



## CHILDHOOD ALLERGIES

### OUR STORY

My son started to experience eczema from the time he was 2 months old. It started on his face covering his cheeks starting at his ears and covered more and more of his body the older he got. He had never experienced a solid bowel movement until his 2<sup>nd</sup> birthday. Our pediatrician continually told us it was nothing, he would grow out of it and to use the cortisone creams recommended. We found the creams helped heal the rash but as soon as we stopped using it the rash would return. I also did a great deal of research on the cortisone creams and the side effects were quite alarming. I had breast fed our son for the first 6 months of his life and was slow to introduce new foods. Once I stopped breast feeding I introduced him to formula to which he experienced vomiting and severe bloating, I switched him to lactose free which definitely helped.

I finally broke down when our son was 23 months (I was 9 months pregnant with our 2<sup>nd</sup> child) and 90% of his body was covered in open and blistering sores, his stomach was severely bloated, very runny bowel movements (they were the color of avocado's), swollen big toes with cracks that never healed, and black eyes. He spent 2 days crying on the floor and itching, it was miserable. I found a dietician through our local health food store and had him into her the next day. That was the AHA moment for us. We immediately put him on an elimination diet, introduced Probiotics, Milk thistle, alcabase, omega oils, and closely monitored his PH. I introduced a high alkaline diet and eliminated his meat intake. We also had him in warm baths 3 to 4 times per day and lotioned him with organic lotions while wet.

Low and behold within 1 week his rash was completely gone, his demeanour had completely changed to the happy carefree little boy he was as a baby, the black circles under his eyes had completely disappeared, his stomach bloating had gone down tremendously, the cracking on his toes were healing up (we were told on our visit with the dietician it was actually GOUT), and he had his first ever solid brown bowel movement. The only down fall now was trying to figure out exactly what to monitor while we had him on the elimination diet. While on it we identified an intolerance to Wheat, Dairy, Corn, Citrus fruits, tomatoes, egg, and a few others.

We started to develop a diary to help us monitor daily changes including activities, diet, supplements, medication, environmental changes, clothing (natural or synthetic), sleep schedule, etc. We have since determined sensitivities to Food additives, colorings, sugar, children's paints, play doo, sand, MSG, Sodium, Soy, peanuts & kiwi (anaphylactic reactions), the diapers I had him in, synthetic fibres, chlorine, fabric softeners, and freshly cut grass.

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*Organic Baby Boutique specializing in products to help ease the lives of children suffering from Eczema, Asthma, and Allergies*

Since determining all the triggers by using our daily diary our son now only suffers from reactions every few months, and generally after being left with a sitter, or family member. His reactions are now generally small and limited to his lower legs, and can be cleared up quite quickly by using Florasone cream (natural cortisone cream). We now have him continually on Probiotics, multivitamin, and omega oils. We have switched to a completely organic lifestyle and have benefited as a family from this experience! There is always something good that comes from every bad experience!

We have been waiting to see an allergist for the past year but don't feel a rush due to the fact that it seems we have things under control. I have been slowly reintroducing organic lactose free dairy products for the past 8 months and he is now able to handle it without any reactions. We have also reintroduced organic free range chicken, beef, and egg's with no problems at all.

If your child show signs which you feel could be allergic reactions please look into getting in touch with a Naturalpath, Wholistic, or medical professional to seek medical advise as to steps to take to monitor and determine your childs triggers. As for an elimination diet, you want to work with a dietician, or a medical professional in order to fully determine what the triggers may be and the severity of the reactions.

The Modish Monkeys Daily Diary works perfectly for tracking with an elimination diet, or if you wish to track your childs day to determine if there possibly could be an allergy or intolerance. This diary is a great resource to take to your medical professional to show them the process and results to which led you to discover or question triggers.

