Eczema Treatment Tips for Harsh Winter Weather

and prevention. Here are the highlights. * Keep your pH balanced inside and out. A body that is too acidic tries to eliminate toxins through the skin. Skin that is too acidic becomes dry and cracked. Eczema flares can result from both. How do you keep your pH balanced? To handle the problem internally, get a pH testing kit from the drug store and adjust your diet appropriately. You can check the internet for the pH factor of various foods. Externally, avoid skin care products containing perfumes and fragrances. Natural or not, fragrances tend to be acidic and cause dry skin. * Ensure your diet contains adequate amounts of essential fatty acids (EFA's). Before the introduction of steroids such as hydrocortisone, EFAs were the primary eczema treatment. They are natural anti-inflammatories and contain vital nutrients. Old fashioned cod liver oil will give you enough Omega 3. Find a brand that uses fish from a mercury-free environment. Borage and evening primrose oils are high in Omega 6. If you're going to use a supplement that contains all the EFA's, make sure they are properly balanced. * Stay dry and hydrated. The moisture that's good for the skin is the body's natural water content, not water from external sources. So, while you keep the body hydrated by drinking plenty of water and avoiding caffeine and other dehydrating substances, you have to keep the skin from getting and staying wet. Wearing silk liners under outdoor gloves will help - silk dries very quickly so your hands don't sit in wet gloves - and when you're handling household chemicals such as dish detergents and cleaning products, rubber gloves are the answer. * Use a shielding lotion. This breakthrough technology in skin care is now recommended by thousands of doctors for dry skin care and eczema treatment. It bonds with the outer layer of the skin to form a protective layer that locks in natural moisture, keeps out drying chemicals and protects your skin from harsh winter weather.

About the Author

Financial experts David Bach, Jean Chatzky and Glinda Bridgforth offer expert advice to help America get out of debt! And psychologist.

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