

CASE STUDY · PEDIATRIC HEALTH

Naturopathic Treatment of Pediatric Eczema

A six-month root-cause treatment plan for a 5-year-old boy with moderate eczema, documented from initial presentation through full resolution.

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Before treatment and six months after beginning naturopathic care. Photos courtesy of the patient's family.

Skin conditions like eczema and psoriasis are fairly common in children and are often treated with pharmaceutical interventions such as corticosteroids, anti-inflammatories, and immune suppressants. Families looking for holistic solutions to eczema find that naturopathic doctors have the diagnosis and treatment capabilities to address the root cause of eczema in a way that supports and builds the immune system while calming the inflammation response.

Patient Presentation

In this case study, a 5-year-old boy presents with a moderate case of eczema that is painful and itchy. The child is having trouble sleeping, and the family MD has prescribed corticosteroids both orally and topically. The family is concerned this is a systemic issue, since there are known food allergies in the child and the family has a history of autoimmune conditions. They want to treat this naturally and want to address the root cause of the problem, knowing that external skin manifestations are often signals to deeper, constitutional health challenges.

Diagnosis and Treatment

At the first appointment, existing labs were reviewed, and an IgA/IgE food allergy panel and stool analysis were ordered. The tests showed sensitivity to gluten and dairy, and the stool sample showed dysbiosis in the intestinal flora with significant candida overgrowth.

Treatment plan

- Diet modification
- Prebiotic and probiotic supplementation and diet recommendations
- Vitamin and mineral supplementation
- A custom herbal tincture blend to take internally
- An herbal topical healing salve to reduce itch and heal the skin damage
- Custom bath recipe
- Homeopathy, acute and constitutional
- Review and modification of externally used home products that may be irritants

Results

As the photographs above show, the results speak for themselves. These results took six months, but in that time we successfully nurtured a growing immune system, implemented the naturopathic principle of treating the cause, and respected the body's innate self-healing mechanism.

Discussion

Autoimmune conditions like eczema and psoriasis arise from within, when the body attacks itself. Treating autoimmunity with anti-inflammatory drugs does not address the root cause of the problem and weakens the immune system today and in the future.

The naturopathic treatment plan for this patient is unique to the individual and is not presented as a quick fix. Sticking to the plan can be tough for a 5-year-old, especially the diet modification, but when the child begins to see the results he is motivated to follow through and learn a valuable life lesson.

It is possible that once the source of inflammation is removed and the GI tract is completely healed, this child may eat wheat, gluten, and/or dairy again in some form without problem in the future.

Skin conditions are often a sign that we need to improve our diet and increase the amount of good fats in our diet. Coconut oil, olive oil, and omega/EPA/DHA-rich foods including avocados and fish are good for everyone, but especially for psoriasis and eczema sufferers.

Considering naturopathic care for your child?

Schedule a complimentary 15-minute intro call with Dr. Murphy to discuss your child's specific situation.

Call (949) 667-4436 · drmurphy@natmedworks.com · natmedworks.com

Disclaimer: This case study is provided for educational purposes only and reflects the outcome of one individual patient. Treatment is highly specialized to the individual and Natural Medicine Works cannot guarantee any specific treatment results. Statements made have not been evaluated by the Food and Drug Administration. If you suspect you have a medical problem, contact your health care provider immediately.