

ECZEMA

1. **ATOPIC** - associated with allergy and sensitivity; skin inflamed and itchy
2. **INTRINSIC**- no apparent trigger

Eczema now 3 times more common than asthma ; in UK affects some 4% under 12's.

CAUSES

- Food sensitivity
- Food allergy
- Allopathic medication
- Stress
- Environmental pollutants
- Genetic predisposition, exacerbated by any of the above factors
- Personal and individual triggers
- Vitamin D deficiency is commonly found in people of Asian descent and can be a contributory factor in eczema.

<https://itchylittleworld.com/vitamin-d-and-eczema/>

FOOD INTOLERANCES AND ALLERGIES

- Associated with difficulty digesting casein a protein in cows' milk. Many people find a change to goat or sheeps' milk beneficial.
- Refined sugar, wheat, eggs and dairy can often be a trigger for eczema, so eliminating these from the diet can also help. Peanuts account for 81% cases.
- Good nutrition and a balanced diet are important in managing skin problems.
- Allergy inducing antigens get passed on in breast milk : take preventative steps in pregnancy; avoid known food allergens. Take probiotic from 3rd trimester 24 wks, and continue for 6mths or throughout breastfeeding.
- Essential fatty acid oils (e.g) hemp, flax, borage, evening primrose) can be rubbed into babys' skin if they get eczema when weaned from breast milk.

DRY SKIN

May indicate :

- possible water imbalance due to essential fatty acid deficiency. Get essential fats from seeds or their cold pressed oils e.g flax (linseed) ,evening primrose or borage oil. Hemp oil, rich in omega 3 and 6 in perfect topical ratio of 2:1.
- or poor water intake, so drink at least 1litre water and plenty of water rich foods, fruit and vegetables, a day
- Vitamins A and/or B6 and/ or Biotin deficiency.
- Drink at least 1litre water and plenty of water rich foods, fruit and vegetables, a day.
- Eat plenty of oily fish eg. herring, mackerel, sardines, kippers, salmon as these are a good source of essential fatty acids.

THERAPEUTICS

The following are some supplements, herbs etc which may prove helpful.

- A good probiotic as skin symptoms are often a reflection of gut flora/bacteria imbalance.
- Liver support such as Milk Thistle as skin symptoms can be a reflection of a struggling liver.
- Multivitamin Supplement with A and E plus 40-50mg zinc
- Herbs : Goldenseal, Echinacea and Burdock will strengthen immune system.
- Take internally but can also be made into soothing wash by dissolving 3-4gms dried herb in boiling water, cool and strain through coffee filter paper.
- Quercetin ,anti -allergenic anti inflammatory ; found in onions, cherries, garlic, broccoli and cauliflower but can be taken as supplement.
- Starflower cream available from Napiers Herbalists. Tel. 0131 343 6683
- SK cream <https://www.healthy-house.co.uk/sk-cream-intensive-moisturiser-30g>
- Organic cream, from Green People tel. 01444 401444 www.greenpeople.co UK combines hemp, calendula, lavender, red clover, sunflower oil and beeswax
- Essential fatty acids; Omega 3,6,9 reduce inflammation.
- Vitamins A and C strengthen skin, Vitamin E and Zinc assists healing.
- SOS cream from Barefoot Botanicals Tel 0870 2202273 or www.barefoot-botanicals.com.
- Try oat baths (particularly useful for babies and children). Place oats in muslin or J cloth, tie and run under tap. This is very soothing.
- Chickweed (stellaria) cream; eases itchy, dry skin.
- Coconut oil a natural moisturiser, aids in healing and repairing damaged skin (n.b. some individuals find coconut oil drying)
- Salcura Spray www.salcuraskincare.com Tel 0208 979 3592

- Pure Potions Skin Salvation : available in Boots, Holland and Barret, some Waitrose stores. (UK Sources)

Patrick Holden (*The Optimum Nutrition Bible*) suggests the following supplements for the management of eczema ;

- Multivitamin and mineral with Magnesium 300mg and Zinc 15mg
- 2x Vitamin C, 1000mg
- Antioxidant complex
- GLA 300mg, Vitamin E 500ius

Encyclopaedia of Natural Medicine has the following suggestions for supplementation in the management of eczema:

- Vitamin A, 5000iu x day
- Vitamin E, 400iu
- Zinc, 45-60mg; decrease to 30mg when skin clear.
- Flavonoids , choose one, e.g. quercetin ,400mg , 20mins before meals. or grapeseed extract, 50-100mg 3 x day,
- drink plenty of green tea or take green tea extract 200-300mg 3xday.
- Gingko Biloba 80mg 3x day
- 1tbls flaxseed oil x day. If no response after 3 months try evening primrose 300mg x day.

Sources

Murray, M and Pizzorno, J. Encyclopaedia of Natural Medicine

Holford, P. The Optimum Nutrition Bible

Holman, A. Curing Eczema