

THE COMPLETE GUIDE TO ECZEMA CURES



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The Complete Guide to Eczema Cures

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ECZEMA: THE BASICS

Eczema is an itchy, uncomfortable skin condition that is most often recognized by a scaly rash that appears anywhere on the body. Unlike other skin conditions that are treatable with prescription drugs and creams, eczema requires continual maintenance to prevent excessive breakouts. Eczema is usually atopic (on the skin) and manifests as a result of a hypersensitive reaction within the skins layers. Some medical professionals state that it is similar to the allergic reaction a person experiences with food allergies.

GENERAL OVERVIEW

Symptoms of eczema vary from person to person. In general, the condition usually manifests as a itchy rash with flaky, raw skin. Eczema can appear in patches on any part of the body. It is most often found on the face, hands, feet and knees. The thick, scale-link skin is not only uncomfortable to the patient but also embarrassing. Light-skinned patients will find that eczema causes red, rough patches and can lead to scarring if it is left untreated. However dark-skinned patients face the challenge of eczema ruining their overall skin pigmentation as layers of the skin are peeled.

Eczema is commonly referred to as atopic dermatitis; this is a broad term used to describe a variety of skin conditions that cause inflammation and itching on the dermis. Eczema may occur at any age, although studies have shown that it is likely to stop during the 20's. While the real cause of eczema is still unknown, there are medical professionals that believe it may be related to an immune response or allergy. There is also the possibility that eczema is a genetic disorder. Numerous studies have been completed that showcase a clear connection between the relief of eczema and food allergies. More recent studies indicate that a low-functioning immune system may lead to weak skin barriers and the development of eczema.

DIAGNOSING ECZEMA

There are many ways in which eczema will be diagnosed in a patient. Generally a biopsy of the skin is completed by an allergist, dermatologist or general care practitioner. At this time there is no definitive treatment for eczema, but doctors prescribe medicated creams to treat the symptoms and help ease overall pain and discomfort. The two main topical immunomodulators that are Food and Drug Administration (FDA) approved are Elidel and Protopic, however both of these have also been deemed potentially dangerous for long term use by the FDA.

WHAT TO DO NEXT

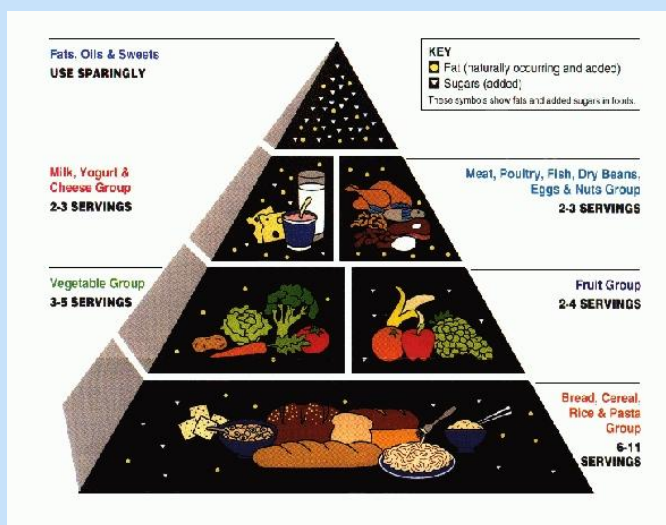
Chances are if you are reading this book then you or someone you know has been diagnosed with eczema. Due to the harsh side effects of prescription drugs, many patients are turning to natural cures as a way to treat and beat eczema. The truth is that in our bodies, everything can be brought back to proper nutrition, nutrients and herbal remedies. The human body is designed to take care of itself and maintain overall health as long as we give it what it needs. Consider your body to be like an automobile, without regular oil changes, gas and check-ups your car will start to have problems. In this book we will discuss the many ways in which changing your diet and lifestyle can treat eczema as well as cover a variety of homemade lotions and creams that will stop eczema in its tracks.

DIET AND NUTRITION FOR ECZEMA

One thing is agreed upon across the board when it comes to eczema – it all starts on the inside of your body. Whether it's poor diets or unknown food allergies, eczema is a clear indicator that something inside your body is not right. Knowing where to start can be a gray area for many people, but we will start with the right information that everyone should know about proper nutrition and how to self-diagnose and make those first steps toward curing your eczema with diet and nutrition.

UNDERSTANDING NUTRITION

Remember way back in grade school when you learned about the food pyramid? Chances are since middle school, you probably can only remember a handful of times where you have actually seen a food pyramid. Occasionally they pop up on a television commercial or the back of a cereal box, but it is rare. Proper nutrition has fallen by the wayside in this fast-paced society. Every day, it is



easier to grab that pre-packaged snack to fuel through the day than take time to chop up fruits and vegetables or make meals from scratch. When you eat poor quality food, your body becomes used to it. The first time you ate fried chicken it was good because it was a new flavor. By the twentieth time you ate it your taste buds instantly identify chicken with fried chicken. Suddenly healthy, low-fat grilled chicken is replaced with the desire to only eat deep fried, carb-loaded fried chicken. Even when you put it on salad, fried chicken is not a healthy option for regular meals.

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So what is the problem with poor nutrition if the food tastes good?

Every time you eat a food that is processed or laden with artificial sugars or flavorings or fat, you add a little bit more toxins to the body. Yes, this has been proven over and over again by studies that research the negative effects of poor diet. Lack of proper nutrition leads to many more conditions than just obesity. Studies have proven that millions of people around the world face food allergies, sleeping problems, and other medical ailments as a result of poor diet. Everywhere we turn there is an option to treat the symptoms. Most commonly, people turn to “diet” foods as way to cut down on the negative ingredients in other foods.

Effects of Poor Diet

So here is the knitty-gritty on poor diets. The more chemicals and toxins that are added to the body, the less capable it is at performing. Eating foods that do not fit the daily requirements for nutrition is like driving in the snow with bald tires – you are okay to coast a while and weather the storm, but ultimately you will crash and it will be bad. Many people do not realize that the effects of poor nutrition are staring you in the face every day. Fatigue, irritability, obesity, diabetes, fragile nails, eczema, dull-looking skin and hair and mental fog are the main signs that you are not getting the right nutrients to help your body function.

All of the additives, preservatives and artificial chemicals that are added to foods hinder the body’s hormone levels. When hormones are out of balance, digestion, respiratory, cardiovascular function and more are affected in a negative manner. The only way for the body to function properly is to give it the right nutrients.

DIETS FOR ECZEMA

Now that you understand how important nutrition is, it is time to consider the different diets that can be used to treat eczema. The right diet will really depend on what types of symptoms your body is displaying in addition to the eczema. An upset stomach or

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chronic headaches can be a window into many more things that you may realize. Eczema is considered to be a hypersensitivity reaction to an environmental agent or food.

Basic Healthy Eating

For many people, simply getting the right nutrients is enough to use nutrition as a way to cure eczema. Finding the right nutrients however is the challenge. To start, eliminate foods from your diet that are processed, laden with fat or artificial sugar or chemical additives.



In a nutshell, if it already comes in a box and you just add water, it is likely to be bad for you. More and more people are developing intolerances to the chemicals and additives that are in food. One of the resulting conditions of these additives is eczema.

The best foods that you can eat are fresh fruits and vegetables, meats and low-fat dairy. These are all effective in the basic healthy eating diet for eczema. Frozen fruits and vegetables are also suitable, although will not carry as many of the whole nutrients that fresh produce does. Whenever possible, choose produce that is in season or grown locally and is less likely to contain pesticides. Other countries do not carry the same guidelines that the United States does when it comes to growing crops. Pesticides are another one of the chemical additives that can lead to eczema.

The cleaner the foods that you eat, the more nutrients they offer the body. When it comes to pasta, grains and breads you should always choose those that are 100% whole grain. Be cautious of food labels that say they are whole grain but are in fact not. Always check the product label to reveal what ingredients are actually in your foods. If you must choose processed or pre-packaged foods, attempt to find those that have less than five ingredients, all of which you are able to pronounce. Whole wheat, spelt and flax seed are preferred grain choices. As for side dishes, you can choose sweet potatoes, asparagus, quinoa, wild rice or organic brown rice.

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[Intolerance Diets](#)

If eczema persists even while on a basic health eating diet, it may be an indication that you have some sort of food allergy or intolerance. Eczema is one of the main indicators



that you may have some sort of food intolerance. According to the Food and Drug Administration there are eight main food allergies – gluten, fish, dairy, tree nuts, soy, wheat, eggs and shellfish. While determining and official allergy requires extensive testing with an allergist, it is simple to determine your

own intolerance at home. Self-diagnosis steps can be found on page 15.

Once you have determined which food allergen is causing your eczema, you will need to start eliminating it from your diet. The best way to avoid most allergens is by eating the same whole foods that are listed in the basic healthy eating diet. Depending on the allergen, you may need to choose alternative foods to best suit your food intolerance. Thanks to the FDA, all companies are required to label their foods if they contain or may contain any of the top eight allergens. This makes it easy to identify the right foods for you.

Food intolerances and allergies have come a long way since 2006. Now, there are numerous products available on the market that fit many different allergens. Everything from gluten free bread or waffles to dairy free ice cream, cheese and yogurt is available in most health foods. The thing about food allergens is that none of them are curable with a pill or other supplement. All of them require a strict diet free of the allergen to help prevent the symptoms such as eczema. Over half of people who develop eczema develop it as a result of a food allergen. Once the body is cleansed of the allergen, it is able to properly function and stop eczema in its tracks.

It is nearly impossible for any person to get all of the necessary nutrients in one day. For this reason, many nutritionists recommend a complete multivitamin in addition to

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proper nutrition. When you first start a new diet to help treat eczema, it will take six to eight weeks for the body to properly cleanse itself. From there it usually takes three to six months for a person to show drastic improvement with their eczema if it is treatable with a new diet. While diet is important, it may not be the complete solution for your eczema. We will discuss natural cures and treatments later in this book.

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ECZEMA NUTRITION RECIPES AND OPTIONS

When your world is filled with pre-packaged, sugary cereals and frozen pizza, it is hard to transition into a healthy way of eating, even if it is for the sake of curing eczema naturally. Here are a few easy, low budget, healthy meal recipes that are perfect if you use nutrition as a way to treat and beat eczema.

BREAKFAST

Option #1: 1/2 cup yogurt with 1/2 cup sliced fruit and topped with organic granola.

Option #2: Whole grain toast with 2-tablespoons organic peanut butter.

Option #3: Buckwheat waffle with sliced strawberries, one tablespoon of honey and 1/8-cup of chocolate chips.

Option #4: Egg white omelet with diced green peppers, onions, Canadian bacon, shredded low-fat cheese and tomatoes.

Option #5: Corn or rice based cereal with fresh blueberries and a drizzle of honey.

Option #6: Breakfast wrap with egg whites, diced vegetables and low-fat cheese all wrapped in a whole-wheat tortilla.

Option #7: Whole grain bagel with 1-teaspoon of low-fat cream cheese per half.

LUNCH

Option #1: **Fruit and Nut Salad**

1. Combine 2 cups of romaine lettuce and baby spinach in a large bowl.

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2. Add sliced fruit such as strawberries, mandarin oranges, grapes or apples.
3. Add two or more of diced tomatoes, green peppers, red peppers, cucumbers, carrots, red onion or celery.
4. Sprinkle ¼ cup low-fat shredded cheese and your favorite nuts (walnuts or pecans are the best option).
5. Put low-fat or no-fat dressing on the side for dipping your salad.
6. Optional: Add grilled chicken or lean beef strips for more protein and added flavor.

Option #2: Breadless Deli Sandwich

1. Layer deli meat, cheese, and vegetables on top of a romaine lettuce leaf.
2. Top with one-teaspoon of your favorite condiment.

Option #3: Hearty, Healthy Soup

1. Heat organic roasted tomato and red pepper soup on the stove.
2. Add diced green peppers, red onion and tomatoes.
3. Add fully cooked chicken sausage, diced.
4. Top with shredded cheese.

DINNER

Option #1: Quick & Easy Vegetable Pasta

8-ounces whole wheat pasta

2 cup diced tomatoes

¼ cup minced garlic

2 tablespoons parsley

2 cups chopped broccoli

3 8-ounce boneless, skinless chicken breasts, grilled.

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Shredded low-fat cheese

Directions:

1. In a large frying pan, sauté tomatoes, parsley, garlic and broccoli in olive oil.
2. Boil pasta according to package directions and drain.
3. Combine grilled, chopped chicken with vegetables and pasta.
4. Serve with shredded low-fat cheese sprinkled on top of it.

Option #2: Grilled Fish with Rice Mix

4 5-ounce salmon filets

2 tablespoons of honey

1 tablespoon balsamic

4 cups organic chicken broth

1 cup onion

1 ½ cup wild rice, uncooked

1 ½ cup organic brown rice, uncooked

1 cup celery

1 cup dried cranberries

1 cup mushrooms

1 cup pecans

Salt and Pepper

2 tablespoons butter



Directions:

1. Bring 2 cups of organic chicken broth to boil in two small saucepans, add wild rice to one and organic brown rice to the other. Cook according to package directions.
2. In a large frying pan, sauté celery, onion, salt, pepper and mushrooms in butter.

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3. Bake pecans in the oven for 10 minutes at 300 degrees, or until slightly browned.
4. Grill salmon filets on an open flame with a mixture of honey and balsamic as a glaze.
5. Add both rices to the frying pan when finished along with pecans and dried cranberries, mix and heat through.
6. Serve rice mix as a side to the salmon.

SECRETS TO SHOPPING FOR AN ECZEMA FRIENDLY DIET

Adjusting to a new way of grocery shopping will be difficult at first, especially if you are used to picking up the majority of your meals in the freezer section. Shopping for the right foods to help treat your eczema is important for success with overcoming this skin disorder. Nutrition is a vital part of your daily life. Here are tips and tricks on how to shop and what to look for.

Tip #1: Shop for foods that are found on the perimeter of the grocery store. This is where you will find whole grains, fruits, vegetables, fresh meats and low-fat dairy products. When possible, clip coupons to help save money on yogurt, cheese, milk and eggs.

Tip #2: Buy in bulk to help save money. Take advantage of bulk meat packs and prep several meals in advance. For example, if you purchase a bulk pack of ground beef, you can brown up some of it for use in pasta sauce or tacos, make some into burgers and make some into a meatloaf. Instantly you have created four different meals and saved money in the process.

Tip #3: Buy plenty of frozen vegetables. While fresh fruits and vegetables are preferred, frozen, unseasoned veggies are still packed with important nutrients. Frozen vegetables are also relatively cheap, averaging less than \$2 per 1-pound bag. Frozen vegetables can be added to pasta, served as a side or stuffed into chicken.

Tip #4: Stock up on seasonings. Avoid the extra cost of purchasing pre-seasoned products by keeping those that you need on hand at all times. Seasonings can be found for around \$1 per shaker. The best ones to keep on hand include Italian seasoning, paprika, garlic salt, season salt and crushed red pepper. Also keep olive oil on hand to use for cooking and seasoning foods.

Tip #5: Always plan meals ahead. This day in age, everyone is grocery shopping on a budget. Help reduce costs spent on an eczema friendly diet by planning meals ahead of time. Do not purchase more than you plan to use and cook each meal to be adequate for your family. Incorporate salads and vegetables as a way to fill up during a meal without taking in lots of meats or bread products that are not as nutrient rich.

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