



# Article Side

Step-by-Step Guide to Natural Eczema Treatment by [Mrserenity](#)

Article published on August 3rd 2012 | [Health](#)

Ever wondered why your eczema refuses to go away despite religious application of topical creams and emollients? In order to derive lasting and more permanent cure, it is important that your eczema treatment plan takes a more comprehensive approach.

For one, eczema treatment should not only focus on suppressing the symptoms, such as itchiness and inflammation. Healing should start from within. To give you an idea on how you can take a more proactive approach to healing eczema, consider following this step-by-step guide:

1. **Change Your Diet.** Instead of the standard diet, strive to embrace a healthier, wholesome diet that consists of fresh and organic fruits and vegetable and avoid processed food. You should also incorporate food choices that contain high levels of fatty omega acids such as salmon and other types of fish.

2. **Avoid Irritants.** Flare-ups are mostly triggered by irritants or allergens, which can range from materials, chemicals, food, etc. As part of your eczema treatment plan, it is important that you are fully aware of the known triggers of your eczema so you can take necessary steps to avoid it. An allergy test can also be conducted to help you determine what products you are allergic to.

3. **Try Natural Eczema Treatment Approaches.** Here are some suggestions:

• **Use Virgin Coconut Oil.** This oil contains medium chain fatty acids, which are helpful in providing a healthy supply of good fats and in nourishing eczema skin. Virgin coconut oil also contains anti-bacterial and anti-viral properties.

• **Take Kelp Supplement.** You can purchase this from most health stores, which is proven effective in reducing the acidity of the body and lowering incidents in eczema flare-ups.

• **Use Aloe Vera.** Over the years, aloe vera has been known to be highly effective in relieving eczema.

• **Consume more fish oils, zinc and B complex.** These vitamins can help you treat itchy and dry skin from inside out.

4. **Soak Your Body In Bentonite Clay and Kelp Infused Water.** This is known as the colloidal bath, which will help keep skin soft and moisturized. After bathing, apply calendula extract mixed with castor oil on skin and wrap the affected area in plastic wrap to keep skin hydrated.

5. **Apply Coconut Lotion.** Instead of using highly perfumed lotions available in the market today, use this natural and perfectly safe alternative which does not contain any irritants that can set off your eczema. It also does not contain any ingredients that can clog pores.

6. **Take Warm Showers.** Instead of cold showers, choose warm bath, which can help your skin retain its moisture better. This is one simple yet practical eczema treatment that should be included in any comprehensive plan. For severe cases of eczema, experts recommend bathing 2 to 3 times a day.

7. **Be Diligent.** No matter how potent or powerful, there is no eczema treatment that offers overnight cure. You should be able to maintain this simple eczema treatment approach for the next 3 months and be able to commit to making healthier food choices.

Article Source:

<http://www.articleside.com/health-articles/step-by-step-guide-to-natural-eczema-treatment.htm> -  
[Article Side](#)

[Mrserenity](#) - About Author:

For More Details:

a [Eczema cure](#),

a [Eczema treatment](#)

Article Keywords:

Types of eczema

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!