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Eczema advice sheet

- **These soothing/healing creams can be used together with deeper healing homeopathic remedies in the treatment of eczema.**
- **Avoid all known irritants**
- **Dry the skin thoroughly after bathing then apply one of the following creams**

Soothing creams that do not block the skins pores (blocked pores stop healing and skin breathing).

- **CALENDULA – MARIGOLD**
Antiseptic and healing: helps stop the spread of any infection and speed up healing.
- **URTICA – NETTLE**
Relieves itching, stinging and burning
- **HYPERICUM – ST. JOHNS WORT**
Antiseptic and healing: Anti-inflammatory: Numbs area temporarily so gives relief from itching, burning or pain. OIL – available also.
- **STELLARIA MEDIA – CHICKWEED**
Soothes severe itchiness. You can add 2 drops of peppermint oil to one teaspoon of ointment.
- **RESCUE REMEDY**
Moisturising: Calming when uptight or unduly bothered, usually restores balance.
- **ALOE VERA GEL**
Heals weeping skin.
- **EVENING PRIMROSE OIL**
Good for keeping skin moisturised.

Bathing

- **OATS**
Moisturising and soothing: Put some oats into muslin cloth and tie up (make a ball) add to the bathing water (place oat ball under the hot water while it's running into the bath then add cold water until the bath water is cool enough. (**Be sure that the water is not too hot**): stay in this water for 5-10 minutes.
- **PEPPERMINT TEA – Cooled until cold.**
Cools skin: Use this tea to bath the affected area.

Diet

- **Avoid**
Milk: Eggs: Cheese: Sugar
Food additives
- **Choose**
Organic wherever possible.
Buttermilk: Live yoghurt: Quark: Plenty of fluids, water preferably: Juices – Bilberry, Blueberry, grapefruit.

