

U OUR JOURNEY TO *Healing*
with Melissa Raymond

A woman and a child are sitting on a light-colored, textured rug. The woman is leaning over, and the child is holding an open book. They appear to be reading together in a bright, indoor setting. The image is overlaid with a semi-transparent blue rectangle containing white text.

THE BUSY MUM'S ECZEMA CHECKLIST

The Busy Mum's Eczema Checklist

Hi,

I'm Melissa – a physiotherapist who has worked in the health care system for over 15 years. I am also mum to two gorgeous boys - one who had eczema (no longer!) and allergies. I empower other parents with evidence-based and natural options to help their kids with eczema, allergies and food intolerances.

I do this through my low-tox eczema and allergy-friendly workshops, online training programs and private online communities so that parents like you can help their child achieve better skin and health with evidenced-based and natural options without the overwhelm.

This Busy Mum's Eczema Checklist (taken from **The Eczema Roadmap** - my Six Week Online Program) has helped numerous parents with knowing where to start to help their little one, and the key areas to address for better skin. In **The Eczema Roadmap**, I show you how to go beyond just managing the symptoms and dive deeper into the root causes.

Without this Busy Mum's Eczema Checklist, you may feel overwhelmed with where to find this information and the time it will take to do so, perhaps be unsure about what areas to address and how to implement change when sifting through all of the conflicting information out there.

With it, you will feel more confident with a plan to help your child and know some of the key areas to work on - one step at a time.

Looking forward to being part of your journey.

Melissa Raymond, PhD
Your Journey to Healing, Founder
<https://yourjourneytohealing.net>

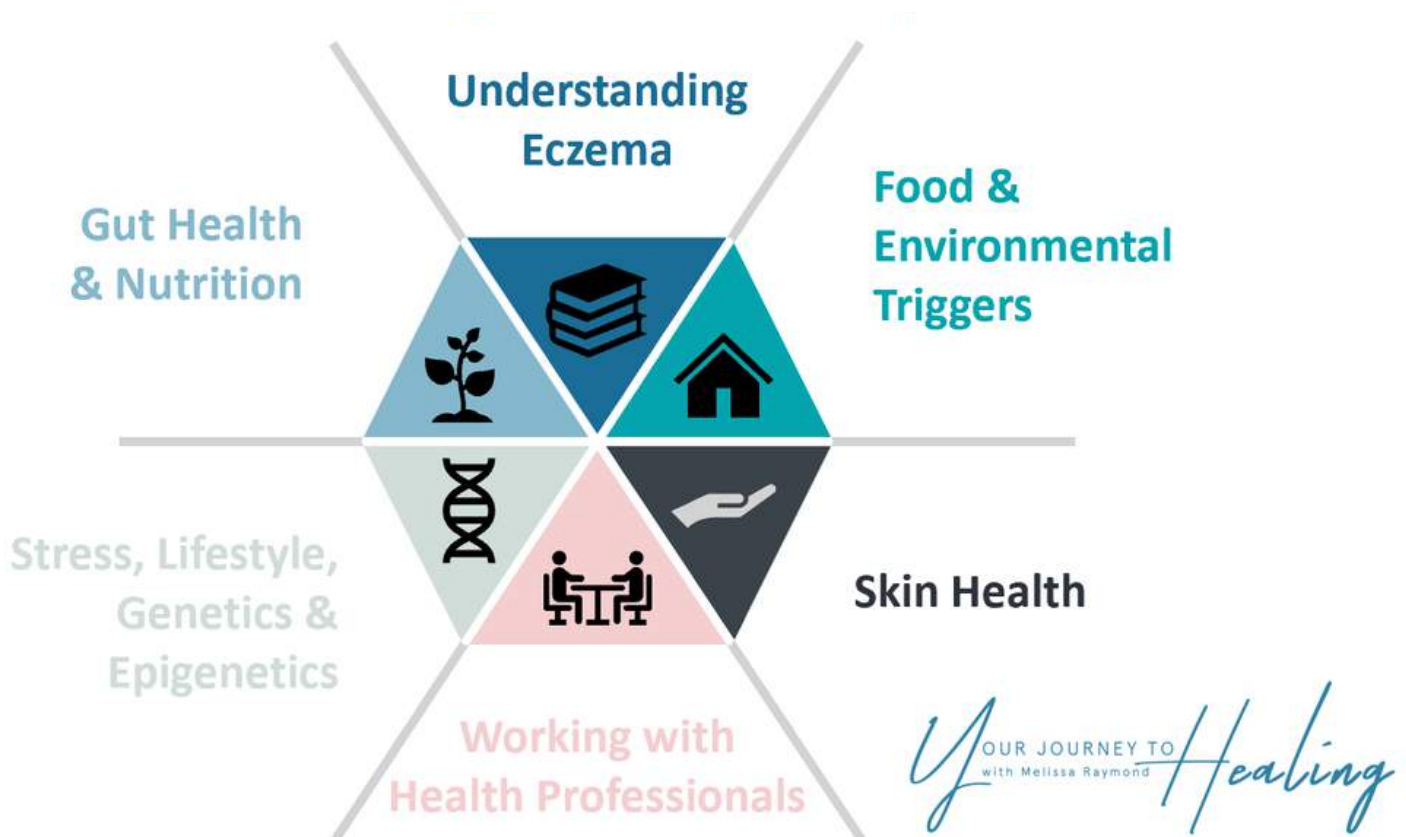


Eczema:

The Bigger Picture

Atopic eczema is a common chronic inflammatory skin condition that comes and goes, and primarily affects young children. Eczema is an umbrella term for lots of different types of eczema, and atopic eczema (also known as atopic dermatitis) is one of these. To minimise the jargon from here on, I'll refer to atopic dermatitis simply as 'eczema'.

As you may already be discovering, eczema is a complex condition, with many different pieces of the puzzle.



Eczema: The Bigger Picture

The common approach to managing eczema usually includes creams, wet dressings and bleach baths with a focus mostly on the skin. However, eczema is a complex condition with many contributing factors. Many of these factors are interlinked and need to be addressed together..

Overarching themes for eczema are covered in the checklists on the next 2 pages - these are taken from the more comprehensive checklists and step-by-step plans in ***The Eczema Roadmap***, (Modules 2 - 5). They give many parents an idea of what areas may need to be addressed to help eczema.

As a busy mum, it is important to have a plan moving forward with these different aspects of eczema; to maximise success and minimise the overwhelm, a common sense approach is to take it one step at a time. This checklist is the first stage to understanding eczema.



Eczema Checklist

FOUNDATION

UNDERSTANDING ECZEMA

- LEARN CONTRIBUTING FACTORS
- UNDERSTANDING POTENTIAL TRIGGERS
- ADDRESSING ALL KEY AREAS

LIFESTYLE

GENETICS/EPIGENETICS

- MINIMISE STRESS
- OPTIMAL REST
- HEALTHY DIET - PLENTY OF VEGETABLES, GOOD PROTEINS AND FATS

ADVICE AND ADVOCACY

WORKING WITH HEALTH PROFESSIONALS

- FIND A PRACTITIONERSLITERATE IN GUT HEALTH, GENETICS, SKIN CARE, NUTRITION
- WORK WITH ONE YOU FEEL COMFORTABLE WITH AND TRUST
- GATHER INFORMATION & ASK LOTS OF QUESTIONS

Eczema Checklist

MAINTAIN SKIN BARRIER

SKIN CARE

- AVOID SOAP, BUBBLE BATH, BODY WASH
- REGULAR MOISTURISING
- AVOID PARABENS, SLS, SLES AND OTHER SKIN IRRITANTS

FROM INSIDE OUT

GUT HEALTH

- NOURISHING FOOD FOR THE SKIN
- MINIMISE PROCESSED FOODS
- ADDRESS GUT HEALTH

EXTERNAL

ENVIRONMENT

- REPLACE TOXIC CLEANING PRODUCTS
- ASSESS HOME FOR MOULD AND OTHER TRIGGERS
- MINIMISE DUSTMITES & HARMFUL CHEMICAL EXPOSURE

How I can help you further...

I know myself how **challenging dealing with eczema can be**, the late nights trying to settle your little one, the **heartbreaks** each time they get a flare up and the guilt you feel not knowing the answer.

So if you **don't want to...**

- Go through **16 months or longer** (like I did) of exhaustion from your child in distress, the sleepless nights, of you feeling isolated in your journey to find answers, and the heavy mental load.
- Spend **\$3,150 seeking out various health professionals** to learn different pieces of the puzzle that they all may or may not offer
- Searching for **100's of hours, wading through and deciphering 372+ research studies** with medical jargon and statistics... which can be difficult and dangerous to interpret without the full text access or a PhD to **understand the true results and implications of the studies and what that means for your child**
- Continue with the cycle of hopefulness, expense and then disappointment of **yet another cream that never seems to help enough**
- **Continue in a state of overwhelm**, being stressed out, yet no further along in helping your child

...And you would like help with this with all of the right evidence-based information all in one place - that you need as a parent to help your child with eczema, then click below to find out how I can help you further.

[CLICK TO LEARN MORE](#)