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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!

Natural Prescription for Eczema

By John Russell

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–Identify food allergies and eliminate the offending foods from you diet. Eggs, milk, cheese, chocolate, peanuts, soy, potatoes, and the glutens in wheat are common allergenic foods. It will take four to six weeks for the results of an allergen-free diet to be observed, so be patient.

–Investigate the possibility of the food additive tartrazine contributing to the eczema and, if it does, eliminate it from the diet.

–Eat fatty fish like salmon, herring, and mackerel at least twice a week.

Some steps to relieve symptoms:

–Do not use hot water for bathing and showering: Use warm water.

–Use bath oil to soften skin. Use a nondrying soap substitute instead of soap

–Do not use over-the-counter ointments that contain benzocaine or antibiotics.

–Avoid lanolin in skin lotions, cosmetics, cleansers, and the like.

–Try to avoid temperature extremes and any activity that will involve excessive sweating.

–Aerobic exercise is beneficial to eczema and other skin ailments. Just be sure to take a warm shower after exercise to wash away sweat.

–Avoid any oily or greasy ointment that prevents skin from breathing.

–Try to wear cotton and other natural fibers next to your skin with the exception of wool, which you should avoid.

–As stress can exacerbate eczema, practice stress reduction techniques.

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None

A Primer On Eczema

By Charlene J. Nuble

Eczema is one of the very rampant skin diseases that affect people all over the world who are allergic to certain skin allergens.

Eczema occurs with some other atopic or skin diseases, whose exact infected locations can not be really traced. Some of these diseases include asthma, hay fever and conjunctivitis.

Eczema is often chronic and symptoms and manifestations can further and continually develop, continue to exist or disappear over some period of time. When you say chronic, it means the disease is treatable but not curable.

There are several forms of treatment or medications for eczema. Treatments like ointments and other forms are generally used to ease or relieve the itchiness caused by eczema. These are also used to reduce or diminish the affected area in the skin.

Eczema is often mistaken for psoriasis, which is another chronic another skin disease.

Eczema shows up or affects infants whose ages may range from one month to six months. In the united States alone, 60% of people diagnosed with eczema have had experienced their first onset of the skin disease when they were just a year old.

About 90% of eczema infected patients in third world countries got the skin disease when they were about 5 years old and below. There are cases of eczema onset during adolescent years but they are very uncommon and rare.

Symptoms of eczema

Be aware that manifestation or symptoms of this itchy and uncomfortable skin disease vary with age.

Overall, eczema is characterized by the presence of lesions which occur or can be found in different areas of the body, depending on age.

For example, an infant has eczema if he has lesions in the extensor surfaces, the face or in the trunk. For young children, they are found in ankles and wrists. In adults, these lesions may be found in the

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upper chest, in the neck, in the face and in the genitals or sex organs.

Eczema in infants and children show up through rashes occurring during warmer weather. These rashes will surely worsen with the climate change from warm to winter or colder climate.

Skin areas infected with eczema also are characterized by unusual and unaesthetic skin drying.

Treating eczema

Modern medicine believes that eczema may be worsened or complicated by stress or emotional and psychological anxieties.

The dryness in the infected area in the skin can be practically reduced by avoiding and preventing further contact with the allergen that may have caused or triggered eczema.

Also, moisturizers are available and easily accessible in local drug stores and retail chains. But remember, it is important to seek a doctor's or a dermatologist's prescription and consultation first. Self-treatment or self-prescription should be avoided for it may only worsen the skin disease.

Use of strong and harsh soaps must also be reduced to help prevent further drying of the skin. Most soaps today have chemicals that wash away and put out the natural oil produced by the skin. These natural oils contain substances that will help prevent skin drying.

Eczema Prevention

Of course, just like other skin diseases, the most basic and general prevention is hygiene.

Avoid skin contact with allergens like skin irritating chemicals, solvents and clothes. As much as possible, also avoid too much exposure to extreme climates like very high or very low temperatures.

It can be hard to explain but emotional stress can also be a factor causing eczema so as much as possible avoid it, as well as exposure to excessive or little tobacco smoke.

Charlene J. Nuble 2006. For answers to All your frequently asked questions about eczema, please go to:

or go to:



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