

TREATMENT FOR SKIN INFLAMMATORY CONDITIONS



*Disclaimer: These statements have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, prescribe for, treat nor claim to prevent, mitigate or cure any human disease. Information provided by Brooke (or representatives)/ Heather Holistics LLC are intended for nutritional/lifestyle support. General suggestions are for information purposes only and Individuals vary, which is why we must always consider the whole person when recommending a course of action. Specific disease terms are based upon medical literature and is not a substitute for medical advice. If you suspect a medical condition, consult a physician.

Brooke Heather CTN, QNT, HHP, CBS
(208)231-7149 web:
NaturopathicClinici.info

Skin Rashes, Itchy bumps, Eczema etc. are More Than Skin Deep

Whether your skin is itchy with thick red scaly patches, has small bumps that may leak fluid and crust over when scratched, which is likely eczema, or just dry skin; nevertheless, inflamed skin more than just an external skin problem. It is an indication that there is a problem with your immune system with inflammatory and allergenic components to consider in the treatment plan. For now, I will outline diet and lifestyle changes you can make immediately!

It has been found that people with eczema and other skin conditions have a compromised skin barrier so that water escapes while environmental allergens are allowed to enter, resulting in itchy, dry patches. So what's the solution for topical relief?

I caution grabbing for the antimicrobial creams and applying unnatural moisturizers that likely will further irritate your skin. Pure emu oil, coconut oil and other anti-inflammatory butters as in my *Body Butter* with rose hip, evening primrose, and other soothing anti-inflammatory nutrient rich love for your skin is advisable.

The skin lacks normal amounts of cathelicidin, a natural antimicrobial that helps protect skin from infections as virulent as MRSA. A protein called claudin-1 is weakened, allowing the skin cells to become leaky and permeable to environmental allergens and infectious agents. The butter is a good starting place for external treatment. Now for real results, some diet and supplementation are needed!

People with eczema must keep away from the following foods:

Several spices and oils can aggravate eczema. Hence they must be taken with moderation. See specifics below.

Nuts, especially cashew nuts.

Salt must be reduced in the diet.

Sour foods must be avoided. This includes all fermented foods, pickles, curds, etc.

Bitter tastes are useful. These are obtained from vegetables such as bitter melon, bitter melon and flowers of the neem tree. I make an Ultimate Healing Salve made with Neem seed oil that is wonderful to help heal the skin and relieve itching.

Turmeric has a soothing effect on the skin. It must be used liberally in flavoring the food. Turmeric is also useful if it is applied locally over the affected parts.

Strict no-no's: mustard, ginger, onion, okra, cucumbers and radish, oranges, watermelons and papayas, ice-creams, cold drinks, and smoothies must be strictly avoided.

Working with an Ayurvedic practitioner helps to give guidelines that, if followed, help to restore balance through diet and other means of therapy. This traditional medical wisdom plays an important role in assessments for holistic recovery.

Therapeutic Lifestyle Change (TLC)

Treatment for Skin Inflammations

Diet phase 1- *fast start*

Consume solely “mineral broths” 3-4 times per day. Chia and/or flax seeds may be made into a “cracker” to eat with broth (a minimum of 1 cup broth per day). See instructions and recipes. Do this for 4-7 days. If your digestion can handle it, cooked down veggies (carrot, celery, leeks, cabbage, etc.) may be added to broth to make more of a soup.

After about a week, add in a new food every 5 days. Record any changes on the form provided. Eat a variety of cooked and raw veggies. Warm cooked nourishing and hearty foods (soups combined with raw leafy greens should be emphasized). Vegetables that grow above ground (rather than root vegetables) are best. Acceptable in limited amounts and on occasion: astringent and drying fruits are apricots, cranberries, mango and pear. An ideal meal would consist of soup/bone broth with a quality animal protein with salad.

Significant animal protein is needed in each meal.

A variety of sweet, salty, and sour tastes are important in each meal of consistent times, but bitters are especially important.

Eat light (the size of your fist in amount of food per meal- 3-4 times per day).

Spices should not be over-used. Avoid carbs. Whole grains ok in limited amounts on occasion.

Nightshades and spinach should be avoided in the case of stiff achy joints, or in inflammatory or autoimmune conditions- dermatitis is an inflammatory condition!

Keep active but rest when needed throughout the day.

Get plenty of sun for vitamin D! Proper EFA balance through diet and supplementation is important in utilization of D and calcium.

Lifestyle Guidelines

Routine! Consistency brings balance to an over taxed system. REST is the best cure for Vata (Ayurveda) types/ or in Vata mode (acute illness, stressed or overtaxed physically or emotionally)

Massage daily with sesame oil (corn and mustard oil are also good) and essential oils... ask about a custom blend.

Reflexology is very beneficial

Color therapy should consist of earth colors that bring groundedness and serenity.

Steam baths, humidifiers, and moisture in general are beneficial. A diffuser to allow the scent of essential oils is clinically proven To make physiological changes and effective in reducing stress, elevating mood, etc.

There are a number of ways to manage skin inflammations all of which begin with an effective skin care routine.

- Use a mild soap or no soap on the skin inflammations.
- Avena Sativa bath in winter in cool water in summer helps a lot. After the bath, blot yourself with a smooth towel and avoid rubbing. If there is dryness of skin, an oil, butter or ghee massage for about an hour before a bath, helps lubricate, protect and soften the skin.
- Do not take baths too often. Add sesame, rose hip, borage, evening primrose, or other oils to your bath (olive and coconut have not been found helpful in this case). In addition, it is helpful to take quick showers with warm (not hot) water. Washing your body with cold or warm water will help preserve your natural oils. Our skin is ideally to be slightly acidic, and soap removes this very important acid mantle due to being alkaline. The slight acidity of the skin protects us from bacteria, fungi, and other microorganisms. I can provide a skin pH balanced soap...
 - Avoid extremes of climate. Moderate temperature, with fresh air and the mild sun are usually beneficial.
 - Wool clothes and blankets are not recommended.
 - Try to avoid excessive sweating.
 - Avoid cutting of vegetables especially garlic, onion, tomatoes, and okra. Also, avoid peeling of oranges. hair dyes, kumkum, lipstick, face creams, nail polish and remover, eyebrow pencil, perfumes, depilatories, deodorants, lotions and perfumed hair oils.
 - The other common irritating substances are—rubber footwear, spectacle frames, furs, artificial jewellery, and synthetic clothes. Avoid contact with stuffed animals, animal dander, grass, flowers and chemicals. Wear rubber gloves when you do housework. Put a little corn-starch inside the gloves. Alternatively, try latex gloves lined with cotton.
 - Do not fatigue yourself, either physically nor mentally. Learn to live within the limits of your mental and physical capacity, knowing your constitutional weaknesses. It is a chronic but not a serious disease and, therefore, do not get discouraged. Avoid anger, resentment, and frustration.
 - Avoid allergenic food like excessive salt, tea, coffee, alcohol, milk, corn, eggs, cheese, fish, seafood, sugar, hot spices, and food additives. Do a rotation diet and log all foods and how you feel along with symptoms. Do this long-term, as it takes months to dial in a diet that you do well on. It also helps to balance body chemistry, ask about home testing. Also food sensitivity tests.

Vata
Wake up 6 AM
Breakfast 8 AM
Lunch 11 AM to 12 PM
Supper 6 PM
Sleep 10 PM
Sleep on your back

Enzyme formula #19 is a fast effective way to calm skin inflammations. Call to order.

Other related articles:

- Food sensitivities and testing
- Digest Your Way to Better Health
- Heal your Gut and Heal All
- Recipes for Desperate Healing
- Anti-Candida Protocol