

Remedies 4

eczema, dermatitis,
& rashes

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Remedies 4... eczema, dermatitis, & rashes

Companion Remedies for Eczema, Dermatitis, Rashes

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encourage natural healing

Demystifying Dermatitis Skin Conditions

Dermatitis encompasses several skin disorders. [Eczema](#) is a type of dermatitis. Any skin inflammation may be considered dermatitis. Substances that irritate the skin, allergic reactions to drugs, detergents, and other chemicals are all culprits.

Dermatitis can affect almost any area of the body. Redness, scaling, and thickening of the skin may occur. Pinpointing the cause of the problem is the first step toward alleviating the symptoms.

[Eczema](#) appears as dry, cracking, crusting and red patches on the skin. Often there are swelling, weeping blisters. The skin can become inflamed and itchy. These symptoms often appear on the hands, feet, legs and even the ears. Small fluid filled blisters also can appear on

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Getting sick (or at least pretending to) was sort of fun back in the old da

the skin. These symptoms become inflamed with a burning and itchy sensation, which often leads to scratching.

When this condition is scratched excessively, it can lead to infection. This is often seen in children. Many factors can contribute to [Eczema](#). Stress is a major factor. [Allergies](#) as well. Exposure to cleaning compounds, perfumes, detergents, household chemicals, [Soaps](#), food [Allergies](#), as well as, nutrient deficiencies.

Dermatitis is not an age specific disorder and can appear on any one and can appear anywhere on the body, although as mentioned above, it is most often seen on legs, feet, arms and ears. There are often predispositions to this disorder. It is seen in heredity and can be traced through family history.

In children, [Eczema](#) can be traced back to allergic reactions to dairy products such as milk and eggs, also wheat, peanuts, peanut butter, as well as nightshade vegetables such as potatoes, tomatoes, egg plants and bell peppers.

It is known that white blood cells (also known as lymphocytes) are a fundamental component of the [Immune System](#) that protects our bodies from invaders. When they make a mistake, an allergic response can occur. When a lymphocyte encounters a particle or cell and identifies it as a foreign invader, it produces antibodies specifically engineered to fight that particular threat.

There are five basic types of antibodies, called immunoglobulins, or Igs. Each is classified by type with a letter suffix: IgA, IgD, IgE, IgG and IgM. The Ig known to be responsible for most allergic reactions to food is IgE, although IgG is also commonly mentioned.

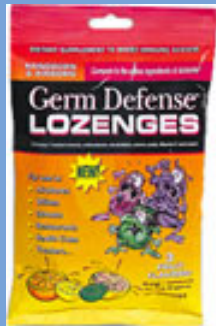
IgE [Allergies](#) occur when the [Immune System](#), in an effort to reject a certain food or other substance, creates an antibody to that food, immunoglobulin E. In other words, the blood cells of an allergic person are “misinformed” at the genetic level and cause the production of large quantities of IgE antibodies.

The antibody becomes attached on one side to the food/substance molecule and on the other side to a mast cell (mast cells are a type of cell containing histamine and other allergy mediators instrumental in the allergic response). When this happens, histamines and other chemicals are released from the mast cells, causing such immediate responses as runny nose, itchy eyes, skin rashes and [Indigestion](#). IgE can cause anaphylaxis, an extreme, sometimes even life-threatening



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



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response in which the airways swell, sometimes to the point where the person cannot breathe.

The most common tests for food [Allergies](#) are IgE skin tests, where the skin is scratched or pricked and allergens such as wheat, eggs and milk are applied. Within 15 to 30 minutes, local reaction may occur. Other types of tests include blood tests and patch skin tests. However, there are reports that blood testing for food [Allergies](#) provides more reliable results than skin testing.

The latter are problematic because of their tendency to yield false positives. This means that people may show a positive result but are still able to eat a certain food. To summarize this difficult and confusing field, it appears that the efficacy of all allergy testing is under suspicion.

Dermatitis is divided into different classifications. Acute and chronic dermatitis are differentiated by a time period as well as symptoms. Acute dermatitis is seen with erythema and edema in papules, vesicles and sometimes large blisters. Chronic dermatitis is seen as lichenification, scaling and fissures.

There is a thickening of the dermal layer. Contact dermatitis is another classification, which is skin irritation due to exogenous agents such as water and other fluids, abrasives such as cleaning products, chemicals such as acids and alkalis as well as solvents and detergents.

Emotional issues play a big part in this disorder. Changing the way you think, can change a life of stress and discomfort to a life of challenge and excitement. Thinking about a success or a past achievement is excellent when you're feeling uncertain and stress. You are instantly reminded that you've achieved before, and there's no reason you shouldn't achieve this time.

Positive affirmations. You should have a list of affirmations ready that you can start repeating when you feel stressed. They don't have to be complicated. Just saying aloud "I can handle this" to yourself or "I know exactly what I am doing" will work. It pulls you away from the animal reflex to stress—the quick breathing, the cold hands—and toward the reasoned response, the intellect—the part of you that really can handle it.

It's necessary to think these thoughts consciously because doing so automatically changes the mind-set that's producing the stress. If you're reciting an affirmation, you're not thinking about whatever

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bothers you.

Researchers at the Kent & Canterbury Hospital in England, in a five year study, discovered that more than two-thirds of the people with chronic skin problems had experienced a “major life event”, such as a serious illness or death in the family, just before or occurring at the same time as their skin problems.

Herbal Remedies

Herbs that are beneficial for dermatitis (if you are not allergic to them) include **Burdock** Root, **Chamomile**, **Cedarwood**, **Dandelion**, Marigold, **Red Clover**, **Thyme**, and **Verbena**.

A study published in the British Medical Journal Lancet showed a significant improvement in **Eczema** when patients took high doses of **Evening Primrose** Oil (EPO) in capsule form. There have been some reports that EPO can help in cases of atopic dermatitis. It takes a rather large number of these expensive capsules to produce results and it can take at least six months to see any results.

Flaxseed oil taken internally or applied externally often eases symptoms of **Eczema**.

Aloe Vera gel and **Calendula** lotion or cream can sooth irritated skin.

Take 500 milligrams of **Black** Currant Oil twice a day. Give children under 12 half that dose. This takes six to eight weeks to produce the desired effect.

Burdock Root - Helps to purify blood and restore the liver to aid in a restful sleep. Helps to reduce build up of **Toxins** in the skin resulting in boils and other skin disorders. Helps gallbladder functions and stimulates the **Immune System**.

Chamomile - **Chamomile**'s medicinal properties range from skin inflammations to lightening hair to treating digestive problems. As a mild sedative, anti-inflammatory, and Antibacterial, it improves digestion by relaxing the muscles throughout the gastrointestinal system and it can induce an overall sense of calm and well-being.

Dandelion - is a leading remedy for detoxing the liver. It stimulates the flow of bile, a fluid that aids fat digestion, which is why it's used for liver and gallbladder disorders. **Dandelion** has scientifically



documented potent diuretic properties. It relieves [Constipation](#) and eases [Bloating](#) and swelling. [Dandelion](#) should be used for 4 to 6 weeks at a time. For it's liver benefits [Dandelion](#) is helpful for skin disorders.

[Red Clover](#) - is an herb suggested for chronic conditions affecting the skin. It is a diuretic, but it's unknown exactly how it works for skin conditions. Use nonfermented [Red Clover](#) which is safe. [Red Clover](#) contains a substance called genistein, which has anticancer properties.

[Thyme](#) Leaf - The pungent oils found in [Thyme](#) are an effective Antimicrobial in the treatment of respiratory infections. When taking [Thyme](#), people often note tasting it on their breath as the oils permeate through the respiratory system to reduce the proliferation of viruses during infections. It also warms the digestion and reduces metabolic congestion, aiding to clear the body of conditions for infection.

Aromatherapy Remedies

Aromatherapy can help with hives, [Eczema](#), dermatitis, bee stings inflammation, and dryness. Helpful, are Essential oils such as [Chamomile](#), [Cedarwood](#), [Lavender](#), [Geranium](#), [Tea Tree](#), [Lemon](#), [Myrrh](#), [Thyme](#).

Aromatherapy is extremely helpful with stress! Reducing stress, anxiety, boost immunity, and relieve numerous conditions all caused by stress. Stress reduction is one of aromatherapy's specialties! Helpful, are Essential oils such as [Bergamot](#), [Chamomile](#), [Rose](#), [Lavender](#), [Clary Sage](#), [Jasmine](#), [Ylang Ylang](#) will relax you. Where as [Basil](#), [Geranium](#), [Rosemary](#)... will recharge, revitalize and stimulate you. [Rosemary](#) and [Geranium](#) oils also strengthen the [Adrenal Glands](#), which are effected by stress.

Dilute essential oils with a [Carrier Oil](#) or add a few drops to a moisturizing lotion and massage into the skin for sore muscle treatments or stress release. Use anytime, especially before bed for calming and inducing sleep. Add a few drops to boiling water and lean over it with a towel for a steam facial, or diffuse to help ease [Tension](#) and stress. Diffuse for balancing and help with calming down. Inhale the essential oils deeply as they diffuse into the air.

Baths, [Diffuser](#) blends, inhalants, massage oils as well as, skin

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treatments, hair treatments and body treatments all allow you to pamper yourself while improving the condition of your body, your mental state, as well as, your emotional/spiritual well-being.

Take an oatmeal bath. Oatmeal soothes irritation and reduces itching. For an additional soothing treat, add milled oatmeal to the bath, and even using oatmeal as a [Soap](#) substitute. For the bath, pour 2 cups of milled oatmeal into a tub of lukewarm water. Milled oatmeal is simply oatmeal that has been ground to fine powder that will remain suspended in water. Add a cup of [Witch Hazel](#) and dilute it in the bath water for additional relief.

Managing Dermatitis

Dermatitis is aggravated by dehumidified air, especially during winter months when forced-air heat circulates in the home. Forced-air heat is more drying than other types of heat. Since dry air tends to aggravate the itching of [Eczema](#) or dermatitis, keeping indoor air moist should be a primary concern of sufferers and their families. If you can counter dry air with a good humidifier, then forced-air heat is not as much of a problem. Humidifiers are like air conditioners—you really need a big unit to do anything. If you sleep next to it, however, that's okay. Put it next to your bed.

This is even more so with steroid drugs (cortisone and related compounds). Never use cortisone, prednisone, or other steroid drugs to treat skin reactions unless they are very severe or life-threatening. If you must take these powerful hormones, limit your use of them to two weeks. Steroids perpetuate dermatitis through their suppressive action. They also lower immunity.

Air-conditioning your house is probably the single most important thing you can do to alleviate pollen problems, and it can help with two other chief inhalants—molds and dust mites.

[Vitamin C](#) has [Antihistamine](#) activity. [Vitamin C](#) supplementation has been reported to help people with hay [Fever](#) in preliminary research. Consider 3,000 - 6,000 mg of [Vitamin C](#) in divided doses, per day.

Bioflavonoids such as Quercetin, might act synergistically with [Vitamin C](#) as both have antihistaminic activity. Although some doctors of natural medicine advise people with hay [Fever](#) to take 400 mg of Quercetin two to three times per day, only limited preliminary clinical research has yet suggested that Quercetin benefits people



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Different Types of Skin Rashes

Literally, a rash means the growth of some red bumps on your skin caused by irritation to the skin. As the effect, the skin may become swollen, itchy and bumpy. Generally, skin rashes are not contagious and are triggered by external material such as dust, food, dry air, animal dander, certain fabrics and many more.

There are several reasons behind the development of these skin rashes. Some skin rashes are merely because of the dry skin condition, some may be caused by skin [Allergies](#) or infection, and some may even cause by the growth of fungus on your skin.

Dry skin rashes are the most common rashes among all. If you belong to the category of those having dry skin, then you might have bigger chances of developing skin rashes because being dry, your skin will be easily irritated, especially during the cold, dry months of the year. Prevent dry skin rashes by drinking sufficient water and apply adequate amount of Moisturizer.

Some dry skin rashes are however, hereditary. In this particular case, external environment does not play an important role in causing it, just in triggering it. In the case of hereditary dry skin rashes, skin becomes extremely itchy and inflamed, causing redness, swelling, cracking, weeping, crusting, and scaling. This type of rashes comes and goes, often for no obvious reason.

Some standard treatment involves simple routine that you need to follow. People who suffer from dry skin rashes or have the tendency to develop dry skin rashes should avoid hot or long (more than 10 to 15 minutes) baths and showers.

It is recommended to bath using lukewarm water as it helps to cleanse and Moisturize the skin without drying it excessively. Choose mild bar Soap or non-Soap cleanser because Soaps can be drying to the skin. After bathing, apply moisturizes onto the skin to avoid dryness. In the case of severe dry skin rashes, consult physician for further treatment.

Another type of skin rashes is a rash brought on by contact with a

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specific material which causes allergy on the skin. These skin [Allergies](#) can be anything from animal dander, certain fabric to poison ivy and jewelry containing nickel.

In general, this type of skin rashes only affects those parts of the skin which comes into contact with the material causes the allergy. One of the best ways to stay away from the skin [Allergies](#) is to prevent it from happening by knowing what causes the allergic reaction and avoid any direct contact with whatever material that causes it.

Other than dry skin rashes and skin [Allergies](#), there is also a rash caused by fungal infections. Tough this type of skin rashes is not as common as its counterpart; you still need to be cautious as both people with good hygiene and bad hygiene can get this rash. When you get fungal skin rashes, treat it with some anti fungal cream which can be easily found at neighborhood drugstore.

Whatever rashes you have, remember not too scratch it, as scratching only make things worse. Just be patient and treat them accordingly, and if things got worse, immediately consult a physician.

Skin Healing Plantain Salve

Use dry [Plantain](#) - broad or lance leafed - (Plantago spp.).

Put in in a jar and cover it with grain alcohol (Everclear or Vodka) so it is barely moistened. Let is soak for 8 hours or so.

Then mix it 1:5 (weight to volume - so 1 oz herb to 5 fluid oz oil) with [Olive Oil](#). Put it in a blender and blend it until the sides of the blender are warm (quite a while).

Now strain it through a fine cloth or something like that and use the oil to make a salve by heating it and mixing it with [Beeswax](#). Start with 1:5 [Beeswax](#) to oil ratio, if the salve comes out to soft you can remelt it and add more [Beeswax](#).

This is a wonderful, skin healing, restorative salve (one of my friends has switched completely to it as [Moisturizer](#)) but what is the coolest about it is the color. The green is so unbelievably vibrant. I have a bottle of the oil on a shelf, just so I can look at it, it reminds me of Summer...

Dermatitis Bath

- 4 d. [Geranium](#) oil
- 2 d. [Juniper](#) oil
- 2 d. [Lavender](#) oil.

Add to 1/4 Cup Epsom Salts or Baking Soda and add to bath while water is running. Soak 15-20 minutes.

Eczema Essential Oil Blend

- 4 oz [Jojoba](#) oil
- 10-20 ml [Borage](#) Seed oil
- 12 drops [Lavender Essential Oil](#)
- 12 drops roman or german [Chamomile Essential Oil](#)

Eczema Massage Oil

- 3 d. [Bergamot](#) oil
- 3 d. [Geranium](#) oil
- 6 d. [Juniper](#) oil
- 3 d. [Lavender](#) oil: in 20 ml massage oil.

Troubled Skin Herbal Bath

Extreme weather - whether heat of summer or the cold of winter, can cause a variety of irritations to your skin. Try soaking in the troubled Skin Bath as an aid in relieving some of them.

- 1/4 cup fresh or 2 tablespoons dried [Thyme](#)
- 1/4 cup fresh or 2 tablespoons dried [Calendula](#) blossoms
- 1 quart boiling water

Add the [Herbs](#) to the boiling water and simmer, covered, for 10 minutes. Remove the infusion from the heat and let it cook to lukewarm. Strain the infusion and add to your bathwater.

Calendula Cream

Yield: Approximately 4 ounces

Soothe and smooth with this gentle cream.

- 4 ounces [Shea Butter](#)
- 2 tablespoons dried (or fresh) [Calendula](#) flowers
- 800 IU [Vitamin E](#) Oil
- 3 drops [Rose otto](#) [Essential Oil](#)
- 30 drops [Lavender](#) [Essential Oil](#)
- Small, wide-mouthed glass jar (recycled baby-food jars work well)
- 10 drops tincture of [Benzoin](#), optional (as a natural preservative)

Melt [Shea Butter](#) in the top of a double boiler; add [Calendula](#) flowers and heat on medium setting for 30 to 40 minutes, stirring occasionally. Pour mixture through a strainer to remove [Calendula](#) flowers. Add [Essential Oils](#) and [Vitamin E](#) Oil. Pour into jar (best if the cream fills the jar); once mixture is cool, close with lid. Label the jar.

Recipe Courtesy Colleen K. Dodt, [Mountain Rose Herbs](#)