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The Eczema Detox: The Low-Chemical Diet for Eliminating Skin Inflammation (Hardback)

By Karen Fischer

Exisle Publishing, Australia, 2018. Hardback. Condition: New. Language: English . Brand New Book. p.p1 span.s1 More than 90 percent of eczema sufferers are sensitive to a range of artificial chemicals but did you know natural food chemicals also trigger eczema? This is why regular detoxes and healthy eating programs, which are rich in phytochemicals, can cause red, flaky skin that is incredibly itchy. The Eczema Detox shows you how to cut your total chemical load, love your liver and create healthy, clear skin from the inside out. The book contains three effective programs to suit a range of individuals from babies to adults with mild to severe skin rashes, including the following: eczema, dermatitis, psoriasis, dandruff, hives (urticaria), red skin syndrome, topical steroid withdrawal, hidradenitis suppurativa, seborrheic dermatitis, rosacea, and more. Based on a decade of intense research and first-hand experience working with hundreds of skin disorder patients, The Eczema Detox features: insightful questionnaires, the itchy dozen worst foods for eczema, top 12 foods for eczema, skin disorder supplements - the dos and don'ts, 50 delicious low-chemical recipes, and more. If you have tried everything and you still have skin rashes, The Eczema Detox is the answer you ve...



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