

Quotes from eczema sufferers who have changed from Topical Steroid Withdrawal (TSW) to the Aron Regimen (AR) and who have been on the AR at least 12 months

Quotes were collected from members of the "Dr Aron Eczema Treatment Discussion Group" on Facebook in response to the question "Please describe life now on the AR". Members meeting the criteria were invited to complete a short form about their experiences of moving from TSW to the AR.

51 members have responded to date (July 2017). All responses have been included below.

Responses in respect of adult patients in **green**, children in **blue**.

<p>Sophie Age 2 to 16 8.5 months spent in TSW Started on AR in January 2014</p> <p>"Life is no longer a daily struggle. Sophie enjoys doing all the things she missed out on for years, living a full life that's no longer ruled by her skin"</p> <p><i>April 2017</i></p>	<p>Callen Kelley Age 2 to 16 2 months spent in TSW Started on AR in January 2015</p> <p>"His skin allows him to live a normal life like any other young boy. We aren't worried about outdoor play or water play. It's complete freedom knowing we have a the key to fix flares as they come which is getting more rare as time goes on."</p> <p><i>April 2017</i></p>
<p>Angela Age over 40 13 months spent in TSW Started on AR in October 2014</p> <p>"Dr Aron gave me my life back . I got married last year and can now lead a normal life . Thank You Dr Aron"</p> <p><i>April 2017</i></p>	<p>NP Age 2 to 16 Almost 3 months spent in TSW Started on AR in February 2015</p> <p>"Life is better than ever! My son functions as a normal teenager now. He finally has the life he deserves thanks to Dr. Aron."</p> <p><i>April 2017</i></p>
<p>Luth Age 2 to 16 3 months spent in TSW Started on AR in December 2014</p> <p>"Life is more beautiful with AR treatment although there's a bit of eczema spot at the stubborn area. Overall, satisfied with the treatment."</p> <p><i>April 2017</i></p>	<p>JC Age 2 to 16 7 weeks spent in TSW Started on AR in March 2015</p> <p>"Eczema no longer controls our life."</p> <p><i>April 2017</i></p>
<p>Saiya & Piper Koros Age 2 to 16 2.5 years spent in TSW Started on AR in December 2014</p> <p>"Our life is completely back to normal & itching for the children is a distant memory (forever haunting for me) I've since started their baby sister on treatment & luckily she hasn't had to ever suffer the hell of TSW"</p> <p><i>April 2017</i></p>	<p>Joshua Ming Yip Age 17 to 40 4 months spent in TSW Started on AR in April 2015</p> <p>"Manageable and a miracle compared to the worst of times before AR. Odd bits here and there but not itchy. Never expected to be steroid-free but you don't feel the need to be anymore. Applications are for maintenance, very thinly, never flare up after applying. Can shower, sleep, and live more happily."</p> <p><i>April 2017</i></p>

<p>W Harbrow Age 2 to 16 3 months spent in TSW Started on AR in June 2015</p> <p>"It has been life changing. Eczema no longer controls our life....we control it!"</p> <p><i>April 2017</i></p>	<p>Serena Age 17 to 40 2 years spent in TSW Started on AR in August 2015</p> <p>"AR saved my life. For two years on TSW and for 20 years with severe atopic dermatitis I was living a half-life. Particularly in the two years of TSW I couldn't eat, I couldn't sleep, I couldn't exercise or work or touch the people I cared about due to the extreme and constant pain. I had to change my sheets daily due to the blood and skin I would lose every night, and I had a huge collection of long sleeved tops and scarves that I wore every day, even in the peak of summer, just so that no-one could see my bleeding, red raw, flaky skin. Now, I change my sheets weekly and can wear singlets and go surfing and hug my loved ones. Thank you AR."</p> <p><i>April 2017</i></p>
<p>Yusra Age 2 to 16 9 months spent in TSW Started on AR in June 2015</p> <p>"Less complicated"</p> <p><i>April 2017</i></p>	<p>KR Age 17 to 40 8 months spent in TSW Started on AR in August 2015</p> <p>"Eczema free- I feel like someone who just had dry skin every now and then, not someone with eczema. My life, despite the small flares I have on my face, which are getting fewer and fewer and I feel closer and closer to being in remission."</p> <p><i>April 2017</i></p>
<p>Jacob Howick Age 2 to 16 4 months spent in TSW Started on AR in July 2015</p> <p>"Our life has completely changed since starting on the AR. We now have control of Jacob's eczema rather than it controlling us. His skin is largely clear and he has his sparkle back!"</p> <p><i>April 2017</i></p>	<p>Hayley Age 17 to 40 18 months spent in TSW Started on AR in September 2015</p> <p>"I'm so glad I made the decision to switch from miserable TSW to AR! It has truly enabled me to actually LIVE my life pain and eczema free. I'm just sorry I wasted so much time in TSW"</p> <p><i>April 2017</i></p>
<p>M.P. Age less than 2 4 Months spent in TSW Started on AR in July 2015</p> <p>"eczema is manageable and we can go out to enjoy life. However, my daughter's skin still flares up due to diet, weather, contact with objects, etc...even if we are on diet control and AR."</p> <p><i>April 2017</i></p>	<p>Owen Age 2 to 16 5 months spent in TSW Started on AR in November 2015</p> <p>"Eczema is still a factor, but no longer controlling our lives. ONE pot of cream, and no more suffering! Owen is happy and healthy, and he now sleeps at night, swims in pools, and plays in sand without worrying at all."</p> <p><i>April 2017</i></p>

<p>Chris H. Age over 40 2.5 months spent in TSW Started on AR in November 2015</p> <p>"My husband's eczema is not gone but soooo much improved! He continues to have flares so we aren't sure how or if this will ever truly be gone. That worries us but at least he is able to have an almost normal life."</p> <p><i>April 2017</i></p>	<p>Leah oliphant Age 2 to 16 5 months spent in TSW Started on AR in December 2015</p> <p>"Thriving"</p> <p><i>April 2017</i></p>
<p>Rachel Simpson Age 17 to 40 6 months spent in TSW Started on AR in November 2015</p> <p>"Absolutely life changing. I no longer think about how my skin looks every waking moment of the day and I don't have to plan my life around my skin anymore. I wear short sleeves and shorts/dresses without a worry. My diet is no longer super restricted, I'm happy, self confident, energetic and have put on weight (I was always too skinny!) Oh and I sleep the deepest, sweetest sleep all night. I would never have considered tsw if I'd found this treatment, in fact I wish I'd found it years ago."</p> <p><i>April 2017</i></p>	<p>Elizabeth Age 17 to 40 10 months spent in TSW Started on AR in December 2015</p> <p>"Perfect! I am living a normal life, I can now eat a full range of foods, I no longer think about my skin all the time, I can wear whatever I want and not feel self conscious, I practically don't even consider myself to have eczema anymore."</p> <p><i>April 2017</i></p>
<p>Jason Vergara Age 17 to 40 Longest was 2 months spent in TSW Started on AR in December 2015</p> <p>"My eczema is manageable. With the AR cream and a very knowledgable diet about eczema (I strongly suggest to read and follow The Eczema Diet By Karen Fischer) - my life almost feels like i don't have eczema. I can do normal things again like wear t shirts, exercise, go on tropical holidays without having to worry about my eczema and constant flare ups. The key is AR + an eczema diet. Never forget about a healthy diet! Without a healthy diet, the AR cream can only do so much. You must heal the skin externally and internally through nutrition."</p> <p><i>April 2017</i></p>	<p>Katie Age 17 to 40 3 months spent in TSW Started on AR in January 2016</p> <p>"Easy! No longer have to worry how my skin will look in the morning or sleep on top of a towel so my weeping skin doesn't ruin my bed sheeys or worry about what food I am eating/material clothes I am wearing. I sleep for 8 hours solidly. My eczema is still evident at times but soon calmed down when applying the cream. I feel more confident in a swim suit/naked which means my mental health has improved. Overall my life has changed for the better and I am so glad I made the decision to try Dr aron"</p> <p><i>April 2017</i></p>
<p>Dorian Miller Age over 40 6 months spent in TSW Started on AR in December 2015</p> <p>"I can do everything as normal, compared to confined to home during TSW"</p> <p><i>April 2017</i></p>	<p>Matea Age 17 to 40 9 months spent in TSW Started on AR in January 2016</p> <p>"Im still dealing with allergies and they are some small part of my life, but nothing like TSW, that period of my life will haunt me 4ever. Im training, working, sleeping with my dog...doing pretty much anything I want :)"</p> <p><i>April 2017</i></p>

<p>Isabella Molina Age 2 to 16 4 months spent in TSW Started on AR in January 2016 "Better quality of life, better nights" <i>April 2017</i></p>	<p>Daniel Age 2 to 16 8 months spent in TSW Started on AR in February 2016 "There was no quality of life before AR. NONE." <i>April 2017</i></p>
<p>EY Age 2 to 16 7 months of torture!!! spent in TSW Started on AR in January 2016 "Life not ruled by skin irritation and relentless infection and scratching. I praise the AR for calming my daughter's skin so it can respond to more conservative treatments. I believe there is no way we would have come so far without AR. I am so thankful for Dr. Aron, the FB group, and my daughters practitioner who re-wrote the script after seeing how desperate we were. I wish everyone else the same success." <i>April 2017</i></p>	<p>HeeBin Age over 40 One month spent in TSW Started on AR in February 2016 "Relieved, comfortable and happy to not be so red and inflamed and itchy. Glad that my eczema can be more predictable and controlled." <i>April 2017</i></p>
<p>Neil Kirr Age over 40 2 years spent in TSW Started on AR in January 2016 "AR gave me my life back. I can sleep, shower, and not ooze/flake/scratch 24x7." <i>April 2017</i></p>	<p>Melanie Harrison Age 17 to 40 2 months spent in TSW Started on AR in February 2016 "Bearable" <i>April 2017</i></p>
<p>Laric Ouellette Age 2 to 16 About 3 months spent in TSW Started on AR in January 2016 "We have so much more freedom as in going outside, wearing non-cotton clothes, and playing in water. We don't panic when he does flare, because we know we can get back to our lowest amount of apps in a reasonable time frame." <i>April 2017</i></p>	<p>Charlie Age 2 to 16 5 months spent in TSW Started on AR in February 2016 "Great! Still some small issues but a million times better than TSW (hell) or the previous steroid rollercoaster years." <i>April 2017</i></p>
<p>Diane Thorpe Age 17 to 40 About 2 months spent in TSW Started on AR in January 2016 "I have a life now which I certainly did not a life whilst doing TSW" <i>April 2017</i></p>	<p>Naleen Garbuja Age 2 to 16 7 months spent in TSW Started on AR in February 2016 "Since we started on AR, life has changed so much in positive way. Our everyday life becomes so much easier ." <i>April 2017</i></p>
<p>Benjamin Chau Age 2 to 16 Three months spent in TSW Started on AR in January 2016 "Dr Aron has saved our son's life for better and happiness for our family forever. We love Dr Aron." <i>April 2017</i></p>	<p>Jill Waddington Age 17 to 40 6 weeks spent in TSW Started on AR in February 2016 "Quite simply life-changing! " <i>April 2017</i></p>

<p>Phoebe Marcelo Age 17 to 40 Over a year spent in TSW Started on AR in March 2016 "Stress is greatly decreased and any outburst of eczema is much more manageable." <i>April 2017</i></p>	<p>L Age 2 to 16 22 months spent in TSW Started on AR in November 2015 "We didn't have a life before with no sleep and we didn't go anywhere. And now I still go in at night to watch my son sleep peacefully. AR gave us our lives back!" <i>May 2017</i></p>
<p>Linda Stansfield Age over 40 6 months spent in TSW Started on AR in March 2016 "I got immediate relief when I 1st started on the regime 12 months ago, but in the last 6 months have had a lot of flares." <i>April 2017</i></p>	<p>Savannah Age 2 to 16 15 months spent in TSW Started on AR in November 2015 "Our life has completely changed. Everything from bathing, sleeping, simply playing with friends has drastically improved for our daughter. She was completely covered in weeping rashes and now has clear, soft skin. It is really hard to put into words what Dr. Aron's program has done for our lives but I'm grateful every day we found it and it worked for us!" <i>May 2017</i></p>
<p>Amy Carey Age 17 to 40 6 months spent in TSW Started on AR in March 2016 "Amazing!" <i>April 2017</i></p>	<p>Emma Age 17 to 40 27 months spent in TSW Started on AR in April 2016 "My skin isn't perfect but leaving TSW behind was the best decision for my mental & physical health. Things are so much better now." <i>May 2017</i></p>
<p>Susanna Rush Age over 40 11 months spent in TSW Started on AR in April 2016 "I can wear normal clothes Sleep better and the itching is 80% gone." <i>April 2017</i></p>	<p>Ethan Age 2 to 16 2 years spent in TSW Started on AR in May 2016 "He is much more able to enjoy life, do normal things like play outside, play sports, do swimming lessons. It has allowed him and is as a family to live a much more normal (and lovely) life!" <i>May 2017</i></p>
<p>Angelina B Age 2 to 16 6 months spent in TSW Started on AR in April 2015 "AR gave my child her life back. She can generally join most activities with other children and attend school - things she could not do during TSW. Forever Grateful." <i>May 2017</i></p>	<p>Landon Hibbard Age 2 to 16 1.5 years spent in TSW Started on AR in May 2016 "Effortless! Amazing! Eczema is still a part of his life, but it rarely bothers him and applying a little lotion a few times each week is no big deal at all. Our lives revolved around caring for him and his relentless scratching and crying his first four years of life and the last year since starting AR has been too amazing to adequately put into words!" <i>May 2017</i></p>
<p>Cheyenne Heen, Chevelle Heen Age 2 to 16 About one year spent in TSW Started on AR in October 2015 "Less itch or no itch at all and more sleep at night. Happier life!" <i>May 2017</i></p>	<p>Ben Age 2 to 16 5 months spent in TSW Started on AR in May 2016 "Amazing!! Ben is very happy now, leading a normal life, able to do sport, enjoy school, sleeping brilliantly and growing like a 12 year old should." <i>May 2017</i></p>

YS Age 17 to 40 4 months spent in TSW

Started on AR in May 2016

"So much better, happier and freer! It feels back to normal. I've moved to NZ with my husband which I could never have done in TSW, I don't have to worry about my skin, I teach yoga, work, can even take long showers without horrible after-effects! :)"

May 2017

CJ Age 17 to 40 6 months spent in TSW

Started on AR in February 2015

"I got my life back. I am able to function about society as normal and pursue everything I've aspired to do."

July 2017

Chloe Age 2 to 16 2 months spent in TSW

Started on AR in October 2015

"She can now live and experience life like any typical child. She is not subject to sleepless nights because of pruritis. We don't limit her activities for fear she would flare, and if she did flare it would be minimal. She no longer hides her face, or scream when we give her a bath, or go wear gloves 24hours. The list goes on. Life is definitely a lot brighter for her and for everyone in our household."

June 2017