

Fend off Psoriasis & Eczema with Simple, Inexpensive Remedies

Dr. John has researched these few simple and inexpensive tips to get these aggravating skin conditions under control.

Eczema (atopic dermatitis), and the closely associated psoriasis, are two very common skin problems. Both eczema and psoriasis are potentially allergic conditions that can be triggered by environmental factors and dozens of other external irritants like:

- Laundry detergent, Soaps; Household chemicals, Workplace chemicals
- Perfumes; Animal dander; Metals (such as nickel in jewelry)

While psoriasis is most often linked with external allergic triggers, eczema is often caused by food allergies. However, although they're different "dis-eases" and have varying triggers, their treatments have many commonalities.

How to Effectively, Naturally and Inexpensively Manage Eczema and Psoriasis

Eczema is "the itch that rashes," meaning, there's really no rash until you start scratching the itchy area. Hence, the first thing you need to do is to *stop scratching!*

Addressing the itch -- As anyone with eczema will attest, this is easier said than done. But fortunately, there IS a really simple, inexpensive way to relieve the itch: Simply put a saltwater compress over the itchy area. You'll want to use a high quality natural salt, such as organic Himalayan salt. Simply make a solution with warm water, soak a compress, and apply the compress over the affected area. You'll be amazed to find that the itching will virtually disappear!

Proper skin hydration -- When working with any type of skin condition, you need to make sure your skin is optimally hydrated. Skin creams are rarely the answer here, but rather you'll want to hydrate your skin from the inside out by consuming high quality, animal-based omega-3 fats in your diet and consume 4-6 ounces of water per hour.

Your best sources for omega-3s are animal-based fats like fish oil. We recommended

and offer “Innate Choice Omega 3 Fish Oil” because Dr. John knows and has trained with the scientist that has formulated the product. It is mercury and heavy-metal free and maintains the proper ratio of omega-3 fatty acids needed by the body’s cells, unlike mass produced and cheap knock-off fish oils. Plant-based omega-3s like flax and hemp seed, although decent omega-3 sources in general, will not provide the clinical benefit you need to reduce inflammation and swelling in your skin.

Secondly, you’ll want to reduce your exposure to harsh soaps and drying out your skin with excessive bathing. Use a very mild soap when you cleanse your skin, especially in the winter to avoid stripping your skin of moisture.

Taking care of your gut – Many don’t realize this, but the health and quality of your skin is strongly linked to the health of your gut and healthy bacteria that live there. I suggest & offer Innate Choice Probiotics at our office because it contains the bacterial strains found in the healthiest human intestines.

Diet and skin quality – Food allergies play an enormous role in eczema. In my experience, the most common offending agent is wheat, or more specifically, gluten. Avoiding wheat and other gluten-containing grains is therefore a wise first step. Many patients are surprised to find how much improvement they actually achieve from eliminating wheat and gluten for a couple weeks. Avoiding grains will also reduce the amount of sugar in your system, which will normalize your insulin levels and reduce any and all inflammatory conditions you may have, including inflammation in your skin. Other common allergens include milk and eggs. I recommend you do an elimination trial with these foods as well. You should see some improvement in about a week, sometimes less, after eliminating them from your diet if either of them is causing you trouble.

Basking in the sun – Vitamin D in the form of sun exposure is your best friend when dealing with either of these skin conditions, but it’s especially helpful for psoriasis. Ideally, you’ll want to get your vitamin D from appropriate sunshine exposure because UVB radiation on your skin will not only metabolize vitamin D, but will also help restore ideal skin function. High amounts of UVB exposure directly on affected skin – but not so much to cause sunburn! – will greatly improve the quality of your skin. However, if

you can't get sufficient amounts of sun during the winter months, a high quality safe tanning bed can suffice to provide the optimized forms of UVA and UVB wavelengths. Dietary supplementation with Vitamin D should be monitored with a doctor due to the rare possibility of overdose. Vitamin D fortified foods should contain D₃ (cholecalciferol) rather than Vit D₂.

Chiropractic Adjustments - The nervous system is the master control system of the body and directly or indirectly influences over a million processes that occur every second in your body. Spinal misalignments, called vertebral subluxations, irritate and interrupt proper nerve system messages and influence the functioning of various tissues and systems of the body, including the immune system. Allergic reactions, as in Psoriasis and Eczema, occur when the immune system is not in balance. Chiropractic adjustments to correct subluxations strengthen and regulate immune organ function, making one less susceptible to skin disorders and allergens as well as preventing colds, the flu and common infections. If you have not had a spinal check-up for subluxation call today to find out how chiropractic may help your health concerns.

Why Conventional Treatments Fail - You don't have to use expensive, dangerous medicines to treat eczema or psoriasis! Steroid creams especially, are clearly something you'll want to avoid, because although they work initially, you will tend to rapidly develop tolerance to them. These creams contain synthetic steroids, which are absorbed into your skin, and can wreak serious havoc with your adrenal system. So please, avoid steroid creams and other potentially dangerous medications for these skin conditions and use these natural methods instead. You'll find they work almost all the time, especially if you diligently apply them.

Call today to schedule a consultation to discuss your health concerns and all-natural ways to achieve better health and family wellness for a lifetime!

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www.ForLifetimeWellness.com