



The Eczema Diet: Eczema-safe food to stop the itch and prevent eczema for life

Karen Fischer

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Nutritionist, skin expert and a mother-of-two, Karen Fischer is known as the ‘last hope’ for eczema patients who have tried every therapy and cream to no avail.

Inspired initially by her success in treating her own daughter’s eczema, for the last ten years Karen has exclusively treated eczema patients of all ages, including newborn babies. Now, in this second edition of her bestselling book, Karen brings you the results of her years of research and shares her tried-and-tested solutions for this heart-breaking condition.

This comprehensive guide for eczema sufferers of any age includes:

- emergency itch-busters • skin care and non-diet information
- how to prevent chemical sensitivities • a fast-track detox for adults
- dandruff + cradle cap treatments • menus for all ages, including lunchboxes + party food
- delicious recipes, and
- handy shopping lists

It’s the book you’ve been waiting for!

Karen Fischer is a nutritionist and a member of the Australian Traditional-Medicine Society (ATMS). She has a Bachelor of Health Science Degree (BHSc) from the University of New England and a nutrition diploma (Dip. Nut.). In 2008, Karen’s bestselling book 'The Healthy Skin Diet' won ‘Best Health, Nutrition or Specific Diet Book’ at the prestigious Australian Food Media Awards. In private practice, Karen’s patients are almost exclusively babies, children and adults suffering with eczema. For more than a decade, Karen has used the Eczema Diet to help her patients become eczema-free. Karen is frequently a guest nutritionist on Australian television, and has written health articles for Australian, New Zealand and UK publications.

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