

Eczema

What Is Eczema?

Eczema is chronic skin inflammation, otherwise known as atopic dermatitis or atopic eczema.

What Causes Eczema?

People with atopic eczema can appear to have it for no apparent reason, but the condition is made considerably worse by irritants. The exact cause of eczema is unknown, but it may be related to family history, allergies, or asthma.

Eczema FAQ

Q: I am taking Serrapeptase and finding good results. I have also purchased your book and find it full of important information. I have a three-and-a-half year old granddaughter who has eczema and other viral skin rashes most of the year. I would like to know if Serrapeptase could help her? If so, how much should she have, and how do you get a toddler to take it? It's not easy to find a time when she has an empty stomach, and I know she can't swallow the capsules.

A: For eczema, I recommend cutting down on starchy carbs and replacing them with sprouted wheat bread and quinoa-type foods. Cut down or cut out milk products, replace with goat's milk or better still almond milk. Take Hemp Oil orally daily and massage into eczema. Take Curcuminx4000, open the capsules, and mix with a little food. Take Serrapeptase, open capsules, and then mix with a little water.

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"I am taking Serrapeptase for my eczema and finding good results. I have also purchased your book and find it full of important information."

- Michele D.

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Follow the Health Plan as recommended for the best results:

ECZEMA HEALTH PLAN

The following health plan is designed to provide relief for eczema. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve eczema and to achieve overall good health in the long-term.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support healthy skin - in order of priority:*

- [Hemp Seed Oil](#) - Take orally on a daily basis and apply to skin at bedtime. Vital for healthy cell growth.
- [Curcuminx4000](#) - Relieves pain and inflammation. Take 1 capsule, 3 times daily.
- [SerraEnzyme 80,000IU](#) - Reduces any pain or inflammation. Take 1 tablet, 3 times daily.
- [Derma-Q Gel®](#) - Provides healthy nutrients to energise the skin. Apply to skin during the day.
- [Prescript-Assist - 29 Super Strain Probiotic](#) - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See www.Probiotic29.com/studies.)**