



IT'S AN ITCHY LIFE

6 ECZEMA TIPS TO HELP THE ITCH

If you suspect your skin is infected, see your doctor.
Once your infection has cleared, try these:



Switch to 100% cotton clothing & bedding (avoid linen and wool).



Drink alkalising juice daily: beetroot, carrot, celery & pear (or apple, if not pear).



Do activities you love, watch funny movies & limit electronics. Research shows laughter decreases inflammation, while electronics increases it.



Eat healthy food & ensure you get enough calcium, zinc, molybdenum, vitamin C & B vitamins in your diet.



Avoid the "itchy dozen": preserved deli meats, yoghurt, citrus, grapes (alcohol), avocado, tomato, kale, soy sauce, broccoli, dried fruits, eggs (if allergic), & artificial food additives (colours, flavourings etc).



If you've had eczema for a long time, investigate salicylate sensitivity and amine intolerance as they have been linked with eczema.