



Eczema Battle Plan

What is Eczema?

Most people do not know that the skin is the body's largest organ! Skin separates our flesh from the outer environment and acts as a shield to protect us from the countless foreign substances around us. Eczema, also called dermatitis, is a reaction skin can have to the chemicals that come in contact with our skin or poor nutrition within our cells. Eczema is characterized by blisters, red bumps, swelling, oozing, scaling, crusting, and itching that may begin in infancy, subsiding somewhat by age three, and then reappear later in life. Scratching and rubbing may lead the skin to redden and harden forming accentuated furrows, which commonly form on the wrists and the backs of the knees.

Causes of Eczema:

The underlying cause of Eczema is still unknown. However, many causative factors have been proposed including:

- Allergies (often hereditary) to molds, foods, chemicals, cosmetics, and allergic respiratory problems. A sudden appearance of eczema can signal an allergic reaction. 80% of eczema patients have elevated allergic antibody levels, and 100% of eczema patients have positive allergy tests.
- Reactions to the sun and the wind, especially in the winter
- Immune system abnormalities
- Asthma
- Emotional stress – eczema patients show higher levels of anxiety, hostility, and depression
- Contact with irritating materials and substances (rough clothing, strong clothing detergents, skin lotions, dyes, tanning agents, soaps, topical medications)
- Nutritional deficiencies

Facts you should know:

- Eczema is a common disorder that affects 2-7% of the population
- If there is a history of Asthma in the family, delaying an infants introduction to solid food until after four months may help prevent the occurrence of Eczema by a factor of 2.9 times.
- Breast-feeding in infancy provides considerable protection against eczema and allergies in general in later life.

Treatment and Prevention:

1). Diet

- Avoid any food allergens, especially wheat and dairy related products.
- Diagnosing your food allergens is most effectively achieved by eliminating all suspected allergens for at least 10 days and then slowly reintroducing each food back into to your diet.
- Avoid consuming an excess amount of fruits, particularly citrus and sour fruits, which can aggravate eczema symptoms.
- Eczema may stem from a shortage of Omega-3 fatty acids. Increased intake of cold-water fish such as salmon, mackerel, herring, or halibut rich in Omega-3 fatty acids may help alleviate eczema. Fish is, to a lesser extent, a common food allergen. Test before increasing your consumption of fish.
- A generous inclusion of garlic and onions in your diet may help your condition. Garlic and onions both contain anti-inflammatory agents.

2). Nutritional Supplements

- 3-4 green drinks daily including **Organic Kamut Blend™** and **Organic Spirulina™**, which contain B-Vitamins and carotenoids. Beta-carotene and magnesium facilitate the use of silica and copper and help build collagen. B vitamin deficiencies, including deficiencies in niacin (vitamin B3) and B6, may cause eczema flare-ups.
- Flaxseed – rich in Omega-3 fatty acids. A deficiency in Omega-3 fatty acids may be aggravating your condition. (*Use our **Flax Advantage™** - take a ½ cup of fresh flaxseeds ground daily*)
- Zinc – a cofactor in many enzyme systems within the body, zinc promotes the production of anti-inflammatory agents. Low zinc levels are common in eczema patients. (*Take 15 mg twice daily on a full stomach or with a meal*)
- Digestive enzymes and probiotics eliminate allergens from the blood before they cause a histamine reaction so you do not need anti-histamines. (*Use our **Advanced Probiotic Blend™** - take 2 470mg capsules daily*)
- Ginkgo biloba extract – contains many unique terpene molecules called ginkgolides that help to block chemical aggravations to eczema areas. (*Take 60 mg daily*)
- **Rice Bran Solubles™** – rich in tocotrienols that are vitamin E type antioxidants vital to skin health. (*Take 10 – 20 grams daily*)
- Beta Carotene (Pro Vitamin A) – is critical to epithelial and muscle tissues; vitamin A is beneficial in treating all skin disorders.

3). Herbs

- Alternative remedies often include cleavers, nettle, yellowdock, or red clover. These herbs are often combined with relaxing herbs such as chamomile, linden flowers, or skullcap to relieve stress.
- A combination of equal parts of cleavers, nettle, and chamomile drunk as an infusion three times a day may be effective. A stronger formula combines the tinctures of figwort, burdock, and cleavers in equal parts. Take one teaspoon of this mixture three times daily.
- To ease itching, soak the eczema in a lukewarm chickweed infusion. A salve of calendula flowers and St. John's Wort leaves can help cracked, dry, or painful areas.
- Applying Evening Primrose oil directly to cracked areas may ease pain and promote healing.

Recommendations:

1. Avoid irritating substances, especially irritating clothing materials that could chafe the skin. Cotton is best.
2. Use coconut oil or hyaluronic acid serum with vitamin c serum to relieve the pain and ease itching. (*Use our **Organic Tropic Oil™**, a 100% pure extra virgin organic coconut oil*)
3. Determine if poor diet, a lack of essential vitamins and nutrients, or if any allergies could be causing or inflaming the eczema.
4. Use cotton-lined rubber gloves when working with household cleaning chemicals.
5. Use mild soaps to wash your clothes and rinse thoroughly.
6. Avoid using greasy skin lotions that will block sweat ducts.
7. Try to relax. Stress or your inability to manage stress may inflame your eczema condition. Yoga, exercise, and meditation can help relieve stress and alleviate eczema symptoms.

We do not intend to diagnose, treat, cure or prevent any disease