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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!

Eczema and Dry Skin, Natural Solutions

By Kelly-Sue Chobotiuk

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Eczema and Dry Skin
Natural Solutions
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Hello Everybody,

I wanted to share some natural, easy to make remedies for eczema and dry skin. Canada can be dry and cold so your skin can have the same reaction. I recently developed eczema and have been researching and trying different remedies that helped me, so I wanted to pass them on to you. Here are 8 easy home remedies offering relief.

Please forward this to someone that you know who suffers form this terrible itch!

1.Increase your water intake: Keep your water intake up so that the skin can retain its moisture. Take essential fatty acids supplements: Some people are low in their omega 3s and 6s. There are many supplements on the market to choose from; I find cod liver oil the least expensive and works fine. (Our grandmothers knew the secret of this oil!)

2.Avoid harsh soaps: My personal belief is that most commercial soap are drying for the skin. So for children (2 & up) 1-3 drops of essential oil of lavender in the bath will is a healthy, holistic alternative to harsh soaps. Another alternative for soap is oatmeal. Here is the recipe: Place 1-2 cups of large flake oatmeal (not instant) in the blender, whip until it is a fine powder. Wrap this in a cotton handkerchief, place a rubber band around the top, dunk in water and use as you would a washcloth. It coats the skin to retain moisture.

3.Use a good base cream: Use as natural as possible, read labels. If I get lost after the first few ingredients, I don't buy it. I use our lavender massage butter, rose massage butter and boo boo goo. All our ingredients are natural. Boo boo goo is a healing gel of Aloe Vera and pure essential oil, which

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helps slough off dead skin cells, and the tea tree essential oil helps the itching and speeds up the healing process. [Click here for more info.](#)

4. Always keep your skin soft: Apply cream right after you get out of the bath or shower. Baths are still ok with dry skin, but not too hot of a temperature. I was happy with this, since my baths are one of my relaxing times.

5. Spray on a herbal or floral water mist: I keep a lavender room spray in my purse for this reason. This helps replenish lost moisture throughout the day. Almost all skin types benefit from lavender. We have this on our website [click here](#) or make it your self. Place 10–20 drops of essential oil into a spray jar 2 oz minimum. Add purified water.

6. Do a salt scrub: It may sound painful, but it works! The redness and irritation went down considerably after I do this once a week. The salts improve circulation and encourage your natural skin oils to secrete. There are many salt scrubs on the market, but it is very easy to make. Read on for the recipe.

7. Here is how:

2 cups of fine sea salt, ¼ cup of olive oil or jojoba oil, a few drops of your favourite essential oil (optional), mix together in a bowl.

Method—Stand in a tub of warm water about 2", wet your legs, and in a circular motion rub the sea salt mixture into your skin. Continue this method for your torso and arms, stopping at your neck. Sit for a few minutes and you will feel a tingling sensation. Rinse with warm water then with cool. You will be amazed at the results!

Herbs for Hurts are offering a free 480 ml (2 cup equivalent) of sea salt for any order of \$50.00 or more, while supplies last. [Click here for details](#)

8. Cool the itch: When it's more than you can "bear" (like a boo boo) milk is a great way to soothe that itch. Put milk into a glass of ice for a few minutes, and pour into a gauze pad or thin cotton pad. Apply to irritated skin for 2–3 minutes, resoak the cloth and reapply continuing the process for about 10 minutes. This is one of the reasons we created our milk baths, it contains powdered milk, sea salt and baking soda. [Click here to see.](#)

9. Wear natural clothes: Synthetic fabrics as well as tight fitting clothes can add to the irritation, cotton is best.

Lastly, eczema starts as an internal problem, please consult your health professional and work towards better health. Questions or comments? Would you like to see more holistic recopies, do you have some of your own you would like to share? Please write me, I would like to hear from you.

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In good health,

Kelly–Sue

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Worked with pre-school children for 15 years, EACE. Massage thereapist, reflexologist, studied herbology at wildrose college. Owner of Herbs for Hurts Inc.natural gifts and products for children www.boobobears.com

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 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

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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