

## **ALLERGIC ECZEMA/ DERMATITIS**

### **What is it?**

Known medically as Dermatitis.

It produces inflamed patches of red, scaly skin that may be dry, rough or cracked.

Tiny pimplelike blisters may be a feature of how it begins

Inflamed patches may be found on the face, hands, wrists, in front of the elbow, behind the knees.

It is frequently itchy and scratching can aggravate the condition.

### **What causes it?**

Eczema is an allergic reaction to substances that are usually not harmful.

The immune system normally protects the body against harmful substances, such as bacteria and viruses. It also reacts to foreign substances called allergens, which are generally harmless and in most people do not cause a problem.

But in this case the immune response is oversensitive or hypersensitive. Our immune systems are overloaded/overworked due to exposure to parasites and a multitude of environmental toxins.

Eczema is often triggered by allergy to foods, pollen, animal fur and is likely to run in allergy-prone families. Eczema sufferers may have, or will develop sinus problems, hayfever or asthma.

People suffering from Eczema, have higher amounts of Histamine in their bodies, a chemical which produces an allergic reaction when released in the skin.

Some cases occur after contact with allergens- jewellery made from Nickel or Chrome, dyes, cosmetics, cleaning agents, deodorants, Other allergens may be milk, wheat, canned foods, processed foods, preservatives, additives, junk foods, foods and drinks with synthetic colouring, flavouring, tartrazine and E102, citrus foods-oranges, tangerines, high aspirin foods- apples grapes, peas, dried fruit, almonds, vinegar, sugar and high carbohydrate foods. Chemicals present in the air can cause toxic reactions within the body and result in metal poisoning which can also cause allergy symptoms.

**Fabrics:** avoid polyester, synthetic fibres. COTTON is preferred as it allows the skin to “breathe” and look at bed linen and blankets, most contain synthetic fibres and polyester and eczema discomforts usually increase during the night.

**Chemical pollutants:** aluminium (from deodorants), perfumes cigarette smoke, copper, fluoride(from toothpaste), mercury, exhaust fumes.

As allergies to certain foods cause many metabolic disturbances, it may be best to eliminate certain foods from the diet and monitor progress and changes. Research has shown a clear link to food additives and hyperactivity and allergies.

### **Treatment:**

Conventional medicine prescribes Cortisone which is very effective in relieving the symptoms, but it suppresses the condition and thins the skin.

The root cause of the problem stems from the Hypersensitivity of the immune system, so the immune system must be addressed; it is most effectively balanced with the correct ratio of plant sterols and sterolins. The correct course of treatment can offer dramatic improvement.

Newer research has highlighted an important fact: Allergy reactions produce more acid in the body, we naturally have a delicate pH balance and we are exposed to an excessive amount of acidic elements which is the main reason why our immune systems become hypersensitive. Adding an alkalising formula such as Super Nutri Greens has shown much improvement in over shorter time periods in assisting skin ailments, detoxing the liver and directly improving our health at a cellular level. It is rich in Chlorophyll which is very beneficial for rejuvenating eczema skin.

### **LIVE BLOOD ANALYSIS(LBA):**

I would encourage anyone who has allergies, and everyone in general to have a LBA- I take a drop of blood and analyse it under high magnification we specifically look at the health of the immune system, many times people who have never had an allergy have suddenly started noticing allergy symptoms stepping in and this is important when I look at the blood I can actually see the allergy cells in the blood. Very importantly I can assess the digestive system, if you are absorbing nutrients, digesting correctly and eliminating efficiently, and of course if there are parasites present which are a key factor to note for the treatment of allergies. I can also assess the pH of the blood and see the effect of acidic elements, the body can only effectively heal if our blood is in an alkaline state, this is what we strive towards. Ensure that you have no digestive problems- about 90% of eczema sufferers I see need a digestive aid, there are usually always digestive problems ranging from acidity to bloating and gas, lowered bowel flora and all of this plays a role in straining our immunity and add to allergy reactions. Parasites directly affect our bowel wall and can cause the reabsorption of partially digested foods(leaky gut), toxins, bacteria etc. Having a regular blood analysis really helps to address the underlying factors contributing to the eczema and helps monitor progress, having just one analysis is not enough.

### **Natural supplements:**

Natural anti histamines for skin: nettle- tea, drops, capsules, Homeopathic Histaminum 30c

Skin-clear cream: externally only soothes the skin, it doesn't sort out the problem internally. When applying cream, if any burning occurs, dilute with aqueous cream. 1tsp Skin-clear to 1tsp aqueous cream.

Bicarb of soda added to bath water is soothing to allergic skin reactions: alkaline solution, said to relieve itching

Evening primrose oil and Fish oils providing GLA and EPA has a natural anti inflammatory effect and reduces histamine effecting the skin

Anti oxidants- boost functioning of the immune system, and aid skin health and regeneration.

Vitamin B complex- Nourishes the nervous system.

Liquorice herbal extract (the herb, not the sweet) - reduces inflammation and boosts immune system. Has a natural cortisone-like action!

Skin-clear formula- cont. Liquorice, Red clover, Nettle, Echinacea- reduces inflammation, decreases body's histamine response, detoxes, boosts immune system. Long term formula.

Super Nutri greens: An alkalising supplement rich in chlorophyll

Nutri support- for children and teens, very beneficial for eczema as it provides easily assimilated nutrients and plant protein which has a beneficial effect on the condition and immune system.

Digestive aids: digestive enzymes, probiotics, psyllium husks, liver herbs

### **Diet:**

Children: Reduce sugars, for children this starts with cereals that are chocolate or strawberry flavoured etc and

Sweets, chocolates, junk foods, sodas, milk shakes.

For children under the age of 5, trigger foods such as milk and eggs are best avoided as well as mothers should avoid milk during a pregnancy and breastfeeding, if there is a strong family eczema history.

Adults: common food triggers are seafood, nuts, chocolate, eggs, although many foods can become allergens. Also it is important to note that having specific food allergy tests does not limit those foods to being the only allergens, as the immune system is in a hypersensitive state, other foods that one did not react to can become problematic, the key is to address the immune system.

Sugar is always problematic for any age, it is acidic and converts to uric acid in our bodies also 1 teaspoon of sugar can lower our immunity for up to 6 hours(extract from Immune system cure). Sugar is generally hidden in many foods so don't only count the teaspoons you are adding to your tea and coffee, look at everything you are eating(includes breads, pastries, biscuits, sodas).

Ensure a good, regular bowel movement, this helps remove toxins from our system and so reduces toxic build up which will affect the skin.

Include foods rich in enzymes this will help make a marked difference to the condition of the skin: Dried fruit such as raisins, cherries, blueberries, bananas, raw honey mixed into yogurt, fresh carrot juice, sprouted seeds added to salads, paw paw, pineapple. Eat more fruits and vegetables.

Drink more water, to cleanse the body and hydrate the skin.

If you have an allergy problem...

Be in good general health, this can usually prevent most allergy situations starting and flaring up: immune system care is very important and taking the correct vitamins your body needs, detoxing, changing your diet, have a LBA-see what nutrients your body needs, remember that our blood is generally acidic due to our lifestyles and the body can only effectively heal if our blood is in an alkaline state.

Change bad lifestyle and eating habits, this will make a difference.

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