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ECZEMA & CHIROPRACTIC

ECZEMA FACTS

Eczema is a chronic condition where patches of the skin become an inflamed red and itchy rash. Over 30 million Americans have some form of eczema. It can begin during any stage in life. The cause is not fully understood, but it is believed that an overactive immune system may contribute. In children it is more noticeable on the face but can appear on other areas of the body, like the arms, elbows, or knees. Eczema is not contagious.

There are several types of eczema but the most common is called atopic dermatitis. Symptoms of eczema include itchy, dry, rough, flakey, inflamed, and irritated skin. These will flare and subside at varying times. A flare up would consist of at least one of the mentioned symptoms. A flare up episode could be triggered by temperature changes, sudden change in humidity, stress, food allergies, animal dander, chemicals in cleaners, raised body temperature, or upper respiratory infections.

There is no specific test used to diagnose eczema. It is treated with medications such as over the counter antihistamines, steroid creams, and antibiotics. Light therapy and applying a cold compress may help relieve the symptoms as well. Reducing stress through deep breathing exercises, yoga, meditating, listening to relaxing music and getting adequate sleep could help minimize the frequency of eczema flare ups.

According to researchers the nervous system controls and coordinates all functions of the body and structural shifts in the spine can occur that obstruct the nerves and interfere with their function. It is this obstruction, called vertebral subluxations, that chiropractors correct. By removing the structural shifts, chiropractic improves nerve supply and function which may reduce or completely resolve eczema.

CASE STUDY

The 4-year-old boy reported on in this research was suffering from eczema, allergies, and insomnia. His eczema covered his entire body and had gone on for over a year and a half. His allergy flare ups would leave him with itchy skin and difficulty sleeping. He used steroid cream and medication to help alleviate his symptoms for short periods of time.

The chiropractor examined him and found structural shifts in his neck, midback, low back, and sacrum. He had tight muscles, decreased range of motion, and posture abnormalities. Additional testing confirmed these findings. These structural shifts can lead to obstruction of the nerves and it is this obstruction, called vertebral subluxations, that chiropractors correct.

Following chiropractic adjustments, his symptoms improved, his eczema cleared and his flare up episodes were less frequent and less severe. He became more interested in playing and began sleeping better.

Improvement in Eczema, Allergies, Insomnia and Quality of Life in a Four-Year-Old Child Following Chiropractic: A Case Report & Review of the Literature. Daniel M. Knowles III, DC, Richelle M. Knowles, DC, Kay Sunakawa, DC. Journal of Pediatric, Maternal & Family Health, Chiropractic ~ Volume, 2021