ECZEMA

Diet

See information regarding alkalanizing the body. Diet should be 80% alkaline so avoid meat, sugar, refined foods, coffee, alcohol, chocolate.
Yes to: sprouts, fruits, lots of raw veggies. Especially good is parsley juice, spinach, bee pollen, celery, melons, grapes, kelp, seaweeds, garlic, chives, peaches, papayas.
Drink 1 pint carrot juice or 2 oz chlorophyll daily.

Supplements

Most important is to take 1,000 mg Borage Oil or Evening Primrose Oil daily (30% of eczema is corrected with just taking this alone).
4,000-5,000 mg Vit. C in divided doses (body can only process 2,000 mg at a time)
5 Kelp tablets
50mg B complex
50,000 IU Vit. A for 2-3 months, then drop down to 25,000 IU if eczema has not cleared up.
40mg Zinc or eat handful of raw pumpkin seeds daily
Bee Pollen
100mg Vit. B6

Homeopathy:

Do Syphilinum 6c or 30c - 3 times a day on empty stomach for several months.

Other:

Keep the colon clean and free flowing. Avoid constipation. You should have 1-2 bowel movements a day.

Support the kidneys. Drink cornsilk tea daily.

Many find it helpful to do a 3 day juice fast (meaning no food for 3 days). Take bowel tonics or enemas if not having bowel movements because you are not eating foods.