

Eczema, Topical Steroid Withdrawal Testimonials

www.drwheatgrass.com

Hi I just wanted to let you know that I have been using the skin recovery cream for 1 week and my hand feel 100% compared to what they were. Since having my baby girl 8 months ago I have been suffering from severe dermatitis on my hand to point where they were opening up and bleeding. My hands hurt to even pick something up. I relief instantly with the cream and the results have been amazing. I have tried everything product there was and then the pharmacist suggested to try Dr Wheatgrass absolute lifesaver. I'm so blown away by the results. Can't Thankyou enough for having this product available.

S. C. Australia. 21 November, 2016

Just wanted to let you all know how much your product helped me get through my struggle through Topical Steroid Withdrawal. First of all, thank you for recognising it as a real condition! After going through a traumatic two months of going cold turkey and dealing with doctors who would not take me seriously even though I looked and felt like a sun burnt zombie it was so encouraging to finally find a product that is recommended for treating TSW.

Anyway, after using the wheatgrass cream alongside weaning off the topical steroids it probably took me a total of 4-5months to get to a point where my skin was functioning with nothing at all and the plus side was that during this time I was able to go about my life as normal compared to an agonising two or three years I could have faced if I continued cold turkey, so thank you!!

Also I found it really helpful that you explained the science behind how TSW works and how wheat grass can help. Such a good product!

I hope that you can help many more people in desperate situations and maybe soon TSW will be a recognised condition and steroids will stop being so easily dished out!

All good things,

Olivia. New Zealand. 10 February, 2015

My daughter has been going thru TSW when I decided to use the superbalm and supershot to help with her skin. Amazingly it works for her, we saw the result within 6-8 weeks of using it. It's been 3 months now since the first time we used it and we are so grateful for your products as her skin is now soft and smooth, no more oozing, flaking and doesn't cut easily when she scratch.

M. L. New South Wales. 17 December, 2014

Hello Dr. Chris, Thank you for all of your advice regarding my skin recovery. The wheatgrass has really helped to calm my skin and it appears to be getting stronger. It's been a long road but the wheatgrass has been a miracle for me.

R. D. Australia. 7 December, 2014

My daughter age 33 lately is suffering from really bad eczema. But we more or less managed to find a solution. Stop using steroid cream.*****

Now my daughter is consuming wheat grass juice, using wheat grass Superbalm & wheat grass spray. Change of diet no sugar more fruits and vegetables. Her skin has improved tremendously. But itching is still there during the night. But not too bad.

THIS MESSAGE IS TO HELP OTHERS.

S. R. Singapore. 12 May, 2014

I am going through steroid withdrawal, into my 8 month now and started using the wheatgrass spray and cream as well as shots a month ago. I didn't want to say anything until the three month mark but I definitely see a difference. It healed my flares and continues to heal my flares. What I think now is that it does heal the skin but it will not speed up the withdrawal time but for me it speeds up the healing time of a flare in January which stayed for 3 months before I purchased dr what grass. I have not flared as badly since and my skin seems to be getting back a bit of healing power and my skin is progressively getting better, I could pass my skin off as bad eczema as opposed to the red skin steroid induced eczema it looked like before. I will continue to use it and blog my thoughts then. In short I don't want to jinx it but it is working for me.

M. N. USA. 22 March, 2014

I developed small patches of eczema on my cheeks after being given heavy antibiotics by my doctor in May 2011. A dermatologist prescribed a potent topical steroid to use on the eczema. I applied the cream on my face everyday for one year before I realized the problem was worsening. The eczema was spreading down my neck and chest, on my arms and hands, and eventually on my legs. When I would forget to apply steroid cream my skin would flare and burn. I did my own research and realized it was the steroids that were making the problem worse. I stopped steroid use cold turkey and immediately my eczema flared and continued to spread and worsen. My skin was red and inflamed, oozing a yellow and clear liquid, and my whole body burned and itched. After two months off steroids I found Dr Wheatgrass and began treatment immediately. I took Wheatgrass Super Shots twice a day and applied the spray daily. Within two week the terrible itch was gone and allowed me to sleep through the night. My skin continued to worsen and Dr Chris explained to me that it was because of the severe damage the steroids in combination with the heavy antibiotics had done to my body. It has taken a long time for my body to heal from the damage done by the steroid, but the wheatgrass has helped to lessen the severity of the side effects of steroid withdrawal and helped to speed up the healing process. I am forever grateful for the help Dr Chris has given me through this long and painful healing process.

H. T. Chicago. USA. 16 January, 2014

When my 4 month old son became 95% covered in atopic eczema, I started researching my options and trying so MANY different creams and oils. I finally Googled Eczema and come across Dr Wheatgrass and after reading the testimonies I just had to try it! I couldn't wait for your Superbalm to arrive, I went to the post office everyday to check if it had arrived yet! When it had, I covered him thick with the Superbalm head to toe, and almost immediately he stopped screaming in pain/irritation, what a relief it was for him and for me!!! Overnight the redness faded and within 7 days it was at least 90% GONE. I use it the superbalm on him morning and night everyday, and I use a cream a Dr prescribed to me on the small areas that remain. Now he is 5 months old and his skin looks SO lovely, my whole family is amazed by your Superbalm I couldn't wait to find time to write my feedback to you guys. THANKS SO MUCH!!
Tegan.

T. P. Australia. 2 November, 2013

Hi Dr Chris, I would like to thank you for all your help and support throughout the ordeal I went through with my daughter's eczema. Without you and your wheatgrass, I would have just keep going back to cortisone as it's the only cream that the Specialist will recommend and didn't realise how much damaged it was causing my daughters skin especially the face. I have not applied cortisone on her face since using wheatgrass and will never use it again. I can't thank you enough for helping me heal my daughter's face. Thank you once again from the bottom of my heart. I definitely highly recommend your wheatgrass products to anyone. Kind regards.

J. J. Australia. 27 September, 2013

Your wheatgrass recovery cream is the only product I have ever found that works on the eczema I get around my lips in winter. And no matter how bad a head cold, the cream keeps my nose soft and never crusty. I think it's amazing how well it works. My wife took the extract all through her chemo treatments and her Hb never dropped below 11.

A. C. Canada. 30 July, 2013

I've had extreme eczema on my legs and feet since I was a toddler. It was to the point where I had to be bandaged for 20+ hours a day, which as I'm sure you can imagine is absolute hell for a 2 year old. Although I have no allergies, my skin has always reacted horrifically to all products that I've tried- Sorbolene and Aveeno the worst. There was one product that I didn't have a bad reaction to, but I've always found it to feel very sticky, and it usually took a while to work.

My skin got better over the years, but this year it took a bad turn, and closely resembles what it was like when I was little, only rather than all over, it mostly struck my lower legs. It honestly looked as though I had been burned all over, and people would constantly question me about it- totally not the thing a 19 year old wants to deal with. Anyhow, after giving up most hope on creams and being given a huge range of tablets and oil recommendations from the GP, I decided to give a local health store a go. It was there that I found Dr Wheatgrass, and after hearing some of the stories that the woman in the shop told me, I decided to go ahead and give it a go- no harm in trying, right?

The results of this product have been absolutely phenomenal. After only two weeks of continuous use, the eczema on my legs was almost completely gone, not to mention that it provides instant relief.

So long story short, I just want to say a HUGE thank you- I can't even begin to say how incredible it feels to finally find something that works!

K. W. Australia. 19 July, 2013

My 92 year old mother's skin condition is discoid eczema and I am pleased to report that after using the skin recovery cream on one specific area (to get a comparison) for a couple of weeks she has been able to give very positive feedback. The lesions in that area have improved considerably and those on her hands, where she has used the product as a hand cream, have almost disappeared! I have just ordered another couple of tubes for her as she is now confident about discarding the other products she was given, which have had no effect, and using only Dr Wheatgrass. It is obviously a wonderful product. Thank you!

G. B. Australia. 30 May, 2013

Thank you so much for the wonderful samples of wheatgrass super balm and skin recovery Gel. I really appreciate your generosity in sending me these samples. I have eczema and very sensitive skin, so I am always apprehensive to try new products. But I have tried both of these samples and I wanted to tell you how much I love them! I went out and bought the super balm and after only one week of use there is already an improvement in my eczema. I am going to tell all my friends and family about your amazing products. Thanks again.

L. T. Australia. 1 May, 2013

Two weeks ago (December) i started to have an outbreak of eczema on the fingers of my right hand. It was getting worse and sore every day so i needed to sort this out fast.

I had just purchased the skin recovery cream which was originally to be used for an anal fissure but that had to wait...

I used the product like a hand cream dispensing a small amount into the palm then rubbing all over. Twice a day i applied this amount and 2 weeks later 80% of the eczema has cleared. It's an amazing product.

As it is potent, i was concerned about using it like a hand cream but my fingers are fine. The cream does dry the skin but it's all part of the process.

What is really amazing is at the beginning of the year i had eczema on the same fingers of the same hand and using "lotions & potions" it took four months to heal. Thank you Dr Wheatgrass.

J. A. UK. 21 December, 2012

I have been a fan of the Skin Recovery Cream for many years now having been introduced to it by my wife for eczema on the back of my knees, inner thighs and genitals. Up to then I had used Hydrocortisone creams of varying different strengths, Aloe Vera oils, Paw Paw oils and various other lotions and creams but yours is the only one that ever got results by dramatically lowering the itching and pain, skin cracking, bleeding and thickening. I remain a fan, an evangelist and a loyal customer.

E. O. Australia. 19 September, 2012

My severe eczema on my hands has greatly improved since starting the wheatgrass Supershots.

L. G. Australia. 6 September, 2012

Hi Dr Chris , I spoke to you about a month or so ago regarding treatment of severe eczema, particularly on my hands and face. I have suffered chronic eczema for 3 years, which I developed after the birth of my twins. My dermatologist told me that it developed due to repetitive hand washing, of which I'm not entirely convinced is the case. You recommended I try the Skin Recovery Spray, and I'm happy to say, I haven't used steroids on my face since. I have had one flare up which settled down within a day. I have only used Diprosone OV on my hands 3 times since. The eczema on the rest of my body has completely disappeared. My face looks pretty normal now, my hands look like hands again, and not slabs of raw meat. Thanks so much for your advice, and for making available the most remarkable natural product I've ever tried. I sing the praises of Dr Wheatgrass to all and sundry! Thanks a bunch!

D. C. Australia. 19 June, 2012

I recieved your recovery cream yesterday in the mail and was so excited to try it on my 8 year old daughter, she is a twin, twin B.....it burned her like everything does, I became doubtful, when we woke up this morning to get her ready for school, I asked her how her skin was doing and she said "It's all RED!!" When I checked her myself, indeed it was slightly red (her hot spots) BUT.....it was soft, all of it, we couldnt believe it!! I have seen a smile, a glow upon her face that I haven seen in years! By the way, her skin condition is severe eczema. Thank you so very much for this product, you will be recieving more orders from me of ALL your products.

M. S. USA. 9 December, 2011

Your products have helped my fingers recover from eczema greatly. Then, have been applying them to my face as well realizing the benefit to the skin.

M. U. Japan. 27 July, 2011

With regards eczema my baby boy has suffered dreadful bouts of this condition since soon after birth. He was just experiencing an outbreak on back and legs that really was dreadful when I purchased the Wheatgrass cream. I applied this to his legs only to see how he would react to it and his legs are now smooth and clear just a few days later. It was a relief not to have to resort to the steroid creams again. He is prone to the eczema on his face over winter so I look forward to keeping on top of it this year.

Thanks for your reply - you really do have an amazing product! I am telling everyone who will listen!

B. R. Australia. 22 March, 2011

I have been a Dr Wheatgrass user for the past 3-4 years and am happy to let you know my condition (eczema) is almost gone. I hardly get any flare ups and even if i do, it is a very mild one and I don't need steroid creams to control it. Even the skin atrophy caused by steroid use on my arms has improved tremendously (previously i was told it was irreversible).

S. N. Australia. 20 December, 2010

Hi there, I first started using your wheatgrass products about a year ago and have been hooked on them since! By sticking to a skincare routine using the recovery spray and cream combined with some organic olive squalene oil, I have virtually eradicated my eczema. If I stop the wheatgrass for a few days I start to get red marks again, so I know it's doing its job. Congratulations on creating such wonderful, useful products.

PS. As a nursing student on a vascular ward I encounter many wounds such as diabetic ulcers. I think there would be some very promising results if your products were trialed in some of these areas, and could possibly even reduce the need for amputation in certain cases. Hope to see it around more in the future :)

E. F. South Australia. 7 October, 2010

After using wheatgrass spray for my son, his eczema parts are getting better. He does not use steroid cream at all now. Thank you for making good products.

S. M. UK. 16 September, 2010

I currently work in hospitality, i deal with sanitisers and dishwater very regularly, i developed very sudden and severe eczema on the top of my hands, i used Dr. Wheatgrass- Antioxidant skin recovery spray for one week. the eczema is gone, and i havent changed what i do at work. this stuff is amazing!

S. S. Queensland, Australia. 9 September, 2010

I bought this product after using many many other eczema products out there. I have spent so much money trying so many different products!

I have had eczema since I was a child and I cannot believe what a difference the skin recovery cream has made. I have had one particular rash on my face for almost 6 months now - and after a few days of using the cream, I have seen some amazing results. Winter is also especially hard for my skin, but I am feeling confident that the skin recovery cream will do wonders for me. I feel less conscious about my eczema and I am very thankful for this product.

M. K. Australia. 12 June, 2010

I just wanted to say thank you and let you know what an amazing product you have. I found your website by chance about a 3 weeks ago and raced to our local health food shop to buy the spray - our daughter has suffered bad eczema all her life, then she contracted molluscum virus and she was miserable - I was given the standard answer from the GP that it would just go in a year or 2! After a couple of days of using the spray her eczema & molluscum improved, each day her skin gets clearer. We are all so excited by this product and its miracle cure that we tell everyone. Our next purchase will be the supershots for the whole family. Thank you so much.

C. C. Australia. 2 June, 2010

Dear Dr Chris, I had bad eczema on the back of my hand which I had been treating for some time with steroid creams. In time I noticed my skin becoming thin and decided to stop using the steroid. My skin started looking old and wrinkled and easily prone to tearing and bleeding from the open cracks. It had very little protective layer. I wanted something natural to heal and restore my skin. After reading about your wheatgrass recovery spray and the testimonials on your website I immediately went out and bought the product. I had nothing to lose but give it a try. Within a week there was noticeable difference to my skin. Even though I was still using minute amounts of steroid cream, the overall healing process was faster without making my skin look thick and wrinkled. Many thanks for saving my skin.

R. B. Australia. 10 March, 2009

US Pediatrician Recommends Wheatgrass for Eczema

My daughter had such bad eczema and molluscum I took her to my pediatrician almost in tears pleading for help. He gave me steroids that made the eczema better but the molluscum out of control. I'd go to the dermatologist and they'd put acid on the molluscum and the eczema would flare up. So I went back to my pediatrician asking him what to do. He said "you know? I've heard of this stuff called Dr. Wheatgrass. I've had patients use it and it's worked for them". So, I called one of your US suppliers and it has started to work! I am amazed and want to thank you for making this product. The backs of my daughters knees no longer bleed or itch and she can wear skirts again and not be embarrassed by her bleeding skin!

E. L. USA. 1 September, 2009

An actual case showing how topical steroids can be stopped using wheatgrass

From the patient, February, 2009

Kindly allow me to give you some history as far as my steroid addiction is concerned. (Am 26 years old now). When I turned 14 years of age (12 years ago), I started getting rashes on the face, the rashes were itchy. I went to see a doctor who prescribed to me a topical steroid called Elivate. The doctor never advised me on the dangers of steroid and neither did he explain to me what was causing the rashes. I realized that when I stopped using the Elivate cream the rashes re-appeared and they were more and more itchy and this forced me to continued using the Elivate cream. I used it for 8 years. I was therefore told by a friend that Elivate would damage my skin, that's when I started the long journey of reducing the steroid. I went to see a doctor who prescribed to me preparations (Salicylic acid, Mixed with Betamethasone and Aqueous cream) I used that for two years together with prednisone tablets. Eventually I stopped using the preparation and only took at least one tablet of prednisone every day. This seemed to work for my skin. Last year, I went to see the doctor and he prescribed a preparation of Mometasone (1/5) and Emulsifying oint (4/5). At this point he advised me to gradually stop the preparation and use a moisturizer (BlueCap). Stopping the preparation became a problem.

Recently (4 weeks ago) after I discontinued steroids for 1 week and was getting flares, I tried to use home remedy (Applying oatmeal porridge) and I noticed that my skin was very loose especially on the upper and lower lip of my eye lids and when I smiled I looked like a 50 year old grand mother. (I look old doctor) right now am about to get married but my boyfriend doesn't understand what is happening to me, he accuses me of hiding my true identity – he tells me that I have become so ugly. I don't want to continue with the steroids and that is why am looking for natural ways of rejuvenating my skin.

Due to pressure, I went to see another doctor who put me on tetracycline 500mg for 2 weeks and Tacrolimus ointment 0.1% w/w. This seems to work a little bit but my facial skin color has changed - its now very black (grayish). The skin color on my neck is different from the skin color on my face though the face is now smoother and less itchy, it looks ugly as my boyfriend puts it and the wrinkles are still visible.

My complexion is chocolate brown and I have very good skin on the body, it's only the face that is problematic. Sometimes I contemplate going for surgery to remove the skin on my thighs and put it on the face. I wish I knew, I could not have used the Elivate Cream. Am suffering a lot.

I come from Africa (Nairobi, Kenya) Am willing to do anything to get my skin back again and I hope wheatgrass is the final solution or else I die.....

If this works for me, I will educate many people here in Kenya because I know of many friends and family members who are stuck in the steroids trap, they use very potent steroids like (Medivane, Betnovate).

My Response

The challenge of course is to eliminate the steroids. This can be quite difficult and take time, but on many occasions it has worked for my patients. What I do is use the wheatgrass Skin Recovery Spray for flares.

To begin with, continue using the steroids as usual for one week, but at the same time, apply the spray to your face twice daily and start taking the Supershots at double dosage i.e. 10mls (2 caps) for the first week. It is important to keep the Supershots in your mouth for a couple of minutes at least before swallowing.

The following week, try not to use the steroid for ONE DAY, but continue using the spray and Supershots, but now only 5mls daily. The next week, reduce the steroid to 5 days a week and have say Tuesday and Saturday without them. Then gradually decrease the steroid cream each following week so that in 7 weeks you may not have to use the steroid at all. If you have a flare, increase the steroid for an extra day, or until your skin has settled, then start the programme again. It is very important not to stop the steroids suddenly.

This regimen may take you 3 to 6 months, but it may be a lot less. Every one responds differently, but if you persevere, I think you will eventually be able to stop the steroid cream altogether. Then, in about 6 to 12 months, you may find your skin starts to regenerate and recover completely. Try to persevere, and please let me know how things go.

(The patient purchased both the Skin Recovery Spray and Supershots as advised)

From the patient, 7 September, 2009

Hi Dr Chris, I would like to thank you for the wheat grass remedy. It worked for me and now I have stopped using steroids on my face

completely. My skin is now back to normal. I thought it will be important to give you feedback. Thanks again.

R. O. Kenya

Hi there! I just wanted to praise you for developing such an effective, easy to use product. I have suffered from eczema since childhood, and in recent months it has flared up on my cheeks, arms and legs. The steroid creams were expensive and damaging, and the white, unpigmented skin under the eczema was embarrassing. I purchased your skin recovery spray only a week ago and I can already see fantastic results. My cheeks are returning to normal texture and colour and my legs are healing. I know it's the spray because I deliberately didn't spray my arms so that I could compare them with my legs and face. I'm now looking forward to summer without the prospect of hiding my patches with long clothes. I can't thank you enough. I'll be back soon to try the supershots and gel I think!

E. F. Australia. 3 August, 2009

Steroid Damaged Skin Recovery

I wanted to write and let you know how effective Dr. Wheatgrass Recovery Cream has been for me. I was using a topical steroid ointment on my face for several years. My primary physician had prescribed it for me for a hand rash but didn't tell me not to use it on my face (here lies the problem- primary physicians who have the ability to prescribe topical steroid ointments don't warn their patients about the addictive element of topical steroids. Dermatologists do warn their patients about topical steroids). As a result, my face became addicted to it. I have tried in the past to wean myself off but it is very, very difficult. It's a terrible cycle where I try by sheer will power but due to the harsh negative reaction that happens to my face (uncomfortable flare ups, tightness), I resort to applying the topical steroid to my face again. Slightly depressed and desperate for relief, I made an appointment with a dermatologist but I also searched the internet for help. I came across your website and read the positive testimonials. I had nothing to lose so I ordered the Dr. Wheatgrass Recovery Cream. I received your product on a Saturday and started to apply a little of it to my face. It worked so well, I almost cancelled my dermatologist appointment that was scheduled for the next Monday! I have used your product for the past three weeks, and I have to say that the recovery process has been wonderful. Every day when I wake up, I can feel that my face is getting back to normal. Thank you for providing an effective, safe, miracle product. I don't think I could have been so successful if it hadn't been for Dr. Wheatgrass!

C. T. Seattle. USA. 8 April, 2011

A notable effect of using the wheatgrass product is that apparently it can reverse skin atrophy. The skin on the inner crooks of both my arms had atrophied due to excessive steroid cream use over the years. It's especially bad on my right arm and the atrophied skin looks depressed and 'crumpled'. I was told by the dermatologist that this was irreversible.

Now, after 2 years of using Dr Wheatgrass products, the atrophied skin seems to be regenerating. The depressions are less noticeable and has greatly improved by 50%. I think this is pretty amazing considering I had the skin atrophy for 15 years. I've no doubt that if I continue using the wheatgrass products, my skin will be restored to its normal condition soon. Pls do let Dr Chris know that your wheatgrass products are helping alot of people over the world.

S. N. Singapore. 7 June, 2009

I've been a DrWheatgrass user for about two years now, I used it for my eczema condition and it has improved lots since then and helped with the healing of the skin. I've tried the spray, recovery cream and now since you had the superbalm, I just thought of giving it a try. The retailer also gave me some samples of the gel to try, but I didn't like the texture of that.

S. H. Singapore. 27 May, 2009

My 3 year old son has eczema. Gets it from me, poor thing. But he hasn't had any outbreaks since using the (wheatgrass) cream, so I've almost forgotten about it. We haven't had to use cortisone cream in over six months. Truly amazing, so thanks!

J. M. Australia. 18 May, 2009

I use the wheatgrass cream for a chronic eczema condition, and use it as face moisturiser as well, as it seems to be nourishing and so glad to have something I don't have an allergic reaction to! I also recommend and pass on to friends and family as several have the genetic pre-disposition for this condition as well.

N. G. New South Wales. 14 April, 2009

An osteopath's question. 8 February, 2009

I have been using your cream on my 3 year old son who has quite severe eczema for only 3 days. He complains that it makes his skin sting (such that it makes him cry) - is this a common occurrence and can I expect that to improve? I am also wondering after what period of time I can expect to see some improvement. I am still using Sigmacort on top of the Wheatgrass cream as recommended on your website.

Dr. Chris' response

Sometimes the preservative in the cream can cause stinging, especially if the skin is cracked. It's best to leave off using it for two or three days, then try re-applying it along with the steroid cream, but not over any cracked areas. The cream can still work if applied around the affected areas. Generally I recommend the Skin Recovery Spray for young children as this contains the least ingredients and is bland and quite soothing.

Osteopath's response. 12 February, 2009

My son's skin has improved to the point that he did not experience any stinging last night or this morning. His skin is much softer and today a lot of the old skin is coming/being scratched off. I actually did try using the spray but he still said it stung, so I persisted with the cream which I felt penetrated better (although perhaps that is in my head only!) For less than one week of use, I must say I am impressed to have seen this change. I am also very relieved because the cortisone creams no longer seemed to be very effective and after three and a half years of use I was reluctant to continue on this regime. Six months of naturopathic treatment had not helped either, so thank you very much and I will be recommending you to all my friends and colleagues.

F. S. Australia.

From a worried Mum. 21 August, 2008

Our 2 year old daughter is suffering from bad recurrent eczema. She has been on cortisone creams and antibiotics on and off since she was born. We have been to a dermatologist who has instructed us to dust mite free our home and has her on cortisone and antibiotics again. I have just purchased your cream and started using it two days ago but i am wondering should i give her the shots also???? Her eczema is all over the body and very red patches under her eyes.

From a happy Mum. 21 January, 2009

Honestly the wheatgrass is the best thing ever. She is still on the shots and the cream every day but her face is the best its ever been and the rest of her body is slowly getting there. I just wanted to write to say thankyou for your excellent products and informative website. I have been giving my toddler supershots and wheatgrass spray for about 6 weeks and her skin is 2 to 3 times better. She still has eczema but it doesn't seem to bother her much and she sleeps through the night. But most importantly she seems so much happier, her mood has improved by leaps and bounds. She used to be sad and grizzly a fair bit of the time but now she is more outgoing and happy almost all the time.

M. A. Australia. 8 February, 2009

I have a 12 yr. old grandson with eczema on both hands. his hands are so dry and red and the knuckles are cracked. i used my wheatgrass on his hands. it was amazing to watch the liquid just absorb into his skin in a second. i sprayed his hands again and again until the moisture did not immediately absorb into his skin. then i put a moisturizer on his hands and then put his hands into socks for the night. it took several days, but by the end of the week his hands were as smooth and clear as mine and they remain so. what a Godsend this product is!

G. E.USA. 31 December, 2008

Firstly to say that the cream has worked wonders on C's mouth. She still has that awful red mark on the side of her mouth but that will heal soon I am sure. The area around her mouth though that was so chapped is now quite smooth and you wouldn't believe that she had a problem there a few days ago! And that she suffered for 4 weeks with it!!

L. A. Melbourne. 5 March, 2008

When I first found out about Wheatgrass treatment for skin disorders, I was at my wits end with a severe case of Eczema. My skin was severely affected. I would struggle to go to work because I was conscious that my skin was in such a state that I was embarrassed about going out in public, not to mention the pain I was in.

I was sceptical about the Wheatgrass to start off with, as I had already spent so much money with Natropaths. Within 8 months, I was completely free of steroids and my skin had all but cleared up. I use wheatgrass tablets once a day and the spray to control any itchy spots on my skin. My friends and family cannot believe the improvements they have seen. I now have an improved quality of life and eczema doesn't inhibit me at all.

J. B. Melbourne. January, 2007

I e-mailed you last week about wheatgrass cream for hand eczema; I have only been using it for a few days and I cannot believe the improvement. I have been troubled for years with this and this is the first thing that I have used that appears to really work. And to think I wasn't even looking for treatments for eczema when I stumbled across your website.

S. P. California, USA. December, 2007

Re: my daughter's eczema.

It is now approx 4mths on and her eczema is so much improved by using the wheatgrass products. We now mainly use the spray which is great as it is quick and easy to use. She does however have the odd flare-up which we manage to bring under control by using the cream mixed with a little hydrocortisone cream. This seems to work well. Although she will still try to scratch herself, the eczema is the best it has been.

Thank you so much.

M. F. New Zealand. November, 2007

I've been using Wheatgrass Recovery Spray for my eczema for nearly 1 year. When I was a child I always had eczema. When I moved to Australia my skin got worse. I was taking steroid tablets and using cream for nearly 2 years and couldn't stop because my skin got worse if I did. My skin was terrible because so itchy and bleeding everyday. I was always scratching myself and it was so hard to go to sleep as well. My doctor gave me Wheatgrass (sic) for my skin. It worked wonderful for my eczema as soon as I started using it. I just couldn't believe it stopped my itchy skin. 3 days later I realized I'm not scratching anymore and I can go to sleep easier without steroid. Since that time I stopped everything and just using wheatgrass spray and cream. My skin was improved more than before. I'm very happy about my skin and my life is changed by Wheatgrass Spray and Cream. Thank you so much.

Y. Y. Melbourne. Australia. June, 2003

I purchased the wheatgrass spray product at the Absolute Health Expo one week ago. I'd had eczema for about 3 years on both upper legs. During the past week I have used the spray on the affected areas twice per day. I am pleased to report that much of the eczema has already disappeared now. Already, after seeing such rapid results from this product, I will recommend without hesitation the product to anyone I know with a similar skin condition. All the very best.

Adam. Melbourne. August, 2003

I have been using Wheatgrass Recovery Spray in conjunction with Dermaveen moisturising lotion for approximately five months to treat eczema that I have suffered from for decades. I have found this treatment to be more effective than any of the multitudes of ointments, creams and other remedies that I have been prescribed throughout this entire period. Many thanks.

G.L. Melbourne. September, 2003

Eczema in Pregnancy - First of all I really would like to thank you as your product is excellent. I suffer from eczema and have not had to use cortisone creams for a period of 3 years having weaned myself of it before I heard of your product. I am now pregnant and my

eczema has returned and of course I cannot use cortisone creams. I found that your products have helped me tremendously both your spray and cream.

B.M. New South Wales. September, 2003

Wheatgrass Recovery Cream and the Spray have resolved the skin problem of eczema which has plagued me for nearly 20 years. Steroid creams were predictably offered by every skin specialist I tried. This, I knew, was damaging to my health and has indeed caused other problems to my skin. While reluctant to use steroids I was often desperate enough and had no other alternative. Having come across Wheatgrass products I am finally able to use something which not only works to keep the problem under control but is also beneficial to my health in general. My life has been changed.

L.A.M. Melbourne. August, 2005

I have been suffering atopy since early childhood. I saw many doctors but they gave me similar treatments; which was to apply topical steroids. I tried some folk medicines but did not find any remarkable effects and considering they were very expensive I did not continue with their use.

My eczema appeared on each joint, my palms and my fingers. Especially my fingers were in the worst condition and sometimes I could not sleep because of severe itching. Through the years the skin on my hands had become damaged and because of long-term use of the steroids my nails were in poor condition and my skin had become discolored. For a long time I had been embarrassed to show my hands.

Last year I visited Melbourne to study English. The strong sunshine and the dry climate made my condition worse. One day I visited Dr *****, whom my relatives and friends in Australia had recommended.

I assured myself that the wheatgrass spray was what I was looking for while I listened to his explanation. I was looking for a product that did not contain steroids and was safe, effective and economical.

I learnt the importance of developing my immune system and how to look after my skin. Through the discussions with Dr ***** and some trial and error I found an effective way of using the spray.

In the first month the effect was not so remarkable but gradually my skin began to improve. In the third month the skin became moistened and the skin colour was gradually getting close to normal. Four months after I began to use the spray I felt my nails were becoming smooth and on the sixth month my hands became beautiful. By this time I could shake hands without hesitation. I had the best condition in my life 7 months after I began to use the spray. My family was also happy to see my new hands after I returned to Japan.

I believe the benefits of using the wheatgrass products are that they are very safe, economical and effective. Also they do not have strict rules for their use.

I have been using the spray to maintain my condition. The turning point was when I saw Dr ***** and began to use the wheatgrass spray in Melbourne.

Lastly, I hope many people who are suffering from atopy can have the same experience. With many thanks.

J. H. Japan. 5 August, 2004

Firstly I'd like to say the Wheatgrass Recovery Spray is a fantastic product. I have had eczema all my life - nearly 30 years of battling with steroid creams, immune suppressant drugs, oral steroids... and after using the spray for one month (three times a day prior to moisturising, (and also initially having to supplement this with a low steroid cream)) the eczema on my body has subsided, and the results are amazing. No more blotchy red skin, no dry patches... friends and family have really noticed the results, and I can finally wear clothes which don't have to cover my entire body in Summer!

L. H. Australia. October, 2005

I must say I was a little sceptical at first but my child's dermatitis has eased tremendously. Thank you!

Sharon G. Australia. April, 2005.

I am so grateful to you for making such an amazing product. I have had eczema since I was a baby - now 30 y.o., but the last two years have seen my hands become extremely dry, cracked and very painful.

My friend tried the wheatgrass on a small dry area on her finger and said it worked almost instantly. I tried a little with some scepticism and unlike most products, it did not irritate my hands.

I had tried every product on the market over the last two years. I bought some Wheatgrass cream myself and was amazed how quickly it worked. My hands were better within three to four days - this is after pain and embarrassment over my "acid-dipped" looking hands. I had given up on my hands ever being normal again as the steroids weren't working so well after so many years use, but with the wheatgrass cream, it prevents flare-ups and maintains my hands in excellent condition. My nails which were ghastly from the steroid cream use are even looking more normal now too.

Thank you so much for continuing your work in this area! You have given me back a normal life without the thought "I can't, because it hurts my hands".

K. R. Australia. April, 2006

I have suffered from severe eczema for a lifetime of 38 years and tried numerous treatments recommended by dermatologists, with little success. I recently discovered Wheatgrass Cream and Wheatgrass liquid formula at my local health food shop which has had a miraculous effect, and has transformed my life after a few weeks. My 8-year-old daughter also suffers from eczema, which has completely cleared after using the wheatgrass spray on her legs. It really works!

R. S. Victoria. Australia. August, 2007

After using every moisturiser & pharmaceutical cream recommended for eczema over 20 years, Dr Wheatgrass Skin Recovery is the only product that has really helped me.

Rachel. 37 y.o. mother of 3 kids. Melbourne. September, 2007

Just wanted to drop you a line to thank you for the Wheatgrass spray and tincture!! They are superb! We use them on excema like a "charm" as my 10 year old would say.. and the tincture is great support too... we will need some more eventually, because I want to keep these 2 products on hand in my medicine cabinet, even for cuts, they heal sooo quickly with a little spray ~ as observed by my 10

year old son also! Great product, thanks again, would highly recommend that everyone has some in their home- and beleive me when I tell you... I have tried EVERYTHING OUT THERE for natural cures of excema and this one really helps! Cheers!

L. M. Ontario, Canada. September, 2007

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