Beat Eczema Naturally

Eczema is known as a chronic dermatological condition that is characterized by skin rashes, dryness, crusting, and flaking skin. Research indicates that eczema is caused by chronic inflammation that affects the skin cells and causes scarring. Natural lifestyle strategies allow the body to “de-inflame” and beat eczema.

Chronic inflammatory disorders such as eczema are characterized by a hyper responsive immune system. The signs of eczema should warn the individual that inflammatory destruction is taking place within the body as well and must be addressed to prevent further sickness and disease. Overcoming this abnormal immune control begins by rebuilding the intestinal wall, avoiding inflammatory triggers, increasing anti-inflammatory compounds, and optimizing vitamin D3 levels.

Immune Dysfunction and Eczema

Individuals with eczema have an overpopulation of pathogenic organisms in the gut that are damaging the intestinal wall and allowing food particles to pass into the bloodstream. These undigested food particles are tagged as foreign invaders by the immune system. When the immune system encounters these food particles in the bloodstream, it unleashes a massive inflammatory assault that causes a systemic allergenic response.

The most common food allergens include gluten, corn, soy products, artificial flavors, preservatives, starches, peanuts, eggs, and pasteurized dairy. Any processed or genetically modified food product would be considered highly allergenic.

Rebuild the Gut

Rebuilding the gut is absolutely essential to fully ward off eczema and chronic inflammatory disease the natural way. High quality fermented foods are powerful weapons to use to reinstate a natural order within the gut. These foods include sauerkraut, kimchi, fermented veggies, fermented fruit, apple cider vinegar, kombucha and coconut kefir. Fermented, raw dairy from 100% grass-fed animals is especially useful in the form of amasai, kefir, whey, and cheese.

All of these fermented foods provide high powered enzymes, probiotics, and key amino acids that help to destroy the pathogenic microorganisms and repair the lining of the gut to prevent food particles from jumping across. Intermediate fasting is especially beneficial during the healing phases and beyond. Fasting from solid foods for periods of 16-18 hours each day can help the body store enzymes and repair the gut faster.

Anti-Inflammatory Nutrition Plan

The daily diet should focus on anti-inflammatory superfoods to help modulate the immune system so it will not over-inflame when stimulated. This means restricting all man-made foods, sugars, and food allergens. Loading up on anti-oxidant rich vegetables and using healthy fat sources such as avocados, extra virgin olive oil, 100% grass-fed red meat and raw dairy, wild-caught salmon, and organic eggs are fantastic foods to calm the immune system.

Other great foods for “de-inflaming” the body include coconut products, berries, and non-denatured grass-fed cows and goats. This form of protein enhances cellular glutathione stores which protect the DNA within the cell and play an important role in coordinating immunity. Superfood herbs like turmeric, cinnamon, cloves, oregano, rosemary, thyme, ginger,

basil, and boswellia should be used as much as possible. A combination of coconut oil and essential oil of peppermint is also very helpful as an ointment to put onto skin rashes and eczema.

Optimize Vitamin D3 Levels

Vitamin D3 is especially important for anyone with eczema or other chronic inflammatory conditions. UV light therapy has been shown to be very helpful for individuals with eczema as well as sun-bathing for short periods of time. Both of these techniques help to raise circulating vitamin D3 levels.

Optimal Vitamin D3 should be between 70-100 ng/ml, which is significantly higher than the medically acceptable level of 32 ng/ml. Spend 20-30 minutes in the sun each day or supplement with 10,000 IU of a high quality emulsified vitamin D3 for a period of time to reach the desired level.

Editor's Note

Skin issues are so often caused by Candida. And Candida is killed faster with Thorne SF722 than anything I know. Check out *Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections.*

Sources For This Article Include:

- http://en.wikipedia.org/wiki/Eczema
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- http://www.naturalnews.com/037615_eczema_natural_remedies_immunity.html