

Treat Eczema and Allergy Naturally

Eczema is a condition of the skin that results in weak skin integrity, itchiness, redness, and/or weepy skin. Eczema is prevalent in 10-12% of children. Allergic reaction and gastrointestinal function is almost always implicated in eczema cases. Amongst the major causes of eczema include:

1. Food allergy
2. Toxicity from the gastrointestinal tract, liver, bowels or lymphatic system
3. Stress
4. Exposure to environmental allergens and irritants or overwashing
5. Nutrient deficiency
6. Immune dysregulation
7. Bacterial infection

The pharmaceutical treatment of eczema is often steroid creams. Many people put up with eczema for years because they think applying the steroid cream from their doctors is the only way to treat it. Naturopaths are very successful in treating eczema because we treat the person as a whole. There can be different causes of eczema.

Often food allergy or intolerance can cause an inflammatory response in the body causing a flareup of redness, itchiness and the physical scratching can break the skin's integrity causing weepiness and/or infection of the skin. The bacteria *S.aureus* has often been found in eczematous skin. A hair test for food allergy or intolerances or an elimination and challenge test is often used to help eczema clients.

A toxic gastrointestinal tract from leaky gut syndrome, constipation or congestion of the elimination organs like the liver and lymphatic system can also show up on the skin as eczema. Stress and its effect on the sympathetic nervous system can be a trigger for eczema.

Lack of bowel flora from overuse of antibiotics can cause an imbalance in bowel flora which can bring on eczema. Using a [pro-biotic](#), especially one designed to restore the balance of the immune system residing in the gut can be helpful. It is important to supplement with good nutrients that can be potentially be lacking like essential fatty acids, [zinc](#), vitamin A, vitamin C, vitamin E and herbs like chamomile and calendula can be very helpful when applied on to skin with eczema. We have a very effective cream for eczema.

Eat dark oily fish like tuna, salmon and avoid sugar and allergenic foods. Avoid soaps and chemicals that can irritate your skin. Choose a soap that is moisturizing rather than drying. Wash your clothes with gentle natural soaps. Wear comfortable clothes, cotton preferably, that allows your skin to breathe properly.

Call us to make an appointment with [our naturopath and medical herbalist](#), Irene Lok to work through with you your causes of eczema. You do not have to live with eczema!