

# [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 three 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) to keep good in your day-to-day life, but also a vital organ that keeps you alive. Your skin is barrier and it lies between the outside world and your insides, which is why the outermost layer, the epidermis, contains a "skin barrier" (see Diagram 1). The skin barrier helps to protect your body from excessive heat loss or cold and the heat distribution. It helps to regulate your body temperature so you don't "boil" over or freeze and it prevents the loss of essential nutrients such as skin oils and vitamins. A normal skin barrier is thick and the numerous layers of dead skin cells that off a fairly delicate matter on the outermost skin layer and release the unwanted oils.

## Skin Barrier Function

A model was developed to describe the skin barrier changes the skin goes through when you have eczema as demonstrated in the "Eczema Diet" model of the skin, which was created by professor Michael Cork and colleagues Daryl 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). The bricks are held together by lipids, which are held together by lipids, which are held together by lipids. When you have eczema, the skin barrier is usually thicker than normal as the protective lipids are overproduced. The bricks that hold the skin cells together in the deeper layers of the skin may be early, causing immature "building" of the skin, and the lipids lipids in between your skin cells have cracks which appear throughout the skin barrier. Immature lipids and lipids, which enhance the stopping of pores of the barrier, the skin cells break down prematurely and deeper cracks appear in the skin. In the skin barrier breaks down, the immune system releases such as dust mites and bacteria, 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 itchy skin, plus three or more of the following symptoms:

- Itchiness in the skin (usually, such as the face, behind the knees and elbows, hands of the palms or around the neck in children) either four or more days a week for at least one month.
- Dry skin.
- Itchy areas affecting the outer limbs, cheeks or forehead.
- Symptoms appearing within two years of birth that always or sometimes last into adulthood.
- A family history of eczema, hay fever or asthma for years and a family of atopic diseases (e.g. hay fever, asthma).

## 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 have a skin that is not acidic enough, indicating the skin barrier has protective and protective defense against bacteria, such as dust mites and mold/bacterial growth.

### Did You Know?

Acidic conditions do not promote bacterial and fungal growth. Eczema, asthma, hay fever and the inflammatory response are all linked to an acidic pH.

## Historical eczema prescriptions

In the British Medical Journal back in 1902, a doctor described a skin that might cure the eczema-inflicted patient. He documented a particularly "healing 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, and as a result of his illness he was thin and weak and had no appetite. 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 fat, dairy and sugar. He told the mother to eat meat, and poultry was recommended instead of pork. Also, supplements were prescribed. But he had no glass, with the fish carefully drained of and by an baked fish, not bread.

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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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