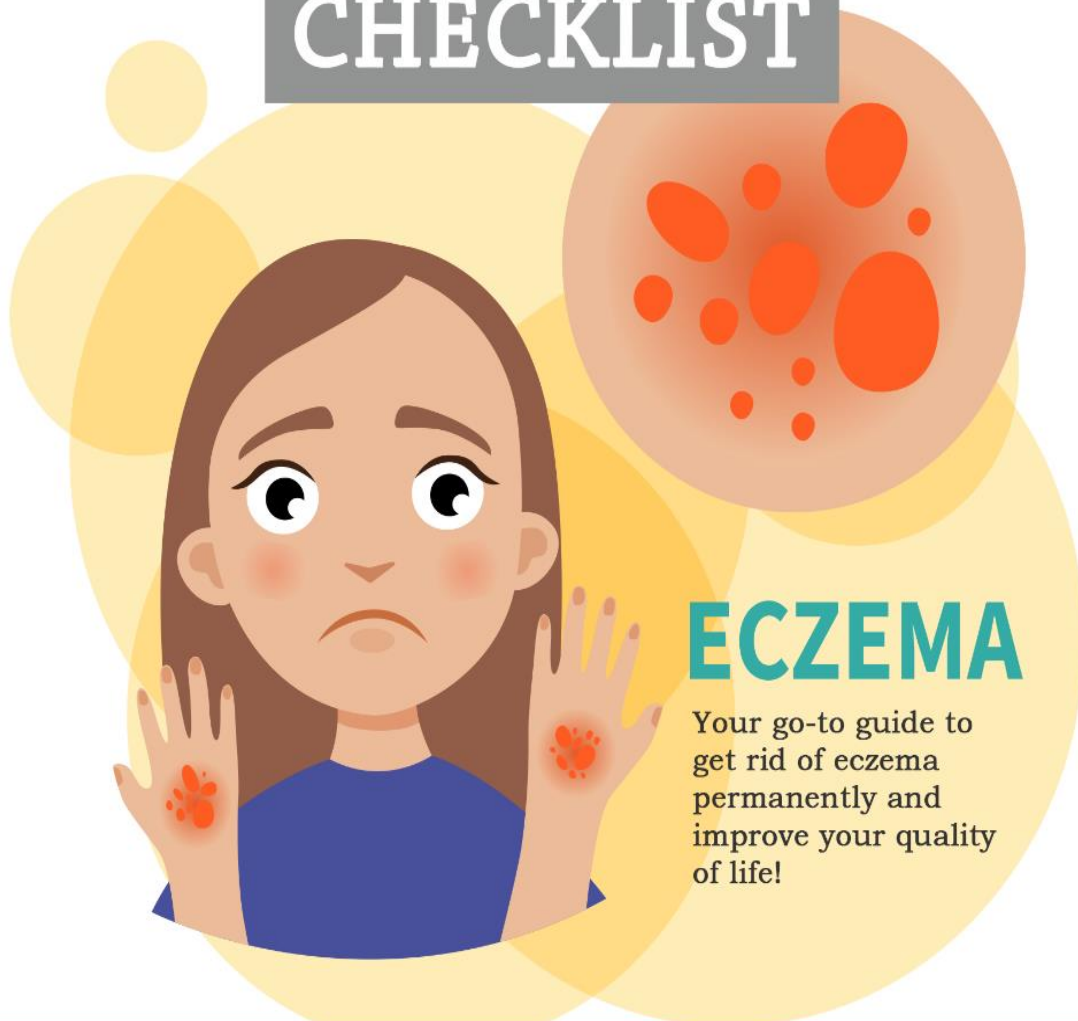


ECZEMA FIX

CHECKLIST



ECZEMA

Your go-to guide to
get rid of eczema
permanently and
improve your quality
of life!

**A NATURAL AND SAFE APPROACH
TO ECZEMA TREATMENT**

Eczema Fix Checklist

Eczema, that horrible itchy rash on your skin, isn't new. Ancient Egyptians suffered from eczema and sought relief with oatmeal baths. And it worked! Eczema can't be "caught" from someone else. It's an immune disorder that can flare up because of environmental and emotional causes. And those are matters we CAN control. This checklist will run you through the simple tips and techniques to get rid of eczema naturally & permanently.

Chapter 1: What is Eczema?

Eczema is difficult to diagnose. Any dermatologist will look for a combination of symptoms. Eczema always involves a rash, which can appear on any part of the body. The rash is red and is usually covered with white, scaly skin. The scales are due to inflammation caused by constant scratching.

There are many different types of eczema.

- Dermatitis eczema
- Allergic Dermatitis Eczema
- Seborrheic Eczema
- Atopic Eczema
- Atopic Eczema

Chapter 2: The Eczema Itch

As anyone suffering from eczema knows, the constant and unabated itching is the most difficult to endure. While the dry patches may appear unsightly, the itching can become unbearable. To conquer the itch, it's important to know what happens to the skin during an eczema flareup.

Using the Mind to Help the Mind

We've have seen how the brain, to be helpful, will exacerbate the itch/scratch cycle. Scratching becomes a subconscious defense that we do without being totally aware. We simply respond automatically by scratching. The good news is that the brain will *always* be eager to help us. We just need to send it the correct messages.

Stress cannot be eliminated from our lives, and the lack of stress wouldn't totally get rid of eczema. But identifying and eliminating stress will go a long way in making eczema less painful. There is no cure for eczema. You can, however, rid yourself of most of the symptoms.

Becoming Proactive

Being proactive begins when you pay attention to your emotions.

Ask yourself:

- Have you been feeling sad or anxious for no discernible reason?
- Does your life seem hopeless?
- Do you have less energy than you used to?
- Have you lost interest in activities you used to enjoy?

If you've ever blushed, you know how strong the mind/skin connection is. The following chapter will take a close look at how we can control the symptoms of eczema with a few changes in our lifestyle.

Chapter 3: Eczema and Your Emotions

We wouldn't be human if we didn't have emotions, both positive and negative. When we suffer from eczema, however, our unresolved emotional life can cause havoc.

Taking care of the self becomes critical to our skin health. Every person is different, and every self-help method may not work for every person, but it is worth the time to experiment and determine what methods work best at elevating your positive feeling and eliminating the negative, triggering emotions.

- Exercise
- Diet
- Daydream
- Psychotherapy
- Repressed Anger
- Processing Repressed Anger

Chapter 4: Eczema And Meditation

Meditation has been used for thousands of years to alleviate depression and anxiety. With depression and anxiety being an active trigger for an eczema flareup, many people have found relief from itching through meditation. It is difficult to say whether anxiety and depression cause eczema or whether eczema causes anxiety and depression. But the link has been unequivocally established.

Just fifteen minutes a day can reestablish improved communication between the mind and body. Find a comfortable place to sit and close your eyes. Inhale deeply and slowly, then exhale. Concentrate on each intake of breath and each release of breath. It's as simple as that. Keep your focus on your breathing. When your mind wanders, and it will, simply bring it back into focus.

Yoga for Eczema

Yoga, especially when used in conjunction with meditation, has been proven to strengthen the mind-body connection which can get so misaligned for eczema sufferers.

Yoga is all about focus. When you focus on the various poses, your mind is less focused on your struggling immune system that is irritating your skin. When calmness rules your brain, irritants lose their power. It gives your skin a chance to relax and heal itself.

Chapter 5: Eczema And Skin Hydration

We know the importance of keeping hydrated. It becomes especially important if you are suffering from eczema.

Our Body and Water

Dehydration can serve as a quick trigger for eczema flareups. Eczema is dry skin, and when you aren't properly hydrated, you are immediately setting the itch-scratch cycle into motion.

Wet Water Wraps

You may not have heard of these, but wet wraps drench your skin in water and lessen the severity of eczema by up to 75 percent

when applied along with your topical ointment. This can bring huge relief during a major flareup.

Eczema and Weather

There is a direct correlation between cold weather and dry eczema skin. Studies have shown that the colder the weather, the more severe eczema can become. Moving to a warmer climate is an excellent solution, and can make eczema all but disappear, but it may not always be feasible.

So, it becomes especially critical to moisturize the skin several times every day and keep well-hydrated. Bathe daily in warm (not hot) bath water that has plenty of oils (consider this an indulgence!).

Eczema and the Right Cream and Ointment

There is an overwhelming amount of eczema products on the market. It can be difficult to make sense of it all, but a discussion

with your dermatologist can help. Then, there are some surprising lubricants the doctor may not even think of.

- Vegetable shortening
- Vaseline® Jelly

Lotions and Potions

Any cream or lotion is better than no moisturizer when you have eczema. When choosing a cream, look for one containing colloidal oatmeal, which is an ingredient that is known to soothe eczema. As mentioned earlier, even ancient Egyptians bathed in oatmeal.

Facial Eczema

Eczema on the face can be especially frustrating and uncomfortable to handle. Many of the steroid-based creams on the market can be too harsh for sensitive facial skin. If the rash proves stubborn, ask your dermatologist about a weaker steroid cream or a non-steroid prescription medication.

Eczema and Makeup

Wearing makeup can be beneficial since it allows you to cover up any red rashes and flaking. But you need to choose your products with care.

Phototherapy

This is a light therapy that can be extremely effective as an eczema treatment, especially for facial skin. The treatment consists of ultraviolet light that recreates natural sunlight. Approximately 70 percent of eczema-sufferers who try phototherapy see improvement on their skin.

Chapter 6: Home Remedies If You Have Eczema

People with eczema are quick to look at creams to remedy the problem, and these can be very helpful. However, the good news for eczema-sufferers is there are several great products right in your home that can help with the treatment of itchy skin and reduce inflammation. Discuss any home treatment with your dermatologist before beginning.

- Aloe Vera
- Apple cider vinegar
- Bleach Bath
- Colloidal Oatmeal Bath
- Coconut Oil
- Honey
- Tea Tree Oil

Chapter 7: Coping With Eczema

Every Day

We've discussed the role that emotions and stress play in itchy skin and eczema flareups. We've also reviewed the best natural remedies to control the symptoms of eczema.

You desperately want to live a “normal” life like everyone else. This book should certainly help you reach that goal. There are certain things you can do daily to help put eczema behind you.

- Get Enough Sleep
- Dress for Eczema Success
- Eczema-Friendly Products in Your Home
- Wear Cotton Gloves
- Less Stress Every Day
- Forget About Perfectionism
- Eczema and Dating

Chapter 8: Allergy-Proof Your Home

If you are suffering from eczema, common household allergens can make your life sheer misery. There are triggers literally around your house. Below is a plan to rid your home of allergens and potential eczema triggers forever.

Bedroom

Don't turn your bedroom into a dust-mite paradise. Wash your bedding once a week. Make sure you rid yourself of any skin-irritating wool blankets.

Your Floors

Let's face it. Carpets are a lure for every imaginable allergen, from dander, mold spores, and dust mites. You may not be aware of it, but there's a party happening in your carpets all the time. The deeper your carpet, the happier the festivities.

Curtains and Blinds

Make sure your curtains and blinds are made of washable material and clean them at least once a month. Your blinds should have wide slates for easy dusting and cleaning.

Windows

Fresh air is great. Unfortunately, open windows are an invitation for pollen to enter your home. Keep your windows closed and used air conditioning when needed.

Furniture

Upholstering can harbor dust mites. Instead, opt for furniture made of wood, leather, and other materials that are easy to clean.

Clutter

Unless you live a minimalist lifestyle, there will be a clutter. That's especially true if you have children. Dust books and knickknacks at least once a week. Place children's toys in a bin.

Surfaces

Wipe down all surfaces at least once a day.

Pets

You love them, but they come with allergens. If you are considering getting a pet, discuss your allergy-free option with a veterinarian. Once you have your pet, bathe it once a week.

Stove

Make sure your stove has a vent fan to handle the cooking fumes.

Sink

Wash your dishes after you use them. And wipe down the faucet and entire sink to remove any germs and mold.

Refrigerator

Remove old food as they can create mold. Clean your refrigerator every month or every two months.

Walls

Wallpaper can attract dirt and mold. Use enamel paint to color and decorate your walls.

Humidifier

A humidifier will keep the air from becoming too dry during the winter months. You should keep the all-around temperature of your home at around 72 degrees.

Plants

Certain houseplants are great for removing allergens from the air.

Pests

Pests are annoying enough, but they also leave a residue that can trigger allergies. It's a good idea to have a professional exterminator fumigate your house.

Smoking

There should be no smoking in your entire house. No exceptions.

Mold

Like cockroaches, mold grows with moisture. Remove damp clothes from your washing machine as soon as they are done. Washing machines can be a breathing ground for mold.

Your Yard

You love your yard, and you should be able to enjoy it. However, it can cause sneezing and allergies that can trigger your eczema. With proper care, however, you can enjoy your yard.

Chapter 9: Eczema And Children

While children who have eczema do suffer, parents need to be aware of the stress that this can cause for *them*. When a child suffers from eczema, the entire family is affected.

Your Child, Eczema, and Food Allergies

Researchers have been studying the connection between eczema and food allergies. At times, eczema symptoms can be heightened by certain foods; in other cases, the foods themselves can trigger eczema.

In either case, there is a direct link between foods and allergies related to eczema. Eczema, hay fever, and asthma frequently occur at the same time and within the same families. It is believed that food allergies weaken the immune system and skin barriers, thus creating an environment for eczema to thrive.

Foods that can Trigger Allergies

Any food can cause an allergy, but there are certain foods most commonly associated with allergies and eczema symptoms:

- Eggs
- Dairy
- Sugar
- Wheat
- Nuts, especially peanuts
- Processed foods
- White pasta and bread

Reading labels is a must because many foods contain hidden triggers. Discuss your child's diet with a certified nutritionist. Usually, fish and lots of fresh fruits and vegetables are highly recommended. Foods high in probiotics, such as kefir and sauerkraut, should also be consumed regularly.