

10 Home Remedies for Eczema and Psoriasis Relief...

By Taylor Shea from the book Kitchen Cabinet Cures

rd.com/health/conditions/home-remedies-for-eczema-psoriasis/

Although separate conditions, eczema and psoriasis share the symptoms of painfully dry, tight, and itchy skin. Thankfully, these home remedies have been proven to alleviate symptoms and offer some much needed relief to your stressed skin...

Apply: Vegetable Shortening...

This thick, greasy kitchen staple is perfect to apply topically to dry, cracked skin to help it heal. Coat the affected area, cover with plastic wrap and secure with surgical tape. Try to leave the wrap on for 2-4 hours to let the moisturizer sink in. If possible, repeat daily until rash calms.

Apply: Bath "Recipes"...

Add a cup of vegetable or mineral oil to a warm bath to moisturize and soothe dry skin. Another home remedy is mixing 2 teaspoons olive oil with a glass of milk and adding it to your bath water. Oatmeal baths are also well known for soothing itch. Grind a few handful of plain oatmeal (not flavored or instant) in a blender or food processor, then sprinkle the fine powder over your bath water. Adding 1-3 cups of magnesium-rich Epsom salts will help reduce itching and remove scales. Also add a teaspoon of lavender essential oil for its soothing and healing properties.

Eat: Turmeric...

Studies have linked this spice to reduced inflammation in a number of skin conditions, including psoriasis. Curcumin, an antioxidant found in turmeric, has been shown to protect skin by neutralizing free radicals and reducing wound-healing time. To achieve benefits, aim to take in about a teaspoon of turmeric every day. It has a subtle, citrusy flavor that works well in rice, veggies, pasta, and other cooked meals.

Apply: Apple Cider Vinegar...

Apple cider vinegar has long been used to soothe skin inflammation and burns, and it is also a disinfectant. You can use cotton balls to apply the vinegar directly to scaly areas, or apply to larger areas with a clean paper towel dipped in 1 part vinegar to 1 part water. Note: Do not use this remedy if your skin is cracked or bleeding, as the vinegar will sting and irritate the area.

Apply: Olive Oil...

Olive oil is another natural oil packed with omega-3 fatty acids which reduce inflammation. Try rubbing some warm olive oil into affected areas of the skin to soften scaly patches. If psoriasis is affecting your scalp, try working some olive oil into your scalp while showering to loosen and remove the dried skin. Adding olive oil to your diet can also help heal your skin from the inside out.

Eat: Flaxseeds...

Flaxseeds are packed with omega-3 fatty acids, and they help block a chemical in your body called arachidonic acid which causes inflammation. Grind up a few tablespoons of flaxseed and add to smoothies, oatmeal, granola, or salads. You can also use flaxseed oil as a dressing for salads and veggies.

Apply: Tea Tree Oil...

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Rub a few drops of tea tree oil, diluted in a little olive oil, into your dry skin or psoriasis patches several times a day. The Australian remedy is useful for relieving itch and softening plaques, especially if you have a mild case.

Apply: Aloe Vera...

Pure aloe gel is rich in anti-inflammatory and healing compounds, and provides a nice cooling sensation to itchy skin. If you have eczema or psoriasis, consider growing your own aloe plant so you can take the gel straight from its natural source. Pure aloe vera gel can also be found at most drug stores and health food stores.

Apply: Baking Soda...

Mix 1 1/2 cups of baking soda with 3 gallons of water. Use a washcloth to apply the mixture to itchy skin for quick relief.

Eat: Fish Oil...

Numerous studies have linked the omega-3 fatty acids in fish oil to improvement in eczema and psoriasis when taken in high doses, between 3 and 10 grams a day. Talk to your doctor about taking a fish oil supplement. Meanwhile, olive oil, flaxseed, nuts, and fatty fish, such as salmon, sardines, herring, mackerel, and tuna are all good natural sources of omega-3 fatty acids. Aim for at least three 3 to 4 ounce servings of canned fatty fish per week. Note: omega-6 fatty acids, found in safflower, sunflower, and corn oil, have been shown to worsen inflammation.

What Essential Oils Relieve Psoriasis, Eczema, and Acne?

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Psoriasis. Psoriasis, is an autoimmune condition. It is noticeable and sufferers become almost reclusive because of the flaky, patchy, raised areas of skin. The condition exists because the skin is being produced too fast. The following essential oils you should mix with a carrier oil and apply directly on the skin. Bergamot, Geranium, Lavender, Rose, and German Chamomile.

Eczema. Eczema is an area of dry skin that will become inflamed with blisters, itch quite badly and bleed. Making your own lotion or cream using coconut oil is very helpful. You can experiment making your own recipe but start with this basic recipe by mixing 1/4 cup of melted coconut oil with 10 – 12 drops of lavender essential oil and 10 – 12 drops of melrose oil or experiment with rosehips and tea tree oil. Tea Tree Oil is like an antiseptic and if using the 1/4 cup of coconut oil just add 4 -6 drops to begin with. Once it's mixed let it set to return to room temperature and get solid. It spreads easily.

Acne. Acne is often a result of clogged pores in the skin because of producing too much oil. By adding essential oils like antibacterial tea tree oil is the best one to fight acne and place directly on pimples. Lavender essential oil also is helpful in preventing future breakouts. Put a few drops of lavender in your favorite moisturizer or mix with some grape seed oil creating your own moisturizer. Make your own recipe and experiment using bergamot oil that helps fight bacteria. Mix it with coconut oil or grape seed oil or mix all three of these moisturizing oils together to heal your skin and prevent future acne.

Aromatherapy for Psoriasis & Eczema...

yourhealthscents.com/aromatherapy-for-psoriasis-eczema/

NATURAL SKIN CARE FACTORS for Eczema, Psoriasis, Etc. via: FactorReady.com...

There are a few aromatherapy application methods that target psoriasis or eczema. Cool compresses, salves, lotions, baths, and blends.

– Compress recipe: Add the following essential oils to eight ounces of cool water.

o 2 drops Roman Chamomile (*Anthemis nobilis*)

o 2 drops Geranium (*Pelargonium graveolens*)

o 1 drop Himalayan cedar (*Cedrus deodara*)

Stir the water and essential oils until well blended. Moisten a soft cloth and apply to the affected area until the cloth becomes warm and/or dried out. Continue to apply compresses to affected areas for a period of 20 to 30 minutes. This can be done two to three times daily.

– Blend recipe: In a dark glass 30 ml. bottle add the following essential oils:

10 drops Palmarosa (*Cymbopogon martinii*)

8 drops Roman chamomile (*Anthemis nobilis*)

6 drops Helichrysum (*Helichrysum augustifolium*)

Add the following carrier:

30ml. Aloe vera (*Aloe barbadensis*) gel

Shake the bottle well and then apply a thin layer of the blend to the affected areas. This may be done three times daily.

I have seen quick and positive results with the above blend for both psoriasis and eczema. One client used the blend twice daily for a period of one week and within that time his eczema had resolved. Haly JensenHof, MA, RA

The information provided is not intended to replace the medical directives of your healthcare provider. This information is not meant for diagnosis of health issues. If you are pregnant, have serious or multiple health concerns, consult with your healthcare provider before using essential oils. If you experience any complications or adverse reactions contact your healthcare provider.

PS from FactorReady.com: Many EOs (Essential Oils) are synthetic and designed primarily for aroma purposes via diffusers, etc., and are not safe for direct skin applications or consumption. Oils suitable for the latter uses would call for 100% pure organic therapeutic formulas such as offered at EpigeneticLabs.com, DrAxe.com and others. These type Oils are potent, and topical applications normally call for dilution with a carrier oil, such as coconut oil, etc. Most ratios call for 1-2 drops of the EO in 1 tsp of the carrier utilized. If consumed, some formulas call for 1-2 drops in 4 oz. of water, or 1-2 drops placed under tongue. See directions supplied with any product for specific directions or contact the supplier of same. Essential Oils that reportedly are the most skin beneficial include Begamot, Cedarwood, Geranium, Helichrysum, Lavendar, Rosemary, Rosewood, Sage, Sandalwood and Western Red Cedar. Specialized blends are offered by some suppliers, such as amoliss.com with their H-Eczema and H-Psoriasis formulas. Ground Turmeric is offered by BlueLilyOrganics.com and others. See bragg.com for a popular brand of organic apple cider vinegar available off shelf at most grocery stores. A good quality and organic shea butter is often recommended for skin general maintenance, and is especially useful after various skin treatments. See our pdf article "Skin Cancer Issues" for some natural remedies if dealing with AKS, BCCs, SCCs, or Melanoma. Important Note: Always promptly consult with a qualified Dermatologist for a professional diagnosis and recommended treatment on skin issues, especially if any Melanoma possibly involved. Stay Well, Stay Prepared and Stay Prayed Up!

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