



EVERWELL CHINESE MEDICAL CENTRE

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SUGGESTIONS FOR HELPING RECOVERY OF ECZEMA

1. Protein food such as chicken, beef, steak, egg, fish etc, should be cooked. Milk should be boiled twice and the skin removed before use.
2. Eat plenty of vegetables and fruit but little meat. Avoid raw, cold and fatty food. Avoid eating any irritating spicy food such as pepper, curry, chilli, ginger, onion, garlic, alcohol and seafood products such as fish, crabs, shrimps, lobsters, which may induce itchiness and eruption.
3. Avoid eating food which is found to make your disease worse. The usual allergic foods are cow's milk, fish, shrimps, egg, soya etc.
4. Avoid eating greasy food together with cold food. Chilled food from the refrigerator should be allowed to reach room temperature before using.
5. Avoid shouting at children during mealtimes as they are easily distressed
6. Keep defecation moving, avoid constipation.
7. Keep the child cool. To prevent the baby scratching, either daily file baby's nails or use all-in-one cotton mittens at night.
8. Use less frequent bathing and use of superfatted soap or shampoo for children. Only bathe with warm water.
9. Keep environment clean. House dust can aggravate the situation. Avoid contact with pets.
10. Avoid various kinds of irritating factors such as wearing synthetic fabrics, synthetic woolen clothing, washing powders, chlorinated water etc.
11. Apply a small amount of the lotion and rub into the skin. Gentle rubbing may relieve itching. Chinese medicinal ointment is prepared with natural ingredients, it has an unusual smell but is safe and effective. If preferred, it may be applied every night/evening as instructed during the recovery period.

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