



The Eczema Solution

By Sue Armstrong-Jones

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Eczema Solution, Sue Armstrong-Jones, Based on a programme developed by a leading team of dermatologists and psychologists at the Chelsea and Westminster Hospital, The Eczema Solution is the essential book for eczema sufferers. Each chapter represents an 'appointment' and takes you through the stages of first learning about eczema, then controlling it and finally curing it for good. The key to the programme is to stop scratching. Research at the Chelsea and Westminster has shown that no amount of emollient cream or steroids will work if scratching continues. This is much easier said than done which is why The Eczema Solution provides foolproof techniques to break, and then replace, the scratching habit. The Eczema Solution offers a unique approach to tackling eczema including: -Awareness of when and how you scratch -Using treatments effectively and for as little time as possible -Boosting your emotional well being by being in control of your eczema. With a troubleshooting and question and answer section to deal with common problems, The Eczema Solution is your route to a life without eczema.



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