



healthcare for the whole family

Healing the Skin from Within

Q: My daughter is 8 years old. She suffers from terrible eczema. She is itchy all the time. Is there something else that can be done to help her?

A: Even though skin conditions manifest themselves on the OUTSIDE of your body, they actually reveal much more about what is going on INSIDE your body. Most skin conditions result from food sensitivities, poor digestion, and improper elimination of toxins. When treating children with eczema, my patients and I have great results. I work with children and their parents to eliminate problem food from their diet, sometimes finding creative solutions to make wholesome meals that the child will gobble up! Another helpful tool is our food sensitivity lab test, which provides quick and accurate results on food allergens. Once problem foods have been eliminated, it takes time for the skin to heal. Here is one of A New Leaf's favorite success stories. A little girl who came into the clinic dreamed of wearing a dress to school but was too embarrassed because of the eczema on her legs. After we got her lab results back, she and her family worked hard to eliminate the food allergens from her diet. She came into her next appointment proud of her accomplishment! She didn't mind avoiding some of her favorite foods because her itching was gone. Best of all, she had reached her goal. She was wearing a brand new dress!