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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

About Eczema: Conventional Versus Natural Treatment

By Claudia Budu Ph.D.

Eczema is an inflammation of the skin frequently seen in association with allergic conditions such

as asthma and hay fever. The parts affected by eczema, develop lesions which will often appear as patches, blisters and/or scratches. The vicinities affected by eczema are very itchy and uncomfortable. The affected areas may become abnormally thick. Thickening of the skin can be brought through trauma to the patches from scratching and rubbing. The affected spots will be typically dry in comparison to unaffected areas. The face, elbows, behind the knees, wrists are more likely to develop eczema than other body parts.

One of the major causes of eczema is the imbalance in a person's immune function and is probably a form of response to the environmental substances such as dust, pollution, yeast, cosmetic products, chemicals such as: detergents, oils, greases, solvents at home or in the work place. In addition, stress can cause a depletion of certain body nutrients (vitamins and minerals), which ultimately leads to a sensitivity towards eczema.

Corticoid creams containing hydrocortisone are the most common conventional treatment for eczema. Hydrocortisone is similar to a natural hormone secreted by adrenal gland, which controls the inflammation process and actively participates in the ionic body balance. The hydrocortisone creams are effective for reducing inflammation, swelling, redness and itching thereby allowing the affected area to heal. In spite of temporarily reducing the effects of eczema, these creams can lead to skin thinning and damaging. At high doses or at low doses for extended time the hydrocortisone can accumulate through the body and induce metabolic changes in salt and water balance, potassium and calcium balance and increases the blood sugar level. The reasons for accumulation are multiple. One important cause is the competition between the naturally secreted hormone and the topical hydrocortisone for the same receptors, which can raise the uncoupled hormone level. Another important cause is the steroid structure of the hormone, which makes elimination through the kidney difficult. The corticosteroid creams have to be used with a low dose of hormone and for short period of time as sometimes indicated on the label. On the other hand, sudden discontinuation of the corticosteroid cream can lead to the worsening of the eczema.

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Herbal therapy is a mild but long lasting alternative for eczema treatment. Many herbs are known for their beneficial qualities in the treatment of eczema such as: Burdock, Calendula, St. John Wort, Chamomile, Chickweed, Yarrow, Nettle, Licorice. They can be used as teas, tinctures or for topical treatment.

Since eczema is a complex skin disease one single herb is not enough to relieve the symptoms of the eczema or eradicate the disease. A complex mixture of beneficial herbs is more likely to succeed in the treatment.

The antioxidant therapy has been successfully used in the prevention and treatment of different skin diseases, which usually are characterized by a high percentage of free radicals at the site of the affected areas. A good example of natural antioxidants is Sea Buckthorn and Grape seed oils. They contain a wide range of antioxidants such as vitamin E, A, C, selenium, beta carotene, anthocyanidins, which can be beneficial in the case of eczema and other skin disorders.

In conclusion: Natural alternative may be longer than the conventional solution for eczema treatment but much safer for the skin and health in general.

Claudia Budu has a Ph.D. in Cell Biology and a Master in Biochemistry. Everything that she has learned from elderly people and with more than 20 years of scientific expertise resulted in the creations of TelBari – Active Herbal Cosmetics and Skin Therapeutics (

<http://www.telbari.com>

), a revolutionary

approach in natural skin care.

Eliminating Scalp Eczema

By Mike Long

Eczema, an itchy inflammation of the skin, effects many people in different forms, with one of the most common being scalp eczema.

The scalp is vulnerable because the skin of the scalp is different than skin elsewhere on the body. The scalp has a very rich supply of grease from the sebaceous glands as well as carrying follicles creating long hairs.

There are other symptoms to watch for with eczema besides itching. A person suffering from a form of eczema may also experience redness of the affected area, dry skin, lumps or blisters, and possibly signs of superficial infection such as weeping or crusty deposits.

It is important to let your medical provider know if you are suffering these symptoms and to which parts

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of your body, as there are several types of eczema, including atopic, allergic contact, irritant contact, discoid, seborrhoeic, and many others.

Eczema is actually a fairly common condition with atopic eczema (the "allergic" type often seen in people with allergies or asthma), affecting about 10–20 percent of school children and 3–5 percent of adults in the UK.

This number is increasing and becoming more common. The cause of this strain becoming more common may be due to an increased exposure to allergens such as house dust or environmental factors.

Now that we know what the symptoms are, how is eczema and scalp eczema treated? Treatment can consist of topical creams or ointments that are applied regularly.

Or, if the area is infected, your medical provider may prescribe antimicrobial medicines, such as antibiotics, antifungals, or antivirals. These may either be taken orally or topically.

Depending on the severity of your condition, either method has proven over time to be effective.

Although eczema or scalp eczema are conditions which can be annoying or troublesome, there is hope that the treatments can be effective and one suffering from eczema can lead a full, productive life.

Mike Long is the publisher of

<http://www.FourishingHealth.com>

Inside you will find informative,

up-to-date articles covering topics such as pityriasis rosacea, tonsil stones, scalp eczema, and much more.



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