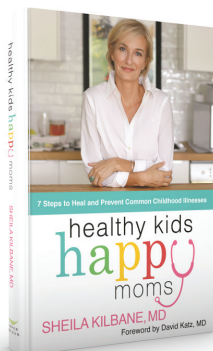


Dr. Kilbane's
healthy kids
happy
moms workbook



INTEGRATIVE GUIDE TO IMPROVING ECZEMA

I created this guide as a **“jump start”** for those who don't have access to an integrative doctor. I am an integrative pediatrician, but this approach is universal and can be used by both children and adults who have eczema. I have helped hundreds of families improve or resolve their child's eczema altogether.



Let's Get Your Child
Thriving Again!

sheilakilbane.com

The information included in this handout is for informational and educational purposes only. It is not intended to be a substitute for professional medical advice. You should consult your own healthcare provider to determine the appropriateness of the information for your own situation or if you have questions regarding a medical condition or treatment plan.

NOTE: This guide is not appropriate for kids who are low weight, have failure to thrive, disordered eating, are extremely picky eaters, have a serious underlying condition such as cancer, or have an undiagnosed illness.

ECZEMA GUIDE

THE HIGH PREVALENCE OF ECZEMA

Over 12% of American children suffer from eczema at an annual cost of \$3.8 billion. My conventional medical training taught me to use steroid creams of varying potencies along with antihistamine medications to keep inflammation and itching at bay. We mainly focused on symptom control.

PHOTOS

To begin, take photos of the eczema so you can track improvements. Take them from the same angle and same lighting for good before and after comparisons.



IDENTIFYING COMMON ALLERGENS












The integrative medical approach combines the best of both conventional and integrative treatments. We look to identify any possible underlying triggers of inflammation for eczema so we can begin to heal from the inside out.

Overall, 11 foods cause 90% of our food allergies or sensitivities. It doesn't mean all of these foods are unhealthy or that you need to remove all of them from your child's diet. It just means that if food is playing a role in your child's illness or eczema, one of these may be the culprit.

Food Triggers Specific to Eczema

Research shows that up to 1/3 of eczema cases may be, in part, triggered by food, and the two big culprits are dairy and eggs.

For the purposes of jumpstarting your child's eczema healing, we are going to keep it simple and do what is called a selective elimination diet. We will remove dairy while adding in two key supplements.

FOODS THAT CAUSE 90% OF OUR FOOD ALLERGIES/ SENSITIVITIES	 DAIRY	 WHEAT	 EGGS	
	 CORN	 SOY	 PEANUTS	 TREE NUTS
	 FISH	 SHELLFISH	 CITRIC ACID	 SESAME

For More Information

Use this guide as a **starting point** to healing your child's eczema. You can find much more detail about the five ways food triggers inflammation (food allergies, food sensitivities, food intolerances, celiac disease, and histamine intolerance) in my book, **Healthy Kids Happy Moms - 7 Steps to Heal and Improve Common Childhood Illnesses**.

Order online at sheilakilbane.com/book and receive free bonus downloads, including **The Five Ways Food Triggers Inflammation in the Body**.

ECZEMA GUIDE

1 DAIRY ELIMINATION AND START SUPPLEMENTS

Kids and adults can have reactions, good or bad, to food changes and to the addition of supplements. For this reason, I have created a structured plan. Please follow the timelines and don't rush the process.

REMOVE dairy gradually over three weeks (if you are breastfeeding, mom would remove dairy from her diet). The 1st week, remove it from breakfast, the 2nd week from lunch, and the 3rd week from dinner and snacks.

While removing dairy, we will **ADD two key supplements** (a probiotic and a digestive enzyme) one at a time for one week at a time.

"The goal of supplements is to help restore proper G.I. function so we can optimize our body's ability to break down and absorb the nutrients from our food."

~ Deb Allen, RPh

Integrative Pharmacist at Infinite Health and mother of triplets

Start the supplements one at a time for seven days before starting the next one and in the order listed. Please continue any topical or oral medication your healthcare provider has prescribed and consult with him or her before stopping or weaning any medications.

Probiotic (Plantadophilus) - This plant-based, Lactobacillus plantarum strain helps decrease inflammation, enhances nutrient absorption, and acts as a natural stool softener. For best results, take at the start of breakfast and dinner.

Digestive enzymes - Are available as a powder, chewable, or capsule. These plant-based enzymes help break down food so nutrients can be absorbed effectively and efficiently. Undigested food contributes to inflammation. Take at the start of breakfast and dinner along with the probiotic.

2 REMAIN OFF DAIRY AND ON SUPPLEMENTS FOR 3 TO 6 MONTHS

Once your child, and hopefully, the entire household, is dairy-free and on the supplements, (it's easier to do this as a family!), remain dairy-free for another 3 to 4 weeks to truly see if dairy is playing a role. Monitor your child's skin as well as other symptoms such as constipation, abdominal pain, and chronic runny nose to see if they also improve.

If the eczema is improving, remain off dairy and on the supplements for at least 3 to 6 months before re-introducing dairy back into the diet. I liken healing the skin and the gut to healing a sprained ankle. It can take a good 3 to 6 months for the inflammation from a sprained ankle to fully heal. We need to give the body time for the inflammation to decrease and for the skin and the gut to heal.

Eggs

Once you have removed dairy gradually and added in the supplements, if your child's eczema has not improved, you may REMOVE eggs. You can remove eggs all at once, you don't have to gradually wean off them the way we did with dairy. Remain off eggs for 3 to 4 weeks. If you don't see any improvement after 1 month, then add them back in and monitor symptoms. If you did notice a difference, keep eggs and dairy out of the diet for 3 to 6 months.

3 REINTRODUCE DAIRY AND/OR EGGS





Once the skin is clear for several months, you may add the dairy and/or eggs back into the diet, one at a time for one week at a time, and monitor changes. If symptoms return, you may need to keep that food out of the diet as a new lifestyle.

If you find that you need to keep dairy out of your child's diet as a new lifestyle, please see my book, Healthy Kids Happy Moms - 7 Steps to Health and Prevent Common Childhood Illnesses for a comprehensive guide on how to ensure your child will have healthy bones and adequate fat, calcium and vitamin D intake without having dairy in their diet.




ECZEMA GUIDE

REMOVING DAIRY & ADDING SUPPLEMENTS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
BREAKFAST		NO DAIRY FOR BREAKFAST, WEEKS 1-6				
LUNCH			NO DAIRY FOR BREAKFAST & LUNCH, WEEKS 2-6			
DINNER AND SNACKS				NO DAIRY FOR BREAKFAST, LUNCH, DINNER & SNACKS, WEEKS 3-6		
SUPPLEMENT OPTIONS TO ADD	PROBIOTIC					
		DIGESTIVE ENZYME				

2 KEY SUPPLEMENTS TO SUPPORT DIGESTION, GUT HEALTH & SKIN HEALTH

	WEEK 1 PROBIOTIC	WEEK 2 DIGESTIVE ENZYME	REMAIN ON THESE 2 SUPPLEMENTS FOR AT LEAST 3 - 6 MONTHS
BREAKFAST	PROBIOTIC (PLANTADOPHILUS) - TAKE AT START OF BREAKFAST & DINNER		
		ENZYME - (PLANT-BASED) TAKE AT START OF BREAKFAST & DINNER	
LUNCH			
DINNER	PROBIOTIC - TAKE AT START OF BREAKFAST & DINNER		
		ENZYME - (PLANT-BASED) TAKE AT START OF BREAKFAST & DINNER	



ECZEMA GUIDE

REMOVE REPLACE WITH

COW'S MILK, YOGURT, ICE CREAM & CHEESE

- other animal milk products (goat, sheep)
- casein and whey (the proteins in dairy products)
- lactose-free milk (it still contains the protein casein)
- carrageenan (a thickening agent found in many plant and tree nut-based milks)

CEREAL & COW'S MILK FOR BREAKFAST

NON-DAIRY MILK, YOGURT, ICE CREAM, CHEESE

- almond, cashew, coconut, hemp, oat, rice, pea, peanut
- grass-fed ghee (clarified butter, dairy proteins removed)

CALCIUM RICH FOODS FOR HEALTHY BONES

*Refer to "Calcium content of various foods" in the appendix of the book

- collard and turnip greens
- mung beans, white beans, black-eyed peas, broccoli, bok choy, kale
- oranges, dried figs, almonds, blackstrap molasses
- cold water fish in a can with the bones
- salmon, sardines, herring, mackerel

FATS FOR BRAIN DEVELOPMENT

- avocado, olive oil, grass-fed ghee
- MCT oil (Medium Chain Triglyceride)—coconut oil is an MCT
- tree nuts (if your child tolerates them), chickpeas, seeds (chia, hemp, flax)
- wild-caught sockeye salmon, grass-fed beef or lamb, eggs
- chicken and turkey do not have much fat

VITAMIN D FOR HEALTHY BONES AND IMMUNE SYSTEM

- 15 to 30 minutes of sun per day
- cold-water fish (tuna, salmon, sardines, mackerel, herring)
- high-quality supplement

VITAMIN K FOR HEALTHY BONES

- green leafy vegetables (kale, collards)

GREEN SMOOTHIE

- bok choy, lettuce, or microgreens
- chia, hemp, or flaxseeds
- water or non-dairy milk, coconut oil
- natural sweetener or flavor enhancer if needed

SUPPLEMENT DOSING

Start the supplements one at a time for one week before starting the next one.
If your child has a reaction (good or bad), you will know which supplement they reacted to.

1 START PROBIOTIC

healthy kids **happy** moms **Plantadophilus**



Age

Infants
(FIRST speak
to your doctor)

1 year and up

Start of Breakfast

Wet your finger, then rub small amount of the powder on your nipple or the babies gums at the start of feeding (2-3 times a day)

1 capsule*

Start of Dinner

Wet your finger, then rub small amount of the powder on your nipple or the babies gums at the start of feeding (2-3 times a day)

1 capsule*

*You can open up the capsule to mix it with soft food, and it tastes surprisingly good!

2 START DIGESTIVE ENZYME - PICK ONE FORM (powder, chewable, or capsule)

People with an ulcer or eosinophilic esophagitis should NOT take digestive enzymes.

healthy kids **happy** moms **Kidz Digest Powder¹** (contains flax)



Age

Infants
(FIRST speak
to your doctor)

1 to 2 years

3 years+

Start of Breakfast

Wet your fingers, then rub a small amount of powder on your nipple or the baby's gums at the start of 2-3 feeds per day. If bottle feeding, rub on the baby's gums before 2 or 3 feeds daily or put it in the bottle.

½ a scoop*

1 scoop*

Start of Dinner

Wet your fingers, then rub a small amount of powder on your nipple or the baby's gums at the start of 2-3 feeds per day. If bottle feeding, rub on the baby's gums before 2 or 3 feeds daily or put it in the bottle.

½ a scoop*

1 scoop*

healthy kids **happy** moms **Kids Digest Berry Flavored Chewable¹** (contains flax)



Age

2 to 3 years

4 years+

Start of Breakfast

1 chewable

2 chewables

Start of Dinner

1 chewable

2 chewables

healthy kids **happy** moms **Digest Capsules^{1,2}**



Age

3 to 5 years

6 years+

Start of Breakfast

½ capsule

1 capsule

Start of Dinner

½ capsule

1 capsule

1. Take enzymes at the start of breakfast and dinner along with the probiotic. Mix powder in soft food or liquid.
2. In addition to the other enzymes, the powder and chewable also contains DPPIV (an enzyme that breaks down gluten), the capsule does not contain DPPIV. If gluten is an issue (i.e., Celiac disease or gluten sensitivity), add 1 capsule of Carbo-G with 1 capsule of Digest at the start of breakfast and dinner.

HEALTHY KIDS HAPPY MOMS TEAM

*Our mission is to transform pediatric healthcare
and get 1 million kids off meds they may not need.*

A voice for children

An ear for parents

A resource for other healthcare practitioners



Sheila Kilbane, MD

Board-certified pediatrician who also trained with Andrew Weil, MD at the University of Arizona in integrative medicine. She works with families to find the root cause of illness and uses natural and nutritional therapies whenever possible.

A handwritten signature in black ink that reads "Sheila Kilbane".

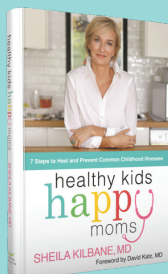


Deborah Allen, RPh

Board-certified pharmacist, and mother of triplets. She works to empower families with a step-by-step holistic approach that begins healing at the cellular level.

A handwritten signature in black ink that reads "Deborah Allen RPh".

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