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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!**

## Methods That Aid In Eczema Relief

By Jessica Davis

Eczema can be a burden. It is a skin condition that can range in severity from dry, red patches on

your skin to cracked, weeping sores. Eczema is caused by many factors such as genetics and allergic reactions. No matter the cause of your eczema it is important to find eczema relief. Eczema relief can come in many forms such as home remedies to medications from your doctor.

Let's first take a look at eczema relief through home remedies. Start by examining your bathing rituals. If you suffer from eczema you should avoid taking baths daily with typical soaps and cleansers. These soaps can be irritating to your skin and have harsh effects. It is important to bathe with hypoallergenic soap products that are color and fragrant free. It is vital to find cleansers that will moisturize and hydrate your skin.

Provide further home eczema relief by using strong moisturizers such as Eucerin lotion. This will help to seal in moisture which diminishes redness and helps against itching. You can stock up on Eucerin at your local pharmacy or grocery store.

Another area that affects eczema relief is your clothing. Take a look at the materials in the clothing you wear. You can develop contact dermatitis to certain fabrics as well as the detergent these fabrics were washed in. Your eczema may flare up when exposed to wool or even nickel in costume jewelry.

Find a detergent that is dye and fragrance free. These types of detergents will help your eczema relief to a great extent. This is a home remedy that you have great control over when you purchase clothing and detergent.

Another home remedy for eczema relief comes in the form of changing your diet. Many have found eczema relief through a dairy free and/or wheat free diets. Dairy and wheat are common causes of food allergies. These food allergies surface through skin conditions such as eczema. Eczema relief can begin by substituting soy or lactase free milk for cow milk.

If you have tried home remedies and they don't provide eczema relief then see your family doctor or dermatologist. They can determine the intensity of your eczema and prescribe steroids and creams for

eczema relief. The important thing to know is that you are not alone and there are many forms of eczema relief at your disposal.

Jessica's blog is online at

<http://www.eczemablog.com>

### **Treatment Options for Hand and Foot Eczema**

**By Mike Long**

There are many kinds of eczema, and too few people who can tell you how to cure them. Scientists are trying get a better handle on the causes of such eczema as hand and foot eczema, but they may still have years to go before they find a tested and sound way to prevent the condition.

In the meantime, your best bet is to follow the latest advice that health experts offer on the problem.

To get relief from hand and foot eczema and other forms of the condition, it is important to make key lifestyle modifications. These may not necessarily be an eczema cure, but they can help to prevent flare-ups.

First, see your dermatologist regularly for treatment. Second, use the medication that he or she prescribes. They may not be quite as reassuring as an eczema cure, but these steps, can be the difference between keeping the condition at bay, or letting it ruin your life.

#### **What You Can Do First To Help Yourself**

Start your assault on your hand and foot eczema by avoiding the many things around your home that can irritate the condition.

Things that can irritate your skin include household cleansers, detergents, aftershave lotions, soap, gasoline, turpentine, and other solvents. Try to steer clear of these things that make your hand and foot eczema flare up.

Of course, it's also essential to wash your hands only when absolutely needed. Soaps and wetness can cause skin irritation. Dry your hands completely, as well, after you wash them.

#### **The Importance of Wearing Gloves**

Other ways to experience a temporary eczema cure involve all the methods under the sun to protect your hands. These include wearing gloves to protect the skin. Put on vinyl or plastic gloves for work if it requires you leaving your hands in water for long periods of time.

## Methods That Aid In Eczema Relief

Wear gloves and shoes, too, when you think your hands will be exposed to anything that can irritate your skin and bring on hand and foot eczema.

Another potential temporary eczema cure are cotton gloves underneath plastic gloves, as well as cotton socks in plastic or leather shoes. The cotton can soak up sweat from your hands and feet. If even this cotton is getting drenched, then take frequent breaks from your activities or work.

Remove your gloves and shoes to prevent a buildup of sweat inside them. Don't forget your gloves when you go outside during the winter either. Cold air and low humidity are enemies of your skin and

can easily bring on hand and foot eczema by drying out your skin.

### Other Eczema Triggers You Should Think About

Besides cold and dry air, stress and other psychological factors can also be an eczema trigger. Learning how to manage your emotions can be an eczema cure all to itself. You may not be able to get at the root cause of eczema by cutting back on the stress in your life.

But controlling your emotions and avoiding stressful situations can be a potent way to reduce the frequency and the intensity of your eczema attacks. Your behavior, then, can be a powerful eczema cure until doctors come up with the ultimate one.

Mike Long is a successful web publisher and health aficionado providing valuable tips, advice, and info at

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His many articles provide the reader with well researched products, money saving tips, and valuable topical insight.

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Massage Oil For Massage Therapy

Eliminating Scalp Eczema

Diet and Eczema

Forms Of Treatment For Eczema Sufferers

How To Improve Blood Circulation

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Complete Library Of Cooking

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Stress The Silent Killer



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