



Healing Herbs

Personal Creations

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What is Eczema?

Also known as dermatitis, Eczema is a skin condition that refers to inflammation of the skin. Eczema causes great discomfort and unexpected flare-ups are commonly triggered by allergies and environmental factors. Dermatitis effects people of all ages but, children and infants make up the majority of those affected by this skin condition. Although there is no cure for eczema, children and infants are likely to out grow eczema. A combination of natural therapies, lifestyle changes and conventional treatments can help.

Eczema treatments depend on the age of the individual and the severity of the condition. Treatments aim to reduce the symptoms of itching and inflammation, and exacerbation of a breakout.

Begin your healing regiment with healthy foods and avoiding those foods with known allergens like peanuts and whole milk. Regular exercise is also important. Stress can be a trigger for a dermatitis outbreak in many people and exercise keep stress at bay. Last but, not least, drink plenty of water to keep your skin hydrated and use a natural, herbal, hydrating moisturizer as often as possible.

Using over the counter eczema treatments for extended periods of time can damage the skin. Natural treatments are a safer, gentler alternative without harmful allergens or side effects. Herbal ingredients are beneficial to the skin and work quickly to soothe and promote healthy new skin cells.

Please continue reading information provided on this site outlining the proven healing qualities of the ingredients used in Healing Herbs Personal Creations skin care products.

