

Natural Help 4...

Eczema



What is Eczema?

Eczema is a skin condition that refers to inflammation of the skin. It is also known as dermatitis and is characterized by itching and dry, scaly red patches. Not only does eczema cause tremendous discomfort but it often results in **unexpected flare-ups** triggered by allergy reactions or environmental factors. This condition affects people of all ages but it is **most common in infants and children**. In 60% to 70% of these cases, infants and children eventually outgrow eczema. Although, there is no cure for eczema a combination of conventional medications, natural therapies and modifying your lifestyle can help.

There are many different forms of eczema and these include:

Atopic eczema

This is the most common form of eczema characterized by itchy, inflamed skin. This type of eczema tends to come and go. It tends to run in families and often people with a family history of allergic conditions such as hayfever or asthma develop atopic eczema. It affects 10% of infants and 3% of adults in the United States.

Irritant contact eczema

Irritant contact eczema occurs when skin comes into contact with certain substances such as cosmetics, household detergents, acids or chemicals. It causes itchiness, redness and an irritating skin reaction in adults that often develops on the hands.

Allergic contact eczema

Allergic contact dermatitis occurs when the skin comes into contact with an allergen such as jewelry, certain metals or clothing fabrics. It also causes itchiness, redness and an irritating skin reaction.

Infantile seborrhoeic eczema

This condition is also referred to as cradle cap and is very common in babies. Infantile seborrhoeic eczema is characterized by dry flaking skin on the scalp or nappy area – it tends to spread quickly.

Adult seborrhoeic eczema

This form of eczema appears as mild dandruff on the scalps of adults and can spread to the face, ears, neck and chest. The skin becomes red, inflamed and starts to flake. Adult seborrhoeic eczema may even be more serious than the infant version.

Varicose eczema

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Varicose eczema affects the lower legs of older adults and is usually as a result of poor circulation. Dry, itchy skin develops around the ankles or shins, and ulcers may develop if the skin is left untreated.

Discoid eczema

This form of eczema is most common in adults and is characterized by a small red patch on the lower legs or trunk. These patches can erupt or weep if left untreated.

What causes Eczema?

The exact [cause of eczema](#) is not known. Researchers believe that hereditary factors as well as a **malfunction within the immune system** may contribute to the [cause of eczema](#).

Certain factors or triggers may also be responsible for the outbreaks of [eczema](#) and these include:

- Irritants or substances such as soaps, cosmetics, household cleaners or detergents, chemicals, clothing, jewelry or sweat
- Allergens such as dust mites, moulds, plant pollens, pets and any number of pollutants
- Sensitivity to certain foods, particularly dairy and wheat products, citrus fruits, eggs, nuts, chemical food additives, preservatives and colorings
- Changes in Stress
- temperature or humidity

How is Eczema diagnosed?

The [diagnosis of eczema](#) is based on the symptoms, a thorough physical examination and medical history. [Eczema](#) can sometimes be very difficult to diagnose and often mimics other skin conditions.

Your health practitioner will ask certain questions to help confirm a diagnosis – when the condition started, if the condition **is irritated by contact with materials or products**, changes in the environment. Certain tests such as a skin biopsy, allergy tests or skin patch test may also be performed.

Symptoms and signs

- The common symptoms and signs of eczema include:
- Itching that may range from moderate to severe in certain areas
- Dry, scaly red or patchy skin that resembles a rash
- Inflamed areas that may bleed when scratched or ooze watery fluids
- Blistering
- Cracked, painful skin

Help for people with Eczema

[Treatment of eczema](#) generally depends on the age of the individual, overall health status, type of [eczema](#) and the severity thereof. The main aim of treatment is to **reduce the symptoms of itching and inflammation**, and prevent the condition from worsening.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Medications such as **corticosteroids antihistamines or immuno-suppressants** may either be administered orally or topically. Many of these medications have potentially harmful side effects and long term use is usually discouraged. Another treatment option that people with [eczema](#) may also consider is ultraviolet therapy (phototherapy).

For treatment to be effective, certain lifestyle changes are also very important. Eating a healthy diet and avoiding foods that may contain allergens and aggravate the skin, exercising regularly, drinking lots of water and **keeping the skin well moisturized** can make a significant difference to your quality of life.

Although many over-the-counter and prescription topical creams are effective for [eczema](#), using these treatments for extended periods can damage the skin. Natural and holistic treatments are a safer, gentler alternative to use without the harmful side effects or allergic reactions.

Best of all, you can use them as often as you like, for as long as you like. Herbal ingredients such as Vitamin E oil, Mentha pipererita oil, Bulbinella frutescens tr. and Aloe ferox tr. work quickly to soothe and **promote healthy, trouble free skin**. Other highly effective herbs include Glycorrhiza glabra, Melia azadirachta, Sambucus nigra and Stellaria media which help to provide **relief from itching and discomfort** and reduce [eczema](#) patches. In addition, Matricaria chamomilla, Asparathus linearis and Galium aparine also prevents infection and inflammation as well as reduces scarring.

Tips to cope with eczema

- There are a number of helpful tips that can help you cope with and minimize the [symptoms of eczema](#):
- Eat a healthy diet and avoid foods such as dairy products, mushrooms, or crustacean meat (lobster, shrimp, clams or oysters) that may contain allergens and aggravate the body
- Bathe in cool or warm water, never hot and always apply a moisturizer to your skin afterwards to seal in moisture
- Use a mild soap such as Dove or Oil of Olay when washing
- Moisturize daily to prevent dry skin – use a cheap but very effective moisturizer such as Vaseline
- Avoid using irritants such as household cleansers, detergents, perfumes, soaps, turpentine or gasoline that may aggravate your skin
- Wear plastic or vinyl gloves when working in water
- Keep nails short to avoid scratching or rubbing the itchy area
- Avoid activities that may your skin to become hot and sweaty
- Wear cotton or cotton blend clothing and avoid wool and synthetic fabrics as they can irritate the skin
- Use protective coverings for mattresses or pillows if you or your child is allergic to dust or dust mites
- Learn to reduce stress by practicing relaxation techniques such as deep breathing exercises, meditation or listening to music
- Keep pets outside and avoid having in the bedroom

The Natural Approach

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While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical



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research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Skin Dr.: Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**

The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

[Learn more about Skin Dr.](#)

ClearSkin-E Cream: Natural remedy supports healthy sleep patterns and sustained peaceful, restful nights

ClearSkin-E Cream has been especially formulated using natural ingredients especially chosen to **soothe the skin and support skin health**. Regular use of ClearSkin-E Cream will help to **maintain healthy, trouble-free skin** all over – the natural way. This gentle, yet effective formulation is safe to use for all ages, including babies.

It is recommended that ClearSkin-E Cream be used together with our Skin Dr to **promote skin health** from the inside as well as the outside. Using these two remedies together gives you the best chance of success and **helps to ensure long-term results**

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