

# [PDF] The Eczema Diet: Discover How To Stop And Prevent The Itch Of Eczema Through Diet And Nutrition

Karen Fischer - pdf download free book

## Skin Basics

**Did You Know?**  
Your skin is the largest organ of your body. It is made up of these layers. The outermost layer is the epidermis, the middle layer is the dermis and the innermost is the subcutaneous layer.

Your skin is not only something you hope (and pray) it looks good as you age but you also know about each day. Like your hair and lungs, your skin is a vital organ that keeps you alive. Your skin is a barrier and it lies between the outside world and your insides, which is why the outermost layer, the epidermis, contains the "skin barrier" (see Diagram 1). The skin barrier helps to protect your body from excessive water loss so you don't die from dehydration. It helps to regulate your body temperature so you don't "cook" your internal organs and it prevents your body from absorbing substances such as dirt, stress and toxins. A normal skin barrier is thick and the numerous layers of dead skin cells that off a fairly protective barrier on the outermost skin layer and release the untreated oils.

## Skin Barrier Function

A word you'll see in the book: ceramide. Changes in the skin go through when you have eczema is demonstrated in the "Eczema Model" of the skin, which was created by professor Michael Cork and colleagues David and Thirumala from the University of Sheffield in the United Kingdom. In this model, skin cells are layered in bricks which are held together by lipids (see Diagram 2). Ceramides are the most important lipids, which are held in place by proteins. When you have eczema, the skin barrier is usually thinned and there is less ceramide. This causes the barrier to be more permeable to irritants. The barrier that holds the skin cells together in the deeper layers of the skin may be easily, causing irritation. Flaking of the skin, and the dry lips between your skin cells have cracks which appear throughout the skin barrier. Irritants, including soaps and detergents, enhance the cracking of proteins in the barrier, the skin cells break down prematurely and deeper cracks appear on the skin. The skin barrier breaks down, the moisture also dries out, such as dirt, stress and toxins, to enter the skin. This contributes to flare-ups and can lead to infections and immune responses, including allergic reactions.

## Eczema Diagnosis

Eczema is generally diagnosed using the following criteria. Firstly, you must have dry skin, plus three or more of the following symptoms:

- Intensity in the skin rashes, such as the fish tail or the weal and wheal, hives or the redness or around the neck is often visible but some may also have in their chest.
- Dry skin.
- Itchy areas affecting the outer limbs, cheeks or forehead.
- Symptoms appearing within two years of birth (not always an indication that you are correct).
- A family history of eczema. The more of relatives have eczema the more likely you are to have it.

## The Acid Mantle

With the exception of newborn babies (who have a skin pH of about 6-7), healthy skin has an acidic pH of approximately 3.5. This is known as the "acid mantle". The acid mantle protects the skin from harmful bacteria, decreases the colonization of "bad" bacteria, bacteria and fungi, and promotes the adhesion to the skin of beneficial (or probiotic) bacteria. Research shows that eczema sufferers can have skin that is too acidic, though, and the skin barrier has protective and practical defense against bacteria, such as dirt, stress and toxins, which are.

**Did You Know?**  
Acidic conditions do not always indicate infection and inflammation. However, they can be a sign of infection. Eczema, dermatitis, psoriasis and many other conditions are known as "acidic" skin.

## Historical eczema prescriptions

In the British Medical Journal back in 1982, a doctor described a skin that might cure the eczema-inflicted patient. He documented a particularly "hopeless case" of a nine-year-old boy who had suffered from eczema since he was five months old. The child had been under constant medical care, so and out of hospital for most of his eight years and his prescribed treatment, cream or ointment had never improved his eczema. When he was admitted to hospital for eczema treatment on the occasion, the doctor placed the child on a modified diet. The diet was low in the dairy and sugar free, all fat, no use of meat, and poultry was recommended instead of pork. Also, supplements were prescribed. But he had no good, with the child's eczema improved and he had a happy, healthy life.

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## Description:

*Twenty per cent of people in the developed world have eczema -- the incident rate among babies and children is on the rise.*

The research shows that eczema sufferers spend up to \$2000 on eczema treatments each year and nearly 40 percent spend more than 10 minutes each day applying topical treatments. And yet the number of people with eczema is rising and has tripled in recent years.

While it's perfectly fine to use modern medicines to help you or your child gain temporary relief, you need to explore and ultimately follow a long term solution. This solution involves making environmental and dietary changes.

### **Part 1: Eczema and Diet**

Tips on how to manage and mend your eczema

1. How the diet works
2. How a healthy liver and healthy skin go hand in hand
3. Top 12 eczema-safe foods and other important ingredients
4. Supplements

### **Part 2: Useful Non-Diet Information**

Information you can refer to at any time if you need a bath recipe, moisturizer advice or a quick itch-busting treatment.

5. Skin care products, make-up and daily regimen
6. Dandruff
7. Bath recipes and emergency itch busters

### **Part 3: Programs, Menus and Recipes**

8. Eczema-safe recipes
9. Food charts and menus for each specific age group -- from babies to adults
10. Eczema-safe shopping guides
11. Party food guide.

This outstanding program offers solutions and advice that can be tailored to suit individual needs -- whether it be a baby, child or adult -- ultimately you'll be able to manage and mend the eczema.

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