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Natural Cure for Eczema by Alice Flora

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According to a health study funded by the Government of Ireland, eczema, asthma and food allergies are the most commonly reported illness children suffer from in Ireland. About 5.8% suffer from asthma, 3.9 % from eczema and 1.2% from food allergies.

Eczema is a skin disease (almost similar to allergy) causing inflammation of the skin, accompanied by severe itching and discoloration. It is also known as â€œthe itch that rashesâ€•. Unfortunately there is n cure for it, even the exact cause of it is not known; the only way to avert eczema is to take preventive measures and control the symptoms so that they donâ€™t get worse. Suffering from eczema is a serious issue not just because of the irritations and pain but because it breaks down your self confidence and wreaks havoc on your social life. Although there are no definite medicines for it but the good news is that there are some natural home remedies to prevent eczema and give you a healthy and beautiful skin.

Home treatments of eczema have dual benefits. First you can conduct your treatment from the convenience of your home and second, as most of the treatments are natural there is no risk of side effects. The first step to cure eczema is to stop scratching, remember the more you scratch the more it spreads.

There are several home remedies to cure eczema; you can make your own creams, lotions and astringents which will help to keep your skin moisturized and hydrated and reduce itchy sensation and flakiness of the skin. A good way to relieve the stress is to have peppermint tea, it will help you cool off and ease the soreness of your skin problems. Sap of the Bulbinella leaf is a great cure for pain and irritation. Just crush the leaves and apply them on the infected area, the glycoprotein in the leaves have wonderful soothing and protective qualities. Aloe Vera gel is one of the most commonly used skin soothing and cell repairing natural remedy. Aloe gel acts as a moisturizer and keeps the skin hydrated and heals it naturally. You can also try mixing honey, almond oil, lanolin and glycerin to make a facial cream and apply it on the infected area. Also, Hemp oil has been known to be effective in relieving the symptoms of eczema.

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Natural remedies are a great way to prevent eczema as they have long lasting effects on the skin. Natural a eczema cure not just prevents the symptoms they vitalize the skin making it healthy and beautiful and prevents further attacks of eczema.

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