

ECZEMA, DERMATITIS, PHOTODERMATITIS AND RELATED SKIN INFLAMMATIONS MAY BECOME CHRONIC AND RECURRENT. THIS MAP PROVIDES LINKS TO SUPPORTIVE NATURAL THERAPIES WHICH HAVE BEEN HELPFUL TO SPECIFIC INDIVIDUALS.

Differential Diagnosis

- [Flow chart](#)
- [MediRabbit](#)
- [DD Dermatology](#)
- [Distribution chart](#)



Treatment Lists



- [Baths](#)
- [EarthClinic](#)
- [Peaceful Mind](#)
- [Home remedies](#)
- [Cleansing protocol](#)
- [Remedies for eczema](#)
- [Oatmeal bath instructions](#)



SUMMARY OF NUTRIENTS

- Plenty of water**
- Fatty acids**
 - Evening primrose oil
 - Borage oil
 - Sunflower seed oil
 - Pumpkin seed oil
 - Sesame seed oil
 - Cranberry seed oil
 - Coconut oil
- Fat digestive support**
- Fat soluble vitamins**
 - Vitamin A
 - Vitamin E
- B-complex vitamins**
 - Riboflavin
 - Folate nutrients
- Apple cider vinegar**
- Macro and trace minerals**
 - Zinc
- Protein to hold fluid**
- Glutathione substrate**
 - Cysteine
 - Selenium
- Elimination of sugars**
- Natural anti-histamines**
 - Quercitin
 - Vitamin C
 - Pollenase
 - Local honey
 - Bee pollen
 - Propolis
 - Magnesium
- Natural anti-inflammatories**
 - Ginger
 - Turmeric
 - Fatty acids
 - Kaprex
 - Bromelain
 - Bioflavonoids
 - Boswellia
 - Probiotics, Prebiotics
- Lactobacillus and Bifidus**

Dermatitis may be:

- Allergic
- Vascular
- Irritation
- Toxic
- Inflammatory
- Auto-immune
- Deficiency
- Combination

Aggravations:

- [Pollen allergies](#)
- [Petrolatum is toxic](#)
- [Histamine and itch](#)
- [Polyester allergies](#)
- [Toxins and allergens](#)
- [Essential oil allergies](#)
- [Hot water aggravates it](#)
- [Scratching aggravates it](#)
- [Harsh chemicals irritate it](#)
- [Exercise may aggravate it](#)
- ["Goodies" and "Baddies"](#)
- [Essential oils may aggravate it](#)

Why does scratching relieve an itch?

Topical

- [Pau D'Arco](#)
- [Coconut oil](#)
- [Manuka honey](#)
- [Bleach baths](#)
- [Nutmeg paste](#)
- [Bentonite clay](#)
- [Vit. B12 cream](#)
- [Eczema - Ltd.III](#)
- [Local raw honey](#)
- ★ [Shea butter](#)
- [Kneipp skin care](#)
- [Mudpacks and more](#)
- [St. John's wort cream](#)
- [Dr. Hauschka products](#)

Only raw, unrefined Shea butter has all the intrinsic nutrients.

DR. WEIL: ECZEMA

HISTAMINE INTOLERANCE

SKIN PROBLEMS: ECZEMA DERMATITIS PHOTODERMATITIS

Nutrients

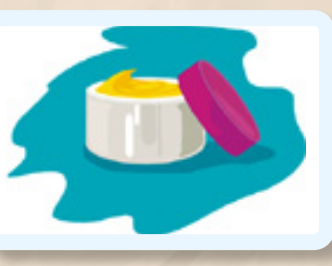
- [Salt](#)
- [Vitamin E](#)
- [Nutritional deficiency](#)
- [Vitamin A: skin, eyes](#)
- [Riboflavin deficiency](#)
- [Essential fatty acids](#)
- [EPO and Borage: Omega 6, 1](#)
- [EPO and Primrose: Omega 6, 2](#)



Water is an antihistamine



I, Alex, Ex



Related maps

- ★ [Sulfur/Sulphur](#)
- ★ [Inflammation diet](#)
- ★ [Histamine Allergies](#)
- ★ [EMF, the Mast Cell Response](#)

Specific treatments

- [Sunlight](#)
- [Apple fast](#)
- [Soothing tips](#)
- [Homeopathy](#)
- [Aveeno products](#)
- [Far Infrared sauna](#)
- [Apple cider vinegar](#)



Total approaches

- [Shirley's Story](#)
- [Eczema Natural Healing](#)

Related Articles

- [Health 911](#)
- [Hiker's rash](#)
- [Hypothyroid](#)
- [Photodermatitis,](#)
- [Angular cheilosis](#)
- [Screen dermatitis](#)
- [Seborrheic dermatitis](#)



Shirley says:

**Eczema is not a skin disorder, but a toxic condition with skin symptoms.*

- *Important considerations:**
 - Avoid gluten and dairy
 - Eat mostly raw, lots of greens
 - Take enough of the right oils
 - Raise glutathione levels
 - Get enough trace minerals

**Give yourself permission to scratch.*

[Weather and Eczema](#)

[Winter](#)
[Summer](#)

HOLISTIC SKIN CARE PRACTITIONERS

HOLISTIC DERMATOLOGY