

# Stop Eczema Today

*Why curing eczema now is easier than later*

**by Blake Helton**

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## Introduction

It is human nature to postpone important decisions and delay taking action when needed. There is no difference when it comes to dealing with eczema. No matter how frustrating the illness can be, it is still very likely you have postponed finding a cure for later. What you may not know is that this choice is making your eczema worse and harder to stop.

Some people mistakenly believe that eczema cannot be cured. Others are under the misconception that getting rid of eczema for good is extremely difficult or is a costly endeavor. You may even know curing eczema is possible, but feel that your struggle with eczema leaves you with no extra energy to devote to changes.

The fact is these are all poor excuses. Eczema can be cured. It is easier to cure than to endure your on-going battle against the disease. There is literally no time like the present to solve your problem, but you need to be motivated to make this change.

If you are having trouble motivating yourself, this report is here to help. You are already in a vicious cycle of recurring eczema, repetitive treatments, and all of the associated physical and psychological damage. The longer you let it continue, the harder it is to break the cycle.

To help you break this cycle, this report will teach you the specific reasons why delaying creates a bigger problem. Eczema is a progressive disease that will only get worse if not confronted. Additionally, this report will explain the hidden consequences of continuing to treat the problem as you always have. To further motivate you, this article will also show you how simple curing eczema can be.

Delaying is only making the situation more difficult. The sooner you take action, the easier it will be for you to finally stop your eczema. Once you thoroughly understand why you need to take action and how much you have to gain, it will be an easy choice to make.

## The Mental Toll of Eczema

You know eczema is a negative factor in your life. It keeps you from wearing the clothes you want to wear. It is the reason why you hesitate when your friends invite you to a day by the pool. It influences how your peers perceive you and can affect your livelihood. It may even play a role in determining romantic partners.

Even with all of this hardship, you probably still do not know the true toll of your eczema. You do not know the damage this psychological burden is causing physically. If you truly understand the toll of your eczema related anxiety, you would know that you need to cure your eczema as soon as possible.

## Living with Constant Stress

Eczema is a source of ongoing stress and anxiety in your life, even if you do not know it. When you have a flare up of eczema, there is never a waking moment when it is not on your mind. Even when your skin is clear, there is the constant wonder when your eczema will return or which everyday choices will cause a flare up.

Unfortunately, humans were not meant to exist in a state of constant stress. Occasional stress can cause all sorts of short term conditions like dizziness, headaches, heart palpitations, and sleeplessness. Of course, when the period of stress is over your body can typically recover rather quickly. When the stress lingers on for weeks or months at a time, these temporary ailments lead to chronic and serious health concerns.

## Immune System Breakdown

This is perhaps the most important issue regarding stress and eczema and the reason why you must confront the issue sooner or later. As you will learn later in more detail, eczema is directly related to immune health. A flare up occurs when the immune system malfunctions. Ongoing stress is one of the main causes of this kind of immune breakdown.

Stress is known to worsen many immune related medical conditions, including diabetes and cancer. Heightened stress increases your body's production of cortisol. In normal situations, cortisol would give you the temporary boost of energy you need to handle a stressful situation. At the same time, other processes not deemed a priority in an urgent situation, such as your immune system, are suppressed by the cortisol.

When your stress never ends, you are constantly releasing cortisol and your immune system is never allowed to return to normal function. This makes you increasingly susceptible to infectious disease, such as streptococcal or septicemia. You also become more sensitive to allergens and irritants which cause eczema.

This cortisol related immune suppression also increases the likelihood of a secondary infection within your eczema wounds. Unfortunately, infections within eczema wounds make it very difficult to nourish and heal the skin correctly. A longer healing process increases scarring. Of course, having scars as a constant reminder of your eczema will only increase your anxiety.

## Inability to Rest and Repair

Rest is one of the most fundamental human needs. Without adequate sleep a healthy life is not possible. It is during periods of rest, specifically sleep, which your body performs most of the repairs needed. It is when cells regenerate the most to create

new skin. It is when your body produces the bulk of the natural oils which protect your skin. The rest is essential to improving the damage of eczema and bolstering your immune system to prevent future outbreaks.

It should be rather obvious to recognize how your eczema interferes with your sleep during a flare up. The itching can prevent you from falling asleep and wake you up frequently. You might wear different sleepwear during a flare up than you normally would and may even sleep at a different temperature.

If the flare up is severe, you are probably forced to use intensive therapies to accelerate healing while you sleep. Wet bandages, heavy topical ointments, or therapeutic wraps are all excellent ways to heal a current flare up. However, they make sleep uncomfortable and prevent you from getting the deep rest that you need to make adequate repairs.

It is very likely your eczema is also interfering with your sleep even when you do not have an active flare up. Consider how many nights you laid awake, well past your normal bedtime, thinking about your eczema. Have you worried about how your peers react to you when you have a flare up? Do you constantly ponder what may be causing your problem, rehashing every choice throughout the day?

Undoubtedly, one or more of these thoughts have kept you up more nights than you can count. All the while, your loss of sleep is increasing stress related cortisol. At the same time, you increase the anxiety and mental toll of your eczema. It is a vicious cycle that must be stopped.

## The Escalation of Allergic Reactions

Over 60% of all eczema patients are likely to develop additional allergic complications down the road. This is because the biological indicators for asthma, edema, and rhinoconjunctivitis are the same as eczema. The immune malfunction is accelerated by your stress, escalating your eczema into another health problem.

It is only natural for the body to exhibit these other symptoms of immune breakdown as the situation continues. In fact, it is very common for a patient to suffer from both eczema and one or more of these other allergic reactions at the same time.

When eczema is controlled, prevented, and cured then the stress goes away. Your immune system is reset to healthy, normal function. There is no cause for concern. However, if you do not find a way to manage your eczema as soon as you can, it is very likely your health could take a turn for the worse.

## Confronting the Emotional Damage

There are steps you can take to alleviate the mental impact of eczema. Stress relief is a very popular topic as we continue to learn how physically dangerous stress can be. During the day, you can use techniques such as massage and meditation to calm yourself. In the evening, you can use therapeutic methods such as oatmeal soaks to soothe your skin and relax your body, preparing for a deeper sleep.

All of these aspects are very effective at reducing your current level of stress. None of these can prevent your stress from returning as soon as your next eczema flare up appears. The only true solution to your constant stress is to cure your eczema.

## Sensitization and Prevention

The longer your eczema goes unchecked, the more frequently your flare ups will occur. This is the process of sensitization. Long ago, before you ever had your first eczema flare up your immune system had an unusually strong reaction to an otherwise harmless material. Whether it was dust, citrus, pet dander, varnish, or some other element, your body misinterpreted your contact with the material as a harmful invasion.

At first contact, you probably did not have an eczema reaction. You probably had no idea there was something wrong. However, deep inside your body antibodies were being formed because your immune system felt it needed to be protected from the allergen or trigger. Each time you were exposed to the substance, you became increasingly sensitive to it. Eventually, your skin broke out in an eczema rash.

Over time, the eczema reaction became more and more severe each time you came into contact with your specific allergen or trigger. The sensitization process is ever increasing. Unfortunately, extreme sensitization to one eczema trigger, such as dust mites, will lead to sensitization to other triggers such as pet dander. Eventually, you will be allergic to many of the everyday materials you come into contact with.

## Consequences of Sensitization

It has only been recently that scientists have begun to learn the long term ramifications of increased sensitization. Naturally, constant eczema can severely impact your self-esteem and life choices. However, the impact of sensitization can be much direr than you may think.

## The Hygiene Hypothesis

The International Epidemiological Association recently conducted an eczema study led by Professor Hywell C. Williams, a dermatology expert from the University Hospital in England. Williams has long studied the most complicated forms of eczema, especially atopic dermatitis. After years of analyzing statistics, Williams developed what he calls The Hygiene Hypothesis.

Statistics have shown that patients from areas of the world least known for good hygiene and low income patients who did not have easy access to hygienic tools, like hand sanitizer and microbial soaps, rarely suffer from eczema. In fact, areas with traditionally the poorest hygiene had virtually no incidents of eczema. On the other hand, areas where people practice the most hygiene habits and had access to the most hygiene tools have abnormally high incidents of eczema. These patients also became sensitized to allergens and eczema triggers at an accelerated rate.

Hywell's study revealed that the inverse relation of eczema to hygiene corresponded to the patient's capability to produce certain types of immune antibodies. Essentially, antibodies can be broken down into two groups. Th 1 is the antibody responsible for fighting off bacteria and preventing infections. Th 2 is the antibody responsible for fighting off allergens.

When your hygiene habits prevent exposure to bacteria and other germs, your body never has to learn how to produce Th 1 antibodies. Never having to produce antibodies to increase resistance to bacteria, your body is free to over produce Th 2 antibodies. This means you have an unusually severe reaction when you come into contact with even a mild allergen. As the sensitization process furthers, your body produces more and more Th 2 and your eczema worsens.

On the other hand, when you come into contact with normally harmless bacteria, your body is not capable of responding to it with the appropriate Th 1 antibodies. Not having a resistance to these bacteria will let it quickly cause an infection. While someone with a normal immune system could fight off bacteria without incident, your body will have to work harder to fight this infection. If your immune system is preoccupied with unnecessarily fighting allergens, the infection can become serious and life-threatening.

## Lessons from the Hygiene Hypothesis

This revelation does not mean you should start practicing bad hygiene, it means, as someone who suffers from eczema, you should practice smart hygiene. You must reconsider the hygiene tools you use. It is not simply washing one's hand which

causes the problem; otherwise hygiene related eczema would have appeared a few hundred years ago.

The harsh antimicrobial chemicals and alcohol ingredients are the problem. They obliterate everything on your skin. Even the most basic bacteria that your body needs to build resistance to in order to take on more complex bacteria down the road.

Furthermore, in the quest to remove all contaminants from your skin, these strong chemicals are also removing natural elements which protect your skin. Your body produces natural oils which condition the skin and create a barrier against foreign contaminants. When you use hygiene tools that are too strong or wash too frequently, you wash away those protective oils.

Over cleansing also erodes the outer layers of the skin. This means newer, not fully developed skin, is now at the surface. This new skin will automatically be more sensitive than the older skin. Furthermore, the cleansers are wrecking havoc with your oil glands, limiting your new skin's ability to produce oil and protect itself.

There are excellent alternatives to these super-cleansers that will keep your skin clean and healthy. These are based on natural ingredients, such as oatmeal or white elm bark. This type of cleansing alternative is part of a holistic approach to curing eczema, essentially "keeping the good and losing the bad." Holistic alternatives, which you will learn more about later, better control sensitization, helping you maintain your health and restore proper immune function.

## **Slow Down Sensitization by Preventing Exposure**

As you have just learned, eczema is the direct result of a malfunctioning immune system. The more you are exposed to an allergen or irritant, the more your immune system malfunctions. Slowing down or preventing the sensitization process can give your body a boost towards improving your immune function. This means you must control your exposure to the allergens or irritants triggering your eczema.

Preventing exposure gives your immunity a chance to recuperate and begin functioning correctly. If your body does not come into contact with an allergen or trigger while you fix your immunity, it will make your healing efforts more productive. When combined with holistic remedies to improve overall health, which you will learn about later, prevention stops sensitization and helps retrain your immune system correctly.

## Identifying Your Eczema Triggers

Unfortunately, everyone is unique and everyone has a different eczema trigger. This complicates knowing what to avoid and preventing sensitization. For some types of eczema, such as contact dermatitis, it may be easy to identify the allergen or irritant. For more complex eczema, like atopic dermatitis, the reaction may not be instantaneous and it can be more difficult to determine the exact trigger.

Fortunately, difficult does not mean impossible. Identifying the allergen or irritant causing your problem will take patience. You will have to study everything about your lifestyle, from the foods you eat to the cleaning products used at your workplace. Everything is suspect. You will have to eliminate each suspect one by one and know that you probably have more than one trigger.

Obviously, this is a complicated subject and you cannot learn the details of identifying your eczema triggers in just a few paragraphs. As with most eczema issues, the sooner you can address them the easier it will be to stop your eczema. Therefore, it is important that you make an effort to learn more about eczema trigger identification and avoidance.

## The Next Step: Finding a Cure

Making smart skin care choices, reducing stress, and preventing exposure is only part of the solution. You must also address the other issues that impact your eczema. Your long term goal is to find a cure by getting a healthy body with a healthy immune system that can resist eczema.

Naturally, you will start examining different therapy options that will help you achieve this goal. There are two courses you can follow, the traditional medical approach and natural, holistic approach. Traditional medicine has a long standing reputation for maintaining health, so you may assume that the next step is to see a doctor.

### Your Doctor Does Not Have the Answer

For many ailments, traditional medicine can give you true cure. For these illnesses, medicine can often address and correct the root of the health problem. When you can get to the very core of an illness and solve that problem, then you have found a true cure.

Unfortunately, traditional medicine cannot give you this kind of cure. Your doctor has many prescriptions and other treatments to offer you. However, these do not

address the basic problems with your general health and immune system and therefore will not prevent your eczema from coming back.

## Reacting To the Problem

The fundamental problem with traditional medical options to treat eczema is they only work once you have a flare up. Topical ointments, like steroids, are meant to be applied to the skin once the eczema appears on the skin. Wet bandages, which your doctor will give you if needed, are used for severe eczema to accelerate healing and fight infection. In more extreme cases of eczema, you may be prescribed oral steroids or controlled Ultra-Violet light therapy to maintain and heal the skin.

Each of these is a proven treatment for eczema. They have been used for decades by hundreds of thousands of eczema patients. However, do you see what all of these remedies has in common?

They all can only be used after an outbreak has occurred. They are a reactive medicine used to treat the symptoms, not cure the condition. The fundamental problem with every therapy your doctor has to offer is it will never prevent the problem and you will be in an endless cycle. Your eczema will come back and you will have to use that therapy over and over again.

## The Endless Cycle Can Be Harmful

There are many drawbacks to participating in the endless cycle of eczema flare up, treatment, and flare up again. Obviously, having to buy prescriptions and visiting the doctor for special eczema treatments can greatly impact your budget. However, it is the physical impact on your health that you should be extremely concerned about.

Did you know that topical steroids cause marked thinning and discoloring of the skin? Did you know oral steroids are difficult for your body to cleanse from your system? All of the work your liver and kidneys must do to remove prescriptions prevents other toxins from being removed and hinders the absorption of nutrients. Furthermore, these medicines are comprised of fillers, dyes, and other chemicals that increase your body's toxicity.

If eczema is linked to the health of your immune system and the strength of your skin, anything which threatens either of those things is logically going to cause your eczema. A body filled with toxins is going to be weakened. It will not get the nutrients it needs to stay strong and keep the immune system functioning correctly. Skin which is thinning is going to be increasingly susceptible to allergens and other eczema triggers.

## Holistic Healing: A Better Alternative

As you can see, prescriptions and other traditional treatments are not a cure for eczema. Reacting to the problem each time it occurs will not keep it from recurring. Weakening your body throughout that cycle is going to speed up sensitization and make eczema progressively severe.

This is why eczema is ideal for using alternatives to traditional treatments, as in natural remedies. Natural therapies are holistic in nature. This means they focus on restoring the whole body to its peak level of health. In the case of eczema, whole body health leads to correct immune system function and the prevention of eczema.

Our bodies are amazing, but we often take them for granted. From the thought in your brain which tell the joints in your toes to move to the way your body signals hunger when you need nutrients and energy, there are thousands of processes going on within your body at any given time. Each of these processes relies on the other. If any body function fails or does not perform correctly, the whole body suffers.

The immune system is the primary process in charge of keeping all of the rest performing correctly. When the immune system malfunctions, the entire body is at risk. Because your skin is your largest organ and performs so many functions, it is often the first to show visible signs of distress in the form of eczema.

Choosing to improve your immune system and heal your skin holistically is a serious endeavor, but one that will prove its worth. Healing your body to heal your skin does not mean you select one or two aspects of your life to change for the better. It is dedicating yourself to living healthier and making the best choices about your lifestyle, stress, diet, exercise, and mental outlook.



The e-book ***Vanish Eczema*** can offer some very good and detailed advice to help you make these changes. This program focuses on cleansing your body of toxins and then rebuilding your health through nourishment. You will learn that healing your skin for good does not have to be exhausting or expensive. It can be as simple as learning the book's remarkable Apple Detox method for removing toxins from your body in as little as three days.

After you have cleansed your body, you will learn to stay healthy and toxin free. Then, you will learn how to nourish yourself properly. For example, you will learn to make healthy diet choices, such as bioactive and biogenic goods. You will be taught how to

naturally care for your skin, from the inside and out, to keep it strong and able to resist eczema. You will be amazed what a difference these techniques can make both physically and mentally.

<http://eczemafree.org/Vanish-Eczema>

In *Vanish Eczema*, you will also be educated on your specific type of eczema and how best to care for it. You will learn how to identify your specific allergen or eczema trigger, making avoidance easier and limiting exposure. This will help you prevent your body's sensitization to eczema causes.

You may have always thought curing eczema was impossible or too complicated. You may have convinced yourself that you are doing all you can do for your skin and do not have the time or energy to do more. No matter what you have told yourself, you now know that continuing to bear this burden is far more difficult.

Fortunately, it is not difficult to solve your problem and get rid of eczema for good. With some expert guidance, you will find the steps to cure your eczema are rather simple, based on making healthy choices in your life. Once your eczema begins to heal and you are feeling healthier and happier, you will wonder why you ever postponed curing your eczema.

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