

<p>Possible causes</p> <p>Foods</p> <p>External</p>	<p>An allergy or intolerance to a specific food or external irritant.</p> <p>Allergens include dairy products, wheat, citrus fruits, peanuts, eggs chocolate, tomatoes and soy or external factors such as washing powders, clothing, shower gels, nickel and latex.</p>
<p>Other possible causes</p> <p>Worsen</p>	<p>Emotional issues and stress;</p> <p>Insufficient digestion, poor diet, constipation;</p> <p>Lack of essential fatty acids, too many processed fats.</p> <p>In hot or cold weather, hot showers, smoky environments, infections, and illness.</p>
<p>Identify</p> <p>Eliminate</p> <p>Avoid</p> <p>Reduce</p>	<p>Carry out an allergy/intolerance test through a GP or privately.</p> <p>Eliminate suspect food COMPETELY for 3 weeks and then monitor symptoms when re-introduced.</p> <p>Avoid citrus fruits and juices as they aggravate skin and increase itching.</p> <p>Reduce red meat processed dairy, processed and fast foods.</p>
<p>Increase foods</p>	<p>5 - 10 portions of fruit and vegetables a day;</p> <p>Non citrus fruits: berries (all), plums, red grapes, cherries and pineapples;</p> <p>Lean protein, whole grains, nuts and seeds;</p> <p>Oily fish 3 times a week;</p> <p>Live natural yogurt, onions, bananas and oats for good bacteria.</p>



Supplements

Vitamins A & E for skin health;
B vitamins and zinc to reduce inflammation;
Vitamin C and bioflavonoids are anti-histamines;
Omega 3 - fish oil or flaxseed oils;
Evening Primrose oil;
Probiotics and prebiotics to improve digestion;
Flavonoids: grape seed extract, green tea extract
and quercetin are natural antihistamines.

Aromatherapy

Traditional remedies

Gentle massage with a blend of chamomile,
lavender and/or Melissa;
Oatmeal bath can soothe skin;
Fresh green cabbage leaves (especially Savoy),
washed and well pounded with a bandage to
affected areas every night and morning can relieve
bad eczema.

Flower
Remedies

Impatiens if rashes are associated with irritability
and impatience;
Rescue remedy internally or externally in a cream
or wash is good for skin troubles;
Crab apple for embarrassment;
Clematis and Mimulus for oversensitivity.

Poor Confidence and
Anxiety

These can often be a feature of eczema; see fact
sheets on confidence and anxiety.





The Clover House Solution

230F – Mandy, Aged 8



Tummy Pains – Weight – Eczema – Foster Sister

The Problem

Mum came to us after reading an advert. Mandy had been overweight and had suffered from stomach pains since she was 4. Mum wanted our help to solve the problems; the NHS hadn't been able to help.

Our Solution

Creative Imagery: Our therapist talked to Mandy about her stomach pains, which she imagined to be 'purple'. We helped her to change the way she felt, by getting her to imagine that the pains were purple balloons, which floated away for ever. We also helped her deal with her negative feelings about school and a foster sister who regularly stayed with her family.

Aromatherapy: We taught Mum how to give Mandy a massage with lavender oil, which they enjoyed. On her second visit, Mandy told us that she had more self esteem and that it had helped her body image.

Nutrition: We helped Mandy to understand the bad effects fizzy drinks and sweets were having on her body and Mum took away a diet sheet and some handouts to help. Mandy also told us that she also had eczema, so we advised Mum to cut oranges and juice from Mandy's diet and to eat less tomatoes, eggs, yoghurt and cheese.

The Results

Mandy sent us a card to say thank you and said **“my tummy aches are getting better and better!”** Mum gave our service **10/10** and told us that Mandy had lost weight, her eczema had gone and she no longer minded having foster children to stay.

Mandy's life and self esteem dramatically improved after visiting Clover House!

The Clover House Solution – Natural Healing for Children

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