Little Milo, my youngest, has had a mild case of eczema since he was a baby. Little did I know, before learning more about natural health, that this external skin condition actually stems from issues in your gut...

Eczema is skin inflammation. It’s technical name is atopic dermatitis, or atopic eczema. Thirty million Americans are suffering from this skin condition, and according to the an article from TheEczemaSpot.com, about 20% of infants born in the US develop eczema and some outgrow it by the age of 10.

If you’ve learned one thing about inflammation and natural health, you know that inflammation is an indicator that something’s not right internally.

Why then do we see advertisements for ointments and lotions to treat eczema?

Naturopathic Doctor’s Chris D. Meletis, ND, and Jason Barker, ND give it to us straight, “The concept of treating eczema with hydrocortisone or other suppressive therapies is inherently foreign to the holistically minded physician….Clearly, suppressive therapies for eczema only serve to prolong actual treatment of the symptoms.”

My son’s doctor prescribed some sort of steroid cream. There was no way I was going to put steroid cream on my infant. Especially because the doc warned me not to use too much, too often, or it could burn his skin right off. Really? No thank you, Doc! I’m thankful I never used that cream because I investigated side effects and health problems from even low doses of steroids and it’s not good!

The “best” advice I’ve seen yet from US scientists is diluted bleach baths – are they serious!? I cringe at the fact that this terrible advice is published on the internet for parents to see. Please don’t bathe your baby in bleach unless you want them to have thyroid issues!

That’s the thing with most conventional methods… they’ll try something to solve one problem but it only
The Cause of Eczema

Studies show that food allergens are the main cause of eczema. The most common food culprits are cow’s milk, eggs, gluten (wheat, barley, rye & oats), soy, peanuts, fish, beef, corn, citrus and even tomatoes. Stress and genetics do play a role in atopic dermatitis, and studies show antibiotics and toxic ingredients like heavy metals used to make vaccinations are also a cause.

- Read my article on Is Vaccination Really Necessary to find out more about this.
- Also Read Causes of Eczema & 4 Supplements That May Help and Could Fluoride be the Cause of My Child’s Eczema?

Also, using caustic and toxic detergents or fabric softeners can aggravate and worsen eczema symptoms. And it makes sense that eating fast food and other processed foods only make matters worse.

A recent finding published in the journal, Thorax, claims that “kids who eat fast food three or more times a week are likely to have more severe allergic asthma, hay fever and eczema.” There’s little to no nutritional value in these sorts of foods, in fact they even shut off the immune system.

Furthermore, newer studies prove eczema flare-ups are brought about or worsened from exposure to other environmental allergens like dust, animal dander and pollen. In fact, many kids that have eczema may also develop asthma and hay fever.

Either way, topical treatments will not solve the problem of atopic dermatitis. To get to the root of the issue, you must start within the gastrointestinal system and immune function, and let natural topical treatments help relieve symptoms.

Meletis and Barker stress the importance of keeping the gastrointestinal tract healthy in their article, Skin Health, Eczema, and Preventative Strategies,

“If the eyes and the skin are the portal through which we may observe the body’s internal health, the gut then is the door through which a majority of disease initiates its entrance into the body.” The Dr’s explain. “It goes without saying that many factors in today’s lifestyle compromise the meticulous integrity of the gut lining, namely food choices and antibiotic therapies. The first area of treatment then for the patient displaying eczema should be the gastrointestinal lining, without a doubt.”

Scientific research continues to prove what nature has known all along…That the best approach for treating eczema naturally – is a healthy gut and immune system. Let’s break it down…

5 Ways to Treat Eczema Naturally

I think it’s funny when you read articles with studies proving one specific treatment was ineffective for treating eczema. Duh! Just taking Evening Primrose Oil everyday might not fix the problem for everyone, I could have told you that – what a waste of a study. Folks, we need to take a combination of steps to achieve our desired health and well-being. We have to stop thinking that simple quick fixes can solve our problems. We need to face the fact that no matter how hard we try, we’re not going to be able to do it right 100% of the time. Especially not with high rollers like Big Pharma and Big Food on one team working against us. But, I personally promise you that if you do a combination of these 5 things, you’ll see the difference as your bodies healing process starts to take over.

1. Healthy Diet & Nutrition

A healthy diet & proper nutrition is usually the key when it comes to our well being. Some people may be able to eliminate eczema all together by simply giving their body the nutrients it needs while avoiding the things that lead to inflammation and sickness.

Eating Well

Eat a raw food diet, with as much whole and organic foods as possible. Avoid processed foods, caffeine, dairy, gluten, meat, sugar and alcohol.

It’s also smart to get food allergen testing done to know if there’s anything else you should avoid. Even some fruits or vegetables could be a culprit. Also, drink at least 64 ounces of water a day. Our bodies need it just like plants do. Here is a very helpful Natural Health & Nutrition Pyramid I created to give you a better idea of what to eat, keeping in mind that to clear eczema, avoid the top 3 sections. (Scroll to the bottom to view it.)
Use Coconut Oil

Eat and use cold pressed, organic, extra virgin coconut oil for cooking!

Don't use vegetable oil, canola oil, peanut oil, etc. These oils are created by a man-made process that manipulates the oil into a thickened saturated fat known as trans-fat. The only thing these oils benefit is their shelf life and the profits of large food companies. For the rest of us, the amount we ingest only leads us to being fat, sick and dead.

Coconut oil, on the other hand, contains lauric acid, a rare type of fat found only in coconut oil and mother's breast milk. Our bodies convert lauric acid into monolaurin, a compound that is highly toxic to viruses, bacteria, fungus and other microorganisms. It also deeply penetrates and moisturizes the skin while protecting it from environmental and free radical damage. Learn more from our article/infographic on health benefits of Coconut Oil: The Hero For Your Health.

2. Healthy Gut & Immune System

A healthy diet and nutrition is a key part in having a healthy gut flora and boosting your immune system. But, there are also a few ways you can take it a step further. By following #1 & #2, you or your child may be free of eczema within a short period of time. It took my son three days for his symptoms to disappear. But each person is unique, with some having a mild case and others having a more severe case. So – healing time will vary for everyone.

Essential Fatty Acids

Whether you have any health issues or not, everyone should be getting essential fatty acids (EFA).

At least 99% of our population is EFA deficient because our bodies don't make them on our own, yet they are essential to human survival. We must look to healthy food sources and/or supplements to get the suggested 7-11 grams each week.

Flax seed, Chia seeds, cod liver and fish oils are all great sources. But, take a look at my article/infographic on Essential Fatty Acid Deficiency – Effects, Symptoms & Sources of Omega 3's. You'll find everything you need to know there with a helpful list of foods that contain EFA's.

Vitamins & Minerals

Then there are other common nutrient deficiencies that many of us have. Vitamin D3, Vitamin B12, Magnesium and Zinc – to name a few. I've linked each one to an article/infographic that will explain each deficiency in more depth.

Getting the proper amount of these essential nutrients helps keep your immune system healthy and strong. In regards to eczema, vitamins C and E help protect intestinal cells from oxidative and free radical stress, and C has anti-inflammatory effects, anti-oxidant activity and antibiotic qualities.

You can get most of these vitamins and minerals from food especially when you're eating an anti-inflammatory diet. But, if you eat junk, the nutrients will be depleted.
That’s why I stress the importance of proper food and nutrition. Think veggies, fruits, nuts, seeds, fish and water… These foods are alive to keep you alive – with all sorts of needed phytonutrients, vitamins, antioxidants, minerals, etc. Many people still take supplements to ensure they are getting enough.

**Gamma-Linolenic Acid (GLA)**

Evening Primrose Oil, Black Currant Seed Oil, Borage Oil and Hemp Oil are the four ways to get GLA, another essential fatty acid (Omega 6). There have been studies that point to the use of GLA supplements for helping to clear eczema symptoms.

But, like I’ve mentioned previously, we can’t expect GLA alone to do the job for everyone, it depends on why you have eczema.

GLA’s alone may heal people who have atopic eczema related to an inability to metabolize GLA’s. All together, taking a GLA supplement will help fight inflammation, promote a healthy immune response, improve the barrier function of the skin and is vital for keeping skin cells moist and strong.

**Probiotics & Digestive Enzymes**

A probiotic supplement will help re-build the friendly bacteria in your gut and fight against bad bacteria that causes inflammation and health issues. Naturopathic Doctor’s Chris D. Meletis, ND, and Jason Barker, ND tell us that probiotic supplementation in pregnant women even helps prevent their baby from developing eczema.

You can also eat cultured probiotic foods like sauerkraut, kefir, natto, tempeh, kimchi and miso. Digestive enzymes also play a critical role in your gut health. They protect the gut lining by breaking down food, eliminating toxins and allowing you to better absorb nutrients from your food.

Eczema may also be a symptom of something called Leaky Gut Syndrome – a condition that affects the lining of the intestines. Read our short article on Is Your Gut Leaking to learn a bit more about this.

- [Click here to see 4 other natural supplements that can help with eczema](#).

### 3. Detox & Avoid Toxins as Much as Possible

We can never escape toxins. They are everywhere! In our food, water, air, products we use and we’re even born with an average of 200 toxins passed down from our mother’s womb. The only thing we can do is try our best to avoid them as much as we can and clean out our insides from time to time by detoxification. To help get rid of eczema – here’s what you can do…

**Detox Your Body (Adults)**

Simply eating the diet we discussed above will help cleanse your body. And sweating and massage are other ways to go about naturally detoxing.

But, there are supplements that help eliminate the toxins from your intestines and other organs that can assist your healing process.

Just remember to drink a lot of water and herbal tea!

Some 5-star rated best-selling products from Natural Healthy Concepts include Clearvite, MedisClear Powder, and ZeoForce Detoxify Daily. These are professional grade products that you’d most likely find in a healthcare practitioner’s office.

**Use Natural personal care products, laundry detergents**

If you’re not aware already, conventional personal care products contain many harmful ingredients that your skin absorbs. By first understanding what the ingredients are and being a label inspector – you will eliminate many toxins from entering your body. The same holds true for laundry detergents and softeners.
4. Stress Management

Unfortunately most of us carry around way too much stress in our lives, and stress may lead to health issues. Although stress is probably not the sole cause of eczema, it could be the cause of a bad flare-up or perhaps one of the reasons it’s a challenge to kick it. Here are a few things you can do to help keep your stress level under control.

- **Sleep**: Kids 3-12 years of age need at least 10 hours of sleep a day. Adults should get at least eight hours. During sleep, your body restores and repairs itself – it’s as simple as that.
- **Breathe deep**: Deep breathing exercises help your body relax. It’s a good way to reduce stress, anxiety and tension. Try it.
- **Acupuncture**: Acupuncture is based on a system of meridians, or paths of energy, that flow through the body. The belief is when points in this path are blocked or weakened, the body responds by producing symptoms of illness like eczema. To restore the flow, acupuncture uses insertion of fine needles at specific points along the meridians. Eastern medicine practitioners have used this therapy for centuries. Some people believe acupuncture treatments help with stress relief, and the less stress you carry, the healthier you’ll be.
- **Exercise**: You don’t need me to tell you that this is an integral part of being healthy and warding off diseases. Just do it!
- **Stress support supplement**: There’s nothing wrong with a stress support supplement to help keep your hormones in check. For some people who might be a bit more high strung or tense, this just may help do the trick.

5. Topical Natural Treatments For Eczema Symptoms

There are many natural remedies to help ease the itching, redness, dry and flaky symptoms that go along with eczema. Though most of these are topical, whatever you put on your skin does penetrate through to your bloodstream so in a sense it works internally as well. That’s just another good reason why not to use cortisone or steroid cream! To make it simple, here’s a list of things that may work well for you or your child. I’ve linked them all so you can click to read the descriptions, ingredients and reviews.

- **Grandma Lye’s Soap**: Natural Healthy Concepts has many customers that love Grandma Lye’s Soap for eczema or Psoriasis symptoms. It may ease discomfort of dry, itchy skin, psoriasis, eczema, or acne with daily use.
- **Essential Oils**: Oils with skin cell rejuvenating properties like neroli, rose otto and lavender, chamomile and yarrow are the most effective for soothing and reducing skin inflammation. At least one should be included in your blend and only a small amount of chamomile or yarrow is needed. For example you could mix 2-drops of lavender, 1-drop of neroli, and 1-drop of chamomile or yarrow. Be sure to mix with a carrier oil like almond or jojoba.
- **Trillium Organics Body Oil**: Some people think the organic body oil from Trillium Organics is a big help to their eczema symptoms. It’s a fast-absorbing, light, after bath oil for moisturizing. It contains many beneficial oils for your skin.
- **Salt Baths**: An article on bath salts published in the International Journal of Dermatology reports that “Skin roughness and redness of the skin as a marker for inflammation were significantly reduced after bathing in the salt solution. This demonstrates that bathing in the salt solution was well tolerated, improved skin barrier function, enhanced stratum corneum hydration, and reduced skin roughness and inflammation.”
- **Coconut Oil**: Yes, the same organic cold pressed extra virgin coconut oil that you eat can be used for your hair and skin! Try whipping it to make it more like a cream and rub it right into your skin to reap all of it’s healthful benefits.
- **Aloe Vera + Vitamin E**: Pure Aloe Vera extracted from the leaf of certified organic plants is one of the most effective skin soothers in nature. It conditions and hydrates dry and rough skin on contact. Vitamin E’s anti-inflammatory and antioxidant properties may also help relieve eczema when applied topically.
- **Calendula**: The flowers of Calendula officinalis are believed to benefit eczema by reducing inflammation, eliminating bacteria, and promote healing of your skin. Boiron’s Homeopathic Calendula Ointment may be beneficial for you to try.
To top it off, here’s a great clip featuring diet and nutrition tips to treat eczema!

What are your natural remedies for eczema? Do you have a testimonial to share or questions to ask? Leave a comment below!

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About Ashley Steinbrinck

I spent some time as an account manager and graphic design specialist for a dental supply company in Green Bay. I also worked as the Director of Sales for a Marriott hotel. Now a mama to my 2 young boys, I’m enjoying my time in the natural health field as a Marketing Specialist and graphic designer for Natural Healthy Concepts! Ashley Steinbrinck

View all posts by Ashley Steinbrinck

56 Responses to 5 Natural Ways to Treat Eczema

Eczema treatment May 13, 2013 at 6:55 am#

Small bits of content which are explained in details, helps me understand the topic, thank you!

REPLY

andre pedro July 18, 2013 at 7:47 am#

great post now i’m understand how to Treat Eczema thanks you for share with me

REPLY
Jorlene Kelly  September 13, 2013 at 11:53 am
Very informative and helpful. There are natural ways on how to get rid of eczema. Use a natural moisturizer like aloe vera and virgin coconut oil. Use calendula and marigold to form as paste and use it as ointment on the affected area. I read them all from this article: http://www.ihomeremedy.net/how-to-get-rid-of-eczema-fast-11-ways/

Dr. Donna Star  August 24, 2014 at 9:41 am
Because I have eczema, I have itchy hands and legs. I have used all of the lotions and potions I could find and finally stumbled upon All Natural Anti-Itching Mist “Itch Be Gone”. I purchase this spray online http://www.eczemahelp.net After 10 minutes I didn’t have that burning sensation to scratch my legs up. I put it on throughout my day and before I go to bed. This will be the first summer I won’t have a bunch of scratching scars all over my legs and I couldn’t be happier. Simple to use, this lotion spray can be applied directly to the affected area, helping you minimize the discomfort associated with itches and rashes. It include only 100% Natural, healing ingredients. Witch Hazel a well-known anti-itch ingredient can effectively reduce the itchiness associated with rashes and insect bites. Tea Tree and Lavender oils is analgesics, protecting your skin as it minimizes the itchiness associated with such conditions as poison oak, allergic reactions, and even the chicken pox. Frankincense and Aloe Vera leaf also help soothe your uncomfortable skin. This Spray can be used for children and adults. The advantages of spray is that is simple to apply, and you can use them as frequently as your itchy skin desires, thereby allowing you to provide all-day relief until the discomfort subsides.
I think this is the best Anti-Itching product you have. Also I use every day my life “Calendula” Moisturizing Cream. After 6 month of using it twice daily, morning and night, my skin was clean and clear!

natural eczema treatment  October 22, 2013 at 4:19 am
Treating eczema in a natural way is very essential to everyone.
-Stella

Eureka Gomez  October 26, 2013 at 8:44 pm
Hello there Ashley Steinbrinck, It’s been very nice to be able to find your blog about natural ways to treat eczema. It’s been very informative. I’ve also tried many other eczema product treatments before and I was able to find the one that totally changed my life. I’d like to share it with you, my personal experience in treating my eczema. I found this natural product, eczemafreetips.com, then I tried it. After a couple of days, the redness and itchiness are starting to fade. I was expecting that it would come back again in a different spot, because almost all other products are just temporary remedies. But so far it really works for me as I am free from eczema up to this moment. It’s been months ago and still I can’t see any signs of eczema from my body anymore. I hope this can also help you in any way possible. Please, keep on posting. I am looking forward to hear your thoughts and personal experience also about the products. Thank you and Godbless!

Jessica  November 19, 2013 at 5:45 pm
Hi, we have 4 children that battle eczema. I felt the same as you about steroid usage until I didn’t have a choice. Since my daughter is a staph carrier. We ended up being a part of a study for a body wash and it is gentle and amazing and she went from 40% covered to 1% in 12 weeks with no steroid use after the first week. It’s been two years since we were in the study and she is still eczema free. All of my kids are and it has been a game changer for our family!!!
Evelyn March 24, 2014 at 8:49 am

Hi Jessica thank you for your information. Is this products organic, natural? What are the ingredients? I didn't see them in their website.

Kate April 19, 2014 at 12:16 am

Jessica, could you please give me the name of the body wash? It has been removed if it was in your post. Thanks very much! Sounds like a wonderful product.

Jessica November 19, 2013 at 5:47 pm

Oops I meant to leave the link about the products so you can see what it is. It's called CLn bodywash. http://m.clnwash.com

natural eczema treatment November 27, 2013 at 3:57 pm

natural treatment is good but it does not always success!!

Nagla December 25, 2013 at 3:50 am

Ashley

I am devastated… suffering from Eczema for long long time… a lot of antihistamine and cortisone. So frustrated and disappointed… but I don't even think about myself… I have 1 year old daughter and she has eczema. After food observation I know she can't eat bananas or egg or any kind of fat except butter (nature and pure butter) It is so difficult for me alone and living abroad to provide a good condition of living to my daughter. I was wishing all the 9 month of pregnancy for my daughter not to pick this allergy from me I am little stronger now cause I got to know there are so many mums searching and give their full attention to protect their little ones

Karen K. February 6, 2014 at 4:52 pm

Hi!

First, I have to mention that I'm an Arbonne consultant (please don't throw any tomatoes!) 😁 I just wanted to add that Arbonne has two awesome products. One of them got rid of my teammate's eczema in one night! She was so amazed at the result when she woke up the morning after applying it, that she decided she wanted to sell the stuff as a consultant!

The first is our SeaSource Detox body gelee. And the other is the SeaSource Detox 5-in-1 massage oil. The massage oil is also meant for psoriasis.

If you don't know about Arbonne, they're a 38 year old Swiss botanically-based health & wellness and skin care company. They do not test on animals, they are hypoallergenic, dermatologist tested, and are free from: parabens, mineral oils, phalates, petroleum, formaldehyde, animal by-products or fillers, etc. They are botanically-based, so they have either a citrusy, chamomile or eucalyptus scent.

I fell in love with everything I've used, and I can attest to their high quality.

If you are interested in talking further about these products, you can either email me at: kkornichuk@myarbonne.com or visit my website at http://www.kkornichuk.myarbonne.com

God bless,
Karen
Stacey March 3, 2014 at 6:18 pm

Thanks for the coconut oil reference! This is what I’ve been using and it works wonders! A good egg-free “egg” option is hamptoncreekfoods.com or thevegg.com — both work great!

Tracey March 19, 2014 at 9:47 am

Food allergies do not cause eczema, they often go hand in hand. But changing your diet and avoiding foods you are allergic to will not cure it. Nor should you recommend detoxing for children as a means to treat eczema. Detoxing is not meant for little ones. Also, if you think it’s just the worst idea ever and scientists are just DUMB to put your child in a bleach bath, please don’t put them in a pool either… same chemicals…

Ashley Steinbrinck March 31, 2014 at 4:27 pm

Tracey, although detoxing is not meant for little ones — either is mercury or other heavy metals and harmful toxins. Many times, kids that fall on the autism spectrum or have been diagnosed with ADHD or other auto-immune disorders are very toxic and in need of a detox. I do not believe the pool is the best either — but different than a bleach bath. Sometimes in life, we just need to say “oh well” Eczema is a sign that something is not right internally. Often times — it is in our gut.

Ally March 21, 2014 at 9:50 am

I have a LO who had moderate eczema starting at about 2 months. The Dr wanted to use a low steroid cream (yeh, no thanks..). I found that rubbing him up in coconut oil and nightly warm baths really help! I also use and Aveeno lotion made especially for eczema(not all natural, I know). Until I can figure out what is making him flare up I’m trying to keep it simple. We were living in an apartment. That’s when it was really bad, we moved into our home and I’m not using any toxic chemical filled cleaners and I have my own washer and dryer. Don’t use southerners or dryer sheets. He is 90% clear! I believe it was the air quality we were getting in the apt. It was and still is a learning process!

Cynthia April 3, 2014 at 3:16 pm

I give up, what is an LO? Please can people refrain from putting the initials of something for others’ benefit? Or they won’t even get what you’re trying to say.

Melinda May 5, 2014 at 7:03 am

Cynthia, LO is little one. I had to ask too a while back 😊

Alicia March 31, 2014 at 10:40 am

I have a seven month old with eczema on his face, arms, and chest. We do most of the things on your list! In addition, we LOVE raw organic unfiltered apple cider vinegar baths. A cup in the bath tub and dab on affected areas after 2-3 times a week. On the other days, we make sacks with organic...
oats and put them in the bath. Fresh aloe all over body right after bath and a thick moisturizer after its dries a little. I know it’s not necessarily “natural” but plain Vaseline mixed with grindelia herbal extract works wonders. I apply sometimes evry hour. My sons eczema is still extensive, but weeps very little and is mildly itchy now. No steroids. We still have to give antihistamines at night sometimes because he can get very itchy, but its getting less and less frequent.

Ashley Steinbrinck March 31, 2014 at 11:19 am
That’s so great to hear, Alicia! And thanks for sharing your remedies with the rest! ; )

sac875 May 5, 2014 at 11:35 am
I suffered with eczema on and off for the past few years and just found a great product without all the bad stuff--this is one of the better products on the market and I just wish I would've found it sooner. I was using coconut oil (topically) for awhile and it was helping a little but not fast enough. I then decided I had to get something that would actually work--fast so I went to Rite Aid. I finally came across a product called Exederm. I’m one that doesn’t buy stuff tested on animals so when I saw this was cruelty free I jumped on it and within 1-2 days my rash was gone. This stuff really works wonders and maybe not be the “best” natural choice but it beats much of the crappy competition. exederm.com

Joni June 8, 2014 at 10:19 am
Both my kids have eczema and I’ve tried so many medications, creams, lotions, baths, etc. Nothing helps. The eczema comes and goes as it likes; no correlation with what I do/try. Their skin always feels so dry, rough, and bumpy—so sad for little babies/toddlers when they should have soft supple skin! I tried the Citrus Clear Skin Repair Moisturizer — This works for my kids!! (I understand every individual with eczema has varying degrees and types, so different treatments/lotions works differently on everyone--but Citrus Clear may be the one that helps your skin/child’s skin!)
For the first time in their lives, their skin feels “normal”—actually soft! With this Citrus Clear Repair Moisturizer, their skin feels as close to normal as I think it possibly can. Even Eucerin cream and Vasoline doesn’t make their skin feel this normal.

April Parker June 10, 2014 at 2:30 pm
Hello,
I just wanted to share how I got rid of my Eczema for good. I have been battling with Eczema since I was a child. It would go away at times, but until I was 30 years old it always came back. I began using a natural oxygen therapy called OxyCure. I applied the OxyCure directly to my skin and inhaled it to clean my blood which is the root cause of eczema. Eczema is a form of anaerobic bacteria and in high oxygen amounts the anaerobic bacteria cannot live. So you create an environment where the bad bacteria cannot live and the good bacteria will flourish. Until you clean your blood the Eczema will always come back. My eczema has been clear since 2011 and hasn’t came back. This therapy gets to the real root cause and not just treat the symptoms as many other methods.

Cheny Ali August 24, 2014 at 5:41 pm
please, what is the oxycure like? Cause I wil like to use it for its been long I had this

maggie July 8, 2014 at 9:11 pm
I have been suffering with eczema for months now and for the last three days have tried this.

A can of Coconut cream from the supermarket simple as that open and pour into a small container. Use a cleansing pad dip it in the coconut cream and wipe your face over with it to clean and then apply more as a cream to your face. do this twice a day. You can use it as a moisturising cream under makeup as well. I have had terrible eczema on my forehead and nose the itch and rash was terrible spent hundreds of dollars at the specialist and was no better. this is a simple thing told to me by an old lady and it works. The rash has completely gone and no itch. the best part of the treatment is taking it out of the fridge as nice and cold and applying to the eczema. it will take away all the bacteria on your skin.

this simple remedy is safe for a baby as well go and buy a can from your supermarket and try for yourself. I am so thrilled to have tried this product with no more nasty side affects from chemical treatments.

---

TimmyBKona  July 17, 2014 at 12:54 pm

Aloha all,

I am not a doctor, nor am I making any medical claims but I agree that most skin issues stem from our diet. Additionally, your skin is a digestive organ – 80% of what you put on your skin ends up in your system. It only makes sense that you should use “food” on your skin.

My wife and I have a farm on the Big Island of Hawaii and have been making natural skin care products for about 6 years. Visitors to our farmers markets suffering from eczema have had exceptional results using two of our products: Kona Mocha Body Scrub and Ili Oil.

My favorite story is about the man who visited me on a Saturday with terrible-looking hands – all white and scaly, cracked down to the red – that he said he had for over 20 years. Nothing he had previously tried (creams, steroids, etc) had given him relief. He used the scrub daily in the morning, followed by the Ili Oil with more oil several times during the day. When he visited the next Wednesday, his hands looked normal! Since that time, dozens of people have been helped.

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Mercy  August 15, 2014 at 4:38 pm

Could you post a reference for that note that you mentioned that 80% of what you put on your skin ends up in your system, please?

Thanks.

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TimmyBKona  August 16, 2014 at 10:17 am

Aloha Mercy,

Couldn’t find the exact reference, but I googled “how much of what you put on your skin is absorbed” and got some even more disturbing results:


For example rates of skin absorption of contaminants in public drinking water were studied by the University of Pittsburgh Graduate School of Public Health. The study found that the skin absorbed an average of 64% of the total contaminant dosage.

Underarm and gentilia absorb up to 100%:

In another study the face was found to be 2-6x more permeable than other body surfaces such as the torso. And, the underarms and genitalia to be even more permeable.

In fact, the underarms and genitalia showed up to a 100% absorption estimate (Kasting, 2005).

The studies showed that absorption rate varies depending on the compound. Some examples include, caffeine, which is absorbed by the skin at 48% while DDT is absorbed at 10%.
Mercy August 17, 2014 at 2:25 pm
@TimmyBKona Thanks, Timmy. Just wondering if someone has found the references for these studies. Yes, def disturbing.

Mercy August 17, 2014 at 2:27 pm
Um, sorry, to clarify, I meant if someone could give me the actual citations for these studies.

TimmyBKona August 18, 2014 at 11:21 am
Here's one:
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1651599/

Mercy August 18, 2014 at 5:32 pm
Thanks– that's the kind of thing I'm looking for. I'll watch to see if anyone comes up with others.
Gosh, makes me want to go camping permanently in the High Sierras…

Steph September 18, 2014 at 2:49 am
Aloha,
I am 46 years old, diagnosed with enzymes 2 years ago. I'm still learning about myself and how to keep it from arising. My doctors suggestions to use dove or oil of Olay for sensitive skin bath wash, NO laundry softeners, NO more than (2) five minute baths a day, rub a 2% Mupirocin Ointment for itching, as well as Benadryl and Loratadine allergy tablets. These are very temporary, I was doing good for about a year, just recently I've been suffering about 3 weeks. The more I read about this enzyme, I feel I need to have tests done to help me rather than trying different things to see what works……
I am interested in trying your product. I have family that lives on the big island. If I can get information on contact of your product, I would love to give it a try.
Mahalo for your superior ingredients for those in need.
Steph~

TimmyBKona September 20, 2014 at 3:35 am
Aloha Steph,
Sorry to hear about your issues… seems to be more and more common. We have been getting so many questions about eczema at our markets and via email that my wife wrote a post about it on her blog:
http://www.LuanaNaturals.com/blog
Feel free to ask any questions you like and I will gladly meet up with your family here on the Big Island.
-TimmyB

Michaela Emick July 21, 2014 at 7:32 pm
Hello everyone. I suffer from dyshidrotic eczema and I used to have to be on a steroid.
started working with a company called It Works which is a natural health and bodycare line. I recently tried their Defining gel on my eczema and I couldn’t believe the relief and improvement with my skin overnight!! If you are interested in seeing my before and after pictures or need more info on the product you can always feel free to call or text me. I’m so relieved to be off the steroids and using a natural product!! 719.338.0893 Michaela

Mercy August 16, 2014 at 12:20 pm
Thank you for helping with information on eczema. Would you be so kind as to provide references to studies for the following:
1. this external skin condition actually stems from issues in your gut
2. Studies show that food allergens are the main cause of eczema
3. studies show antibiotics and toxic ingredients like heavy metals used to make vaccinations are also a cause
4. Fast foods: a. There’s little to no nutritional value in these sorts of foods [fast foods], and b. in fact they even shut off the immune system.
5. cold pressed, organic, extra virgin coconut oil – what are the reasons that coconut oil for ingestion should be a. cold pressed and b. extra virgin, and can you provide studies that demonstrate this? I understand that organic would be a good thing.
6. Don’t use vegetable oil, canola oil, peanut oil, etc. These oils are created by a man-made process that manipulates the oil into a thickened saturated fat known as trans-fat. – a. Can you please provide the reference that these oils are changed from 100% vegetable oils to 100% trans-fat, b. Can you provide the reference that trans-fat is a saturated fat, c. Can you provide the reference that these oils are changed from oils to saturated fat, and d. Can you demonstrate that these oils are thick, as opposed to oil-like?
7. A probiotic supplement will help re-build the friendly bacteria in your gut – Can you provide the reference for this please, specifically one that states that the re-build will last on the long term (all other factors being equal)?

Thank you.

Leanne September 1, 2014 at 1:43 am
Coconut oil does an excellent job for moisturizing and helping to heal eczema, but I’ve noticed Coconut oil alone is not enough to keep on top of my eczema. Really appreciate some of these interesting and natural tips! Thanks.

Az September 1, 2014 at 6:13 am
I am a 42 year old male and have been battling with eczema on my face for over 10 years. I took some tips from your article and I obtained Peter Paul brand virgin coconut oil (which is made in the Philippines) and have been taking a dessert spoon of it daily for the last 5 days and I also have been rubbing it on my face. I also got some Blackmores brand flaxseed oil capsules and have been taking them as directed on the label. Like magic, the redness in my skin has gone and my face is not sore or itchy like usual and in just 5 days. I hope others reading this article have the success that I did. I feel great and cant thank you enough Ashley.

Ashley Steinbrinck September 1, 2014 at 8:07 am
Very glad to hear that, Az! Thanks for sharing your story with us ; )

rubypearl September 8, 2014 at 2:08 am
all great ideas, except i am allergic to coconut and palm oil products/food.
once recent bad flare calmed down i started using aloe vera products, only thing could find more simple with less iffy ingredients. my skin is very sensitive. realized im atopic in general.. asthma, food allergies, and eczema. i have dryness issues that seem to also cause frequent uti and sinus infections, dry mouth and eyes, etc. have to avoid going out in hot weather or notice issues within hour.

Jessica Carter September 8, 2014 at 9:59 am

Much of this discussed information I have done over the last 3 year for my daughter who has had eczema for 3 years, from the Hep B shot. The raw diet as much as possilbe is integral, but we all also have to recognize that each persons case is different from one another. Good sleeping habits, low, low sugar intake are integral for my daughter, and actually all children. Cetaphil lotion has helped tremendously. It must read restoraderm on the label. Not all of the Cetaphil lotions are made the same. This particular lotion is made of things that are safe and mimic lipids on our skin that are lacking in those that have eczema. These lipids help repel water from the body. This is how my dermatologist explained it to me, and who suggested the lotion. There is also a body wash that must read restoraderm as well. It is currently accepted by the Eczema Association, but we've used it long before it was. It is sold over the counter at Target, CVS, Walgreens and I'm sure other stores—even Amazon sells it. Good luck to all the Moms with their itchy kids, I know it is very difficult for everyone involved.

Jessica Carter September 8, 2014 at 10:03 am

I forgot to mention, my daughter’s symptoms started at 3, and she is now 6 and the eczema is completely manageable and has been in control since we started using the lotion and body wash.

Mike Y. October 16, 2014 at 9:55 am

Nice and very detailed post.

For me, aloe vera works best. As soon as I see any symptom of eczema (which I do every now and then), I start using natural (pure) aloe vera. It works. The thing that matters the most is that you use aloe vera that’s absolutely free from artificial ingredients.

Ashley Steinbrinck October 16, 2014 at 1:57 pm

Thanks, Mike! NHC has trusted, quality aloe vera brands. Like Pharm Aloe, Lily of the Desert. Nature’s way & Aubrey Organics actually make an aloe product too. What brand do you use?

Aloe Vera is awesome. I definitely agree. The functional medicine practitioner that tested my son for food allergies (because of his eczema) actually told me to give him aloe vera juice to help detoxify his insides... Thanks for your comment and for reading my article ; )

Mike Y. October 18, 2014 at 4:38 am

I prefer using Pharm aloe.

I never tried aloe juice specifically for eczema, I wonder how good is it?

Audie Dewey November 26, 2014 at 11:35 am
Eczema Free Forever Guide, which is a comprehensive program personally, analyzed and proven effective by a known skin care specialist, R. Anderson, contains useful information in helping you get rid of the annoying eczema rashes. I highly recommend you to check it out.

http://dld.bz/besteczemacure

Rivle Cigarimo November 29, 2014 at 10:20 pm

If you have eczema you must try Andalou Body Butter. This works but it will take two to three weeks of consistent application. It uses fruit stem cells and really does something to revitalize the skin. It works better then prescription medication and it’s free of toxic chemicals, it’s non GMO, Gluten Free, and smells like heaven. Further the really good news is after your eczema clears up you can use it for maintenance only.

Jessica November 30, 2014 at 6:43 am

Hi,
This article was a real “light bulb” moment for me! My 7 year old has had eczema since day one, and tummy issues as well. I don’t know why I never associated the two as being linked, probably because I always believed eczema was a “skin” condition, and because her pedi always shrugged off her mild case as “just who she is.” This makes so much sense I feel both empowered and infuriated at the same time. I cannot tell you how many times and how many doctors we’ve seen about how my daughter’s food comes out nearly the same as how it went in, chewed up, and nearly undigested, and how we’ve nicknamed her our “sandpaper baby” because NO lotion can bring her relief or softness. This article just changed my life! THANK YOU!!

Ashley Steinbrinck December 1, 2014 at 8:58 am

That is so good to hear, Jessica! Thank you so much for your comment, I’m so happy to help spread the word about this and knowing it can make a difference for some people is awesome! I hope everything you do for your little “sandpaper baby” does wonders! Let us know ;)

Tamburri December 4, 2014 at 7:21 am

Thank you for sharing this article. I read it and told one of my friend who is suffering from eczema. Your article and others comments in which some people have discussed the another ways to treat eczema are really helpful.

indigoM January 13, 2015 at 9:55 pm

I have had eczema on my hands since I was a teenager. No prescription cream has ever helped. Last year, I read a blog about the Lady Soma Skin & Nail Cream which has cocoa butter and kokoa butter – and it keeps the eczema under control better than anything I ever used. I take it on every flight and to every destination (dry or humid). I’ve had it seized from me in several airports because I forgot that its a large 4oz. But anyway, yeah – you should try it – I don’t know what I would do without it!

Jacqueline January 15, 2015 at 1:56 pm

Thank you SO much for this article. I would have never had a chance to do all this research.
I've had a slight case of eczema since my 20s and would just put hydrocortisone and it would go away for a while. Then it turned into seasonal and now in my late 30s it seems to be in several parts of my body and the hydrocortisone only controls it.

This article was great in getting to the root of the problem and helping me understand why its persisted and gotten worse. Again, thank you for such a great and informative article. LOVED IT!

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Ashley Steinbrinck January 15, 2015 at 3:51 pm

That is so nice to hear, Jacqueline! I'm glad you got something out of it ; ) Thank you for reading and commenting!

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Trish January 17, 2015 at 6:06 am

I have been listening to podcasts by Dr Su "Carbohydrates Can Kill". Fascinating stuff!! He has done a lot of research and interviews of Drs and scientists and dieticians. They all recommend the Low Carb High Fat way of eating. The bottom line of all this research is that carbohydrates (starches and sugars) which are not an essential food, cause inflammation. Inflammation is the cause of many metabolic conditions and Dr Su includes eczema. Eric Westman is another worth following. I believe you are all on the right road, that what you put in your gut is part of many of our health problems. It is really worth cutting out carbs, I have solved many of my own problems, such as a very poor digestive system, hay fever, painful breasts and so on. My blood pressure is normal and my pills have been halved, I hope to give them up completely. I will be 72 in March, go to the gym, use a skipping rope and do functional exercises. On the LCHF diet you will not be so hungry and if you need to lose weight, you will. Google can instruct you about what to cook – back to lard and butter! Coconut oil is good for lots of health conditions so I was very interested to find it recommended here. I have a friend with bad eczema so now to persuade her to follow your advice and mine, to try coconut oil and to cut out carbs. Good luck to you all from Zimbabwe.

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Llewellyn K January 30, 2015 at 5:55 pm

I've had eczema for about 3 years, it started slowly with dry skin until my face began going red and flaking.

After a lot of research and experimentation, for myself I found the only cure for me is "feeling good". When I feel "like a million bucks" my skin transforms back to that of 3 years ago.

I thought I'd share this.

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