

Natural Treatment for Dermatitis | How to Cure Dermatitis Naturally

Research says that stress can trigger immune cells in the skin, leading to an inflammatory skin disease.

The research was conducted by the University of Medicine in Berlin and McMaster University in Canada.

The 'brain-skin connection' is responsible for communication between the perception of the stress factors by the brain and the effect seen in the skin.

The immune cells in the skin can over react to the stress factors, causing a severe inflammatory response, resulting in diseases like atopic dermatitis and psoriasis.

Petra Arck, the lead researcher has hypothesized that stress could exacerbate skin diseases by escalating the number of immune cells in the skin.

During the trial, the team exposed mice to sound stress and the results clearly showed that stress caused a mushrooming in the number of mature white blood cells in the skin.

Furthermore, blocking the function of 2 proteins, LFA-1 and ICAM-1, whose function it is to attract immune cells to the skin, prevented the stress-induced increase in white blood cells in the skin.

How Take Care of Your Skin

Eat adequately: eat lots of fish and soy. They are great sources protein (the skin's building block and a vital requirement for repair and tear) and exceedingly important for your skin.

Sleep well: sleep is very important for a good skin. When you don't sleep sufficiently, the body produces a hormone that breaks down the skin cells. Also, remember to keep changing your position while you sleep. Never sleep in 1 pose for too many nights, since that could cause sleep lines which could refuse to go away.

Do not wash your face too often: frequent washing could strip the skin of moisture and also alter the pH levels. What's more, after you've washed your face, generously slather a good moisturizer.

What is Dermatitis?

Dermatitis is an inflammatory disorder of the skin characterized by the presence of redness, swelling, pain, heat, and itching.

The first symptom of dermatitis is swelling of the skin and is associated with erythema or redness. Vesicles could appear later on, in conjunct with oozing. The serum dries up leaving behind crusts.

Causes of Dermatitis

Stress, emotional tumult

Use of certain skin products like soaps, detergents, perfumes, hair dyes, and cosmetics

Deficiency of vitamin A

Dietary Management of Dermatitis

A dietary modification becomes crucial for the effective management of dermatitis.

Incorporate loads of fresh fruits and vegetables which will provide the skin with all the vital nutrients and will also make up for any deficiencies.

Ensure that you get a daily serving of dry fruits (figs, raisins, apricots)

Drink 3 to 4 liters of water everyday

Avoid refined foods; they could set off an inflammatory response.

Specific food prescription

The combination of apple juice, carrot juice, and celery juice has immense therapeutic value in the treatment of dermatitis. A liberal intake of 600 ml daily is recommended.

Home Remedies for Dermatitis

An application of baking soda and olive oil neutralizes the acids formed in the sores and keeps the skin softened.

About the Author

Remedy for Perioral Dermatitis brain tumor center

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Perioral dermatitis Medical Information

Beauty Skincare

Best Way Perioral Dermatitis Clay Therapy eHow.com

<http://www.tandurust.com/natur...>

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