

10

ways to treat ECZEMA naturally

*Taking a **Magnesium Bath** can help in skin healing. Add a cup of Epsom salts or magnesium flakes and a few tablespoons of Himalayan salt to your bath water. Adding apple cider vinegar to your bath water can also help ease itching and soreness.

*Use a **Humidifier**. Dry indoor air can make skin even more parched, especially in the winter. A humidifier can add moisture to the air and help you feel more comfortable. Keep one in any room where you spend a lot of time.

***Colloidal Oatmeal** is made from finely-ground oats. It helps calm and soften inflamed skin. Colloidal oatmeal is available in cream or powder form. Add the powder to lukewarm bath water and soak for 10 to 15 minutes to help soften rough skin and relieve itching. After your bath, pat your skin dry and apply coconut oil.

***Coconut Oil** is a popular moisturizer to soothe symptoms of eczema and get rid of dryness. It may also have antibacterial properties that can help prevent infection. Choose virgin or cold-pressed coconut oil that's processed without chemicals.

[This Lotion Bar is Excellent!](#)

*Applying **aloe vera** to your skin can boost the antioxidants in your system and soothe irritated, itchy skin.

***Avoid Damaging Chemicals Like Parabens.** They're often found in personal care products that contain water, like shampoo, conditioner, body wash, soaps and, hand sanitizers. Parabens can cause endocrine disruption, reproductive toxicity, immunotoxicity, neurotoxicity and skin irritation. These four common parabens: ethylparaben, butylparaben, methylparaben and propylparaben are the ones to watch out for in hand sanitizers.

*When washing up, avoid antimicrobial and antibacterial chemicals, and simply **Wash with Plain Soap and Water**. Switch out all of your hand sanitizers with these [Nice Sanitizing Sprays](#).

***Vitamin D Supplementation** is safe and inexpensive and is quickly becoming more mainstream as studies show that supplementing vitamin D can help eczema, and that more severe eczema is correlated with lower levels of vitamin D.

*For all skin issues and especially to treat and heal eczema, **Eat Rice Every Day**. All kinds of rice and even rice vinegar can be effective and healing for the skin.

*Eating natural, organic, and balanced foods is a win-win. **Olive Oil, Apple Cider Vinegar, Manuka Honey, Fatty Acids and Antioxidants** are great diet additions to reduce eczema.



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