Claims:

1. Use of an effective amount of an emollient in the manufacture of a medicament for regulating immune system in an infant at high risk for atopic dermatitis based on at least a parental history of atopic disease,

wherein the emollient comprises:

about 0.005% to about 0.1% ceramide 3, and

saturated fatty acids,

wherein the emollient is to be administered to the skin of the infant at least once a day for at least 8 weeks, starting within about 4 days of birth,

wherein the ceramide and saturated fatty acids creates a water-impermeable, protective layer to prevent excessive water loss due to evaporation and provide a barrier against the entry of microorganisms,

wherein a composition comprising about 5 billion to about 15 billion colony-forming units (CFU) of *Bifidobacterium infantis* (*B. infantis*) is to be administered to the infant once daily for at least 12 weeks, starting within about 30 days of birth, and

wherein a premeasured dose of one to six allergenic foods is to be orally administered to the infant within about 1-8 months after the birth of the infant;

wherein the medicament provides a statistically significant reduction in atopic dermatitis at 12 months or at 52 weeks.

2. Use of an effective amount of an emollient and a composition comprising *Bifidobacterium infantis* (*B. infantis*) in the manufacture of a medicament for regulating immune system in an infant at high risk for atopic dermatitis based on at least a parental history of atopic disease,

wherein the emollient comprises:

about 0.005% to about 0.1% ceramide 3, and

saturated fatty acids,

wherein the composition comprises:

about 5 billion to about 15 billion colony-forming units (CFU) of *Bifidobacterium infantis* (*B. infantis*),

wherein the emollient is to be administered to the skin of the infant at least once a day for at least 8 weeks, starting within about 4 days of birth,

wherein the ceramide and saturated fatty acids creates a water-impermeable, protective layer to prevent excessive water loss due to evaporation and provide a barrier against the entry of microorganisms,

wherein the composition is to be administered to the infant once daily for at least 12 weeks, starting within about 30 days of birth, and

wherein a premeasured dose of one to six allergenic foods is to be orally administered to the infant within about 1-8 months after the birth of the infant;

wherein the medicament provides a statistically significant reduction in atopic dermatitis at 12 months or at 52 weeks.

3. The use of claim 1 or 2, wherein the composition comprises about 8 billion CFU of *B. infantis.*

4. The use of any one of claims 1 to 3, wherein the composition is to be administered as a mixture with breast milk.

5. The use of any one of claims 1 to 4, wherein the composition is to be administered as a mixture with infant formula.

6. The use of any one of claims 1 to 5, wherein the allergenic foods include at least one of cow milk, egg, peanut, wheat, soy, sesame, fish, shellfish, or and tree nut.

7. The use of any one of claims 1 to 6, wherein the medicament provides a 50% reduction of atopic dermatitis at 6 months.

8. The use of any one of claims 1 to 7, wherein the medicament provides a 29% reduction of atopic dermatitis at 12 months.

9. The use of any one of claims 1 to 8, wherein the emollient comprises:

a. less than about 1.0% caprylic/capric triglyceridem

b. less than about 0.1% citric acid,

c. less than about 2.0%; benzoic acid,

d. less than about 2.0% potassium phosphate,

e. less than about 10.0% dimethicone,

f. less than about 2.0% palmitic acid,

g. less than about 10% isocetyl alcohol,

h. less than about 2.0% *Avena sativa* (oat) kernel flour,

i. less than about 2.0% ethylhexylglycerin,

j. less than about 1.0% *Avena sativa* (oat) kernel oil,

k. less than about 1.0% *Avena sativa* (oat) kernel extract,

l. Less than about 40% water,

m. less than about 50% glycerin,

n. less than about 2.0% sodium cetearyl sulfate,

o. less than about 2.0% dipotassium phosphate,

p. less than about 1.0% sodium hydroxide,

q. less than about 10.0% cetyl alcohol,

r. less than about 10.0% cetearyl alcohol,

S. less than about 2.0% benzyl alcohol, and

t. less than about 2.0% p-anisic acid.

10. The use of claim 9, wherein the emollient comprises:

a. at least about 0.005% caprylic/capric triglyceride;

b. at least about 0.005 citric acid;

c. at least about 0.1% benzoic acid,

d. at least about 0.05% potassium phosphate,

e. at least about 1.0% dimethicone,

f. at least about 0.1% palmitic acid,

g. at least about 1.0% isocetyl alcohol,

h. at least about 0.1% *Avena sativa* (oat) kernel flour,

i. at least about 0.1% ethylhexylglycerin,

j. at least about 0.005% *Avena sativa* (oat) kernel oil,

k. at least about 0.005% *Avena sativa* (oat) kernel extract,

l. at least about 15.0% water,

m. at least about 20.0% glycerin,

n. at least about 0.1% sodium cetearyl sulfate,

o. at least about 0.1% dipotassium phosphate,

p. at least about 0.005% sodium hydroxide,

q. at least about 1.0% cetyl alcohol,

r. at least about 1.0% cetearyl alcohol,

s. at least about 0.1% benzyl alcohol, and

t. at least about 0.1% p-anisic acid.

11. The use of claim 10, wherein, in the emollient,

i. caprylic/capric triglyceride creates a barrier on the skin's surface, which helps to reduce skin dryness by decreasing the loss of moisture;

ii. dimethicone acts as a skin protectant;

iii. stearic acid and palmitic acid create an occlusive barrier that protects skin from unwanted microbes and pollutants while retaining moisture; and

iv. glycerin hydrates the outer layer of the skin and improves skin barrier function and skin mechanical properties.

12. The use of any one of claims 1 to 11, wherein the *B. infantis* is strain EVC001.

13. The use of any one of claims 1 to 12, wherein one or more probiotics different from *B. infantis* is to be co-administered with the *B. infantis* to the infant.

14. The use of claim 13, wherein the one or more probiotics is selected from *Lactiplantibacillus plantarum, Limosilactobacillus fermentum*, and *Ligilactobacillus salivarius.*

15. The use of any one of claims 1 to 14, wherein stool samples of the infant are to be monitored to determine colonization of *B. infantis.*

16. The use of any one of claims 1 to 15, wherein the premeasured dose is between about 0.01 and 0.3 grams.

17. The use of any one of claims 1 to 16, wherein a maintenance dose of each allergenic food is to be further administered.

18. The use of claim 17, wherein the maintenance dose of each food allergen is between about 0.05 and 1 grams.

19. The use of any one of claims 1 to 18, wherein the emollient is to be administered to the skin of the infant before the *B. infantis* is to be administered to the infant.

20. The use of any one of claims 1 to 18, wherein emollient is to be administered to the skin of the infant after the *B. infantis* is to be administered to the infant.

21. The use of any one of claims 1 to 20, wherein the emollient comprises colloidal oatmeal and distearyldimonium chloride.