

Eczema/Dermatitis, a superficial inflammation of the skin, is characterized by vesicles, redness, edema, oozing, crusting, scaling and usually itching.

The term dermatitis and eczema are use synonymously.

Several underlying problems can lead to eczema. Low hydrochloric acid in the stomach, faulty digestion, allergies and contact dermatitis are a few. Triggers vary from person to person.

Eczema should be treated internally and externally for best results.

Internal:

Good multivitamin such as **Mega-Vitamin Kit**

FISHOL E.C. Omega-3 Enteric Coated capsules 3 to 6 daily as antiinflammatory

Primrose Oil 500 mg 3 capsules daily

Zinc 25 mg slow release one every 8 hours

Check for low thyroid function

Biotin 1000 mcg daily

External:

Tin-n-Zinc lotion apply as needed

Vitamin B 6 Cream and **Vitamin D 3** cream

Omega-3 cream

Avoid allergens or irritants such as caustics, strong soaps, detergents, organic solvents, vacuum cleaner dust and certain topical medications.

Treatment should be directed to removing the cause wherever possible