



eczema

Eczema is a recurring, non-infectious, inflammatory skin condition affecting 1 in 3 Australians at some stage throughout their lives. The condition is most common in people with a family history of an atopic disorder including asthma or hayfever.

symptoms

- Moderate to severely itching skin.
- Recurring rash.
- Skin weeping watery fluid
- Rough, thick skin.

contributing factors

- Family history of eczema, asthma or hayfever.
- There are many studies indicating that food hypersensitivity plays a role in cutaneous skin lesions; the major food allergens are egg, milk, gluten, soy, peanut, yeast, seafood and salicylates. Sensitivity to gluten is widespread, although it is often unrecognized. Research has shown that people suffering from virtually all skin disorders do better if they eliminate foods containing gluten and all dairy products from the diet.
- Irritants – tobacco smoke, chemicals
- Allergens – house dust mites, moulds, grasses, plant pollens, foods, pets, soaps, shampoos and washing powders, cosmetics and toiletries.

natural treatments

- Avoid wearing synthetic fibres; wear thin, 100% cotton fabrics.
- Avoid soaps and body products containing sodium lauryl sulphate, propylene glycol, perfumes and alcohol.
- Creams containing herbs such as Calendula, Myrrh, Licorice and Propolis may provide relief from symptoms.
- Essential Fatty Acids found in fish oil, evening primrose oil and flaxseed oil are anti-inflammatory and will help skin retain its moisture.

see over for more natural treatments for eczema.



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more natural treatments for eczema:

- Zinc plays a beneficial role in maintaining integrity of skin and aiding wound healing.
- Herbs such as Clivers, Burdock, Yellow Dock and Oregon Grape have been found beneficial in treating eczema over the long term.
- Probiotics – especially in infants probiotics have been found beneficial in many cases.

To find out more about natural treatments for eczema please speak to one of our naturopaths who are here to assist you 7 days a week.

BEFORE YOU MAKE CHANGES TO YOU DIET YOU SHOULD ALWAYS CONSULT YOUR NATUROPATH/PRACTITIONER

