

## Home Treatment for Eczema, Dermatitis

Home Remedies for Eczema are quite useful and safe as most people can confirm simply due to the fact that it's the type of skin condition that can hinder one's self-esteem and be extremely difficult to cure at the same time. The first thing that must be made clear about home remedies for eczema is, it's a serious condition, especially in its more severe forms. The symptoms that characterize it are red and scaly patches that are typically very itchy. These rashes can occur on all parts of the human body but in the case of infants mainly the scalp gets affected.

Let's start our list of home remedies of eczema by defining the things to avoid in the first place, because such precautions are more useful than the actual cures as they prevent the problem from happening in the first place. Try to avoid sugary foods like candy bars, ice cream and chocolate. These are some of the sweetest things in life but we end up paying a high price for them so ask yourself are they really worth it? Spend more time outdoors especially when it's sunny as that's really good on the skin. Of course we are not talking about sunbathing in a 40 degree Celsius type of heat, but just to expose your eczema to the sun for a few minutes daily as that will help clear it up. But just don't overdo it, because your skin will get burned.

Once the eczema has become an absolute fact, then you have to seriously consider such home remedies for eczema and one of the most effective amongst them is to soak in a lukewarm bath with some dry oats in it. Oatmeal has been proven to have a positive effect on the skin. The thing to remember is that hot tubs should be avoided because the heat from the water will make the rash even worse. Soak in the bath for no longer than 15 minutes per day so that the skin gets well moistened.

There are various different herbs that can work as home remedies for eczema with high levels of effectiveness. Some of the most notable ones are chamomile, sage and marigold. The process of preparation is simple as all you got to do is add them to a cup of water and clean the affected areas with the mixture. Alternatively, you can drink up the mixture, although it appears that the direct application tends to be more effective.

Bilberries have the reputation for being one of the most effective home remedies for eczema. All you need is a dosage of 50 grams, put the bilberries in a steel container, and add a liter of water. Have the whole mixture lukewarm and keep in mind that you should leave it for an hour, to become homogenous. Then it's boiled for 20 minutes and becomes a really great cleanser that makes your skin healthy and protects it from various infections. Hope these home remedies will help you in treating the eczema.

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### About the Author

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