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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!

Essential Fatty Acids for Eczema and Other Skin Disorders

By Rudy Silva

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Many people suffer from eczema and various skin disorders that they don't understand. The names for these skin disorders are numerous -- eczema, psoriasis, dermatitis, hives, allergies, scales, and so on. Most standard medical treatments fail to cure or give lasting relief to some of these disorders. This makes it so frustrating for those with these diseases since even dermatologist and doctors find it difficult to find a cure for them.

Finding a treatment for these skin disorders is difficult since every person requires a different treatment. The treatment required depends on the person's nutritional deficiencies and emotional makeup. Some people will respond to a specific treatment and using this same treatment on another person can have no effect.

Here is a natural remedy that has a 50% chance of working for you. In a clinical study where this nutritional program was used, 50% of the people involved show skin improvement. So if you are suffering from some sort of skin disease that seems to hang on, consider trying this remedy that requires using a combination of 3 groups of nutrients

Eczema remedy nutrient one

Take 1– 4 tablespoons of flaxseed oil. This oil contains the essential oil omega–3, which the body converts to EPA and DHA oils. These oils are then convert to specific prostaglandin through the direction of the omega–3 oil.

The actual amount of flaxseed oil to use is something you need to experiment with. First start out with a small amount, 1/2 tablespoon or more, if its some thing you don't normally use. Then after a week increases it to 1–2 tablespoons, then a week later go to 2–3 tablespoons. You need to find the trigger point where it starts to give you results in decreasing your skin inflammation.

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The secret to what I am telling you here is that you need to be consistent in using flaxseed oil every day. And another thing, you may have to use for 2–3 months to see some results. For some people it can take longer, maybe up to a year. Yet, for other people results can be seen within a week.

Eczema remedy nutrient two

Here's how you can make flaxseed oil more effective. Taking B vitamins boost the effects of flaxseed oil in your body by helping to create prostaglandins. Remember prostaglandins help to reduce inflammation. Start with a daily supplement of the 50 B–vitamins and later move up to the 100 B–vitamins. Always look to see which dose helps your condition to determine the dose you need.

Eczema remedy nutrients three

One additional set of nutrients is needed in the use of flaxseed oil for eczema and other skin disorders.

You must take antioxidant supplements, which include vitamin A, C, E, and selenium to protect the flaxseed oil from deteriorating and becoming rancid in the body. The body automatically used the stores of antioxidants that you have, to protect the flaxseed oil, so it will be depleted these antioxidants unless you restore them by supplementation.

Here are additional items to know:

- One tablespoon of flaxseed oil contains 100 calories.
- If you start to see side effects or allergies using flaxseed oil, stop using it.
- Use flaxseed oil in divided doses. Use it in salad, soups, and orange juice.
- Never cook or heat flaxseed oil.
- Always keep flaxseed oil in the refrigerator when it is not in use.

In addition to taking the above three eczema remedy supplements, you can use flaxseed oil on your affected skin area. In some people it has helped their condition. Start by applying the oil to a small area to make sure there is no adverse reaction.

Remember the secret to getting results is to be consistent in your use of these supplements and to test to see what quantity of these supplements gives you results.

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About Rudy: Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He also writes a newsletter called "Natural–Remedies–ThatWork.com." For more information on the essential fatty acids, go to

<http://www.fatty-acid-remedies.for--you.info>

Use Essential Fatty Acid To Help You Eliminate Your Acne

By Rudy Silva

To eliminate or clear your face of acne it will require you take a variety of health steps. The use of essential fatty acids is but one step. I have identified 10 different steps but will only discuss one step in this article – using essential fatty acids.

Getting sufficient essential fatty acids is of prime importance in clearing acne. It's these fatty acids that help to control the production of excess androgens – the hormones that surge during the teen-age times. It is androgens, which causes excess sebum oil to clog your hair follicle and contribute to creating your acne.

The three fatty acids you need to get daily are:

- omega-3
- omega-6
- omega-9

When you are deficient in these essential fatty acids, you will have,

- A weakened immune system
- Inflammatory disorders
- Poor skin
- Skin eruptions and other wounds that won't heal
- Sebum production increases (this is what happens when you have acne)
- Sebaceous glands size increases

Eating essential fatty acids are necessary to provide you the right oils that are used in the sebaceous glands. These oils can come from straight vegetable oils or from oils in specific foods such as nuts and seeds.

Here's what you need to do. Use flax seed oil (omega-3 oil) and olive oil (omega-6 oil) in your salad. These are the best oils to eat and are called polyunsaturated fatty acids.

The other oil that is even better for you is called monounsaturated fatty acid or omega-9. This oil is

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found in avocados and somewhat in olive oil.

Most diets people have contain an excess of omega-6 oil (olive oil), so mostly likely you need to concentrate on getting more omega-3 oil (flax seed oil) into your diet.

You can get omega-3 oil from,

- avocados
- sesame seeds
- pumpkin seeds
- walnuts
- dark leafy green vegetables (spinach, mustard greens, kale)
- wheat germ oil
- salmon
- sardines
- albacore tuna

Or, you can take one to two tablespoon of flax seed oil, omega-3 oil, each day. This will give you the amount of omega-3 oil that your body needs. You can add this oil to your morning cereal, soups, smoothies, salads and other liquid foods.

You can get omega-6 oil from,

- olive oil
- flaxseed oil
- flaxseeds
- grape seed oil
- pistachio nuts
- olives
- sunflower seeds

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- chicken
- evening primrose oil
- pumpkin seeds
- pine nuts

Taking 2–3 tablespoons of omega–6 oil a day will give you the amount of this oil that you body needs.

So, to control those androgens and help your body reduce the creations of acne or pimples start using more essential fatty acids.

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