Eczema is a condition where patches of skin become inflamed, itchy, red, cracked, and rough. Blisters can also occur. It affects a large section of the American population to a lesser or greater degree.

The word eczema is also used specifically to refer to atopic dermatitis, the most common type of eczema.

In this article, we will explain what eczema is and discuss the causes, symptoms, and treatments.

Fast facts on eczema
Here are some key points about eczema. More detail and supporting information is in the main article.

- Eczema is likely related to conditions that adversely affect the skin's barrier function (including genetic factors, nutrient deficiencies, bacterial infection, and dry, irritated skin)

- **Certain foods** such as nuts and dairy can trigger symptoms
- Eczema can also be triggered by environmental factors such as smoke and pollen
Eczema Dermatitis

- Treatment focuses on healing damaged skin and alleviating the symptoms
- For some, their eczema will eventually disappear completely, but for others, it remains a lifelong condition

What is eczema?

*Common symptoms of eczema include areas of thickened, red, itchy skin.*

![Diagram of healthy and compromised skin]
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The term 'eczema' is used in two different ways. It can be used widely to describe any rash-like skin conditions.

Or it can be used to describe atopic dermatitis, a chronic skin condition that commonly starts during infancy and continues through into childhood.

Some people outgrow the condition while some people will continue to have it into adulthood.

The word "atopic" refers to a collection of diseases involving the immune system, including atopic dermatitis, asthma, and hay fever. "Dermatitis" means inflammation of the skin.

Causes of eczema

The specific cause of eczema remains unknown, but it is believed to develop due to a combination of hereditary (genetic) and environmental factors.

Drugs can cause eczema.

According to Drs Ruggero Caputo and Stefano Veraldi, two Italian dermatologists at the University of Milan (Eczema, Ronald Marks, ed., Martin Dunitz Ltd, London) the most common for producing eczema dermatitis include: antibacterial drugs (aminoglycosides, antibiotics like amoxycillin, ampicillin, erythromycin, gentamycin, and many many others ...
Children are more likely to develop eczema if a parent has had it or another atopic disease. If both parents have an atopic disease, the chances increase further.

The Allergic Triangle

People who have one atopic condition are more likely to develop another atopic condition and the trigger factors for each may be the same.
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Environmental factors are also known to bring out the symptoms of eczema. These include:

- Irritants - soaps, detergents, shampoos, disinfectants, juices from fresh fruits, meats, or vegetables
- Allergens - dust mites, pets, pollens, mold, dandruff
- Microbes - bacteria such as *Staphylococcus aureus*, viruses, certain fungi
- Hot and cold temperatures - hot weather, high and low humidity, perspiration from exercise
- Foods - dairy products, eggs, nuts and seeds, soy products, wheat
- Stress - it is not a cause of eczema but can make symptoms worse
- Hormones - women can experience worsening of eczema symptoms at times when their hormone levels are changing, for example during pregnancy and at certain points in their menstrual cycle

Symptoms of eczema

Atopic dermatitis commonly manifests itself in infants with dry and scaly patches appearing on the skin. These patches are often intensely itchy. The symptoms of atopic dermatitis can vary, depending on the age of the person with the condition.

Most people develop atopic dermatitis before the age of 5. Half of those who develop the condition in childhood continue to have symptoms as an adult, though these symptoms are often different to those experienced by children. People with the condition will often experience periods of time where their symptoms will flare up or worsen, followed by periods of time where their symptoms will improve or clear up.

Infants:

- Rashes commonly appear on scalp and cheeks.
- Rashes usually bubble up before weeping fluid.
- Rashes can cause extreme itchiness, which may lead to trouble sleeping. Continuous rubbing and scratching can lead to skin infections.

Children, from 2 years old to puberty:
Eczema Dermatitis

- Rashes commonly appear behind the creases of elbows or knees
- Also common on neck, wrists, ankles, crease between buttock and legs

Over time, the following symptoms can manifest:

- Rashes can become bumpy, like goosebumps
- Rashes can lighten or darken in color
- Rashes can thicken (also known as lichenification) and then develop knots and a permanent itch

Adults:

- Rashes commonly appear in creases of elbows or knees or nape of neck
- Rashes cover much of the body
- Rashes can be especially prominent on neck, face, and around the eyes
- Rashes can cause very dry skin
- Rashes can be permanently itchy
- Rashes can cause scaly skin (more scaly than in children)
- Rashes can lead to skin infections

Adults who developed atopic dermatitis as a child but no longer experience the condition may still have dry or easily irritated skin, hand eczema, and eye problems.

The appearance of skin affected by atopic dermatitis will depend on how much a person scratches and whether the skin is infected. Scratching and rubbing irritates the skin further, increases inflammation and makes itchiness worse.

Types of eczema

- Allergic contact eczema (dermatitis) - a skin reaction following contact with a substance that the immune system recognizes as foreign
Eczema Dermatitis

- Contact eczema - a localized reaction where the skin has come into contact with an allergen
- Dyshidrotic eczema - irritation of skin on palms of hands and soles of feet characterized by blisters
- Neurodermatitis - scaly patches of skin on head, forearms, wrists, and lower legs caused by a localized itch such as an insect bite
- Nummular eczema - circular patches of irritated skin that can be crusted, scaling, and itchy
- Seborrheic eczema - oily, scaly yellowish patches of skin, usually on scalp and face
- **Stasis dermatitis** - skin irritation on lower legs, usually related to circulatory problems

Tests and diagnosis of eczema

Skin allergy testing is useful for investigating potential eczema cases.
Eczema Dermatitis

There is no single test that is used to diagnose eczema.

The doctor may need to see a patient multiple times to make an accurate diagnosis. This is because people with eczema experience individual combinations of symptoms, which tend to fluctuate in severity over time.

Diagnosis is based primarily on the patient's symptoms, but medical history is also important.

A doctor will often ask about a patient's family history, other atopic diseases such as asthma and hay fever, possible exposure to irritants, whether any foods are related to flare-ups, sleep disturbances, past treatment for skin symptoms, and the use of steroids or other medications.

A doctor may refer a patient to either an allergist or dermatologist for further evaluation.

They may also attempt to rule out other conditions that can cause skin irritations. This can involve the following tests:

- Patch testing - substances are placed onto the surface of the skin to test for skin allergies
- Skin prick testing - a needle containing a small amount of a suspected allergen pricks the skin to test for allergies that do not necessarily occur on the skin, such as pollen or food
- Supervised food challenges - foods are eliminated and then introduced into the diet to determine whether a food allergy is present

Nature Knows and Only Nature Knows

Treatments for eczema

There is no cure for eczema. Treatment for the condition aims to heal the affected skin and prevent flaring of the symptoms. Doctors will suggest a plan of treatment based around a patient's age, symptoms, and current state of health.
For some people, eczema goes away over time, and for others, it remains a lifelong condition.

There are numerous things that people with eczema can do to support skin health and alleviate symptoms, such as:

- Taking regular warm baths
- Applying moisturizer (selenium, zinc and vitamin E) within 3 minutes of bathing to "lock in" moisture
- Moisturizing every day, use aloe vera and or lavender
- Wearing cotton and soft fabrics, avoiding rough, scratchy fibers, and tight-fitting clothing
- Using mild natural soap or a non-soap cleanser when washing
- Air drying or gently patting skin dry with a towel, rather than rubbing skin dry after bathing
- Avoiding rapid changes of temperature and activities that make you sweat (where possible)
- Learning individual eczema triggers and avoiding them
- Using a humidifier in dry or cold weather
- Keeping fingernails short to prevent scratching from breaking skin
Eczema Dermatitis

Regular warm baths can help alleviate eczema symptoms.—Rub a cut lemon all over the skin and to the bath add Hydrogen Peroxide 2 cups and a bottle of Cheap Wine to intensify the effects

http://www.downloads.imune.net/medicalbooks/B%20vitamins%20a%20more%20complete%20story.pdf

There are several medications that can be prescribed by doctors to treat the symptoms of eczema:

- Topical corticosteroid creams and ointments - these are a type of anti-inflammatory medication and should relieve the main symptoms of eczema, such as skin inflammation and itchiness.
- If ineffective, systemic corticosteroids can be prescribed. These are either injected or taken by mouth; they are only used for short periods of time.
- Antibiotics if there is an overlying bacterial skin infection.
- Medications to treat fungal and viral infections.
Eczema Dermatitis

- Antihistamines that cause drowsiness are often recommended as these can help to reduce the risk of night-time scratching.

- Topical calcineurin inhibitors - a type of drug that suppresses the activities of the immune system; it decreases inflammation and helps prevent flare-ups.

- Barrier repair moisturizers - these reduce water loss and work to repair the skin.

- Phototherapy can be prescribed to treat mild to moderate dermatitis. It involves exposure to ultraviolet A or B waves, alone or combined. The skin will be monitored carefully.

Even though the condition itself is not presently curable, there should be a particular treatment plan to suit each case. Even after an area of skin has healed, it is important to keep looking after it, as it may easily become irritated again.
Acupressure for Eczema: A Home Remedy for Itchy Skin
Eczema is an inflammatory condition of the skin due to excessive acidity of the lymph glands. Eczema is a symptom of elimination through the skin, an elimination that naturally should pass out through the kidneys and the bowels. If these elimination channels are overtaxed the biggest elimination organ, the skin, steps in. Cleanse your system by juice fasting and juice therapy to cleanse toxins.

**Eczema Juice One**
- Carrot 7 oz.
- Celery 4 oz.
- Parsley 2 oz.
- Spinach 3 oz.

**Eczema Juice Two**
- Carrot 10 oz.
- Beet 3 oz.
- Cucumber 3 oz.

(1-2 times daily / safe for children & adults)

juicefastingmaven.com
Eczema is a skin condition that many people of all ages suffer from. It causes severe mental and physical discomfort and can be very difficult to endure. Eczema outbreaks usually cause a lot of skin irritation and itchiness that agitate the sufferer. As the condition usually appears in large batches and is often clearly visible, sufferers also experience a lot of emotional difficulties. Many report feelings of insecurity – they feel unattractive and ashamed of their condition. Eczema is a chronic disease, which means that it can rarely be fully cured, but there are effective treatment methods that can ease the symptoms, limit outbreaks and help you achieve an overall better quality of life. Here are 8 simple, natural methods to treat Eczema.
1. Fight the outbreaks with food

Many health conditions, both skin-related or not, can be helped by following the correct dietary regimen and Eczema makes no exception. The best way to go, is eat as much raw and organic food as possible. This type of meal is natural to the human body and nourishes it best. On the other hand, there are also foods that can irritate the skin and worsen the problem. Avoid processed foods, as they are full of chemicals, artificial sweeteners and saturated fats. Also, try staying away from alcohol, caffeine, meat, gluten and dairy.

2. The magic powers of coconut oil

Cold-pressed, organic coconut oil has become a sensation and rightfully so. Even large and well-respected fashion magazines are now advertising the natural healing powers of coconut oil. It is great for the skin and just perfect for treating Eczema. Coconut oil contains a very rare substance called lauric acid, it helps fight bacteria and microorganisms that can cause skin conditions such as Eczema. What you can do is substitute all the oils you use in the kitchen with coconut oil and also use it as a moisturizer. It soothes the skin and penetrates deeply to protect it from unwanted environmental and chemical damage.

3. C for Care

Vitamin C is a great way to protect and nourish your skin and can help fight Eczema outbreaks. The wonderful substance contains essential nutrients that strengthen the immune system and help it fight infection. That is why vitamin C is also very effective in treating the common cold. It also has anti-inflammatory effects and protects the cells from stress. You can either purchase vitamin C supplements, or you can try eating more fresh fruits and vegetables, especially orange and yellow ones.

4. Say NO to stress

Often the reason for skin conditions stems from increased stress levels. Stress is functional, it makes you strive to achieve certain goals, it keeps you alert and is a natural bodily mechanism, so long as it is not excessive. Too much stress is damaging for all organs, not to mention the severe psychological damages it can cause. Sometimes a disease, such as Eczema, can be psychosomatic, meaning that there are no physiological factors that explain its onset and development. Rather, it has stemmed from
Eczema Dermatitis

psychological issues that have manifested as physical symptoms. Eczema may be your body’s way of telling you that you are enduring too much stress and pressure.

5. Salt baths for clear skin

Bath salts come in many varieties and scents and as long as they do not have any chemical additives, they are a wonderful way to keep Eczema away. Dermatological studies have shown that bath salts smooth out the skin, reduce redness and inflammation and relieve itchiness. All you have to do is dilute a few tablespoons in your bathtub and take a relaxing soak.

6. Moisturize with Aloe Vera and Vitamin E

Aloe Vera is one of the miracle workers of nature. It is no wonder that so many cosmetics companies use it in their products – it is one of the most potent moisturizers and skin-soothers. Vitamin E, on the other hand, is used in many beautifying recipes due to its anti-inflammatory properties. You can combine equal parts of the two and pad the skin gently with a cotton ball.

7. Soak in oatmeal

Taking an oatmeal bath is one of the most popular Eczema treatments. Blend about a cup of oatmeal into very fine powder, place it in your bathtub and pour hot water on top. Then take a 15-minute soak. Oatmeal is so popular, because it soothes itchy and irritated skin, it also helps with redness.

8. Essential oil remedy

Essential oils are always a great way to improve your skin condition. They rejuvenate and moisturize the cells, along with helping them fight infection and skin roughness. For best result, mix just a drop of chamomile or yarrow in jojoba or almond oil, then rub all over the skin.

Eczema may be a tough problem to deal with, but as long as you make the steps listed above a part of your routine, you will feel the difference.
Eczema Dermatitis

Foods that can help eczema:

- apples
- celery
- cranberry
- cucumber
- spinach
- avocado
- asparagus
- blueberry
- elderberry
- watermelon

Fully Raw

17
Eczema Dermatitis

Triggering factors

- Excessive washing
- Exposure to heat / cold
- Tight fitted clothes
- Food allergies
- Recurrent skin infections
- Emotional stress
- Contact with cosmetics
- Using electric blankets

Vitamin B Levels During Pregnancy Linked to Eczema Risk in Child

Take diet that are rich in zinc, vitamin E, B-complex and fatty acids

www.Latitudes.org
Eczema Dermatitis

Natural Cures For Eczema

- A diet rich in Vitamin B complex and zinc is beneficial as certain skin conditions are linked to a Vitamin B6 deficiency.

- Aside from the right diet, supplements, and topical therapies, one can also deal with eczema by wearing loose clothing made of natural fabrics like cotton.
Desire is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small-minded people being driven by the Sinthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded plebeian minions of the chemical companies constantly attack with their anal retentive biased short sided views. We must fight for freedom of choice and especially freedom of choice on medicine.