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Juvenile Eczema

Overview

Many children experience skin irritations or rashes. These outbreaks tend to correlate to periods of rapid growth.

The declaration of no cure is curious in light of our experience [Ref-1](#). The simple procedure below has proven rapidly effective and reproducible in each case we have encountered.

Rapid growth periods are indicated by strong appetites:

- Elevated affinity for carbohydrates;
- Increase in sleep;
- Increased affinity for fatty foods;
- Rapid increase in lean size.

Our research indicates both a simple explanation and solution to resolution of eczema outbreaks.

1. Eczema outbreaks reflect dermatological deficiency in sterols. Both dietary pattern, sleep pattern, and tissue building, suggest an elevated and unmet demand for sterols, or saturated fats.
2. Most diets are deficient in saturated fat intake, especially for growing youngsters which may increase body mass by 5% within a month;
3. We have found that high natural fat diets produce lean children, especially along with healthy levels of exercise, and with limited access to carbohydrate and trans-fats..
4. We strongly recommend avoidance of Unsaturated fatty acids, or empty carbohydrates, and processed foods.

We have had excellent results by using whipped cream. Our 35 pound 2 year old eczema resolved within 12 hours after eating six ounces of whipped cream, or by consuming heavy cream in a meal. He will consume 1/2 stick of butter in a single sitting. These pure-fat consumption episodes fully resolve any dermatological symptoms within a few hours.

The required amount varies with the child, but is very well tolerated. Usually the craving will cease when the child consumes enough cream to satisfy the dietary deficiency. It often takes a cup of cream, 8 oz.

Whipped Cream Recipe:

- 8 ounces heavy whipping cream
- 1 tablespoon sugar (glycemic index is very small)
- 1 teaspoon vanilla extract
- Whip with egg beater, or whisk until firm.

It is very easy to get kids to eat whipped cream.

- DO NOT USE COOL WHIP -- It is made of hydrogenated fats and makes the problem worse
- DO NOT INCREASE UNSATURATED FATTY ACIDS. Eczema appears to be a result of too many unsaturated fats in relationship to saturated fats.

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