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Natural Home Remedies for Itching, Stop Itching by Jhon Napier

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Itching, medically termed as pruritus is a common skin disorder influenced by people of all ages. Causes contributing for itching on skin surface vary from one person to another. Common causes giving rise to the risk of itching include sun exposure, infections, bites, infections and dry skin. At present there are lots of products available in market boasting itching relief. Treatments are prescribed according to the actual cause of problem. Symptoms of this inflammatory skin disorder vary according to the severity of problem. Over scratching, one among the common symptoms of itching promotes bacterial growth on skin surface. Red skin, blister and red rashes are some common symptoms shown as a result of itching. This skin disorder can be well cured with proper care and treatment.

Apple cider vinegar is found to be as an effective herbal remedy for itching. In order to obtain maximum result, those people suffering from itching are advised to add a little amount of apple cider vinegar to their bathing water. This natural cure is well known for its antiseptic and astringent property. It improves the immunity power of body cells and prevents bacterial invasion. Apart from curing itching, use of apple cider vinegar also helps in curing other health disorders like sunburn, insect bites and dandruff. It provides you a healthy and glowing skin safely without inducing any adverse action on user. Use of apple cider vinegar improves blood circulation and promotes regeneration of new skin cells naturally. As per studies, it is found to be as an effective medicine for promoting normal pH level of skin. For optimum result, it is advised to use relaxant oils like lavender, chamomile and rosemary with apple cider vinegar.

Lemon juice, one among the common ingredient in food recipes is an effective home remedy for itching. You can apply lemon juice directly on affected skin surface. This treatment is found to be as an effective remedy for curing skin rashes due to itching. It nourishes body cells and minimizes scarring effect on skin surface. Fruit acids enriched in lemon juice removes dead cells and promotes the growth of new cells. To improve effect, you can mix lemon juice with milk cream. It softens skin and delivers you glowing skin with zero side effects. For optimum result, it is advised to apply a mixture of lemon juice and milk cream on affected are thirty minutes before body wash.

Aloe vera, a common ingredient in skin lotions and cream is a best recommended home remedy for treating itching. Applying aloe vera juice on skin moisturizes cells and prevents the risk of itching due to dryness problems. Aging is one among the common causes reported for dryness problems. Antioxidant property enriched in aloe vera juice delays aging effect and improves skin tone naturally. It has been used for centuries for healing wounds and rejuvenating skin cells. Apart from curing itching, use of aloe vera extract also helps in relieving other skin troubles like acne, redness, dryness and sunburn. Other best home remedies for itching include burdock root, peppermint, nettle oil and cornstarch.

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