Bethany McAlpin Ponivas
July 20

Do you know any children that suffer with eczema? Then you really need to read what Jennifer Wilson says about her sweet 4-year old daughter, Harper.

“Let me tell you how we went from a family obsessing about eczema and fearing the next flair up to one that only thinks about eczema in terms of gratitude that it is no longer an issue.

Harper has always had mild eczema that came and went. Since birth she has eaten mostly clean/paleo, and we use natural home/personal care products. I only tell you that to highlight that we were trying to do what we could to prevent eczema flair ups. Last year she had a major flair up on the backs of her legs; it was inflamed, angry and spreading. Try as we might we couldn’t control it. I believe God gives us the tools we need to heal naturally and through research, I believed the key to healing her eczema was through healing her gut; I just didn’t know it would end up being through a little pink tablet!

We all love Before and Afters.

🌟BEFORE PLEXUS:
-We tried expensive probiotics, vitamins, essential oils, and supplements. If it promoted gut healing, we ate it! (Home made bone broth, kefir, grass-fed...

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we ate it! (Home made bone broth, kefir, grass-fed beef collagen, and SO much more.) We eliminated possible allergens from an already “restrictive” paleo diet. All this, and after about 7 weeks we were able to get the flair up where it didn’t look angry and inflamed, but try as we might we couldn’t get her skin clear! It was discouraging!
- Applying lotions, creams, salves religiously, multiple times a day! We tried them all including beef tallow and making our own with essential oils.
- Checking her legs multiple times a day, fearing it would spread and worrying about the inflammation in her body we couldn’t see!
- Constantly going to the health food store to try something new.

🌟 AFTER PLEXUS:
- Three weeks on X-Factor kids and we couldn’t believe it! 🌟 Her legs were clear! 🌟 Four months in and we are able to be a lot less restrictive on her nutrition...and still clear! About a month ago we added 1/2 a ProBio5 (Plexus amazing probiotic) to see if we could help clear up her keratosis pilaris and it is supporting her gut and skin even further; her skin is healthy and glowing!
- We occasionally use a moisturizer, but no longer for preventative measures. Her skin is just healthy!
- Sometimes just staring at her clear skin with joy and amazement! 😍
- 1 simple product (vitamins and probiotic in 1) THAT WORKS conveniently delivered to our home!

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If you are on a journey to heal your child’s gut, I cannot recommend X-Factor Kids highly enough. It was the missing link for us. When Harper was asked what she thought about the “pink things” 😍 "I get to eat 2 a day and they taste delicious and I don’t have eczema!" 😍 That pretty well sums it up!

#Plexus #GutHealth #NoMoreEczema