

TIPS TO HELP HEAL ECZEMA

Bathe or shower in warm water, not hot; avoid excessive scrubbing and towelling; apply a moisturizer to the skin within 3 minutes after bathing.

Avoid the use of soap or other detergents unless dirt will not come off with water alone. If you must use a cleanser, opt for natural products for sensitive skin such as Sea buckthorn soap.

Apply a thick moisturizer immediately after getting out of the shower.

Avoid wool clothing and blankets. Opt for cotton and other natural fibres that allow the skin to breathe. Organic is always best.

Avoid detergents, fabric softeners, and lotions that have perfumes and dyes. Opt for unscented, chemical free natural products. These are readily available from Capers or Whole Foods.

Establish a schedule and a regular daily routine. Include skin care along with all other activities of daily living such as brushing and flossing teeth or washing dinner dishes. It is important to maintain a flexible attitude, so that when the dermatitis flares and extra skin care is needed, it can be worked into the routine.

Learn stress management techniques. Certain approaches to reducing stress can be done on your own, such as setting priorities and organizing your time. Some activities that may reduce stress are regular aerobic exercise, hobbies, and meditation. Other approaches may require expert assistance such as a brief consultation with a psychologist.

Be aware of scratching. Keep a record in a diary or calendar of times and situations when scratching is worst, and then try to limit your exposure to such situations. Many people with AD scratch the most during idle times. Engaging in a structured activity with other people or keeping busy with activities that involve the use of your hands may help prevent scratching

Control your environment. Avoid irritants and allergens. Avoid low humidity. Wear cotton clothing. Guard against infection. Moisturize.

Unprocessed organic virgin coconut oil soothes immediately and goes to work on healing eczema, dermatitis or just about any skin condition.

Increase your EFAs by eating the correct foods (avocados, nuts & seeds)



