

## Case Study No4

### James Davies Eczema

James Davies, 31, has suffered from eczema for as long as he can remember. The New Zealander, who has lived in Cambridge for the last seven years, has tried various steroid creams and emollients over the years with limited success, but within days of changing his diet he has had relief from his symptoms.

James suffers from atopic eczema, one of the commonest forms of eczema and is closely linked with asthma and hay fever. This is distinct from allergic contact dermatitis that develops when the skin comes into contact with an irritant such as nickel or washing powder.

“My eczema seems to go in stages; I would have a period where it wasn't too bad and then weeks when it would be almost unbearable” explains James. “Sometimes it got so bad that I would be awake during the night scratching. It was frustrating and made it difficult to function normally at work.

Over the years I have been prescribed various steroid creams and emollients but nothing seemed to address the cause of the eczema. This left me feeling quite disillusioned, especially when it flared up, so I started doing a bit of research myself, reading various books on eczema and searching the Internet.

This proved very confusing. Some of the books I read suggested that eczema could be made worse by certain foods whilst other books said there was no link at all.

Although my doctor advised me that some work in this area was pseudo-scientific, I thought the link between food and eczema seemed logical and decided to try the food intolerance test from Cambridge Nutritional Sciences.

The test results showed a reaction to cows' milk, egg white and also grains and yeast.

My diet was varied, but sometimes I would eat a lot of dairy products, especially milk with cereal for breakfast.

I heavily reduced all the foods that I was intolerant to almost immediately and the difference in my eczema was awesome! Literally within a couple of days it had completely cleared up. I was sleeping through the night and feeling much better for it.

Sometimes I might go out for dinner and have a meal containing dairy foods or enjoy a couple of beers and the next day my eczema flares up again. But because I know what's causing it I feel I am in control and simply avoid having those foods for the next week.

I wish there was more research into the link between food intolerance and eczema; it seems that the medical profession is very sceptical and there is a lot of conflicting information. Eliminating a major cause of my eczema after nearly three decades of suffering has been fantastic.”