be able to be the calm and the voice of reason that our family needs us to be.

We got to stop talking about it with other people, stop making all the random appointments and delay every non-urgent action possible, any non-urgent additions.

No more tests. They're not going to be informative. They're going to show you that their immune system is going bonkers and it's going to cost you hundreds and thousands of dollars.

I'm going to save you right there. No new supplements because you read about this one thing. No, no new protocols. Stability here, friends, beats novelty.

And when you see flares, that's information. It's not failure. It's just information. And this is the phase where I step in with families. We build a plan based on what's actually going on, based on your real life, based on your actual child, their history, their capacity, their environment, their schedule, their pharmaceutical exposure.

observed responses. No two plans look the same because eczema isn't just one path. Otherwise, we wouldn't be

here today, right? If somebody had the silver bullet and if there's just one cause, that would be great, but that's just not the case.

And then that's how strategy actually aligns with real life, because then consistency becomes possible.

What to Track and What to Stop Chasing

Because then consistency builds momentum, and then momentum builds healing. And having someone in your corner prevents unnecessary pivots that reset progress.

Somebody who's specializing in this condition is a big, big deal. And I want to reassure you, if your progress has slowed, it does not mean that nothing is working and you've missed something fatal.

Healing is 100% possible above all else I want you to hear when I say that. No matter what is going on for your child right now, if they're experiencing eczema, this is reversible.

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 even live on an organic farm.

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

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

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

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

And it just means that there's been too many variables that have been changed and stability has been lost and signals are definitely muddy and time after time healing moves when the right things are steady long enough to actually matter.

It's just like exercise. One workout, it's not going to change anything. Consistency changes everything. A goal isn't just clear skin. That's our aesthetic goals.

That's our comfort goals. And you know, like our goalpost isn't just clear skin. It's a comfortable child. It's a smiling child. It's a peaceful home.

That's our goalpost. That's our target. We want an actual healthy, robust, vital, Family and children, and we want to feel that way ourselves, and clear, calm skin is a reflection of that.

When you're looking at baby soft skin, the intestinal lining reflects that. When you're looking at a regulated, calm, happy child, that means there's not this dysbiosis stress that's taking over their thoughts and feelings.

And that's what I want for you, because I don't want to leave this systemic inflammation unchecked.

Reframing the Goal and Next Steps

That's what I want for you, not suppression, right? When we're suppressing the immune system via steroids or

biologics, we're kicking the can down the road.

And when you do that for a long enough time, if we're never really addressing the systemic inflammation that's going on, the situation gets worse. And I remember seven years ago, I couldn't imagine worse.

It was pretty bad. It was pretty bad. And then I thought about it being worse, about like what those conditions look like, right? And those are the ones that have the fundraisers for the hospitals and all the things like, I didn't want to be in that boat.

I didn't want to go there. I knew I had to get this under control, not just for their comfort, but for their lifelong health. So if you need help sorting through the noise and deciding what actually deserves your time and energy next, book an alignment call at xmokids.com.

It's free. It's 15 minutes. And I have that available for you if you want to hop on a call. And if your child's skin needs calming support right now, well, you work on the bigger picture.

The Skin Comfort Trio, it's herbal oil, comfort spray, and a soothing skin cream. They work amazing together. Each step is like putting supplements through the skin.

It's all available at eczemakids.com as well. I want to help you decide what to stop chasing friends. And if this episode helped you? I would love it if you left a review, screenshot it, and send it to me at support at xmakids.com, and I'll send you a 30% coupon for the trio.

So thank you so much for being here, friends. I know how heavy this journey can feel, and I'm hoping that this brought you some clarity and some light.

And I will talk to you next week, friends. Take care. Thank you for helping with my eXma. 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.