

10 Steps To Understand Eczema And Begin Healing

ECZEMA HEALING GUIDE

BY ULLENKA KASH



FOREWORD



Hi, I am Ullenka.

Thanks for stopping by. This is the right place to be if you are looking for natural permanent solutions to problems like eczema, psoriasis, acne and similar.

I have created this guide in hope to explain a lot about illness, its causes and treatments, so you will find a deep understanding of the problem. Years ago I was looking for those answers and explanation, yet I could not find much support. That's one of the reasons I have decided to put out there all I have learned over the years, that has helped me to heal my kids eczema and to overcome my

own health challenges like chronic migraine, back pain, fungal infections, acne and also find an amazing way to keep my body healthy, looking younger and feeling great on top of that. Today my family is healthy and vibrant, while few years ago I was on the edge of sanity and really tired of trying everything I could with nearly zero effect. My life was over, that's what I thought at times, but each day I would get up and kept going as I promised to my little girl years ago. One day she came to me and whispered sadly with tears in her eyes: "Mom... I don't want to live like that anymore..." That day I made a promise to her: "Maya, I promise you, I will never stop until I will find the cure and you will have healthy skin again".

I kept that promise, very soon I have discovered a path through plant based diet and healing power of fruits. I have made tons of mistakes along the way, but I haven't given up and I finally reached the destination, learning so much along the way. Once Maya's skin was doing better I spoke to her again: "Maya, remember when I made a promise to you?...."

That promise keeps me going and helping others. I decided to dedicate my life to eczema solutions, so I can break those chains and free people of this mysterious problem.

This Eczema Healing Guide is my gift to you, so you can learn for yourself what Eczema is, where it comes from and what can you do to let it go and live free. Enjoy the STEPS and see you at the end of this guide.



1

RIGHT MINDSET

WE ARE OUR DAILY ROUTINES. We become what we do often, daily, what we repeat all the time. We are what our habits are. Taking this logical idea further - to CHANGE anything, we have to CHANGE something. Nothing will change, if we do not make any CHANGE. In case if that sounds too blurry: if we want to see the change, we can't keep doing things the same way as we were doing be-

fore. To see the change, we need to try doing things very differently, not a little bit, but almost 100% different then until now.

What does it mean? That means eczema or other illness you are trying to heal, came for a reason and it is to change you. To change your way of thinking and doing things in life. Eczema saved me and my family, as I wasn't who I am today before my kids have got eczema and I helped them. I am very thankful today for not only finding a solution and way out of eczema, but for what it has taught me and how it has changed me. I am very grateful for discovering so much about myself and life, for finding amazing ways to improve my health and to feel better. It was very hard, back when I was dealing with something I could not understand. But what was really hard, it was going through my own transformation and doing things very differently, completely out of my comfort zone. Pain is our best teacher and if you look at eczema this way, as your chance to discover something important about yourself, you will not only heal yourself, but you will heal your parents, your family, your loved ones... if you only let it and stop fighting, if you start to listen to the body that is trying to tell you something since a long time.

The body that you have is your best vehicle on this planet earth and your only true home. Take care of it as best as you can. Health is Energy and Energy is life. Do you realize that your heart beats 100 thousands times a day without you even thinking once about it? Your blood goes 3-5 thousands times around your body through thousands of miles of arteries and capillaries.

We are breathing all day long when we are awake or asleep, our amazing body is doing it for us! We don't have to think about it! Imagine all the processes that are happening on the inside, like delivering oxygen, creating hormones, digesting our food, fighting viruses. Your body is trying to tell you since a long time that it is overworked and all the tasks that you give it to, it can't process all of it anymore, so the pile of problems is growing. Your body can't function while

processing food all the time. There is no time to collect stomach juice, there is no time to take the garbage out. Liver is exhausted from trying to detox 24/7, adrenals are down, from keeping everything else up and running, kidneys are blocked with so much stuff they are trying to filter, but it's overwhelming. So the time has come for the skin to take part of the process of elimination. Skin has become your third kidney as this is the largest organ in our body and also directly connected to the blood.

But there is also good news - you can change all that. You can start today, pay attention and start reversing this process to achieve vibrant health in few months, that will last for your lifetime. You will be very glad a year from now, to look back how much you have achieved and how much you've grown.

Make your health a number one priority, because without vibrant health life becomes struggle. Your relationships are affected: with your family, your kids, your friends. When your health is declined you are not able to perform daily as you wish you would. Without health we are nothing. I know, because I was nothing.

The best way to reverse that is to accept our situation, understand what's about and what it is trying to teach me. And then, after we realize that we are ready, we make a decision and we just go for it, trusting and letting go of the past self. The miracle happens when we truly emerge in the process of transformation and we trust ourselves completely. We want it to happen and we've found the right reasons. We are not looking for temporary solution, but for solving the problem once and for all.

Health to me, has become a life goal and I see it also as long term investment in myself. Yes, if we imagine that taking a good care of our body can take us further in life and also live in so much better way, saving us time and money we would've to spend at doctor's office or for medications, it saves us lots of ad-

ditional stress and trouble. Taking proper care of our health makes tremendous difference in quality of our daily life. I know what I am talking about, because I've been in both situations and I can see that difference. I once was constantly dealing with health issues, wasting time on special care and losing sleep over not knowing what's new is going to hit me tomorrow. Since my life has turned around I can finally breathe the freedom, live my life and enjoy it. It is worth it all the efforts that I've made.



2

ECZEMA CAUSE

Eczema is a reversible condition that roots in the body toxicity and clogged elimination system. This short ebook will help you to understand the causes of eczema as well as the natural healing process, that is based on locating problems and unblocking organs. In those 10 steps I am unfolding one by one what eczema healing is about and if that's the method you want to try. By the end of this book you will learn about very powerful eczema healing system that I have

developed over the years and I am continuously perfecting, by adding newest methods and studies about detoxing the body.

The recovery process is very individual and can take a while for some, when other get better quickly. What matters here most is the amount of time your body had been exposed to the eczema prior to this point. On average it takes approximately 1 month per each year of having the issue, plus add a few months for the time you didn't know it was coming up. Eczema, before it appears on the skin it starts to develop in the intestines a little bit earlier. Very often people just have it from birth and it simply appears at some point of their life, during some prolonged stress (physical, emotional, diet etc). The reasons are endless, so it is really hard to address this problem exactly the same way for everybody. I see that difference as everyone needs their own “recipe” for healing eczema and that’s what I am able to find and to help with during my group programs or individual coaching.

Please make a promise today: *“Me and my health are my number one priority. From now on I will take a good care of my body, my best vehicle and my only true home.”*

In our life there is always some area that we seem to skip, not having enough time to take care of everything really well. We are mostly focused on work, relationships, house, kids, projects and rather all the stuff that we can see or touch physically. Unfortunately our own health, our very first home, our best vehicle called our body often drops to the last position on that list, because we pretend we do not see it coming, we ignore it and think it will solve on it’s own.

How come is that? We do not see what’s inside of us and very often we just keep thinking that the outer layer is enough. Brushing teeth, washing face, getting dressed, all kinds of stuff. But things we do not see are far more important than we think! There is an INNER LIFE inside of you that has been nearly killed and that’s why you are experiencing symptoms of all sorts. Inside of us there are

billions of beneficial bacteria that are responsible for so many living processes and taking care of you. However if you do not take care of them in the first place, they will suffer, lessen in number and become weak. While doing so, the opportunistic bacteria (pathogens) find their way into your body and come “to help”. We also need them if there is too much waste that cannot be removed. But they don’t know what to do and how, they are pirates of underground movement, that aside of eating up the toxins they also steal your nutrients and kill your good flora. They also create their own waste, just like all living organism on earth.

Once this happens, the body overflows with more toxins and tries to find a way to remove them. Main system becomes blocked and we begin to observe symptoms. Kids get sick all the time, adults have pains here and there, and some people of any age develop eczema, as skin becomes their organ of elimination.

Once I became a mom I knew that antibiotics were bad, but I used to push on Maya a lot of soft medication (sprays, vitamins, syrups) because she was constantly getting sick, either coughing or sneezing. I didn’t understand how that works, and I expected those to go away fast and never come back. Yet she was sick all the time through the first few years of her life. Why do we take the drugs and why do we get the drugs in the first place? According to the believe system we simply do that out of fear, because we don’t know any better way. When we come to the doctor we ask for help, he gives us relief. We do not ask him what else we can do? We want the fastest relief possible and we receive it. Doctors study for years and years and they are often not updated in all the newest fields of study, because they are so busy working. They follow the system, because that’s how it works. We can’t blame doctors, but we can learn better and take matters in our own hands, making using a medicine our last choice.

The problem is that we have certain expectations and we are used to instant solutions, avoiding pain as much as we can. Our pain tolerance is very low and

we don't want the inconvenience. Also our life is running fast and other people have expectations too, so we need to perform. And you simply do the best that you can, until your body says stop, I need a change.

That's how you got here.



3

INNER RIVER

There is a RIVER inside of us, that is circling around in our body, but sometimes instead of the flow, we are experiencing stagnation. Something is not working and there is not enough flow, the stream is slow or almost not moving. What does this mean? That means the lymph (water in our river) is thick and stuck, full of mucus and toxins that are supposed to leave the body. Instead, all that is trapped and floating around, while feeding pathogens and also creating more tox-

ins. At the same time because the problem on the skin is bothering us, we go to the doctor and receive a steroid cream, that pushes the symptoms back into the body. That's what our modern culture is teaching us. To get rid of the symptoms as quickly as possible. But this is just doing a disservice to ourselves...

Our body has an inner SEWER SYSTEM, that is supposed to remove everything what's not needed or toxic, in other words the waste, down the drain. The sewer system consists of few main organs, few smaller controlling organs and system tubes, canals and connectors. It is a pretty complicated machine. Our body is such a miracle! Liquids run throughout the whole system and move the matter around the body, delivering things and also removing things through the filters and out of the body, when everything works normally.

The problem starts when our system is blocked and not able to remove the toxins. This is called toxemia or acidosis. Both are to me the same thing, however sound a bit differently. It means that body becomes more and more toxic, because the waste cannot be removed. That's it. There is no medication that will solve the problem if we do not change our lifestyle. Any medication will only bring temporary relief on the surface but all the problems are still kept inside. Traditional medicine treats only symptoms and not the cause. We must understand that before attempting any alternative way. Do you now why? Because once we begin, our body will bring some old pushed down symptoms back up to the surface to deal with them (cold, fever, cough, headache, hives, swelling etc). When we understand that symptom is a sign of getting better not getting worse, we will allow for them to be and the body will take care of them, while we will nourish it properly and allow to rest. When we don't understand that and don't accept that, we will fight back and fear will rule our decisions. Going back to pain killers or creams will keep us going back to the beginning of this process and starting over and over again.

But with some patience and natural methods we can overcome. The right diet and changing our habits will slowly unblock the system. Detox is a very powerful process and it takes some time. Most important is to stay patient, to take time for the body to recover. Rushing or skipping the steps will not make things any easier or faster, everything has it's price. Faster often means more painful. But consistently and patiently means great results and less side effects. Especially at the very beginning, when our lymph is not able to process so much toxins that start to eliminate and overflow a little bit. This is the moment when instead of panicking and trying to rid of the signs, we'd rather stay calm, find time to relax and rest. To let go. Then our body will find a way to heal itself, because it is so magnificent that given the right conditions it will restore all the organs and systems to normal. Our body has a memory of the good balance and every time it is trying to reset and to balance out anything that we do. So please, just let it. You will see a miracle happen soon.



4

BODY FILTERS

We've got two main body filters that are able to remove safely toxins from our body that come with food/air/water. However they had not been designed to do their work at such hard level. Those biggest and most important filters are our main organs: liver and kidneys. Liver is removing the waste down to large intestine so the heart is receiving clean blood. I call liver a Cinderella as this organ is constantly selecting and picking toxins out of the bunch of things it receives.

Liver works very hard and if for some reason there is too many things to deal with at the moment, our liver puts things away for a while into a storage, to deal with them later. What does it mean? If we do not allow our liver to have a break from constant digestive process, the storage of difficult problems will keep growing and accumulating. And... at some point the liver becomes sluggish and slow. Then our heart needs to suck the blood from the liver really hard and that's how we develop a high blood pressure.

I know that Anthony also known as @medicalmedium brings as the cause of eczema a pathogen in the Liver, that feeds on copper and some other pathogens that feed on aluminum and mercury as well. Those heavy metals come from an exposure to chemicals like DDT for generations, then had been transferred from parents to children. Each generation has even weaker immune system, because of the toxic load that we receive at birth and then top that with our food and absorb from environment we live in. It is a price for having a convenient life really.

But there are also many countries around the world that haven't been exposed to DDT and they also deal with eczema issues, so it is a general problem of absorbing poisons like chemicals and heavy metals into our bodies from food and environment since ages. I would include here also medication, antibiotics, vaccines, chemicals in food, chemicals used in agriculture and generally the world pollution.

Our second big filter are kidneys. Kidneys role is to filter all the liquids that run in the lymphatic system at the end of it and to remove the waste down the drain in form of urine. Kidneys are also working constantly as we drink and eat really often and most people are not taking a longer break than just during the time when they sleep, while some even drink at night, not allowing those kidneys to take that such needed break. From eating lots of food that are processed, our body accumulates lots of acids and mucus. Processed food is also low in wa-

ter content and it can create a chronic dehydration in our body. This leads to blocking the kidneys - from mucus and toxic overload. When our kidneys cannot process toxins anymore on regular basis, our body finds another way to remove them and that's how we develop skin issues for example, as the skin becomes our third kidney. It is the largest organ in our body and since it is connected to the lymphatic system, what's not eliminated through normal elimination track, it goes back up into the lymph and starts to show on the skin.

How to support these organs? Liver benefits from low fat diet as it allows to slow down her work from producing bile all the time and also to release lots of old loads of toxins. Secondly all green juices and greens eaten in our diet are highly supporting our liver. Eating more simply and more vegetables in our diet, limiting foods that are processed, contain sugar, yeast, gluten, dairy and fats. Kidneys benefit from good quality hydration, but not just regular water. Hydration from vegetable juices and fruit juices, eating fruit and drinking lemon water. Limiting food that creates mucus in our body, which means grains and dairy as those are types of food that create the most problems in our systems. This all however takes time and just changing for a while won't create a lasting result and fast result. During that change our body also will approach a detox faze, which is often misinterpreted as "it doesn't work" method. Read further to learn more how to proceed successfully.



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DIET

Our body doesn't need any diet. Our body needs love, sunshine, fresh air, quality water and nutrients. Proper nutrition is the gate to health. Food is not the only thing but it is a fuel for our body and if you can imagine a car would not run on whatever, same our body cannot function properly if we do not deliver to it a good amount of valuable nutrients. And again I'm coming with simple solution to this. Mother Nature has created foods that are most suitable for us hu-

mans and those are natural foods - fruits, vegetables, herbs, seeds, nuts and sprouts. While eating the best what nature provides for us, our body will be nourished and will recover from any illness with time.

The more natural foods we can provide the better, as the plant based food keep restoring our body organs and cleaning up the systems. In my eBook “Ullenska’s Green Fix” I am providing a powerful protocol for the right start before attempting raw food lifestyle and more advanced detox. Let me explain. Vegetables are like construction company and they are able to remove and broom things out like no other type of food can ever do, while at the same time to be really tasty and provide nutrients as delicious meal. It is one of the safest ways to clean our body without forcing it. Food is the best medicine, but it has to be the right food at the right stage of the healing. For example: eating low fat meals that include fruits and vegetables is the best beginning of the journey. To get ready for the “Green Fix” cleanse you shall gradually reduce processed food, dairy, meat, grains and also legumes and replace them with fruits and vegetables. Both cooked and raw. This process is called “transition diet” and I am in the middle of creating my third ebook “Optimal Diet” that is going to provide the perfect recipe how to transition safely from eating everything (or any point of the diet you are at) to eating diet that is optimal for good health, sustainable and perfect for transition toward detox. But for now since the book is not ready yet, please focus on replacing the foods I mentioned with just fruits and vegetables and take time to do that really carefully and with love. Once you are ready, my best advice would be to start with “Green Fix” cleanse and then follow with high raw diet for a good period of time, to make sure the body will restore the systems. “Ullenska’s Green Fix” ebook provides the cleansing protocol for 2 weeks and then the path how to gradually introduce more fruit into the diet safely after reducing inflammation in the body. All about raw diet is explained

and provided in my other book bundle called “The Fruit Cure” with recipes and tips.

When it comes to kids and diet, they follow the same path as adults only when the Green Fix protocol is introduced you can be less strict and use the protocol for shorter amount of time, which is also explained in “Green Fix” ebook. Most important is to participate with your child and follow the diet yourself just the same way as they are, and possibly all family members that live together. This helps our kids to feel supported and not punished. They feel loved and helped and they will try harder to stick to the plan.

You may feel overwhelmed with the amount of changes, information and understanding the process. For that reason I started to coach groups and individuals, who follow my custom designed 9wk Eczema Healing Program, focused on detoxing the body and reversing illness. During the program I am able to closely work with someone, find the best solutions and make sure they follow the path correctly. The program is allowing me to work on a deeper level of helping than a book. It has been created for those who feel lost and can’t figure out eczema on their own. It is a period of time when I can build a close relationship with my students and hold their hand through hard moments.



6

BODY

Our body is energy. Movement is a part of healthy living. Without movement we will not function properly, because our systems will slow down and become stagnant. Exercise and time outside is necessary for our health and wellbeing. While dealing with eczema, it is quite popular to skip the exercise or a walk because of the condition of the skin, which I can understand. The pain, dry or cracking skin, lack of energy.

But once you are eating better and paying attention to your food and drinks, you will find yourself having better energy and wanting to move. Gentle exercise is best to begin with, even if it is only few minutes daily, it makes hours over months and makes a huge difference in how your body performs.

Exercise will keep the lymph moving, blood circulating faster, heart beat faster, breath in and out at a faster ratio, which means: more oxygen, more detox. At first starting with short morning stretching and 5 minutes workout, so you can feel your breath is deeper and your heart beats a little bit faster, your body temperature is higher. Especially do that during switching to more raw foods, as one of the first symptoms while transitioning to raw is feeling cold. This is not because of eating food that is not cooked. This is because our adrenals are weak and not able to manage the energy in our body properly. By replacing things like: alcohol, caffeine, cococa with healthier juices, herbal teas, carob, chicory coffee etc we will slowly bring the adrenals to a better shape and the good level of energy will return. Exercise is also supporting healing our adrenals, as it is strenghtening them, unless we work out too much and too often. But 10-15 minute daily sessions plus daily walking is just perfect.

Spend at least 20 minutes per day on a walk, if you don't have ideal way to do that, just get off the bus 1-2 stops before you reach your home and walk from there. Walking is a wonderful massage for the intestines.

Meditate and visualize your eczema healing and getting better. This may seem unnecessary at first, but I want you to know that what we think is what we feel and what comes to us in real life. Our mind has incredible powers and manifesting our health is one of the very important puzzles here. When we truly believe in this process and we truly believe in ourselves we can do that, our eczema will go away. Without letting go of our old story and old beliefs we may try all diets and treatments in the whole world without much success. When I ap-

proach this process with someone and help them to change that, the miracle happens almost right away. The old-self needs to die for the new-self to be born.



7

DETOX

Detoxification means to change, neutralize, or clear toxins from the body: clear buildups of mucous and congestion and eliminate buildup that impairs the function of arteries, heart, lungs, kidneys, liver, bowels, and other body systems.

Our immune system becomes powerful when we cleanse our lymphatic system. When the lymphatic system, which is the sewer system of the human

body is suppressed by acids, mucus and other microorganisms and metabolic wastes such as chemicals, etc. this is when you can be affected by bacteria and not be able to fight the infection. You will not have to worry about diseases when your body will work on the fuel that strengthens the immune system and cleanses the body. Antibiotics are prescribed for many symptoms that people suffer from and that have nothing to do with bacteria. These antibiotics kill not only the beneficial bacteria that are needed for the lymphatic system and the immune system, but also leave metabolic waste that destroys our health, intestinal flora and leave fungal problems and inflammations behind.

Acidosis arises as a result of eating acidic and mucoid foods. This is not caused by catching any bacteria. If you get sick from someone else, it's just because your immune system is weak, because your lymphatic system is blocked, and your kidneys do not filter and for years you do not remove toxins from your body. If you do not eat foods that are ALIVE that your body needs to create a healthy environment to protect you like a shield against different bacteria, then you get sick easily. But antibiotics are not the answer when you get sick, you cleanse your body by detoxing and fasting, allowing the body to heal and repair in a way that aligns with nature.

The amount of toxins in your body that circulates and accumulates since years is huge. It is hard to imagine to be honest with you. We have so much bacteria that is living in our body, they are actually more in numbers than our own cells! We are technically a BACTERIA more than a HUMAN. To function properly and smoothly we need to take a very good care of that bacteria and we need to make sure they EAT WELL, so they stay alive and keep guard over the bad bacteria, the invaders. What the good bacteria loves are FRUITS, GREENS, VEGETABLES. What they don't like: PROCESSED FOODS, DAIRY, EGGS, MEAT, SUGAR. Whenever you eat any of those, the good bacteria is starving and becomes weak. This makes them vulnerable to the attack of the bad bacteria and

unfortunately for the bad guys to take over. But each time you drink a green shake - the good bacteria is happy and helping you to take care of your organs. The only challenge right now is to clean up the mess, kick out the bad guys, restore inner organs, rebuild the tissues and damaged areas, fix and furnish “the house”, your body, with fresh fruits and vegetables. This process will take us few months or so, get ready for the journey ahead. If we try to do this any faster, the DETOX will block the process and we will be STUCK for months without seeing much progress or even struggling to unblock what was working before. Detox is the most important part of the whole process, it can make it or break it, depending how you approach it. It is a holy grail to healing, it is a door to freedom, it is a path to eczema free life and long term health.

The art of detox is my daily focus, I am constantly learning about human body, natural processes and what can we do to keep the body in the best shape and keep the inner river flow. That’s the whole secret of health and when we understand that, we can overcome our weaknesses like cravings, social pressure, worries, doubts etc. We will find the ways to make this work for us and to learn new healthy practices and habits. As once they become natural and normal to us, things will be effortless and easy.



8

HEALING CRISIS

What healing crisis are? It is a healing reaction, a temporary worsening of symptoms that occurs when the body is going through the process of healing itself through the elimination of toxins. It is usually experiencing more intense symptoms for a while, but it is only temporary and just because our body got the break and suddenly was able to deal with some initial detox. It is pretty common

reaction and it is a good sign, that means our body is still strong and wants to do it.

But there are some ways to minimize healing crisis and to make it easier. First and most important to change things very gradually and not jump too fast into a specific idea, that came to your head. We are so fixed in our mind to fight the illness and to hide the symptoms, we want heal quickly and we often don't understand that it takes time to heal. Nature is patient and nature creates amazing beautiful things on earth, but all of them take long time. Only disasters happen fast. Practical example - someone wants to do 30 day juice fast for eczema, because they read an article that juicing is very helpful etc. Those ideas and decisions often come from feeling desperate and tired of dealing with eczema, but to be honest it is a trap and there is no quick fix to heal eczema or any other illness so don't attempt those kinds of miracle methods. Juice fasting, especially longer than a week can create problems if someone is not prepared for it. So think first - how am I prepared? What am I eating right now at the moment. If your diet is already vegan, but still you eat processed food, starting a long juice cleanse will actually make things worse. Any major change requires transition and preparation time.

Let me explain more. While having eczema it means our body can't deal with daily detoxing and lots of things are floating around in the body, creating more toxins on daily basis. If someone is using steroids, they keep pushing back stuff that body is at least trying to remove, which creates even more mess. So if we suddenly start juice fasting, we will create an avalanche of toxins and we are on a very good path to block - liver, kidneys, thyroid, lymph, all the systems. It is like if we were about to do a construction in the house and instead of taking time to remove things, strip the walls and floors etc, we run a bulldozer through it that is pushing things out but also breaking everything on it's way.

So that's not the right way to start any change. Rather gradual and slow transition, from one thing to another is going to bring not only relief but also visible progress without a very harsh pain. Yes! Really, this way we can save ourselves a lot of pain and fighting with cravings. There is no way to completely avoiding some healing crisis, especially at the beginning, when our body suddenly will get a break and will quickly try to act before it's over. Our body is smart, haha. But as we are prepared mentally for it and ready to cope with that, our body will calm down and will cooperate, once it will trust we are not going back to old habits. Just trust yourself and trust the process and healing crisis will be minimal.

Detailed explanation of how to transition safely and to begin detoxing the body will be shared in my newest eBook, that I am currently writing. I plan to release it in the next couple of months and I will let you know once it's out. At the moment transition plan is already developed as a part of my group program.



9

SKIN CARE

During this process the skin gets better, but at the beginning there are times when it requires some additional support.

The most supportive are natural remedies for skin and actually not using too much works better than frequent use. When you implement diet, exercise,

herbs, meditation your body will begin to detox. That means the skin may get worse (as I mentioned in the Step above, Healing Crisis).

If you can skip days and do not wash your skin that is affected by eczema and let it dry a little more, just using some natural ointment or butter in patches to avoid cracking skin, it is one of the ideas to try. The reason is one - what is on the skin it could be colonies of fungus, so even water is bringing it alive, while drying out and falling off is one of the best ways. I know it is not possible to avoid a bath for very long time, but that's what I was doing for Maya at times of struggle.

Another good way may be taking a colloidal oatmeal bath, that is especially very helpful while getting off the steroids. It calms the skin down and soothes dry, cracking skin. It doesn't bring relief for very long, but it could be done a couple of times per day, until skin gets way better.

Try also using natural solutions like: almond oil, oregano oil, essential oils (blend for eczema), shea butter or coconut oil (for some they will feed the bacteria on the skin, so test it first), pure vaseline, vitamin A cream, herbal ointments, eczema ointments. I recommend not using too much of those, since they always may feed something on the skin, but we need to prevent the skin from cracking so try to find a balance there.

While supporting the skin, the most important is to implement the clean diet and daily hydration. One of the best things is @medicalmedium Celery Juice, that I also highly recommend to have every single morning, on empty stomach. Make it plain or add apple or lemon if you are a beginner. Pure celery juice is hydrating, alkalizing, it supports stomach acid before having food, it feeds beneficial bacteria in the gut and it helps to cleanse the liver. There are several other benefits from drinking it, but focus on those few ones first and sip on

that celery juice starting today, have it as soon as you can make it and begin the morning celebration tomorrow.

Exercise will also improve the skin condition, as it moves the lymph, which means that more toxins will be pumped through the system and out. When our lymph is moving faster it is able to remove more toxins through our kidneys. This applies also to kids, take them outside, let them run around, jump and have fun outside, it will help their eczema massively and it will speed up healing process, not mentioning that it will allow to absorb enough of daily vitamin D for both of you.



10

PLAN AND VISION

(This is Miina from Finland, she took part in Eczema Program in April. It's her 3 months healing progress).

Imagine that in ~6 months from now you can live eczema free, confident and happy, without fear of what's going to happen tomorrow and how to deal with the next flare, what to eat/drink/wear so eczema will stop... Imagine no more worrying about yourself or your child and no more dealing with daily itch

and pain. No more being desperate for solutions, no more trying different treatments and diets. No more allergy tests, endless therapies, supplements etc. No more feeling guilty and alone. The End.

Instead, living and enjoying your life, having time for doing things that you love, being able to wear anything you desire, go where you want, feeling energized, beautiful, happy and fulfilled. The taste of that freedom is so amazing and so it is worth some work on your part. Time and health are two most precious values, yet they are least appreciated, until we lose them. Nothing will give us the time back, but there is at least a chance to stop losing more time and get your health back! The best thing is that you came to the right place because I know how to get there. I can help you to find the fastest way, to support you and keep you accountable through that journey. You are in good hands.

Now, when you learned the whole spectrum of problems and solutions you can start soon. It is not a short path and not many people will be able to do it. Considering making the temporary restrictions and sacrifice, someone able to go through that process needs to do it for the right reasons. I see countless times people approach this method alone, seeking a temporary relief, expecting fast results, not wanting to give it 100%, thinking that after few weeks their skin shall become healthy and they can go back to their old habits and foods. That's not possible without changing our mindset first and very hard to do on your own, without support. I will be very honest with you here. Those people, unfortunately fail after 1-2 weeks from the start and that's how an opinion "it doesn't work, everyone is different" has been created.

But what's possible is to find the right reasons and to make a decision: I am willing to change and to heal my eczema. Accepting the fact that our body needs major repair, focus, time and love, will give you incredible powers to actually make it happen for you. This is true that everyone is different, yes. I already said that before - everyone has their own "recipe for healing" and every eczema has

it's own story. Which is why working more closely with someone who knows that path and went through it several times with different people and approached different situations, can almost guarantee a success at the end.

Here is the PLAN:

1) First of all - making a decision and setting the time to begin. Finding that right reason. What's your goal and why you want it? Then deciding if you want to do it by yourself or find support in my ebooks and free eczema group on Facebook. If you want to do it faster and make less mistakes that also cost both: money and time, following my Eczema Group Program or choosing Private Coaching will make it the easiest for you. If so, please contact me if you have more questions about the program and my coaching plan, by writing here: ullenka@ullenka.com. Both are very good options, depending on your personal preferences, if you'd rather work in a small group or you are looking for a very specific direct support. I am happy to serve you. I know for a fact, that all participants in my program, if they engaged in the process and followed the advice, they were able to achieve their results in a very short period of time and save lots of money and time in the future. Today program is very affordable and brings amazing value for the money spent, we get to work very closely.

2) FAZE 1: Once you decide, get ready and prepare yourself. First weeks shall be focused on transitioning from your current diet to a clean diet based just on fruits and vegetables (both cooked and raw). Skipping this part can cause sudden detox, blockages and even serious problems of major organs. Preparation is a key and slower is better. Slow start means faster healing. That works for everyone - kids and adults, even pregnant women or nursing moms. I advice the parents to jump in with their children if they're wanting to help them. It brings best results for all the family and will create a permanent change in all their health. The more advanced eczema and the more com-

plicated situation, the slower this process shall be. This faze is called TRANSITION and there are many layers that needs to be peeled. During my program I provide recipes and menus for the period of transitioning, where we use simple techniques ex. how to gradually change and upgrade the meals, so it is safe but tasty. I am writting an ebook about this faze, but for now this part is only available in my full program. You can learn about it more on my website <https://www.ullenka.com> or email me if you have questions at ullenka@ullenka.com.

3) FAZE 2: When the body had been cleaned from the first major blockages, the process of detoxing starts slowly. For most of people, especially adults and long time eczema sufferers, I recommend proceeding with my signature cleanse, called Green Fix, which is explained in my [eBook](#) “Ullenka’s Green Fix” but it also has become a part of my program, supported with menus and detoxing procedures (herbal protocols, juices etc). This protocol introduces a very powerful reset, that calms inflammation down, boosts detox in a good way and begins the powerful healing. During this cleanse the body is able to recharge on cellular level, find the balance back, release lots of pathogens, acids and mucus, unblock kidneys, liver and lymph.

4) FAZE 3: After the Green Fix cleanse it is time to approach high raw diet and actual detox. This last faze is called The Fruit Cure and shall last until the skin becomes clear and I recommend to stick to it even longer. All about that part you can find in my biggest eBook “The Fruit Cure” where I explain all about raw food for healing and how I helped my kids. In my Eczema Program this part is focused on gradual transition to raw diet and balancing the detox to minimize healing crisis. It is filled with cleansing protocols, herbal protocols etc. At the end of this part I present a long term healing plan, with much detailed suggestions on what to do and what to avoid during next years to keep the results and to continue healing.

I was able to transform successfully many lives already and to help many people whom I worked with closely within my coaching program. It had given them clear path and great results as well as saved them time and money. I am confident in my approach and the results it brings, the only requirement is your commitment and decision, but I can help you even with that if you need. To determine if this path is right for you I will prequalify you first. Please email me to receive prequalifying questionnaire.

Visit my website <https://www.ullenka.com> for more informations. You can reach me via email: ullenka@ullenka.com if you have more questions. You can also find me easily on Instagram and Facebook. I am looking forward to hear from you soon!

Yours Trully,

A handwritten signature in a cursive script, appearing to read 'Ullenka'.

Till the last Eczema is Gone

DISCLAIMER



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Health/Wellness coaching is not intended to diagnose, treat, prevent or cure any disease or condition. It is not intended to substitute for the advice, treatment and/or diagnosis of a qualified licensed professional. Trained Health Coaches may not make any medical diagnoses, claims and/or substitute for your personal physician's care. As your health/wellness coach I do not provide a second opinion or in any way attempt to alter the treatment plans or therapeutic goals/recommendations of your personal physician. It is my role to partner with you to provide ongoing support and accountability as you create an action plan to meet and maintain your health goals.

Ullenka