

Eczema Fact Sheet

Eczema is a disease involving inflammation of the skin, which approximately one in four children and many adults suffer from.

Those with eczema often have an inherited predisposition to the disease, which may lie dormant for many years until something triggers it. There are many possible triggers, such as: stress, trauma, grief or anxiety; infection; irritants (e.g. washing powders, soaps, perfumes, wool); side effects of medication or vaccinations; internal organs (e.g. bowel or liver) not functioning well; weakened immunity; food intolerance; or nutritional deficiencies. The exact causes differ from one person to the next, but usually include a combination of these factors.

Benefits of homeopathy in the treatment of eczema

Homeopathic remedies encourage the body to heal itself from within by addressing the underlying causes of the eczema. They offer a safe, natural alternative to steroidal treatments, without long-term unwanted side effects. This fact sheet contains advice you can use to help reduce your eczema. For the best long-term results, however, always consult a qualified homeopath.

Homeopathic remedies

Many different remedies are used in the treatment of eczema. Below are a few of the main remedies used, so try the one that most closely matches your symptoms:

Graphites – moist eczema with a honey-like discharge; often in palms of hands and behind ears; may become septic; worse with cold applications; better when sleeping.

Sulphur – dry eczema; skin is red and itchy; you may also have diarrhoea; worse when washing or becoming hot; better in fresh air.

Arsenicum – dry eczema; skin is flaky; itching turns to burning after scratching; worse after midnight or from becoming cold; better with heat or hot bathing.

Petroleum – moist eczema with skin that cracks and bleeds easily; skin burns and itches; worse in damp, wet weather; better in dry, warm weather.

You can buy the above remedies in a 6c potency from a good health food store. Take one pill twice a day for up to two weeks. If there is no improvement or if your symptoms persist, always consult a qualified homeopath.

Self-help tips

- Avoid biological soap powders and only use allergy-free products on your skin.
- If you are prone to constipation, then avoid cow's dairy and wheat. Try goat's and sheep's cheeses, milks and yoghurt, or rice milk instead.
- Supplement your diet with Omega 3 and 6 Essential Fatty Acids (EFA's). These can be found in sunflower seeds, hemp, flax, evening primrose and fish oils.
- Avoid bubble bath. Put oats tied into a pop sock or a piece of muslin in the bath, so that the milkiness goes into the bath water. This helps to soothe the itch.
- Natural creams include Calendula to promote healing of sore, cracked skin and Chickweed to calm itchy, irritated skin. Try Bee Balme as a general moisturiser, from www.perfectlypureskincare.com. **Never suddenly stop the application of steroids or other prescribed medication without the advice of your GP.**

Please contact me or check the website for further information about how homeopathy can help you.