

## Diet Plays An Important Role In Adults With Eczema

Doctors and nutritionists agree that diet plays an important role in controlling eczema symptoms in adults. In fact, it has been scientifically proven that people with eczema tend to have low amounts in their bodies of certain substances that are needed to keep the skin healthy and glowing. This means that people with eczema must make a choice to develop healthy dietary habits that will last a lifetime in order to feel their best and keep their symptoms under control. Dieticians agree that the best diet for adults with eczema is one that uses primarily natural foods and minimizes the use of food that contains synthetic substances. It is important to aim for foods that are rich in amino acids and essential fatty acids as well as vitamins and minerals. Deficiency of essential nutrients can lead to degenerative processes and diseases such as eczema. Adults with eczema tend to have very low levels of essential fatty acids. While some people take supplements that contain fatty acids (like fish oil) the body absorbs the fatty acids much more easily when they occur in the foods we eat. The eczema sufferer's diet is a result of the consumption of related compounds that can work together to help the body function at its highest potential. Adults with eczema should make a concerted effort to include in their diet foods that are rich in vitamins A and B complex such as green leafy vegetables, carrots, squash sweet potatoes and dried beans. Foods that are high in magnesium are also important. High levels of magnesium can be found in nuts, seeds, whole grains and fresh green vegetables (preferably organic). It is a well known fact that both children and adults affect their health by deciding what to put into their bodies every day. One of the best ways to reverse eczema symptoms is to eat your way to better health by choosing a diet that is rich in amino acids and essential fatty acids. Holistic nutritionists sometimes recommend the use of oat sprouts and wheat grass. Obviously, people with wheat allergies should not add wheat grass to the diet. Because diet plays such an important role in treating eczema, it is important to get the whole family involved treating this condition. It is critical that your spouse and children understand that the dietary changes you are making will not only help your eczema, but will improve your overall health as well as theirs. If you are unsure how to develop an eczema diet that works for you, talk to your dermatologist about the guidelines that were developed by the American Dermatology Association. A clinical dietician can also help you develop an adult eczema diet that will maximize your potential for glowing and healthy skin.

### About the Author

Discusses the relationship between diabetes and diet and answers common questions about nutrition, carbohydrates, blood glucose.

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