



EVERWELL CHINESE MEDICAL CENTRE

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SUGGESTIONS FOR HELPING RECOVERY FROM BABY ECZEMA

1. Babies should eat Healthaid (a balanced Vitamin and mineral supplement) until they are about 2 years old.
2. Protein food such as eggs, meat, and fish should be well cooked. Milk should be boiled twice and the skin removed before use.
3. Avoid eating greasy together with cold food. Chilled food from the refrigerator should be allowed to reach room temperature before using.
4. Avoid shouting at children during mealtimes as they are easily distressed.
5. Keep defecation moving, avoid constipation.
6. Keep the child cool. To prevent the baby scratching, either daily file baby's nails or use all-in-one cotton mittens at night.
7. Use less frequent bathing and use of superfatted soap or shampoo for children. Only bathe with warm water.
8. Avoid various kinds of irritating factors such as wearing synthetic fabrics, synthetic, woolen clothing, washing powders, chlorinated water etc. Avoid contact with pets.
9. Herbal tea cooking method:
Put the herbal medicine into a clay or stainless steel pot (non-oily) and soak in cold water. (The water level should be 1/2 inch above medicine). Stand for 1 hour, then bring to the boil and simmer for 30 minutes. Pour the tea into a bowl, add some sugar, and divide into 3-5 portions. Drink warm over a period of 24 hours.
Add another 3 cups of water into the pot. Bring to the boil, and simmer again for 20 minutes. Pour the tea into a small hand-basin or bowl. Use when warm to bathe child to reduce itching.
When baby is sleeping, apply a wet towel soaked with herbal tea over the rash for 30 minutes, twice a day. The temperature of tea should be approximately 30 deg. C.
10. Rub a small amount of cream gently into the skin, as thin as cosmetics, twice daily.

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