

Eczema All Natural Herbal Cure Treatments



**Over 110 All Natural Herb Facial Remedies To
Include The Popular “100% All Natural Grain
Homeopathic Herbal Salad Diet” And
Receipts Which Help Cure Eczema And
Promote The Healing Process**

Donald E. Payne
Sacramento, California

This Book Is Dedicated To All Eczema
Sufferers Throughout The World

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Preface

Cure your eczema the natural way. This book is a comprehensive guide to gentle, safe and effective treatments for baths, facials, ointments, masks and salves against Eczema chronic and irritating skin. Get relief the natural way with over 120 Natural Herb Remedies for your Eczema.

These mixtures also help relieve skin problems related to Acne, Chilblains, Erysipelas, Fistulas, Herpes, Scabies, Scrofula sores, Sciatica, Scurf and many more.

Plus

Your FREE detailed amazing account of how one of my family members cured his eczema within a few months after starting this special diet program which you are about to learn about and eating natural whole grain homeopathic salads.

- Balancing Digestion and Intestinal Hygiene
- The 100% Natural Diet
- Protecting the Skin from Free Radical Damage
- Natural Healing Through Detoxification

This model to finding nutritional treatment for eczema, is the same as the Nutritional Medical Model and the same model that my brother used to cure his Eczema with the exception that you should use whole foods and not man-made supplements.

Support - foods digestion and assimilation through the use of enzyme and probiotics supplements.

Nourish - consuming nutrient rich foods such as wheat grass, bee pollen, blue green algae etc.

Repair - protect your body through the use of whole food antioxidant supplements such as wheat sprouts, red algae,

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wheat grass, etc. against free radical damage. I think that most of us know what Eczema is and the effect that it has on the mind and body.

There are many different types that millions of people have to deal with everyday. I am writing this book because I think that this information will help someone in some type of way.

I have seen with my own eyes the effects that almost all types of eczema has on the psyche especially Nummular eczematous dermatitis. Of course you know that there exists countless information about eczema, and it would be in my case a bit redundant to try and tell you something that you probably already know.

So enjoy the materials in this manual and I wish you much joy, health and happiness.

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Although results are not guaranteed, many eczema patients have used home remedies to seek relief from the constant outbreak of itchy, irritated skin. If you're interested in seeking the same relief, please continue reading on for a list of well-known and successful ways to treat your eczema from home.

Introduction

First off let us be clear about one thing-I am not a doctor. But I have studied and worked with holistic medicines for over 30 years, I hardly ever go to the doctor and have for the last 20 years or so mix my own preparation for whatever ails me and my family. Don't get me wrong I am not a herbal freak but I do know one thing and that is-herbal medicine is the way to go, and if done correctly you can enjoy the benefits of natural healing right from your own home. When nothing else works try a holistic doctor, they sometimes work wonders. I mix my own decoctions, make my own infusions, tinctures, oils, cough syrup you name it...That's why I decided to compile a small list of herbal remedies that have been proven over the years to have a helpful effect on the fight against Eczema and troubled skin.

The information is compiled from some of the many books and magazines that I have collected throughout the years on herbal medicine and homeopathic healing and my experiences with the effects of Eczema. Herbalism, which is the knowledge and study of herbal plants may not be an everyday term that you use, but it is a definite reality in your life. The catsup on your kitchen table and many of the other spices on your kitchen shelf are made from herbs.

Most of the vegetables in your salad are herbs. And if you have a garden most of the plants growing there whether by you or their own design are also herbs. And whether you are a beginner or an old timer in your knowledge of herbs uses, this book is intended to bring you pleasure and useful information. So what are Herbs? A herb is a non wooded plant that dies down after flowering, but the term herb is often applied more generally to any plant part or plants which has been used for such purposes as medical treatments, nutritional value, food seasoning, coloring or dying of other substances.

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The broader definition is the one most applicable to this book. But historically the most important uses for herbs were for medical purposes, and for a large amount of our existence humans had various but limited resources for treating injuries and diseases. Mankind used herbal plants separately or in combination for the following reasons:

- Magic and sorcery
- Prayer
- Music
- Crude operations
- Amputations
- Bleedings
- Tripamy
- Psyche therapy
- Physical therapy (diet, fresh air, water etc.) and internal and external remedies prepared from plants, animals and minerals.

All of these plant remedied represent the most continuous and universal form of treatment. Doesn't matter what humans have done to themselves and each other in the name of medicine most of the times, plants were the basic source of therapy produced for professional and non professional medicine alike. From the early days up until the twentieth century, "Folk Medicine" was mainly prepared at home; as a matter of fact, folk medicine is the household usage of simple herbal remedies, based on word of mouth tradition that probably stretches back to our Prehistoric lines.

Early man used plants to treat physical complaints and for food and shelter long before humans began to write their history, and without a doubt man learned by instinct and by generations of trial and error that certain plants were used for treating illnesses and disease.

For their various uses for medicine, symbols and magic charms, food seasoning, cosmetics dyes etc. the ancient

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Greeks and Romans valued highly the use of plants; but the use of plants for medicinal and other purposes changed very little during the middle ages. Even though the early Christian churches discouraged the formal practice of medicine preferring faith healing, but many Greek and Roman writings of medicines and other subjects were preserved by painfully hand copying manuscripts in monasteries.

The monasteries thus became local centers for medical knowledge and their herbal gardens provided the raw materials for treatments of several common disorders and at the same time folk medicine in the home and villages continued uninterrupted.

During that time a herb that had a reputation for healing might fine itself prescribed by a peasant grand mother, sold by a wondering herbalist, charmed as an ingredient as a magic potion or amulet by a wise woman. Or a quark compounded into a complicated and often vile mixture to be given by a physician hoping that it would drive out whatever possessed the patient.

The importance of herbs after the middle ages can be seen by hundreds of herbal publication after the invention of printing machine in the 15th century. The basic assumption behind natural healing is that man is part of a continuum of being. Since he is a living being physical and mental condition is linked to properties and influences through natural organic substances. Many herbs in various quantities are necessary to sustain life itself, others are valuable but not necessarily essential for maintaining the body at its optimum state of health.

This means that 20th century medicine must be open to competing ideas old or new, objectively testing them and selecting the best in each one for promoting the well being of mankind. The trend in the cosmetic industry is headed more and more toward natural cosmetics made from natural

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plant and animal substances with few or no chemical additives.

These cosmetics are more beneficial for your skin than most other chemical preparations which are almost totally composed of chemical ingredients. Almost all cosmetic companies, especially the big ones now days offer more natural items, but the best selection of natural cosmetics can generally be found in health food stores. All commercial natural cosmetics tend to be expensive.

Fortunately you can make many natural beauty preparations yourself at a much lower cost. To get you started, this book presents a list of natural plant beauty preparations all of which you can easily make yourself. Many of these are based on home beauty receipts that have been used successfully for centuries. Most of these herbs are used medically to treat skin disorders and they have also found to be beneficial to the skin for cosmetic purposes and healing.

Speaking in general terms the word "Eczema" can also mean a family of skin conditions that causes the skin to become swollen, irritated, itchy and discolored. Many skin conditions are considered a type of eczema such as Atopic dermatitis, Hand dermatitis, Nummular dermatitis, and Seborrheic dermatitis. Other types of eczema would be diaper rash and the rash that many people get after coming into contact with poison ivy for instance. Nummular eczematous dermatitis is a name given to a very stubborn, itchy rash that forms coin-shaped patches on the skin. This is a chronic skin condition with periods where it sometimes gets better and then worse. The cause is basically unknown. Occasionally it might turn out to be an allergy and it's more common in winter than in summer and is frequently associated with dry skin.

People with eczema often have dry skin which is easily irritated by soap, detergents, rough clothing and it affects

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people of all color and races causing pain suffering and embarrassment which for many people sometimes starting in infancy. Unfortunately, there is no cure. However, there are effective ways of controlling it.

First of all if you have not yet done so, consult your Physician; there are some very strong drugs on the market that use cortisone ointments to help control the problem and if you don't know what you are doing, you could make the matter worse. In general, keep the skin lubricated. Apply oils such as Neutrogena body oil or Alpha-Keri oil to the skin at the end of each shower. Vaseline is even more helpful if it is not too greasy for you.

Personally I have never had Eczema, but I have witnessed the effects first hand and know a little about what I am saying about this terrible skin condition. Members of my family has it and I know what it does to the mind just from discussions with them. And to be honest the only thing that I have had that comes close to this is dandruff which is a mild form of seborrheic dermatitis.

PART I

Fighting Eczema The Natural Way

In this section I will give you information (and hopefully help) which one of my siblings used to combat his eczema and an account of how he cured his skin disease naturally using the methods that are described below.

- Balancing Digestion and Intestinal Hygiene
- The 100% Natural Diet
- Protecting the Skin from Free Radical Damage
- Natural Healing Through Detoxification

This model to finding nutritional treatment for eczema, which is the same as the Nutritional Medical Model and the same model which my brother used to cure his Eczema with the exception that you should use whole foods and not man-made supplements.

Balancing Digestion and Intestinal Hygiene

Acidophilus and Eczema - Acidophilus has many health benefits, some of which have been known about for thousands of years. The term acidophilus is used to describe a number of bacteria which help in human digestion. These bacteria include *L. acidophilus*, *L. casei*, *L. bulgaricus* among others. Lactobacillus acidophilus is one of the bacteria found in these mixtures, but the term acidophilus usually refers to a combination of *L. acidophilus* with other beneficial bacteria.

My brother explained to me that half of the six stages of nutrition (digestion, absorption, and elimination) occur in the digestive track. And if the digestive system is not working properly, even the best foods won't help you.

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It goes without saying that the first area of treatment for the patient displaying Eczema dermatitis is the gastrointestinal lining. Try using Probiotics and Enzymes, they would without a doubt help repair the gastrointestinal tract.

Acidophilus, Bifidus, and other Probiotics:

Probiotics are food supplements comprised of billions of live microbial organisms that have numerous beneficial effects on human health. One must ensure an adequate intake of friendly bacteria on a daily basis. If you are working on the first stages towards healing your eczema, you need to supplement your diet with large amounts of probiotics (acidophilus, bifidus and other types of friendly bacteria).

These three probiotics products are highly recommend:

- **DDS-1 Acidophilus.** This product has Lactobacillus acidophilus and wild-crafted blue green algae.
- **Bifidobacterium bifidum** micro-blended with wild-crafted blue green algae.
- **Full-spectrum probiotics** are made with the following ingredients: lactobacillus acidophilus DDS-1, Bifidobacterium bifidum, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus plantarum, Lactobacillus salivarius, Streptococcus faecium, Streptococcus thermophilus, Aceola and Rose Hips blend, wild-crafted Blue Green Algae, Jerusalem Artichoke, Lipase, Amylase, Protease, Cellulase.

Raw food diet-Enzymes:

If you are not planning on eating a 100% raw food diet, you need to supplement your diet with plant-based enzymes every time you eat any foods that are cooked,

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processed, or packaged. Supplementing increase the body's natural secretions, enzymes will help digest protein carbohydrates and fats in the intestines. The best types of enzymes for digestive purposes are enzymes made from Aspergillus orzyae which are plant-based enzymes. The enzyme supplement that my brother recommend has the following ingredients: Amylase, protease, lipase, cellulase, lactase, and wild-crafted blue green algae.

Adding sodium to your diet to help balance digestion:

Organic sodium or salt found in green and sea vegetables will help you balance fluids and pH in the intestinal tract. Consuming sea vegetables (i.e., kelp, blue green algae) or juicing green vegetables daily gives the body the organic minerals required to help digestion. Sufficient sodium enables the body to manufacture bicarbonates used to neutralize acid in the stomach which in turn helps to better digest food. Sodium plays a vital role in digestion and one of the best and fastest ways to make sure that you are getting enough sodium in your body is to drink celery and zucchini juice every day. These two vegetables give the body a natural diuretic effect and aid in the elimination of carbon dioxide from the body

High Quality Fibber:

By increasing your intake of fruits and vegetables, you will be getting high quality dietary fibber. There are many health benefits in a diet high in fibber. The benefits include regularity, lower cholesterol, protection against certain types of cancer and stabilized blood sugar levels. The amount of fibber that your body need is app. 35 to 40 grams of different fruits daily to help maintain intestinal hygiene, which include, bran, cellulose, lignin, pectin, which are found in organically grown ripe fruits, whole grains, and vegetables.

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Eating these foods types will provide the added fibber that your intestines need, and will gently clean the colon of extra toxins and waste. Because of their fibber content, the following foods are known to increase the health condition of your intestine. **Flax seed:** flax contains a component called lignans.

Lignans have anticancer, antibacterial, antifungal and antiviral properties. Organic flax seed is by far the richest source of valuable plant lignan. Other sources of lignan are rye and millet. **Mangos:** Fresh mangos are associated with colon health in general. **Prunes:** prunes contain both insoluble and soluble fibers. You can consume them either raw or dried.

Unheated Organic Coconut Oil:

Candida albican growth is very common among eczema patients and this causes infections. In almost all cases, the skin will appear to have a fungus growing on it. Candida albicans is a type of yeast-like fungus that can cause weakening of the immune system. This is why unheated organic coconut oil is a great product for fighting infections. When consumed, coconut oil transforms its unique fatty acids into antimicrobials capable of defeating some of the most notorious disease causing micro-organisms.

The best coconut oil sold on the market today that is most effective against anti bacterial is unheated organic virgin coconut oil which contains active enzymes and vitamins, especially vitamin E.

Organically grown raw garlic:

Garlic is generally considered to be the best herb for fighting candida albicans, and it is often referred to as the ultimate antibacterial, antifungal and anti viral medicinal food. Best when used fresh, raw organic garlic destroys

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bacteria and boosts the immune system function. Garlic has a high sulphur content which makes it one of the most important minerals needed by the body that support detoxification.

Herbal teas help support and repair the digestive tract:

The following herbs can be used daily to support the intestinal tract. It is recommended that you use this tea once or twice a day for the first three months of this healing process. The ingredients are anise, caraway, fennel seeds, and ginger.

Place a heaping teaspoon of each of the three different seeds and two or three thin slices of organic fresh ginger in a pot to make a cup of tea. Bring to a boil and continue boiling for 5 minutes. Ginger tea is very calming to the stomach, it reduces gas, nausea and bloating; and is also known to be a very strong antibacterial and anti fungal agent.

Other supplements to help fight your Eczema:

By consuming the best quality foods which contain Amino and Fatty Acids you assist your body in the healing process. Keep in mind that it is the body that orchestrates the healing process as it obtains energy from nutritional components.

Eating high quality foods helps assure the body's ability to prevent, arrest and often reverse most all degenerative conditions. Skin problems are more common in people who do not get enough essential fatty acids or have an imbalance of these fatty acids in their diet. Natural, organic, and wild crafted whole foods should be the nutritional supplements that you should use to take on this task. Whole foods such as wild-crafted blue green algae, flax seeds, oat sprouts, wheat grass, sprouted spelt, green oat grass, red algae, kelp, barley grass, bee pollen, etc. as a whole food supplements should be mixed daily into your morning smoothies or your vegetable

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juice. The brand of blue green algae that you purchase should be dried at low temperature so the enzymes and the nutrients of this food do not become inactivated or destroyed. Other good sources of essential fatty acids are Hemp and Evening Primrose Oil.

Hemp Oil:

It seems that one of nature's most perfectly balanced EFA oils appears to be Hemp oil. Hemp oil contains both EFAs in the right proportions for long-term use. When you purchase hemp oil, make sure that you choose organically grown and cold pressed products (never heated products).

Evening Primrose Oil:

The healing power of the evening primrose plant has been known for centuries. Because of it's rich source of linoleic acid, evening primrose is useful for healing skin disease such as eczema. The rich source of linoleic acid which is an essential fatty acid helps in the battle against troubled skin. When you purchase evening primrose oil, make sure that you choose a product that is organically grown and cold pressed.

Here is a summary of the supplements you need to nourish your skin: these supplements comes in capsule or liquid form and can be purchased at many health food stores.

- Wild-crafted Blue Green Algae
- Green Drink Mix
- Whole food Gold
- Hemp and evening primrose oils from any health food store.

It is recommended that you start with one whole food product at a time and add the rest as your body and your immune system get stronger.

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Protecting The Skin From Free Radical Damage:

Antioxidant Vitamins and Eczema: Antioxidants helps your body cope with the environmental pollution that surrounds us. In addition to the antioxidants our bodies produce, nature provides us with hundreds of antioxidants in the daily foods that we eat. Your daily consumption of fruits and vegetables provide you with much of the beneficial phytochemicals and antioxidants that your body needs.

But since we do not know the quality of the soils in which our commercial or organic fruits and vegetables are grown, one cannot guarantee that we are totally protected from free radical damage. And this is why it is so important to supplement your diet with antioxidant vitamins. Free radicals are organic molecules responsible for aging, tissue damage, and possibly some diseases. These molecules are very unstable, therefore they try to bond with other molecules to destroy their vigour. Free radicals are present in many foods and are molecules that prevent the harming of healthy tissue.

Antioxidant vitamins - supplements for reversing Eczema:

Antioxidants beta carotene and vitamins C and E are very important for protecting the skin from free radical damage. Antioxidants such as vitamin A and D are also said to be able to prevent environmental damage through the activity of free radicals. Anti oxidants stimulate collagen synthesis, improve the skin's texture and help promote proper essential fatty acid in the metabolism.

The Best Antioxidant Supplements Are Whole Foods:

It is much better for you to use whole food antioxidants to nourish and protect your skin other than vitamins C, E and Beta Carotene because whole food antioxidants contain two

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types of antioxidants-nutrients and their natural enzymes which man-made supplements do not.

One of the best antioxidants on the market today is a supplement made from organically grown wheat sprouts, wild-crafted blue green algae and red sea algae. Three powerful foods are in this one supplement. This supplement is a whole-food full spectrum antioxidant.

And the most effective front-line defence against free radicals are wheat sprouts, wild-crafted blue green algae, red sea algae and whole food antioxidant supplements. This one supplement supplies the skin with antioxidant nutrients and natural enzymes.

The wheat sprouts and algae not only contain the highest amount of antioxidant enzyme activity available today in any antioxidant supplement, but also contain every single coenzyme factor naturally occurring within the sprouts and algae. Grape seed and grape skin antioxidant supplement is a great antioxidant supplement which combines grape seed and grape skin extracts with camu fruit, acerola, wild-crafted blue green algae, rose hips and Japanese knotweed.

The active components of grapes are very effective at preventing the formation of free radicals.

Coenzyme Q10 (CoQ10) contains 100% the recommended daily intake of both vitamin C and vitamin E: CoQ10 is an essential supplement in any healing process because it assists the body's cells in converting nutrients into energy and has the ability to manipulate oxygen. It can add or take away oxygen for a given biochemical combination, moving oxygen into or out of the mitochondria.

It can actually increase oxygen levels when necessary and reduce them if they threaten to reach toxic levels. This antioxidant supplement has a remarkable combination of organic flaxseed oil which provides a rich source of Omega-

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3 essential fatty acids, wild-crafted blue green algae, mechanically extracted carotenoids from red beta algae, fennel, rosemary, cinnamon, and ginger.

The 100% All Natural Diet:

Supplement your body with nutrient rich foods through an all natural eczema treatment. You can depend 100% on an improved natural diet as the only remedy for reversing your eczema. The Nutritional Medicine approach provides principles that are great for the treatment of eczema.

These principles support: better digestion and assimilation of foods through the use of probiotics and enzymes, better nutrition through nutrient rich food supplements and increased protection against free radical damage through whole food antioxidants.

This health model has been and is still being used by thousands of people to help free themselves from many chronic degenerative conditions and to treat eczema.

Additionally, many of the studies and books written by Nutritional Medicine doctors give us the scientific reasons behind why this specific health model and the supplements used have helped with a wide variety of health related conditions.

Reversing Degenerative Conditions:

Many nutritional Medicine doctors believe that cleansing and supporting the GI tract and the liver can and will clear the body of any and most degenerative conditions. First you detoxify the GI tract, then get the liver detoxification system working and finally clean up the toxins in the tissues and cells.

Nutritional Medicine doctors believe that you can't deal with the downstream conditions symptoms in the body such as lupus, arthritis, eczema etc. until you have treated the

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upstream problem(s) in the stomach and liver. When you clean the upstream tissues and liver, the downstream problems usually disappear.

The 4Rs Solution:

The 4 R's solution is a great process for the treatment of eczema they include:

- 1. Remove:** Abnormal amounts of intestinal micro organisms such as parasites, bacteria, yeast, and food antigens.
- 2. Replace:** Hydrochloric acid, enzymes, and fiber deficiency can be replaced with friendly bacteria, digestive enzymes and fiber supplements.
- 3. Restore:** Symbiotic bacteria and GI bacteria through the use of full spectrum friendly bacteria, L. acidophilus, B. bifidus, L. planetarium, L. salivarius, L. bulgaricus, etc.
- 4. Repair:** Replace with nutrients that are necessary to support healing of the intestinal lining, plus an adequate amount of calories and fiber. And to support the liver detoxification system through the use of antioxidants and food based nutritional supplements.

Juicing:

If you are not sure whether you can sustain a 100% juicing only program, you can combine the two together, organic juiced vegetables and one cooked meal.

Whole And Organic Food Supplements:

You can attribute a large percentage of the success in reversing eczema to the use of wild-crafted, organic and natural whole food supplements. Whole food supplements are far superior in quality and effectiveness for reversing eczema because they are produced in their natural and complex configuration. If your goal is to find a nutritional treatment for eczema, then I would recommend that you

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follow this health model which is the same as the Nutritional Medical model with the exception that you should use whole foods instead of man-made supplements.

1. **Support** - digestion and assimilation of foods through the use of probiotics and enzyme supplements.
2. **Nourish** consuming nutrient rich foods such as wheat grass, bee pollen, blue green algae etc.
3. **Repair** - and protect against free radical damage through the use of whole food antioxidant supplements such as wheat sprouts, red algae, wheat grass, etc.

If you decide on this model it will be important for you to maintain a proper diet, exercise, and drink plenty of water 8 glasses per day. For the process of detoxification, try to find yourself a coach. Someone to help guide you through the process of detoxification which can be from one month to several months, usually it takes several months before one can start to see the eczema disappear.

If you have someone to email or talk to in the process of detoxification, it would help ease much of the anxiety that some people go through. You need a coach to guide you in sticking with the consumption of a healthy diet

Naturally Healing Through Detoxification:

As described in this book under the eczema diet section. Most degenerative diseases are caused by nutritional deficiencies and the accumulation of toxic waste in the body, so naturally in order to heal from a disease, whether in the form of eczema or any disease, detoxification must take place first. In detoxification the healing process takes place in three stages:

1. **Elimination of toxins,**
2. **Break down and removal of diseased cells and**

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3. Rebuilding your tissues.

These 3 steps help take care of the daily intake of good nutrients while lowering the intake of toxins from all sources. Follow these stages of detoxification and you will soon find your body healing from the effects of eczema.

The Stages:

- **Eliminating toxins:** This is to get rid of toxins stored in body tissue. Once a good diet provides the minerals and organic nutrients the cells need to generate enough energy to carry toxins out of the body these toxins will be eliminated. Toxins are eliminated through various organs which are: **Lungs**, which may cause bad breath and coughing, **Skin**, a worsening of the eczema condition, **Liver/bowel** which produces dark, foul smelling stools and **Kidneys** which produces dark, strong smelling urine. As a result my brothers eczema, in the first weeks of his healing program, got worse because of the cleansing that took place in the liver and kidney. So don't give up, it takes time and patience to heal naturally from eczema
- **The breakdown and removal of diseased cells:** this simply means that in this process the body break down diseased cells and eliminate toxins.
- **Rebuilding of tissues:** When diseased cells are eliminated, the body will replace them with new healthy cells. Though this phase begins with the above two phases, the majority of this activity takes place after the body is well on its way to being "detoxified" and "diseased tissue" free. Remember, there is no

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instant relief in natural healing. The natural healing of eczema takes time.

The Body Will Heal It's Most Vital Organs First:

The body will heal it's most important organs then the less vital tissue, which means that in the Eczema natural healing process, healing of the internal detoxification organs will take place first before it heals the skin. Actually, the skin is the last organ that the body will start to heal. This will cause your eczema to feel and look a lot worse in the beginning of this process. And the more medical drugs, lotions and herbal formulas you use to suppress your Eczema, the longer it will take to heal your Eczema damaged skin.

To gain the greatest advantage during the process of healing, the body must be given all available energy. Keep in mind that it is the body that orchestrates the process of healing as it has energies and nutrients available. So, as you pursue this eczema cure and to conserve energy, here are a few things which you should keep in mind.

During the process of detoxification and healing help your body gain the best advantage that it can during this process; the body must take in all the available energy that it can. Don't forget that it is the body that will orchestrates the healing process when it has enough energy nutrients. So, here are a few things which you should keep in mind to conserve energy.

- Try not to physically exert yourself too much
- Food intake and appetite should dictate the amounts of food you eat and drink.
- Try to drink lots of water, over 8 glasses a day.
- Avoid toxic substances no matter what they are.
- No stress, emotional and mental activity should be kept to a minimum.

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- Avoid medication or other remedies such as herbal formulas
- Exercise is beneficial, but don't over do it, walking is always good.

With few exceptions, one can safely assume that with an improved diet that whatever symptoms that accompany the detoxification process, natural healing can occur, but you really need to be patient. Always remember that the best eczema diet is one where you consume only original organic foods, instead of consuming synthetic compounds. Any deficiency of any essential nutrients can lead to a degenerative processes and degenerative diseases such as eczema.

Your health depends on the foods that you consume on a daily basis. Keep an eye out for the food types that causes your *eczema* to flare-up.

Shell fish, nuts and other different types of foods can cause allergic reaction in some people... so a much better and important concept to reverse eczema is to eat or start eating better foods and following an eczema diet.

Raw foods like fruits, vegetables, sprouts and whole grain are known to have a great effect on the B cells function. These cells are the lymphocytes which play a large role in the humoral immune response, which causes antibodies to fight against antigens.

Raw foods boost the production of lymphocytes in order to enhance the body's resistance to ill health. By consuming raw foods, you supply the body with rich quantities of vitamins A, C, E, B, and zinc.

This will in turn result in a powerful immune system, protecting the body from diseases like eczema and maintaining smooth and healthier skin. These are the basic steps that my sibling took to help control his intestinal hygiene and his complete diet.

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Again I would suggest that before you start your program to consult your doctor or try and find a nutrition coach to help you get through the program.

Here's to your health.

Part II

Diet-Eczema And The Food We Eat

You can you depend 100% on an improved all natural diet as the only remedy for reversing eczema. Food allergies are an autoimmune response caused by the body "misreading" a food protein as an enemy or toxic substance. You know the saying, YOU ARE WHAT YOU EAT... And the same holds for the treatment of your Eczema dermatitis and other skin problems. In other words, it is important to take in consideration the foods that we consume in order to help control the problem.

I'm sure that most of us know what skin disorders such as acne and eczema are and the particular effects that eczema has on the individual and family members. There are many different types of skin disorders and eczema that affects over 30 million people in the USA alone.

I have personally witnessed with my own eyes the effects that many types of eczema have on the mind and Nummular eczematous dermatitis is one of them.

The skin problems that many people have on their body, hands and feet usually starts when they are in adolescence or after contact with irritants.

And like an ugly shadow, it follows you around for years which also causes lot's of pain and embarrassment. With nearly 30 million people affected with eczema in the United States alone, its no wonder that eczema is the #1 reason people visit the dermatologist.

Powerful treatments are being developed as a result of new research that has identified the genes responsible for eczema. And the trend in the modern cosmetic industry is

Eczema And The Food We Eat

leaning more toward natural cosmetic substances with few or no chemical additives.

But before we get more into the book, I would like to tell you a true story about why I am here and how I came to write this book. About 3 years ago one of my siblings and I had a very intense conversation about his eczema problems and how he was coping with it. It's kind of heart breaking to see a grown man cry! He said that he had to do something or he would go crazy especially with the itching.

I myself have been involved in herbal medicines and remedies for years, so I suggested that he consider an all natural diet to try and get his eczema under control. He had been taking all sorts of pills which actually didn't get to the root cause of the problem. I told him that he should make a list of all the food stuffs which he was allergic to and try and eliminate them one at a time by substituting them with other foods that he could tolerate. While we were discussing his eczema, I suddenly remembered that I had saved a number of different all natural herbal homeopathic salads receipts that I had used in Europe which I had written down and had been eating them for years and had become to love them.

So I checked my files and luckily I still had them, I pulled them out and began to translate the contents from German to English. Upon doing this I realized that these whole grain all natural salads were high in nutrients and fatty acids and could possibly help my brother in his fight against this terrible disease.

As I researched the different grain types I realized that each and every one of these salads had been maybe, unwillingly created especially for eczema sufferers. Anyway I after I translated the receipts I gave them to him and he used them in combination with the 4 essential steps to curing

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eczema, which are Balancing Digestion and Intestinal Hygiene, the 100% Natural Diet, Protecting the Skin from Free Radical Damage, and Natural Healing this model and the different amazingly nutritional and good tasting receipts for the all natural homeopathic herbal salads helped to accelerate the healing process of his eczema. Before we continue, below are some foods that you should consider Through Detoxification. I'm 100% sure that together with trying to help cure your eczema problems.

Avocado

If you included it in your diet, avocado will help to eliminate your eczema. Avocado oil is quite beneficial in treating skin diseases, it is extremely beneficial in treating skin disorders such as Eczema and Psoriasis. Skin problems, especially eczema and psoriasis respond to its high content of vitamins A and E. Eat lots of avocados and other foods high in EFAs (essential fatty acids) not only will your eczema be under control you will feel great all the time.

Barley

BARLEY grass may be used to alleviate eczema. The high chlorophyll content in Barley grass gives it strong cleansing properties and gets rid of toxins in the body. Many people are allergic to Buckwheat, and if you are, try an alternative grain for this salad. Barley Grass (12 grams of Barley Grass powder administered in 3 x 4 gram dosages per day) may alleviate eczema (in up to 75% of patients).

Beans

Bean pods are effective in lowering blood sugar levels in the body. Prolonged use of bean decoction is recommended for difficult cases of acne. You can also apply it directly to the skin for moist eczema eruptions.

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Buckwheat

whole grains Buckwheat is the seed of the herbaceous plant *Fagopyrum esculentum* Moench and has been used as a homeopathic medicine in cases of severe itching and eczema. Buckwheat tea is used to cure circulatory problems. It is used in the treatment of chilblain, retinitis, eczema and liver disorders.

Corn

Even though some people have an intolerance to corn, others don't. Corn is a common food that may act as trigger to your eczema eruptions. Eating organic corn may help to get rid of this problem and has helped control eczema in many cases. If you are allergic to corn try substituting it with chick peas.

Millet

Millet-used in combinations with other foods, Atopic eczematous dermatitis is one of the most common forms of eczema, Millet is far removed from the family of grains to which wheat belongs to. A gluten free diet is often very beneficial in treating eczema and psoriasis. Add brown rice and Millet to your diet and be sure to include plenty of fiber. The green leaves of finger Millet are valuable in chronic eczema. The fresh juice of these leaves should be applied over the affected area in the treatment.

Natural rice

Eating plenty of legumes, brown rice, whole wheat germ and other foods high in vitamin B6 have a positive influence on eczema and other skin conditions. White rice may cause eczema to flare up. Experiment and see if you can find a correlation between your diet and outbreaks of your eczema.

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Rye

Heal Eczema with the use of all natural whole grains: RYE bread contains healing power that helps eczema sufferers. Gluten is a protein found mainly in wheat and to a lesser extent in RYE, this is usually seen in an Atopic individual & commonly associated with eczema. Just remember, there are many different products on the market, some containing drugs with dangerous side effects, an all natural diet will surely help you keep your eczema in check. In the next part of the book we will concentrate on what causes eczema and their effects.

Spelt

Spelt oil is said to be brilliant at healing eczema, Spelt is a predecessor of wheat & contains some gluten. Eczema sufferers have reported their symptoms seem to calm down somewhat after including spelt in their diet. If you have eczema, use spelt flour instead of wheat. With eczema and most other skin disorders, the skin is being used as an organ and usually Spelt bread and other Spelt products are a good alternative to wheat.

Wheat- those of you who are not allergic to wheat

Wheat is available as a **whole wheat** grain (Wheat berries), as flour, cracked, and is often not the cause of eczema in adults. In some cases your eczema symptoms can be linked to a **wheat** allergy. Natural approaches to heal eczema and psoriasis, is to avoid grains containing gluten, which include **whole wheat**, and Spelt is the perfect substitute for wheat.

Whole grain

There is no eczema natural cure, no magic pill or cream, but

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there are effective ways to keep it under control. The different types of whole grains work miracles in healing eczema. Eczema is a chronic, inflammatory skin disorder. Eat more fresh vegetables, whole grains, and essential fatty acids. Consume whole grains rather than white-flour products.

What Causes Eczema?

The causes many types of eczema are quite apparent. One type of eczema, develops after frequent exposure to a mild irritant such as detergent or brief exposure to a stronger irritant such as battery acid. Another type of allergic contact dermatitis develops when an allergen touches the skin and the person develops an allergic reaction. Common allergens include poison ivy and nickel. Many everyday and common objects contain nickel, which includes coins, jewelry, eyeglass frames and buttons. Believe it or not a nickel allergy is actually one of the most common causes of allergic contact dermatitis. Researchers believe that Atopic dermatitis develops when many factors are combined which include certain genes you inherit, overactive immune system and what dermatologists call a “barrier defect” which are “gaps in the skin” where water is lost too quickly.

Atopic Dermatitis

Also known as “eczema,” atopic dermatitis is a chronic (non contagious) skin condition. It causes dry, itchy, irritated skin that can require daily skin care. Most people develop it before the age of 5 years and usually catch it from other family members. Approximately 10% to 20% of the world’s population develops Atopic dermatitis. An estimated 65% develop atopic dermatitis during their first year of life, and 90% develop the condition before age 5.

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Contact Dermatitis

Contact with everyday objects that you use such as shampoo, jewellery, food and water causes this very common type of eczema. When contact irritates the skin, the eczema is called irritant contact dermatitis. Over a period of time, the skin can become thick, red, scaly, darken and leathery after prolonged exposure to an allergen.

Dyshidrotic Dermatitis

When it appears only on the sides of your fingers, the palms of your hands and the soles of the feet which causes a burning or itching sensation with blistering and rash, this type of Dermatitis is called Dyshidrotic Dermatitis

Hand Dermatitis

Any type of eczema that develops on the hands can be classified as "hand dermatitis. Frequently job-related hand dermatitis often has different causes and can require special treatment, this type Eczema is not associated with any one specific type Dermatitis.

Neurodermatitis

When an itch is so intense that no amount of scratching brings any type of relief what so ever, then you probably have Neurodermatitis. Other factors could also be insect bites and emotional stress.

Nummular Dermatitis

This type eczema develops on the skin after an injury such as a burn, abrasion, or insect bite. One or many patches can develop that may last for weeks or months.

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Occupational Dermatitis

Any type of Eczema which developed at your place of work is called Occupational dermatitis.

Seborrheic Dermatitis

Spreading to the face and beyond, this common type of eczema usually begins on the scalp as oily, waxy patches. Like most types of eczema, Seborrheic dermatitis tends to flare in cold as well as dry weather and sometimes produces widespread lesions.

These are just a few of the different types of Eczema which can make your life miserable. You might want to check the effects of Eczema Dermatitis out a little closer and see what types of treatment might be available for your particular type Eczema. While Atopic dermatitis cannot be cured, most eczema cases can be controlled with proper treatment.

Your goal is to hydrate the skin, reduce inflammation, decrease the risk of infection, and get rid of the itchy rash. Contrary to popular belief and claims, studies have not shown that the following food supplements can be helpful- Evening primrose oil, Borage oil, Zinc, B6 and vitamin E.

Part III

All Natural Grain Eczema Curing Herbal Salads



Always remember, YOU ARE WHAT YOU EAT... And the same holds true for the treatment of your Eczema skin problems. Also, it is of utmost importance to take in consideration and control the foods that we eat in order to keep your eczema under control.

Below are some things that you should consider to help you with your eczema problem.

Keep an eye out for the types of foods that causes your **eczema** to flare-up. Some foods such as shell fish, nuts and other can be allergic to some people... Raw foods like fruits, vegetables, and sprouts are known to have a marked effect on the B-cells' function. These cells are the lymphocytes which play a big role in the humoral immune response, functioning mainly to make antibodies light against antigens.

So in short, these raw foods boost the production of lymphocytes in order to enhance the body's resistance to ill-health. By taking in raw foods, the body is supplied with good quantities of vitamins A, C, E, B, and zinc. This then will result in a powerful immune system, protecting the body from diseases like eczema and maintaining smooth and healthier skin.

Dairy Intolerance

This also includes Lactose intolerance which affects 3 in every 4 people. It's all about allergic reactions and many people who suffer from dermatitis and eczema and other problems have an allergic reaction to almost all dairy products. Because dairy sensitivity can be either Lactose Intolerance or Milk protein allergy you must be careful to distinguish between them.

Lactose Intolerance refer to a person's inability to digest Lactose, the sugar found in milk, and Milk protein allergy refer to the body's allergic reaction to **Casein**. It is estimated that to some extent up to 75% of the world's population is Lactose Intolerant. That is, three out of four people who have difficulty digesting lactose. And less than 3% are allergic to **Casein** (the protein found in milk). This is usually detected in babies but can remain undiagnosed till later in life.

Dairy sensitivity is responsible for GI (gastro-intestinal) symptoms in millions of people and will become more noticeable now that thousands of processed foods contain dairy derivatives.

The symptoms of Dairy Intolerance are nausea, diarrhoea, bloating, flatulence, and itchy skin conditions, GI (gastro-intestinal) and respiratory problems. Remember, Lactose intolerance can be confused with Fructose intolerance, because many symptoms are the same. Lactose Intolerance is known to increase markedly with age.

To identify Dairy Intolerance you have clinically tested which include the Hydrogen breath test and stool acidity tests. Dairy Intolerance is all in the genes, generally you have a 75% chance of being Lactose Intolerant, except if you are of Northern European ancestry the chance of Lactose Intolerance is only 25%. Dairy sensitive people improve dramatically on a Dairy-free diet.

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Obviously the simplest way to managing Lactose Intolerance is to go Dairy-free.

But before changing what you eat, and because Lactose intolerance is often confused with Fructose Intolerance you must positively identify your problem food. For Casein there needs to be more vigilance as Casein is now included in hundreds of processed foods.

Actually there is no "cure" for Dairy Intolerance. But the symptoms will disappear when you remove Dairy from your diet. Once you have positively identified your problem food, you need a plan for long-term Dairy-free eating.

Yeast sensitivity

(Candida infections) is another allergic reaction that can make your eczema flare up and itch like crazy. Yeast infection is extremely common. Every one in three persons or 35% of people have yeast infections at any one given time. If this could be you, have your doctor check your symptoms. If you are yeast-sensitive get dramatic improvement on a Yeast-free diet. Yeast infection has a wide spectrum of symptoms of any food sensitivity; skin problems, gastro-intestinal problems, lethargy, headache, breathing difficulties, mood swings you name it.

Yeast infection is a disease that makes you feel "sick all over", and can be easily confused with other food intolerance like dairy and gluten intolerance. Although clinical testing is available, generally diagnosis is usually inconclusive. The most useful indicator is the patient's history of yeast infection, such as ear or throat infections, jock itch, vaginal etc. Candida can be noticed through the appearance of stress or a compromised immune system, and anything that weakens the immune system can trigger a yeast infection. A combination of a yeast free diet and anti fungal medication is the best way to treat yeast infections which occur by

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inclusion or by accident in a wide variety of foods.

Gluten sensitivity

To include Celiac and Wheat intolerance. Gluten intolerance is a broad term which includes all kinds of sensitivity to Gluten. And a small proportion of Gluten intolerant people will test positive to Celiac Disease test, and so are called Celiacs 0.5% of the population or 1 in 7. Gluten is a highly complex protein that occurs in four main grains: Wheat, rye, barley and oats. Gluten is present in all types of wheat grain such as whole grain wheat, bran, spelt, and there are thousands of processed foods which contain Gluten.

This also means that Gluten is present in all baked foods that are made from these grains: bread, pies, cake, breakfast cereals, porridge, cookies, pizza and pasta. Gluten is one of the most complex proteins consumed by man and is difficult for the human digestive system to break down.

Some Gluten intolerance is identified in childhood and manifests itself with headaches, mouth ulcers, weight gain or loss, poor immunity to disease, and skin problems like dermatitis and eczema. So in your quest for an eczema free life make sure that you test for Gluten intolerance with your doctor, avoid these types of foods and improve your eczema dramatically within weeks on a Gluten-free diet.

Fructose or Sugar sensitivity

Hereditary *Fructose Intolerance* is quite rare (less than one in 10,000). It is inherited and lasts for life. Fructose is found in processed foods like soft drinks and confectionery. Sugar cravings are strongly associated with Fructose sensitivity, and the symptoms of Fructose sensitivity are very similar to Lactose Intolerance so they can be misdiagnosed.

Long term effects are poor and sensitive skin, nails and hair; general ill health and even osteoporosis. Treatment of

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Fructose Intolerance (HFI) is a very strict Fructose-free diet with NO FRUIT or fruit juice for life. Consider the high level of sugars we ingest: soft drinks, confectionery, desserts and thousands of processed foods and pharmaceuticals. Fructose sensitive people improve dramatically on a low-sugar Fructose -free Diet.

It is estimated that around 3% of children and about 1% of adults have some kind of Food Allergy. Often the allergens are in shellfish, eggs, milk, nuts, soy, wheat, corn, and fish. They can also be found in food additives like colours and preservatives.

Food allergy symptoms are typically SUDDEN ONSET AND SEVERE. They can be ear, nose, throat and respiratory problems like nasal congestion and asthma, skin problems like dermatitis, eczema, hives or rashes and gastro-intestinal disorders like nausea and vomiting.

Food allergies are an autoimmune response caused by the body ‘misreading’ a food protein as an enemy or toxic substance. Because they are fairly dramatic, allergic responses are usually easily identified with blood tests or “patch testing”. Now you might ask-how did I get a Food Allergy? Often when a child is allergic, there are family members with allergies or a tendency for allergies to be passed on. Others develop allergies with no apparent genetic background.

Treatment is generally one of three approaches: largely it involves avoidance of the allergen whenever possible, *treatment and management* of symptoms, or *auto-immune therapy* – injections of extracts of the allergen to try and desensitise the individual.

Allergies

Now you might ask-how did I get a Food Allergy? Often when a child is allergic, there are family members with

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allergies or a tendency for allergies to be passed on.

Others develop allergies with no apparent genetic background. Treatment is generally one of three approaches: largely it involves **avoidance** of the allergen whenever possible, **treatment and management** of symptoms, or **auto-immune therapy, injections** of extracts of the allergen to try and de-sensitise the individual.

Therefore, when choosing a diet for your eczema, there are several factors that you need to consider in order to reduce flare ups, all the while ensuring that you get the nutrients that you need to be a healthy and thriving individual.

You can depend 100% on an improved natural diet as the only remedy for reversing eczema. Whole or organic food supplements can be attributed to a large percentage of the success in reversing many people's eczema as a result of the use of these wild-crafted, organic and natural whole food supplements for their eczema treatment. Whole food supplements are far superior in quality and effectiveness for reversing eczema because they are produced in their natural and complex configuration. A natural eczema treatment is to supplement your body with nutrient rich foods.

The Nutritional Medicine approach includes principles that are of great benefit to the treatment of eczema. Therefore, when choosing a diet for the your eczema, there are several factors you needs to consider in order to reduce flare ups, all the while ensuring that you get the nutrients that you need to be a healthy and thriving individual. So, in our quest to cure our illness we should consider four things :

- Foods Commonly Known To Trigger Eczema.
- Determining What Foods Cause Your Flare-Ups.
- Adding Food Substitutes To Ensure Proper Nutrition
- Incorporating Foods That Aid In Eczema Relief

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Logically, the first step in choosing a diet to help cure your eczema, involves getting to know the common foods that have been proven to trigger such aggravating and often painful flare ups. As a norm, the most commonly known foods that trigger eczema flare ups include:

- Eggs
- Dairy
- Wheat
- Gluten
- Nuts
- Citrus fruits
- Soy
- Tomatoes
- Chocolate
- Shell fish

Here are some substitute foods that you can use in place of the ones which are causing your eczema to flare up:

- Soybean varieties - soy is a great substitute for dairy
- Rye - a great substitute for wheat
- Beans are a great substitute for eggs
- Kiwi's are a great substitute for citrus
- Salmon-a great addition to the diet of the eczema sufferer provides a good source of EFA's
- Pumpkin seeds would be a great addition to your eczema diet
- Sunflower seeds – great for the eczema sufferers diet
- Chickpeas - another great addition to an eczema sufferers diet

Now we are going to take a closer look at the foods that can help turn your eczema around and these will be

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presented in the form of natural herbal salads. Once you know what foods are potential eczema triggers, you can transition to the next step....

Special Tasty Homeopathic All Natural Herbal Eczema Curing Salads

Rich in omega3 fatty acids, not only do they taste GREAT, these salads are also rich in vitamins and nutrients and they can also help you in your fight against eczema and troubled skin. If you are on a special diet try some of these eczema-salads, you will love them, they are extremely healthy, and provides you with eczema healing nutrients that you just don't get with normal salads or meals.

If you are on a wheat free diet for instance, my Green (whole grain) SPELT (*which is an ancient form of wheat*) salad would be just what the doctor ordered. These are the exact same salads that my brother used and consumed to help fight off his eczema, and you can do the same. And even if you are a Vegan or your skin is eczema free I'm sure that you will enjoy these natural whole grain homeopathic herbal salads.

These are the original grain receipts so if you are allergic to any of the ingredients you should try and substitute them with another grain. Even though some of these salads are made with yogurt and cheese, and some of you may be lactose intolerant, never the less these wonder salads are rich in nutrients and vitamins, and high in fatty acids. In order for these to taste as they should please try and stick with the order in which they are presented to you, this is important...

Depending on the type of eczema that you have, some of the ingredients may cause unwanted effects. In this case substitute for instance "wheat" with "spelt" if you have an

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intolerance to wheat. Enjoy your salads and I am sure that they will be effective in your fight against eczema troubled skin. **The INGREDIENTS FOR SALADS** are listed below.

- BARLEY
- BAY LEAVES
- BUCK WHEAT
- CEYANNE PEPPER
- CLOVES
- CRÈME FRAICH
- CAN CORN
- CHEESE
- CURRY
- FENNEL
- GARLIC
- GARLIC POWDER
- GREEN OLIVES
- HERBAL VINEGAR
- HOT MUSTARD
- HOT PAPRIKA
- HORSERADISH
- YOGURT
- LENON JUICE
- MILLET
- NATURAL RICE
- NUT MEG
- OATMEAL FLAKES
- RED BENS
- SAMBOL OLEK
- SOUR CREAM
- SOUR PICKLES
- SPELT
- THICK APPLE JUICE
- TABASCO SAUCE
- TOMATOES
- WHOLE GRAIN KERNELS
- WHITE BEANS

- WINE VINEGAR
- WHITE PEPPER
- WHOLE WHEAT GRAIN
- WHOLE RYE GRAIN

COOKING INSTRUCTIONS FOR WHOLE GRAIN



GREEN grain - or SPELT

Green corn is made from *SPELT* which is a very ancient type of wheat that is harvested while it is still green, so that you can kiln-dry them.

This process causes them to ripen more and help start and supports the digestive process in humans. *SPELT* is almost always found in herbal kitchens.

This medieval wheat grain has less gluten than traditional wheat, therefore it is a good substitute if you are sensitive to wheat and wheat products.

For the preparation of dishes made of whole grain, one can use either bruised grain, whole meal grain or prepare them whole. In this case it is important to prepare the grain so that it's for humans easy to digest. After you have washed the grain well under running water (*only buckwheat has to be washed in hot water*) soak the grain in cold water 3-10 hours. You should not exceed this time period because after ten hours the grain will start to sprout. For buckwheat, millet, rice, bruised grain or whole meal grain, it is not necessary to soak, and it does shortens the cooking time.

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Using the same water that you soaked the grain in, bring to a boil, and then let simmer at the lowest setting for 20-50 minutes in a closed pot with top to gar. After cooking time is over, the burner is out, let pot sit on burner for a while to continue to soak, or in a thermos to expand and let soak for some time. You should test the grain to make sure that it doesn't get too soft.

A rule of thumb: as far as the amount of water needed to soak grain, use twice as much water as grain, 1-cup grain = 2 cups water. Sometimes during the soaking process you may want to add a little more water. Do not use any salt until the soaking process is almost complete, i.e. until the grain has absorbed most of the liquid.

You get a spicy taste when you gar the grain in vegetable bullion; this way you can use the grain for salads or other dishes that you wish to make, or use them as condiments. In this case you should use a little oil or herbal seasoning. You decorate the finished grain with green herbs and mix with coloured veggies or bake with dark yellow cheese.

Special Ingredients:

MAPLE SYRUP:

Use thin flowing maple syrup which is taken from young maple trees, it's less sweeter than honey.



AVOCADO DIP

Avocado will help to eliminate your Eczema if included in your diet... AVOCADO carrier oil is quite beneficial in treating skin diseases, it is extremely beneficial in treating skin disorders such as Eczema and Psoriasis. Skin problems, especially Eczema and psoriasis, respond to its high content of vitamins A and E. Eat lots of AVOCADOS and other foods high in EFAs (essential fatty acids) not only will your Eczema be under control you will feel great all the time

INGREDIENTS:

1- LARGR RIP AVOCADO
2 TS LEMON JUICE
1 PRESSED GARLIC TOOTH
SALT
CEYANNE PEPPER
2 TBS MAYONNAISE
1-CUP SOUR CREAM (store bought)

PREPARATION:

Cut avocado in half, take out seed and spoon out the meat of the fruit and mash fine with a fork. Add lemon juice, garlic, cayenne pepper, mayonnaise and sour cream –mix well season to taste with salt.

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BARLEY-SALAD - for 10 Servings

BARLEY grass may be used to alleviate ECZEMA. The high chlorophyll content in BARLEY grass gives it strong cleansing properties and gets rid of toxins in the body. Many people are allergic to Barley, and if you are, try an alternative grain for this salad. BARLEY Grass (12 grams of BARLEY Grass powder administered in 3 x 4 gram dosages per day) may alleviate ECZEMA (in up to 75% of patients).

INGREDIENTS:

500g (17,6oz) BARLEY GRAIN
1 PACKAGE FROZEN PEAS
1-CAN SWEET YELLOW CORN WITHOUT JUICE
1-RED FINELY CUBED PAPRIKA
1- YELLOW (or GREEN) FINELY CUBED PAPRIKA
2-CUBED MEAT TOMATOES
200g (7,1oz) YOUNG GAUDA CHEESE CUBED
200g (7,1oz) DUTCH EMMENTALER CHEESE CUBED
6-8 CUBED SAUER PICKLES

MARINADE:

8-TBS WHITE WINE VINEGAR
16-TBS OIL+ APP. ½ TS SALT
1-TS GARLIC POWDER

Natural Grain Herbal Salads

APP. 1-TS FRESH GROUND BLACK PEPPER
LOTS OF CUT SEASONAL HERBS (Parsley, Dill etc.) OR 1
PACK DEEP FROZEN SEASONAL HERBS: all in all you need
app. 4-8 different types of herbs.

PREPARATION:

Bring Barley to a boil in about 1 ½ litres app. 2 pints of water, then let simmer on lowest setting for app 35 min. and make sure that they don't get too soft. Soak herbs and seasoning, i.e. pepper salt and garlic powder together in the vinegar for a short while. After, that mix with the oil, then the veggies and cheese and mix in the marinade. Mix good and let set for a while...yummy!

Variation:

Change this receipt into a noodle salad by substituting 500g (17,6oz) noodles for the barley.

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BEAN AND CORN-SALAD - for 8 Servings

Kidney bean, common bean, green bean, navy bean, string bean, wax bean. Prolonged use of the decoction made from beans is recommended for difficult cases of acne. Bean meal can be applied directly to the skin for moist eczema, eruptions and itching. Even though some people have an intolerance to corn, others don't. Corn is a common food that may act as triggers to your eczema eruptions. Eating organic corn may help to get rid of this problem and has helped control eczema in many cases. If you are allergic to corn try substituting it with another grain such as Bulgur.

INGREDIENTS

2- CUPS COOKED WHITE BEANS
2- = = RED BEANS
2- = = CAN CORN
2- = = LARGE TOMATOES (CUT IN FINE STRIPES)
1- CUCUMBER
SALT, PEPPER
 $\frac{1}{2}$ TS-SUGAR
1-PRESSED GARLIC TOOTH
150G (5.2oz) GRATED CHEESE

Natural Grain Herbal Salads

FOR THE SAUCE:

SALT, PEPPER
PINCH OF PAPRIKA
 $\frac{1}{4}$ TS-SUGAR
 $\frac{1}{4}$ CUP LEMON JUICE OR WHITE WINE VINEGAR
 $\frac{3}{4}$ CUP OLIVE OIL
1 PRESSED GARLIC TOOTH
1TBS CHOPPED ONIONS

TO DECORATE:

LETTUCE AND 150g (5,2oz) CUBED CHEESE

PREPARATION:

Put the above ingredients in a large bowl and mix good together...but before, mix the herbs and garlic with cheese and sit in fridge for 2 hours. Mix the ingredients for the sauce 30 minutes before serving. Place the mixture (beans, corn, tomatoes etc.) on the lettuce (you will need a large plate) and pour the sauce over the mixture, garnish with cheese. Presto!

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BUCKWHEAT-SALAD- for 4-6 Servings

BUCKWHEAT is the seed of the herbaceous plant *Fagopyrum esculentum Moench* and has been used as a homeopathic medicine in cases of severe itching and ECZEMA. BUCKWHEAT tea is used to cure circulatory problems. It is also used in the treatment of chilblain, retinitis and liver disorders.

INGREDIENTS:

1-CUP BUCKWHEAT
1-EGG
2- CUPS BOILING WATER
1-2 TSB POWERED VEGETABLE BULLION (1-2 Cubes)
1-SMALL GREEN PAPRIKA CUBED
3-TOMATOES
150g-(5,2oz) 200g (7,1oz) FRESH CUCUMBER
1-SMALL CHOPPED ONION
1-SMALL OR ½ FENNEL CHOPPED FINE
100g (3,5oz) CUBED EMMENTALER CHEESE
CHOPPED FENNEL LEAVES OR PARSLEY

MARINADE:

3-4 TBS CORN OR OLIVE OIL
2-3 TBS HERBAL VINEGAR
PEPPER, SALT, SUGAR

Natural Grain Herbal Salads

PREPARATION:

Wash buckwheat in hot water and place in a large pot, stir in the egg. Continue stirring by normal heat until the buckwheat kernels (grain) begin to separate and become drier. Pour in the 2 cups of boiling water, add the bullion and stir good. Reduce heat to the lowest level, place lid on pot and let cook 20-30 minutes long. The kernels should not be too soft. After cooking cool buckwheat. Mix the cold buckwheat with the rest of the vegetables, then add the cheese and marinade, season to taste.

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COLORFUL GREEN GRAIN/ Spelt/ SALAD- for 4-6 servings

SPELT oil is said to be brilliant at healing Eczema, SPELT is the predecessor of wheat & contains some gluten. Eczema sufferers have reported their symptoms seem to calm down after including spelt in their diet. With Eczema and most other skin disorders, the skin is being used as an organ and usually SPELT bread and other SPELT products are good alternatives to wheat.

INGREDIENTS:

250g (8.9oz) SPELT
½ LITER (APP. 1 PINT) STRONG VEGETABLE BULLION
1 LARGE RED + 1 YELLOW PAPRIKA
½ BUNDLE SPRING ONIONS
1-CAN CORN OR OTHER CAN VEGGIES
OIL, VINEGAR, SALT, PEPPER or OIL LEMON, SALT AND
PEPPER
PINCH OF SUGAR
GARLIC (TO TASTE)
4-8 DIFFERENT TYPES FRESH (or frozen) CUT GARDEN
HERBS

Natural Grain Herbal Salads

PREPARATION:

Soak the green grain and cook in vegetable stock until gar, (see instructions for cooking grain) remove kernels from pot and place in refrigerator. Cut spring onions and paprika in thin stripes and mix with spelt and corn. Then make a marinade with the rest of the ingredients, pour over salad and mix well- let stand for a while-season to taste and add 4-6 different types of fresh or fresh frozen garden herbs.

Tip:

You can influence the taste greatly with more salt and lemon juice.



MILLET-SALAD for 4-6 Servings

Atopic eczematous dermatitis is one of the most common forms of ECZEMA, MILLET is far removed from the family of grains to which wheat belongs to. A gluten free diet is often very beneficial in treating ECZEMA and psoriasis. Add brown rice and MILLET to your diet and be sure to include plenty of fiber. The green leaves of finger MILLET are valuable in chronic ECZEMA. The fresh juice of these leaves should be applied over the affected area in the treatment.

INGREDIENTS:

20g APP. (1-OZ) PLANT MARGARINE
1-SMALL CUT ONION
150g (5,2oz) MILLET
APP. 400ml (14oz) STRONG VEGETABLE BROTH OR
BULLION
150g CUBED CARROTS
1-BAY LEAF
150g COOKED PEAS
2-CUBED HERB PICKLES (NOT SAUER)
4-TBS OIL
JUICE FROM 1 LEMON
MUSTARD
THICK APPLE JUICE
SALT, PEPPER and a PINCE OF GARLIC POWDER

Natural Grain Herbal Salads

PREPARATION:

Wash millet-cook onions in margarine until glassy- add millet and let simmer for a few minutes, then add the broth with bay leaf and let simmer on low flame app. 20 minutes in a pot with lid on it. Remove the bay leaf and let cool. Mix together with the carrots, peas and pickles. Make a sauce with the rest of the ingredients (add more water if need be) and mix with millet mixture. Let stand to soak in the ingredients, decorate with fresh parsley. This is an unforgettable taste!!!

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PAPRICA RICE-SALAT for 8 servings

In some cases paprika is used for Atopic dermatitis and ECZEMA treatment, but to my knowledge many eczema sufferers are allergic to it. If this is not the case for you, this salad will bring you much joy and satisfaction. Eating plenty of legumes, BROWN RICE, wheat germ and other foods high in vitamin B6 have a positive influence on ECZEMA and other skin conditions. White rice may cause ECZEMA to flare up. Test this salad first and see if it causes your eczema to flare up, if so change to brown rice.

INGREDIENTS:

400g (14oz) WHOLE NATURAL LONG CORN RICE-COOK
ADENTE'
2-RED PAPRICA-FINE CUBED
2-GREEN PAPRIKA FINE CUBED
ADD FRESH MUSHROOMS AND CUBED CHEESE
ACCORDING TO TASTE

MARINADE:

1 MEDIUM SIZE ONION
50g (1,7oz) PARCLEY CHOPPED FINE
4 TBS MAYONNAISE OR MIRACLE WHIP
1-2 TBS LEMON JUICE
1 PRESSED GARLIC TOOTH

Natural Grain Herbal Salads

½ TS SAMBOL OLEK

1-TS THYME, SALT AND FRESH GROUND NUTMEG

PREPARATION:

Mix the marinade well, then mix with the ingredients mentioned above. Let stand app. 1 hour. Decorate with sliced hard boiled eggs and green olives. Also good as cold buffet. A good substitute for rice would be Bulgur.

ORIENTAL RICE-SALAD for 4-6 servings

Eating plenty of legumes, BROWN RICE, wheat germ and other foods high in vitamin B6 have a positive influence on ECZEMA and other skin conditions. White rice, may cause ECZEMA to flare up. Experiment and see if you can find a correlation between your diet and outbreaks of your eczema.

INGREDIENTS:

150g (5,2oz) NATURAL OR LONG GRAIN RICE, TRY BASMATI
250g (8,9oz) COOKED GREEN BEANS
4-CUBED TOMATOES
2-CUBED RED PAPRIKE

MARINADE:

1-GARLIC TOOTH
1 ½ TS HOT MUSTARD
6-TBS OLIVE OIL
2-TBS HERBAL VINEGAR
3-DASHES OF TOBASCO SAUCE
WHITE PEPPER
CURRY
PINCE OF SUGAR

Natural Grain Herbal Salads

PREPARATION:

Cook rice, let cool and mix with veggies. For the marinade mash the garlic with salt, and mix well with mustard. Pour over the salad, mix well and let sit in refrigerator for 30 minutes to soak in the ingredients. Decorate with sliced hard boiled eggs and tomatoes. Right here I would like to say that in cases such as beans, carrots, peas etc. and if you do not want to use can food, you can use fresh out of the garden or produce store vegetables. First, steam cook them in a vegetable bullion for 15-20 min depending on the vegetable making sure that they are not over cooked. Let cool and then mix together with the rest of the ingredients. I prefer to use fresh vegetables because I can make sure that most of the eczema fighting and other vital nutrients remain in the vegetable.

Even if you are not suffering from eczema or some other type of chronic skin disease, once you eat these salads you will never ever give them up...

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SPELT AND BEAN SALAD for 6-8 Servings

If you have eczema, use spelt flour instead of wheat. With ECZEMA and most other skin disorders, the skin is being used as an organ and usually SPELT bread and other SPELT products are good alternatives to wheat. Prolonged use of the decoction made from beans is recommended for difficult cases of acne and eczema. Bean meal can be applied directly to the skin for moist eczema, eruptions and itching.

INGREDIENTS:

300g (10,5oz) COOKED SPELT OR 150g (5,2oz) UNCOOKED

400g (14oz) COOKED GREEN BEANS

200g (7,1oz) CUBED APPENZELLER CHEESE

1-ONION

2-TOMATOES

3 TBS OIL

2-3 TBS VINEGAR

Pepper, Salt, a Pinch of sugar add a little garlic if you like,
Parsley, Basel and Savoury chopped well.

Natural Grain Herbal Salads

PREPARATION:

Soak the grain and cook as directed. Let cool and mix with beans, onions, tomatoes and cheese. With the rest of the ingredients make a sauce, pour over salad and let stand a few minutes to soak up the ingredients, check seasoning. Mmmm, Very Tasty...

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SPICY WHEAT SALAD for 5-6 Servings

WHEAT is available as a WHOLE grain (WHEAT berries), as flour, cracked, and is often not the cause of ECZEMA in adults. In some cases your ECZEMA symptoms can be linked to a WHEAT allergy. Natural approaches to heal ECZEMA and psoriasis, is to avoid grains containing gluten, which include WHOLE WHEAT, and SPELT is the perfect substitute for wheat.

INGREDIENTS:

250g (8,9oz) WHOLE WHEAT KERNELS
APP. 200g (7,1oz) RED BEETS
APP. 200g (7,1oz) COOKED CELERY
2-3 PICKLES
1 CUP CUT PINEAPPLE
100g (3,5oz) CHOPPED NUTS (YOUR CHOICE)
4-TBS OIL
3-TBS VINEGAR
3-TBS SOUR CREAM OR CRÈME FRAICH
1-TS HERBAL SALT
1-PINCE CAYENNE PEPPER
1-TBS CAPERS
PINEAPPLE JUICE

PREPARATION:

Soak the kernels according to instructions and cook until

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soft-but not too soft. Cut red beets, pickles and celery in small cubes or stripes and mix everything together with the pineapples and nuts. With the rest of the ingredients make a sauce, pour over the salad and mix well. Test for seasoning and let stand and marinade until serving. If you use pickled beets or celery use less vinegar.

Variation:

For a different taste use pineapple, nuts, 1 cubed apple and 1 cubed medium size onion.

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WHOLE GRAIN RYE SALAD - for 5-6 Servings

Eczema healed with the use of whole grains. RYE bread contains healing power that helps ECZEMA sufferers. Gluten is a protein found mainly in wheat and to a lesser extent in RYE, this is usually seen in an Atopic individual & commonly associated with ECZEMA.

INGREDIENTS:

250g (8,9oz) WHOLE GRAIN RYE KERNELS
2-3- CLOVES (NELKEN)
1-2- BAY LEAVES
PEPER OR CORN PEPPER
SALT
1-JAR RED BEETS 400g (14oz) TO 500g (17,6oz)
2-LARGE SOUR APPLES

MARINADE:

½ TS MUSTARD, FRUIT VINEGAR, OR LEMON JUICE
A LITTLE JUICE FROM THE BEETS
APP. 1-TL SUNFLOWER, OR THISTLE OIL
1-TBS HORSERADISH
SALT- PEPPER OR CAYENNE PEPPER - LITTLE SUGAR
½ PLASTIC CUP CRÈME FRAICH, OR EQUAL AMOUNTS OF
MIRACLE WHIP OR MAYONNAISE
½ cup NATURAL YOGURT

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PREPARATION:

Soak the Rye kernels. Cook cloves, bay leaves, pepper, and salt in water or with veggie bullion (1-2 $\frac{1}{2}$) until they are soft. Remove from stove, and let cool. Cut apples and beets in cubes or slices and mix with the rye grain (When you make the marinade use all of the ingredients except the yogurt and mayonnaise). Mix together and let stand until serving. Before serving add the yogurt and mayonnaise and mix well. If needed, season to taste with a bit more vinegar, pepper and brown sugar.

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WHOLE GRAIN SALAD for 4-6 Servings

There is no ECZEMA natural cure, no magic pill or cream, but there are effective ways to keep it under control. The different types of all natural "Whole Grains" work miracles in healing ECZEMA and Psoriasis skin. ECZEMA is a chronic, inflammatory skin disorder. Eat more fresh vegetables, WHOLE GRAINS, and essential fatty acids.

INGREDIENTS:

300g (10,5oz) OF YOUR FAVOURITE COOKED WHOLE GRAIN KERNELS

PEAS, BEANS, PAPRIKA, CARROTS, CORN, SPRING ONIONS, CUCUMBER etc.

APP. 150g (5,2oz) TOMATOES CUBED FINE

MARINADE:

1-CUP SOUR CREAM

1-CUP YOGURT

1-TBS MUSTARD

HERBAL VINEGAR, SALT IF NEEDED, HORSERADISH

2-HARD COOKED EGGS CUBED

LOTS OF FRESH HERBS NOT TOO FINELY CHOPPED

PREPARATION:

Cook grain according to instructions and let cool. Mix the marinade and the veggies together. Let stand for a while-if need be add more salt and decorate.

Guten Appetite!

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WHEAT SALAD for 4-6 Servings

WHEAT is available as a WHOLE grain, as flour, cracked, and is often not the cause of ECZEMA in most adults. In some cases your ECZEMA symptoms can be linked to a WHEAT allergy. The best way to approach and heal your ECZEMA and psoriasis, is to avoid foods containing gluten, which include WHOLE WHEAT, and SPELT is the perfect substitute for wheat.

INGREDIENTS:

250g (8,9oz) WHEAT GRAIN KERNELS
2 ½ CUP YOGURT
¼ CUP OIL
1-TS SALT
1-TS HOT PAPRIKA POWDER
½ TS CURRY
2-LARGE SWEETAPPLES
3-MEDIUM SIZE PICKLES
1-MEDIUM SIZE ONION
4-6 TBS MAYONNAISE OR MIRACLE WHIP
3-TBS OATMEAL FLAKES

PREPARATION:

Soak wheat and let cook until gar. Chop the onions and cut the apple and pickles in fine cubes. With the rest of the ingredients make a sauce and mix everything together.

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Finally, add the cooled wheat kernels and let stand 3-4 hours before serving.

Yummy yum yum!!

Tip:

I like yogurt that I make myself. If you can make your own yogurt it would give the salad an even greater taste. Just visit your nearby natural food store and get a package of yogurt culture, instructions should be on the package.

About the ingredients



As we all know different foods cause different types of eczema to flare up, and some of the ingredients used in these salads, may cause your eczema to flare up as well. and if this is the case try and substitute the ingredient(s) that is causing the flare up. If you have a Lactos intolerance try soy products.

Home remedies for eczema are used as alternatives for prescription medications and some over-the-counter products. Many sufferers opt for home remedies because they are safer. There are fewer risks and side effects. Your goal is to seek treatment, not have other medical issues and complications to deal with as well. When using home remedies to treat eczema, you may need to purchase a few more supplies, but they are pretty affordable when compared to getting and using prescription medications. Moreover, you may already have what you need inside your home. In that case, no additional money is needed to seek relief. Not only does avoiding the doctor save you money, but it also eliminates a major hassle. If you work outside of the home or you are a parent, you must arrange time between work and childcare. Don't loose money or time with your kids, because home remedies enable you to

treat your eczema from home and with ease. If you suffer from eczema, you want and need to seek relief. You

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may opt for expensive over-the-counter products or try other prescriptions recommended by your doctor. These may work, but don't discount natural ways to fight off eczema.

Luckily, there are many natural remedies that have proven effective for treating eczema and when it comes to treating and managing the disease, sufferers have many choices. You may have heard that home remedies work, but do they? Although our bodies are all different, they have proven effective for millions of people.

That is just one of many reasons why natural home remedies are recommended for the treatment of eczema. Although results are not guaranteed, many eczema patients have used home remedies to seek relief from the constant outbreak of itchy, irritated skin.

Home remedies for eczema are used as alternatives for prescription medications and some over the counter products. Many sufferers opt for home remedies because they are safer.

PART IV

MAKING AND USING HERBS



Since the effectiveness and the value of most herbs are greatest when the plants are fresh, the best preparations are usually those you make yourself from freshly gathered herbs.

It's a great feeling to be able to identify your remedy in the field and extract natures healing elements to put them to use through your own efforts. Some plants should be used only dried or professionally prepared to avoid or minimize detrimental effects.

Next best are preparations made from herbs which have been well preserved by proper drying and storage. Even the best plants can be ruined by using the wrong process in preparing the remedies. The choice depends primarily on the identification of the plant, the parts being used, the elements to be extracted, how it will be taken and the effects to be achieved.

If you don't get immediate results from these remedies and preparations, don't get impatient. Herbs are not short time wonder drugs, rather their effectiveness are based on gradual action to restore the natural balance of bodily

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functions and continued health.

A healthy body is good because it helps you prevent illness and when and if illness hits you, by having a healthy body you can combat it better. To get lasting beneficial effects you need to consume the herb more than just a few doses.

This should be taken daily for at least a few weeks to achieve maximum effect. Of course their effectiveness will greatly depend on your overall health condition and diet.

Prepared remedies which can be kept for long periods of time are those made with alcohol and ointments. Add a little gum Benzoin or tincture of Benzoin to preserve salves and oils made with a perishable base.

The Herb Garden:

If you have a problem going out getting plants, you can always bring the plant to you. A great way of getting herbs is to grow them in your own garden. Your herb garden can vary from a few pots on the windowsill or balcony to a full-blown yard size herbal garden with dozens of common and uncommon plants. Some herbalists insist that the cultivated plant is less potent than their wild counterparts, but the health and vigour of a plant depends on the condition of the soil and the environmental conditions.

The Herb Dealer:

The path of least resistance is to purchase your herbs from a dealer, which does offer a number of advantages; you can get wild selections including unobtainable European and exotic plants that you would otherwise not get. You can also get seeds or live plants, oils, plant mixtures, dried plants, plant parts, cosmetics and mixtures, dried plants perfumes. I would first look in the yellow pages under herbal or health food products.

Drying Herbs:

Whether you buy or grow your own herby, you will want to dry some for later. Basically there are two ways to dry herbs. But drying herbs often decreases the effectiveness of the desired properties.

To preserve this as much as possible, you must be careful to dry the plant in the shade to avoid temperature extremes, and to disturb them as little as possible during the drying process. The two best ways to dry herbs are:

- (1) spreading them out in a thin layer on a clean towel or on paper
- (2) hanging them up in bundles.

Anyway use a dry, well ventilated place where no moisture or direct sunlight can affect the plant. Select only the best greens, avoiding handling and bruising them as little as possible as to avoid discoloration in the dried plant. For plants and leaves, temperature should be between 856 -95 degrees Fahrenheit. For roots not over 115 degrees.

Small roots can be dried whole, larger roots should be cut into two or more pieces length wise and should be hung up to dry on a string. Or to dry bulbs remove the outer coat, slice and dry with heat not exceeding 100 degrees.

To dry bark, scrape off the outer bark, peel the layers of inner bark and dry in the sunlight. Plants are dry when the stems are brittle and break easily.

For storage, the leaves are usually removed from the stems and stalks which in most cases have little or no value.

Storing Herbs:

The two greatest enemies to preserving the effectiveness of herbs are light and oxygen. Use air tight jars made of dark glass, (or air tight tins) and keep them in a cool dry place.

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With time loss of potency is inevitable, do not keep dried herbs for more than a year. Bark can be kept longer but loses its potency after about 3 years.

Renew your stock whenever new herbs are available. If you are seriously considering making your own cosmetic masks and facials here are a few things which you should know about other properties contained in various herbal plants.

Here are some terms which you might familiarize yourself with which are used in this manual. Most herbs can be used internally as well as externally, that is why I have included these terms to give you an idea of some of the other effects they have.

Abrasive A substance that causes friction or irritation.

Appetiser An agent that excites the appetite.

Antiseptic An agent for destroying or inhibiting pathogenic or putrefactive bacteria.

Astringent An agent that contracts organic tissue, reducing secretions or discharge.

Cholagogau An agent for increasing the flow of bile into the intestines.

Depurative An agent that cleanses the system particular the blood.

Diaphoretic An agent that promotes perspiration

Diuretic An agent that increases the secretion and expulsion of urine.

Emmenagogue An agent that promotes menstrual flow.

Emollient An agent used externally to soften and soothe.

Emetic An agent that causes vomiting.

Exanthematous Relating to skin diseases or eruptions

Expectorant An agent that promotes the discharge of mucus from the respiratory Passage.

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Fabrifuge An agent that reduces or eliminates fever.

Laxative An agent promotes evacuation of the bowels. A mild purgative.

Mucilaginous Characterized by a gummy or a gelatinous consistency.

Nervine An agent that has a calming or soothing effect on the nerves. Formally an agent that acts on the nervous system.

Restorative An agent that restores consciousness or normal physical activity.

Sedative A soothing agent that reduces nervousness distress or irritation.

Soothing To ease or relieve pain or discomfort.

Stimulant An agent that excites or quickens the activity of physiological processes.

Stomastic An agent that strengthens or tones the stomach

Tonic An agent that strengthens and invigorates organs or the entire organism

Cold Compress

Soak a cloth or towel in a hot decoction or infusion that has been cooled wringing out the excess liquid and applying to the affected area. Leave it on until it warms itself from your body heat, usually 10-20 minutes. Repeat application with fresh cool compress. Continue until relieved.

Cold Extract

Preparations will very effectively preserve the most volatile ingredients and extract only the minor salts and bitter principles. Add about double amount of plant material used for an infusion to cold water in an enamelled or non metallic pot. Let the mixture stand for 8-12 hours, strain and

Making And Using Herbs

your drink is ready, directions are the same as for taking infusions.

Here's how: Moisten the herbs with some of the liquid and make them evenly damp. Place the plastic cap loosely on the bottle and place with the cap end down into the mouth of a large jug (large canning jars work well).

Place a coffee filter inside the bottle and mole it to fit, you can even dampen it. Make sure the herbs stay loose and don't get packed down while you place them into the bottle. Cover the open end of the bottle with some plastic wrap. Allow this to sit for 4 to 6 hours while the herbs become totally moistened by their dampening.

Then add some of the liquid (usually alcohol/water) until the herbs are saturated and the liquid above them is clear. As soon as the liquid begins to seep from the bottle cap, remove the bottle and screw the cap on tightly.

Replace the bottle and cover the open end again and allow this to sit for 24 hours. Then begin the percolation process by unscrewing the cap part way until the liquid is dripping out at the rate of 1 drop every 3 seconds (this takes a bit of fiddling around with the cap, but practice will make you an expert on the drip rate of bottle caps).

Gradually add more solvent as the bottle empties. Continue until you have collected all the liquid that your recipe calls for.

Decoction

When you want to extract primarily the mineral salts and bitter principles of plants, rather than vitamins and volatile ingredients, **decoction** is your method of preparation. Boil about $\frac{1}{2}$ ounce of plant part in an enamel or non metallic pot.

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Green plant parts can be added to cold water brought to a boil and boiled 3-4 minutes, or they can be added to boiling water and then boil for the same amount of time.

After that steep the mixture with a cover on the pot for 2-3 minutes. Hard materials such as root, bark or seed need boiling for about 10 minutes and longer seeping to extract the ingredients. Strain before drinking or using in decoction, directions are the same as for taking infusions.

Double Decoction

(Based on 3 cups of water reduced to 2 cups). After making the first decoction using 3 cups of water reduced to 2 cups, drain off the liquid and reserve, and add two more cups of water to the original herbs and simmer down to 1 cup; add the 1 cup to the first 2 cups for a total of 3 cups.

Another Way: 1 oz plant material to 2 ½ cups water (makes 1 pint): soak herbs in water for 10 min then boil and simmer 10 to 15 min. Leave to soak another 10 min, keep covered throughout the process, strain-cool and use.

Fomentation

Soak a cloth or towel in a hot decoction or infusion, wring out the excess liquid and apply as hot as possible to the affected area.

A fomentation has about the same applications as a poultice but is generally less active in its effect

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Infusion

An infusion is a beverage made like tea, by combining boiling water with the Plants (usually the green parts of the plant) and steeping to extract their active ingredients. Short exposure to heat in this method of preparation minimizes the loss of volatile elements.

The usual amounts are about $\frac{1}{2}$ to 1 oz. to 1 pint of water. In most cases the water is poured over the plants, but some receipts require that the plant be added to boiling water, with the pot being immediately removed from the heat.

Use enamel, porcelain or glass to seep your plants for about 10 minutes. Then cover the pot with a tight fitting lid to minimize evaporation.

For drinking, strain the infusion into a cup or glass, add sugar or honey to improve taste. For best results take infusion luke warn or cool.

Mask

Most masks are applied to the skin for 15-20 minutes and washed off with warm water followed by a cold rinse. Never apply mask to the eye area.

Poultice

The poultice (or cataplasm) is used to apply a remedy to the skin area with moist heat. To prepare, bruise or crush the medical parts of the plant to pulpy mass and then heat.

If using dried plants or if need be fresh plants, moisten the mixture by mixing it with a hot soft adhesive substance such as moist corn meal or flour, or a mixture of bread and milk.

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Apply directly to the skin. The best way is to spread the paste or pulp on a wet, hot cloth which is to be wrapped around to retain the moisture and heat. As needed, moisten the cloth periodically with hot water. When irritant plants are involved, for instance a mustard "plaster", keep the paste between two pieces of cloth to prevent direct contact with the skin.

After removing the poultice wash the area well with water or herbal tea (camomile or mug worth) to remove any residue that may have gotten on the skin. You can use a poultice to sooth, irritate or draw impurities from the body depending on which plant or plants you use.

Powder

Grind plant parts with a mortar and pestle or other implements until you have a powder. Powder can be taken with water, milk or soup, sprinkled on food or swallowed in gelatine capsules. The most common dose for powder is the amount that you can pick up on a dinner knife.

Tincture

Combine 1- 4 oz. of powdered herb (the amount depending on the plants potency) with 8-10 oz. of alcohol (clear schnapps or whiskey). Add water to make a 50% alcohol solution (you have to know what percent alcohol you start with) let stand for two weeks shaking once or twice a day.

Afterwards strain the solution into a bottle suitable for storage. Like all other alcohol extracts tinctures will keep for a very long time.

Making And Using Herbs

Tonic Infusion

An agent that strengthens or invigorates organs for the entire organism.

Note:

Always wash and cleanse your skin with cream before using any mask.

Part V

ECZEMA SALVES AND OINTMENTS

To make Salves & Ointments Place about 1/2" of water in the bottom of an electric skillet to protect its finish. Add herbs and oil to a Pyrex bowl or top of double boiler and place in center of skillet.

Fiddle with control of skillet until oil measures a steady 95° F on a cooking thermometer. Allow to simmer gently at this heat for about 12 hours or until the herbs look "used up". Strain herbs out of the oil and return oil to a clean bowl or double boiler pan and set back in the skillet; raise heat to 150° F and add grated beeswax.

Allow beeswax to melt, stirring well. Test by dropping a small amount on a saucer and when desired texture is reached pour into wide-mouth jar suitable for ointment and salve.

(1) Boil herbs in water until sufficiently extracted. Strain; add oil to the decoction and continue to simmer till all the water evaporates, add sufficient beeswax until desired consistency is reached (melt about 2 oz of wax to 5 oz of oil); to preserve you can add 1 drop tincture of benzoin per each ounce of mixture or 1 drop grapefruit seed extract per ounce of mixture. (2) Beeswax, oil, lard, and vaseline can be combined with herbs or tinctures. Place 2 oz of dried herbs into a pint of oil then heat gently for 1 hour, strain and cool for an ointment.

To make a salve add 1 oz beeswax or vaseline then stir well as it thickens and store in a jar. Store in refrigerator or preserve with tincture of benzoin or grapefruit seed extract (1 drop per oz of mixture for both) (3) Grind dried herbs to powder and then cover with olive oil-steep for 2 weeks

Eczema Salves And Ointments

shaking gently daily. Strain through muslin (at this stage it is a liniment/ointment), add beeswax to thicken and make into a salve. Store in refrigerator or preserve with tincture of benzoin or grapefruit seed extract.

Listed below are a few that you can immediately try out to help cure your skin condition.

Try some of these Ointments:

SIMPLE OINTMENT

8 oz lard by weight

2 oz (4 tbsp) beeswax.

Stir till cool. Can be varied by using a cooking oil (i.e. olive, safflower, sweet almond, or avocado). Herbs can also be infused in the melted lard and beeswax added later.

BASIC OINTMENT

Crush fresh or dried herbs and simmer with fat of your choice (i.e. lard, olive oil, safflower oil, etc). Simmer on top of stove in top of double boiler for several hours. Or, they may be baked in the oven for several hours in the fat using a low heat. Strain and place back on heat, then melt beeswax in it. Pour into jar.

4-C SKIN LOTION

Useful for skin inflammations and for those with possible bacterial complications. Combine 1 tbsp each of Chamomile, Comfrey, Chickweed, and Calendula in a mason jar. Over

Eczema All Natural Herbal Cures

this pour 2 cups boiling hot water, cover and let steep for 20 minutes. Strain and place in a spritzer bottle. Add 1 dropper full of echinacea extract and 1 dropper full of usnea extract. Spritz as needed.

CALENDULA OINTMENT

Melt petroleum jelly over low heat. Add calendula. Bring mixture to a boil, simmer very gently for about 10 minutes, stirring well. Strain through fine gauze and press out all the liquid from the flowers. Pour liquid into container and seal after it has cooled.

7 oz petroleum jelly

2 oz (a handful) freshly picked calendula flowers.

CUCUMBER OINTMENT

Used as a healing and cleansing cream.

1 lb cucumber

3½ oz pure lard

2¼ oz veal suet

Wash cucumbers and grate them into a pulp or use a blender or food processor. Strain the juice out and save. Cut the suet into small pieces and heat over a water bath till the fat is melted out from the membrane. Add the lard.

When melted, strain through the muslin into a crock or jar capable of holding up to 1 quart. Stir until it begins to thicken.

Add 1/3 of the juice. Beat with a spatula till the odour has been wholly extracted. Put into jar and cover. Heat in a water bath till the fatty matter separates from the juice. Strain off

Eczema Salves And Ointments

the green coagulum floating on the surface. Put jar in a cool place to harden or jell. The crude ointment is then separated from the water liquid on which it floats, is melted and strained and then placed in glass jars which must be kept sealed. To help preserve it add a layer of rosewater on the surface. You can add Rosewater to make this preparation creamy and white.

EMERGENCY OINTMENT

Combine some wheat germ oil and honey and apply to sore, bruise or wound. Tinctures of Comfrey, Calendula, St. Johnswort or Mullein can be added (between 5 and 15 drops) to the oil and honey.

ITCH OINTMENT

Use Burdock root or Chickweed or a combination of both. Wash and grate the Burdock root or use *fresh* Chickweed, combine with safflower oil (or olive oil) and cocoa butter, cook in a covered heat resistant dish at 200°F for 2 to 3 hours (use an electric skillet with water in it to have controlled temp . Strain and return liquid to dish along with grated beeswax, figure ¼ oz beeswax for each 2 oz.

JUNIPER BERRY OINTMENT

Useful for wounds, itching, scratches, scars from burns, hangnails and festering sores. Collect the berries from the garden or the wild just as they are getting ripe.

2 cups juniper berries

2 cups oil (olive, peanut, safflower, sweet almond, etc.) or

Eczema All Natural Herbal Cures

2 to 3 tbsp beeswax

Soak berries overnight. Strain out the water. Simmer the berries over very low heat in the oil in the top of a double boiler and take care not to burn. Remove from heat and strain out berries. Return to heat and add beeswax. When melted pour into appropriate containers.

PAINFUL SORES OINTMENT

Combine 8 oz vegetable glycerine and 2 oz white oak bark powder. Heat together in top of double boiler for 30 min. Cool, strain and bottle. Don't forget to label it.

SAGE - SWEET VIOLET OINTMENT

Good for chapped lips, cold sores and chapped skin.

2 tbsp finely chopped fresh sage leaves

2 tbsp sweet violets

4 tbsp sweet almond oil

Combine ingredients in a small bottle with stopper. Leave in a warm place for 1 month, shaking daily. Strain into a bowl and add 4 tbsp each of almond oil and melted beeswax which have been melted together in the top of a double boiler. Beat until cold. Store in an airtight jar in a cool place.

Part VI

ECZEMA CURING LOTIONS AND SALVES

Salves are useful for dry, chapped, over-worked and worn skin. Historically, herbs were simmered in lard to make a salve and can still be done that way today to cut costs. Some herbalists believe it is still a superior method of delivery to the body.

The herbs used here are those which have been successfully used through the centuries for their skin healing benefits. Three of these are calendula, comfrey (not for internal use), and chickweed. Burdock root is another notable skin herb. It has long been used for itching skin.

The following recipe has also worked well on the **family pets** for irritated skin. Making a salve takes a bit longer than making a cream, but is actually easier. Difference being, the herbs for salve are steeped directly in the oil and the recipes contain no water. The shelf life of salve is considerably longer as well.

Basic Steps for Making Salve and Ointments

- This is what you will need:
- an electric skillet
- the top of a double boiler pan (or a pyrex bowl)
- a cooking thermometer
- a suitably sized jar to hold the salve
- Wide-mouth 4-oz canning jars are particularly suitable and can be easily sterilized.

Step 1

Powder the herbs in a blender or coffee mill.

Eczema Lotions And Salves

Step 2

Combine the oils and herbs in the double boiler or bowl.

Step 3

Place 3/4 inch of water in the bottom of the electric skillet to protect its finish. Turn the skillet to the lowest control , then keep raising the heat little-by-little until the temperature of the water reaches about 100° F. (also known as fiddling-with-the- controls).

Step 4

Place the double boiler pan which hold the herbs and oils in the center of the skillet and switch the thermometer from the skillet to the inside of the double boiler pan.

Step 5

When you are sure that the temperature of the combined herbs and oils is constant at 95-98 degrees F, let remain uncovered for 12 to 14 hours or until the herbs look "used up".

Step 6

Strain the herb-oil mixture through a muslin or fine cheesecloth and get out as much oil as you can. After the initial straining, you may wish to do it again in order to remove as many of the herb particles as possible. Do the second straining into a measuring cup and have a salve jar standing by.

Step 7

Note the amount of oil you have and pour into your double boiler pan. Make sure you write the amount down. Raise the temperature of the skillet so the oil is at 150° F, (Beeswax melts at approximately 148° F).

Step 8

When 150° F has been reached and maintained steadily, add the grated beeswax and vitamin E (if desired). Stir while wax is melting.

Step 9

After wax is completely melted, remove from heat and add 1 drop Tincture of Benzoin (or grapefruit seed extract) for each ounce of liquid you measured. Test the consistency of your product by dripping a couple of drops onto the bottom of the jar or a plate. Let harden and then test the consistency. If suitable, pour contents into your jar. If consistency is too thin, add more grated beeswax a tiny bit at a time. If too firm add a teaspoon of oil. Any more should not be necessary.

Try some of these salves:

3-C SKIN SALVE

1/2 oz. chickweed

1/2 oz. calendula petals

1/2 oz. comfrey leaf

6 oz. sweet almond (or other vegetable oil such as olive)

1/3 oz. grated beeswax

HEALING SALVE

Useful for skin rashes, swellings, wounds and eruptions.

1 part calendula flowers

½ part plantain leaves

½ part mugwort

½ part comfrey leaves

Eczema Lotions And Salves

Simmer the herbs in lard (1 lb lard for each 4 oz of herbs) until leaves are crisp. Strain and store in appropriate jar. Can also be made with oil and beeswax.

SKIN SALVE

1 part comfrey
1 part chickweed
1 part calendula
1 part lavender
1 part rose petals
 $\frac{1}{2}$ part elderflowers
 $\frac{1}{2}$ part violet leaves or flowers

Enough sweet almond or olive oil (or other oil) to cover herbs in pan.

SKIN LOTION

Useful for skin inflammations and for those with possible bacterial complications. Combine 1 tbsps each of Chamomile, Comfrey, Chickweed, and Calendula in a mason or wide mouth jar. Pour 2 cups boiling hot water over the herbs. Cover and let steep for 20 minutes. Strain and place in a spritzer bottle. Add 1 dropper full of echinacea extract and 1 dropper full of usnea extract. Spritz as needed.

HERBAL OILS

Two of the most useful oils for skin care are Calendula oil and St. Johnswort oil which are used for a number of neurological complaints such as neuralgia, as well as for burns, bruises and sprains. A third oil with a long history of

Eczema All Natural Herbal Cures

use for earache is Mullein oil. To make Calendula or Mullein oil, harvest a handful of Calendula petals or Mullein flowers. Place in a sealable glass jar and cover with olive oil.

Cap the jar and allow to sit in the sun for several days or until the herbs look well "used up". Strain and be sure to label and date your bottle. A shortcut method is to use the electric skillet method as described above for infusing herbs in oil (the beeswax is omitted).

St. Johnswort oil is made by harvesting a handful of flowers and placing them in a sealable glass jar. Cover with olive oil then cap the jar and place in the sun until the oil has acquired the characteristic red color of St. Johnswort oil. Strain and label bottle.

Part VII

HERBAL COSMETICS

Special Preparations and Remedies

Listed below are some excellent facials and baths that you can use in your fight against eczema, acne and troubled skin. Just remember, one of the key elements in fighting eczema is clean, healthy, oil free skin. Use these facials and baths to help rid yourself of the eczema and acne problems that are plaguing your life the easy natural way.

ACNE – BLACKHEADS *all natural herb remedies*

Milfoil Facial For Oily Troubled Skin.....

Apply infusion directly to skin twice daily and rinse off. Good for blackheads. The herb or it's infusion can be added to a facial mask, facial steams and hair preparations, it is astringent healing and tonic.

Ladies Mantle Acne Remedy.....

Infusion of this herb is tonic, soothing and healing to the skin.

Tomato Facial.....

Astringent, good against blackheads. Apply tomato slices or smashed tomatoes directly to face, leave on 15 minutes and rinse off. Apply as needed.

Herbal Cosmetics

DRY SKIN *all natural herb remedies*

Apricot Facial Mask.....

Mashed apricots- mixed with warm olive oil to form a spread able paste, this is for dry skin and is a moisturizer and a vitamin A source.

Banana Facial Mask.....

Mix as you would mix the apricot facial mask-this is another very good dry skin moisturizer.

Dry Skin Hot Oil Facial.....

Clean face and if possible steam it for 5-10 minutes to open your pores. Apply warm olive oil or any other vegetable oil to face and throat. Put a warm wet wash cloth over your face and lie down for 10 minutes. Remove oil with another warm wet washcloth and a liberal application of witch hazel or any other skin freshener. The vegetable oil not only supplements the skin's natural oil supply, but the act of absorbing it stimulates the skin's own oil production.

Papaya Skin Treatment.....

A fresh mashed papaya applied to a face mask will remove dried, flaky dead skin.

Peach Facial Mask.....

This dry skin moisturizer is to be treated as in the apricot mask- Peach kernel oil or almond oil can be substituted for olive oil, it serves as a dry skin moisturizer.

NOTE:

The skin can absorb all vegetable and animal oils, but not mineral oil which forms the base of most ordinary commercial cosmetic creams. It cannot penetrate the skin, it only lubricates the surface-Natural commercial cosmetic creams however generally have a vegetable oil base.

Eczema All Natural Herbal Cures

OILY SKIN *all natural herb remedies*

Almond Facial Mask.....

Pulverized almonds, make into a paste with a small amount of liquid. Best for oily skin almonds softens the skin cleansing it with a very abrasive action and nourishes it with protein.

Brewer's Yeast Facial.....

This mask can be mixed into a paste using a small amount of water. It's abrasive Action cleanses pores and stimulate the skin, but is best for oily skin.

Carrot Facial Mask.....

Astringent, provides vitamin A. Best for oily skin, finely grin carrot shavings with a little lemon juice, this can be applied directly to the face like a facial mask- Best for oily skin.

Oatmeal Facial Mask.....

Make a Paste of dry oatmeal in a little warm water-apply to skin-good for oily skin. Help remove flaky pealing skin by rubbing the skin with dry oatmeal.

Strawberry.....

Astringent, a very good skin cleaner-Use in facial packs or other cosmetic preparations. Best for oily skin.

Herbal Cosmetics

SKIN CLEANERS *all natural herb remedies*

Barley Water Facial Freshener.....

Astringent cleanses and softens skin. Made by simmering 3 tbsp. of barley in 3 cups of water for an hour. Strain and cool. Rinse off face after using, must be refrigerated, best for normal skin. Drinking barley water is also reputed to clear and beautify your skin, you can sweeten it up a bit with honey or orange juice.

Brewer's Yeast Facial Mask.....

Best for oily skin Brewer's Yeast abrasive action cleanses pores and help to stimulate the skin. Make a paste by mixing with a small amount of water.

Carrot Facial Mask.....

Astringent, provides vitamin A-carrot shavings with a little lemon juice can be applied directly to the face like a facial mask-best for oily kin.

Cucumber Facial.....

Astringent, cleansing, bleaching for freckles or discoloured skin. Cucumber slices or juice applied to face and hands and left on 10-15 minutes then rinsed off, for normal or oily skin.

Herbal Facial Steam.....

Cleanses pores, softens, refines and moisturizes the skin. Pour 1 quart of boiling water over 2/3 to 1 cup herbs in a large bowl. A mixture of sage peppermint and linden flowers is very good, or make up your own mixture from the bath herbs already listed. Cover your head about three inches over the bowl, cover both your head and the bowl with a towel to make a stint to retain the steam. Steam face 10 minutes or less, you can also use a vaporizer or electric skillet to provide

Eczema All Natural Herbal Cures

more constant steam and not use the towel.

Honey Facial Mask.....

Honey is antiseptic, cleanses the pores and tones the skin, and is also good for oily and blemished skin. You can also add a little wheat germ to the honey mask-this creates abrasive action protein and vitamins. Just massage a small amount of slightly heated honey over your face and leave on for about 15 minutes.

SKIN SOFTENERS *all natural herb remedies*

Elder Flower Facial Mask

Tonic, clears and softens the skin- Made by adding flowers of their infusion to a commercial clay pack or by mixing them into a paste with yoghurt. Lactic bacteria in yoghurt increases elder flowers effectiveness. Elder flowers are one of the best plant cosmetics. Their mildly astringent infusion soothes the skin and removes wrinkles-bleaches freckles and help relieve sunburn.

Rosemary and Glycerine Skin Softeners.....

An old fashion cosmetic but very effective-Use a rosewater to glycerine ratio of 50/50 and 75/25, you can get this from your druggist.

Strawberry

Astringent, a very good skin cleaner. Use in facial packs or other cosmetic facial preparations. Natural Vinegar Skin Freshener, 1pt apple cider distilled or white vinegar to 8 pts water. Apply after each face washing, it restores the face natural acidity and really does clear and refines rough blemished skin; it can be made more aesthetic by the addition

Herbal Cosmetics

fragrant ingredients.

WRINKLE REMOVERS *all natural herb remedies*

Coconut Butter and Oil.....

Both make a very effective wrinkle remover-Massage warn into the skin.

For A Fennel Facial Mask

A strong infusion of fennel herbs or seed, a liberal amount of honey and some fennel herb added to commercial clay packs or yoghurt- Antiseptic, soothing, it tones the skin and remove wrinkles.

Linden or lime Flowers

Excellent cosmetic herb-Antiseptic, mildly bleaching, good against wrinkles and stimulates circulation. Beautiful fragrance it can be used in skin lotions and other cosmetic preparations.

Lovage

One of the best bath herbs, very good used by itself, lovage cleanses deodorizes and heals the skin.

NOTE:

The skin can absorb all vegetable and animal oils, but not mineral oil which forms the base of most ordinary commercial cosmetic creams. It cannot penetrate the skin, it only lubricate the surface-Natural commercial cosmetic creams however generally have a vegetable oil base.

Part VIII

HYDROTHERAPY

The Herbal Bath

Hydrotherapy is the use of water treatment for illness. Often these include the use of mineral water or of mineral and herb bath additives to enhance the natural healing power of the water or to produce particular effects on the body. With a few simple supplies you can enjoy the benefits of a herbal bath right at home. Herbal baths, full or partial comes in many shapes and sizes from the bathtub to the eye cup. Basically they are baths to which plant decoctions or infusions have been added. Depending on the plants used and the temperature such baths can calm or stimulate the mind and body, open or close pores, relieve itching, inflammation or pain and exert other beneficial effects.

Method:

Tie $\frac{1}{2}$ cup or more of a mixture of any of the herbs listed below into a wash clothe or a small muslin bag and fasten the herb bag to the spout of your bath tub so that the hot water runs directly through it. When the bath is drawn place the bag into the water. For a stronger effect first simmer the herbs 10-20 minutes in 1 quart of water, then place both resulting decoction and the herbs in a bag or wash cloth. The herbs below are also listed according to their effect as an addition to your bath. Any of these can be combined into a bath mixture for several herbs. Combine these herbs into a soothing healing bath.

The Herbal Bath

For An Antiseptic Bath

Lavender, Thyme, Peppermint, Eucalyptus, Wintergreen,

Astringent Bath

Sage, Milfoil, Comfrey Root, Strawberry Leaves or Root, Nettle.

Calming Bath

Fragrant Valerian Balm, Marjoram, Hops , Passion Flower.

Cleansing Bath

(especially for oily skin) Lovage, Milfoil, Lemon Grass, Geranium Leaves.

For A Healing Bath

Peppermint, Milfoil, Camomile, Camomile Flowers, Elder Flowers, Linden Flowers Rosemary, Lovage.

For A Moisturizing Bath

Orange Blossoms, Camomile Flowers, Rose Leaves, Rose Pedals, Rose Hips, White Willow Bark.

For A Softening Bath

(wrinkle remover) Fennel, Rose Pedals, Elder Flowers, Linden Flowers.

For A Stimulating Circulation Bath

Thyme, Mother of Thyme, Rosemary, Lavender.

Toning The Skin Bath

Thyme, lavender, milfoil, peppermint, nettle.

Eczema All Natural Herbal Cures

The Herbal Shampoo

The easiest way to make herbal shampoo is to start with a gentle base of commercial shampoo and then add your own herbal infusions and a few drops of essential oil to scent your hair. Baby shampoo is a good mild soap to use in adding herbals. You will need to add one part shampoo to five parts herbal infusion.

There are a large variety of herbs you can use but you need to study the properties of each herb in order to use them safely for your intended purpose. You can use and their properties. Cloves and Ground Walnut shells will highlight dark hair colors.

Lavender is good for oily hair. Parsley improves the shine of your hair and helps prevent dandruff as Rosemary does. Rosemary and ground Walnut shells can also darken your hair. Lime flowers will soften and condition your hair as does Thyme.

Nasturtium helps your hair to gain healthy growth and Sage will not only color dark and Gray it is safe and mild so you can use it as often as you like.

Herbal Mixtures For Troubled Skin

HERBAL MIXTURES FOR ACNE, ECZEMA AND TROUBLED SKIN

These mixtures of healthy drinks for acne and eczema represent balanced formulas to use for the indicated condition or to produce the indicated effect.

Ingredients are specified in terms of proportions rather than amounts so that you can prepare any amount of mixtures you find convenient. The directions indicate the amount of mixtures needed for each preparation.

Drink-Mix 2 oz. each of beet juice, celery juice and tomato juice. Take 2-3 times daily. To use as a general blood purifier take several times a week.

Witch Grass Root-Ground Ivy, Elecampane Root, Elder Leaves and Flowers, Juniper Berries. Mix these herbs in equal parts: Steep 1 tsp. in $\frac{1}{2}$ cup boiling-hot water. Take $\frac{1}{2}$ cup daily unsweetened in mouthful doses for best results. This should be taken over an extended period of time.

Black Elder Leaves-[1 part] English Walnut Leaves [1 part] Speedwell [2 part] Pansy [1 part] Steep 1 tsp. in $\frac{1}{2}$ cup boiling water. Take 1- $\frac{1}{2}$ cups daily, unsweetened in mouthful doses for best results.

Used in combination with other remedies used for fighting acne. These are some of the best effective natural methods for fighting acne and other bad skin conditions.

Black Elder Leaves-English Walnut Leaves [1 part] [1part] Speedwell [2 parts] Pansy [1 part]. Steep tsp. cup boiling water. Take 1- $\frac{1}{2}$ cups a day unsweetened in

Eczema All Natural Herbal Cures

mouthful doses. Used in combination with other remedies used for fighting acne, these are some of the best effective natural methods for fighting acne and other bad skin conditions.

If nothing else works or if you want no chemicals then you should try some of these remedies. Witch Grass Root, ground Ivy Elecampane, Root Elder Leaves and Flowers, Juniper Berries. Mix in equal parts.

Steep in 1 tsp. in $\frac{1}{2}$ cup boiling-hot water. Take $\frac{1}{2}$ to 1 cup a day, unsweetened in mouthful doses. Take daily over an extended period.

Part VIII

Grandmas Herbal Kitchen

Natural Herbal - Do It Yourself - Remedies

Although results are not guaranteed, many eczema patients have used home remedies to seek relief from the constant outbreak of itchy irritated skin. If you are interested in seeking the same relief, please continue reading on for a list of well-known and successful ways to treat your eczema from home.

Here are few natural Eczema fighting mixtures for your skins heart and soul in case you are planning on making your own herbal mixtures for your skin problems, but be careful some of them require medical supervision. And it is advisable to check the history of these preparations and the plant to get a better understanding of the properties of plant in question.

People have tried lotions, creams, pills, mud packs and almost everything they could to get some relief from this menace. They go through hell everyday having to endure the name calling and harassment that goes along with being a person who has Eczema. We can all be easily led on by such claims of success and fortune... and if drugs and steroids are not helping and too expensive for you then you should really read this.

I'm sure that you have heard it said that nature has a remedy for every illness and disease. That may be true but getting to the remedy is another matter. Legally you have basically three possibilities: collect wild herbs, grow them yourself or buy them. Each having advantages and disadvantages. Probably the cheapest way to get your

Grandmas Herbal Kitchen

remedies is to collect them yourself, but it involves considerable effort. In the US and other countries many herbs grow on public lands and they are protected by law, so in order to harvest these plants you should get the permission of the land owner, but some plants that you might be seeking will probably be rare or non existent in your area.

If you are considering collecting plants yourself, pick a warm dry, sunny day-best would be to go out 2 or 3 days after a good rainfall has washed the pesticides off the plants. Pick your plants in the morning time, but after the dew has dried. Choose only healthy plants.

Roots and bark are best for gathering in the spring or fall i.e. before or after flowering. If you gather wild plants for remedies, make sure that you properly IDENTIFY the plant. This is essential because it is sometimes difficult to tell one plant from the other especially poisonous plants.

Learn how to positively identify the plants that you will be seeking, if you don't have a guide try to find a herbarium with actual specimens at a museum or university or study as many plant identification books as you can. *Never use any plant that you have NOT positively identified.*



Common names include:

Dog-tooth, violet, lambs tongue, rattlesnake violet, snake leaf, yellow snow drop, yellow snake-leaf.

Properties and Uses:

Emetic, anti-scorfulous. Internally the plant is taken in the form of an infusion. For scrofulous and other skin problems make the plant into a poultice for external application and make the infusion at the same time. If you prefer.

Medical part: Bulb, leaves

Preparation and dosage: The plant must be used fresh.

Poultice:

Used crushed leaves, or simmer the root in milk to get the proper consistency.



Common names include:

Barbados aloe Curacao aloe

Properties and Uses:

The fresh leaves of the aloe can be split to expose the gelatinous juice and then rubbed on the skin for sunburn and other minor burns, wrinkles and other skin irritations.

Medical part:

Whole plant



Common names include:

Cocky baby, cuckoopint, cypress powder, dragon root, gagle, ladysmock, Portland arrowroot, starchwort

Properties and Uses:

Acrid (fresh) diaphoretic, expectorant. For external use make an ointment to use for sores, ringworms and swellings. Simmer with cumin in wine or oil to make a plaster. In any case only the dried plant should be used.

Medical part:

Dried root



Common names include:

Marshmallow, mortification root, sweet weed, wymote

Properties and Uses:

Demulcent, emollient, diuretic. Althea's particular excellence is soothing irritated tissue. Externally, used in a poultice for irritations , burns, carbuncles, furuncle and wounds.

Medical part:

Root, leaves flowers

Preparation and dosage:

Poultice: Mix grated root with honey to obtain a thick mask, spread on a linen cloth and apply. Renew every 2 to 3 hours.

Infusion: Use 1 tsp. flowers or leaves



Bean
(Phaseolus vulgaris)

Common names include: Kidney bean, common bean, green bean, navy bean, string bean, wax bean.

Properties and Uses:

Diuretic. Prolonged use of the decoction made from beans is recommended for difficult cases of acne. Bean meal can be applied directly to the skin for moist eczema, eruptions and itching.

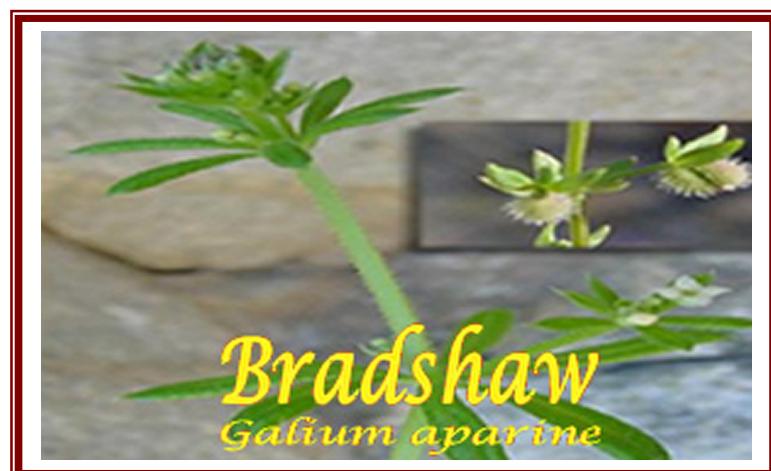
Medical part:

Pods, beans

Preparation and dosage:

Decoction:

Use anywhere from 2 tbsp. to 3 hands full of dried small cut pads wit 1 qt water. Boil for 3 hours.



Common names include:

Cleavers, coach-weed, cleaverwort, goose grass, gosling weed, hedge-burs, loveman, stick-a-back, sweethearts

Properties and Uses:

Antispodmatic, diaphoretic, diuretic, vulnerary-the juice from the fresh plant or a tea made from the dried plant is popular for skin problems.

Medical part:

The herb

Preparation and dosage:

If preferred, make a salve for the skin by mixing the fresh juice with butter (renew every 3 hours and burn the cloth used to apply it).

Infusion:

Seep 1 zo. dried herb in 1 pint warm, not boiling water for 2 hours then take 2-3 tbsp 3or 4 times a day. This is a very good healing agent for acne, and troubled skin.



Beechdrops

Epifagus virginiana

Common names include:

Cancer root, pinedrops

Properties and Uses:

From numerous internal uses this plant can also be used externally for skin problems such as wounds, bruises, cuts, skin irritations and other conditions where an astringent is called for.

Medical part:

The plant



Black Alder
Alnus glutinosa

Common names include:

European adler, owler

Properties and Uses:

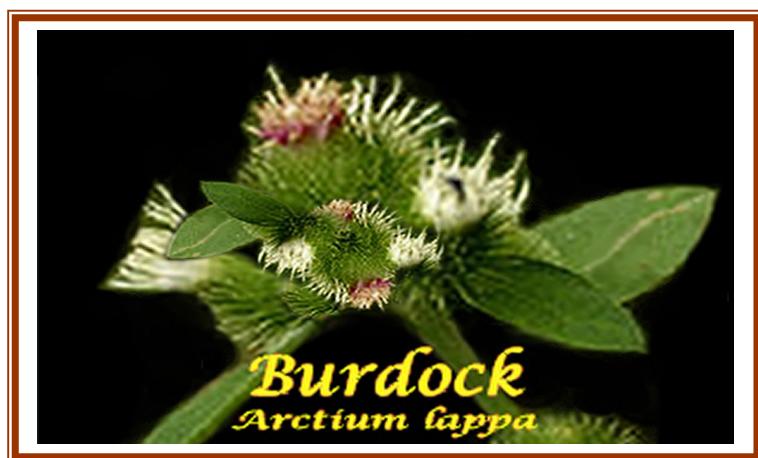
Boiling the inner bark in vinegar produces a useful external wash for lice and for skin problems such as scabies and scabs.

Medical part:

Bark leaves

Preparation and dosage:

Decoction-boil 1 tsp. bark or leaves in 1 cup of water.



Common names include:

Bardana, burr seed, turkey bird seed, cloth weed

Medical part:

Root, seed, leaves

Properties and Uses:

A decoction of leaves make a good wash for sores and is helpful in fighting acne.

Preparation and dosage:

To make a decoction use 1 tsp. of wood with 1 cup of boiling water, let stand for 5 hours then bring to a boil take 1 cup a day.



Common names include:

Garden marigold, holigold, marigold, Mary bud, pot marigold.

Properties and Uses:

For external use, calendula applied as a salve is a very good for and be made from dried flowers or leaves.

Medical part:

Leaves flowers

Properties and Uses:

Digestive, diuretic, expectorant, stimulant- the juice pressed out of the flowering her is popularly used for various purposes including scrofula, eczema.

Salve: Boil 1 oz. dried flowers or leaves, or 1 tsp. fresh juice, with 1 oz. of lard.



Properties and Uses:

Digestive, diuretic, expectorant, stimulant- the juice pressed out of the flowering her is popularly used for various purposes including scrofula, eczema.

Medical part:

Flowering herb

Preparation and dosage: Infusion: Use 1 tsp. fresh or dry herb with ½ cup water.

Ointment:

See our section on making and keeping herbs



Common names include:

Chicken toe, dragons claw, turkey claw

Medical part:

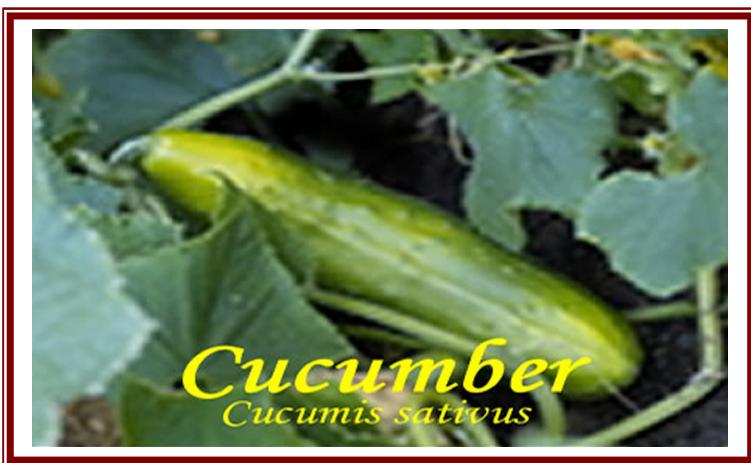
Root stock

Properties and Uses:

diaphoretic, fabrifuge, sedative- Coral root is an effective remedy for fever cramps and skin disease. can be used internally and externally.

Preparation and dosage:

Infusion: steep 1 tsp. Root stock in 1 cup of water take hot or cold 1 or 2 cups a day.



Cucumber *Cucumis sativus*

Properties and Uses:

Aperient, diuretic- Cucumbers are good for almost of our inner parts, intestines, lungs, kidneys skin. For skin problems and for cosmetic purposes.

Medical part:

Fruit

Preparation and dosage:

The most effective cucumbers are those that are fully ripe indicated by the beginning yellow color. Rub the juice into the skin, apply it also for inflammation bed sores and burns.



Common names include:

Purple stone, Samson root,

Medical part:

Rootstock

Properties and Uses:

Antiseptic, digestive, depurative- Echinacea is a very good blood purifier. Plants are also used for such conditions as eczema, acne and boils as to indicate contaminants in the blood.

Preparation and dosage:

Do not use the rootstock if it has lost its odour. To make a decoction, use 1 tsp. Of root stock with 1 cup of water take 1 tbsp 3-6 times a day.



Common names include:

American elder black elder common elder.

Medical part: Bark, leaves and flowers

Properties and Uses:

An infusion of leaves and flowers or a decoction of bark serves as an antiseptic wash for skin problems wounds and inflammation.

Preparation and dosage:

Infusion: use 1 tsp plant part with 1 cup of water.



Elecampane
Inula helenium

Common names include:

Elfdock , horseheal, scabworth

Medical part:

Rootstock

Properties and Uses:

Athelmintic, cholagogue dierutic, expectorant, stimulant tonic. Use externally as a wash or fomentation for skin problems such as scabies and itching.

Preparation and dosage:

Gather the woodstock in the fall of the second year to make an infusion: mix 1 heaping tsp. of rootstock with 1 cup of water take, 1-2 cups per day.



Elm
Ulmus campestris

Common names include:

English elm, European elm

Medical part:

Bark, leaves

Properties and Uses:

Astringent, demulcent, diuretic vulnerary- The bark of the young branches can be used as a decoction or tincture for herpes, scurf itch and other skin problems. Soaking bark and bruised leaves in vinegar also make a useful wash for the skin, the leaves has sometimes been used to help heal wounds.

Preparation and dosage:

Decoction- use 4 oz of fresh inner bark or bark from young branches with 4 pints of water- boil down to 2 pints, take $\frac{1}{4}$ cup 2-3 times a day.



European Centaury
Cantuarium umbellatum

Common names include:

Bitter herb, common centaury

Medical part: Flower and herb

Properties and Uses:

Appetiser cholagogue, diaphoretic, digestive, emetic, febrifuge, tonic. Externally used, a lotion made from European Centaury removes skin blemishes like freckles and spots. It is generally used like Yellow Gentain.

Preparation and dosage:

Infusion- use 2 tbsp. of herb to 1 cups of water.



European Vervain
verbena officinalis

Common names include:

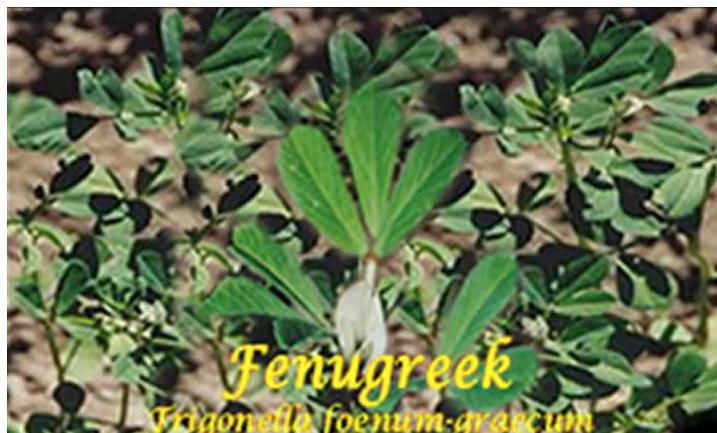
Enchanter's plant, herb of the cross, holy herb, Juno's tears
pigeons grass, pigeon weed, simplers joy, vervain

Properties and Uses:

Astringent, diuretic, emmenagogue, stimulant, tonic,
vulnerary. In addition to the normal usage indicated by the
categories, a decoction is good for eczema acne and other
skin conditions.

Medical part:

The whole plant



Common names include:

Properties and Uses:

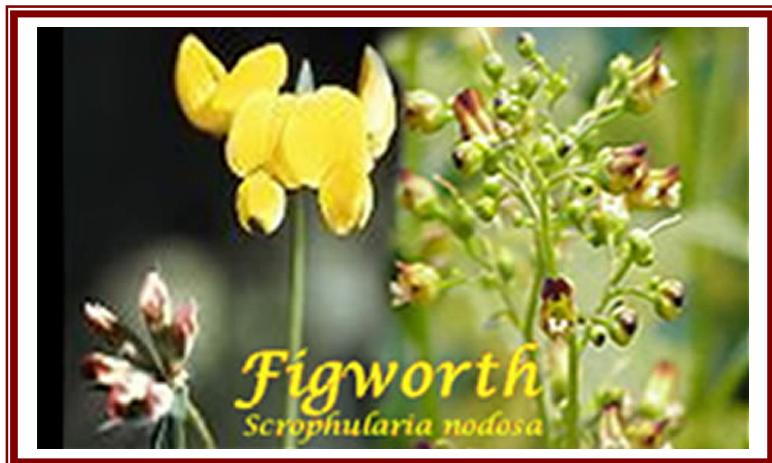
Expectorant, mucilaginous, restorative - Make a poultice of pulverised seed for gouty pains, neuralgia, sciatica, swollen glands, wounds, furuncles, fistulas, tumours, sores, and skin irritations.

Medical part

Seed

Preparation and dosage:

To make a decoction use 2 tsp of the herb seed with 1 cup cold water- let stand, for 5 hours then heat and boil for 1 minutes take 2-3 cups a day.



Common names include:

Carpenters square, figworth root notty rooted figworth

Medical part:

The plant

Properties and Uses:

Diuretic exanthematous - Figworth is essentially a skin medication used for eczema, scabies, scurf, minor rash etc.

Preparation and dosage:

Make into an ointment or fomentation for use on scratches and minor wounds



Herb Robert
Geranium robertianum

Common names include:

Dragons blood, stork bill, wild cranes bill.

Properties and Uses:

Astringent-A hot poultice is said to be good for bladder pains, fistulas, bruises, erysipelas and persistent skin problems.

Medical part: The herb

Preparation and dosage:

Remove any developing fruit before using. Make poultice, salve paste, or ointment using methods mentioned above and apply to skin.



Horehound
Marrubium vulgare

Common names include:

Hoarhound, marrubium, white horehound

Properties and Uses:

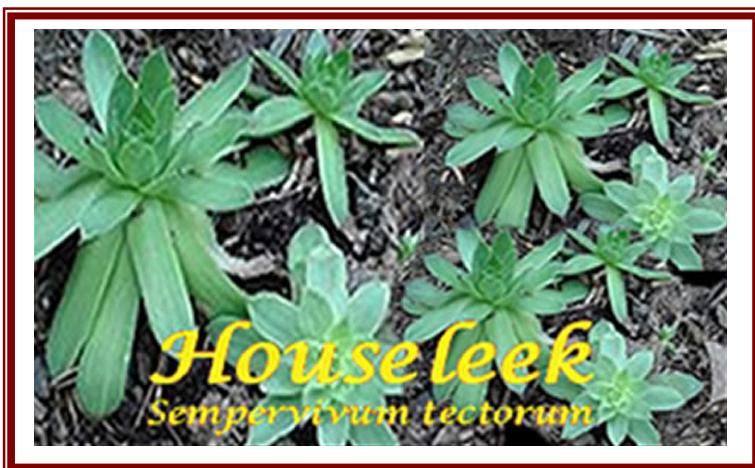
Diaphoretic, diuretic, expectorant, stimulant, tonic. Externally either the tea or the crushed leaves can be applied for temporary or persistent skin problems.

Medical part:

The herb

Preparation and dosage:

Infusion- Steep 1 tsp in ½ cup water



Common names include:

Aarons rod, bullocks eye, hens and chickens, Jupiter's eye, Jupiter's beard, live-forever, thunder plant.

Properties and Uses:

Astringent, refrigerant, vulnerary. The fresh bruised leaves can be used for burns, insect bites and other skin problems. The juice pressed from the leaves or the leaves themselves (sliced in half) can be used for warts freckles and other skin blemishes. It is also used externally as a **decoction** for shingles and skin problems in general.

Medical part:

Leaves

Preparation and dosage:

Use only fresh leaves



Medical part:

Rootstock

Properties and Uses:

Astringent, diuretic emmenagogue - Externally used a decoction of Madder can be used for skin problems, especially tubercular conditions of skin and mucous tissue.

Preparation and dosage:

The woodstock is collected when it is 3-6 years old. Make a decoction by boiling 1 ½ - 2 oz. of woodstock in 4-6 quarts of water to use as a bath additive.



Common names include:

Beaver tree holy bay, Indian bark, red bay, red laurel, swamp laurel swamp sassafras, sweet magnolia, white bay.

Properties and Uses:

Astringent, diaphoretic, febrifuge, stimulant, tonic-
Magnolia bark is good for erysipelas and other skin
disease.

Medical part:

Bark

Preparation and dosage:

Gather the bark in spring and summer. To make a
decoction for external use, simmer 1 tbsp. bark in 1 pint of
water for 10 minutes.



Common names include:

High mallow, common flower, common mallow, cheese flower

Medical part:

The herb

Properties and Uses:

Astringent, demulcent, emollient, expectorant. Externally a decoction can be used to wash wounds and sores.

Preparation and dosage:

Decoction-for external use boil 1 tbsp. herb in ½ cup water for a short time.

Infusion

Add 1 to 2 tsp. herb to ½ cup cold water. Let stand for 8 hours, then warm up to lukewarm (do not boil or seep the herb in boiling hot water).



Mullein

Verbascum thapsus

Common names include:

Arrow hood, blanket leaf, jacob staff,

Medical part:

Leaves and flowers

Properties and Uses:

For external on inflammations and painful skin conditions use the tea or a fomentation of the leaves boiled or seeped in hot vinegar and water.

Preparation and dosage:

Make poultice, salve past, or ointment using methods mentioned above and apply to skin.



Properties and Uses:

Antispasmodic, nervine, stimulant- a local wash is good for skin disease, flaky skin, frostbite, chilblains, and wounds.

Medical part:

Grain straw

Decoction

Boil small pieces of oat in water for 1 hour.



Common names include:

Quaking aspen, American aspen, aspen poplar trembling aspen

Medical part:

Buds

Properties and Uses:

Balsamic, febrifuge, tonic- can be made into a tea for internal as well as external use or into a soothing salve. Use it as a wash for inflammations, cuts, scratches, wounds and other skin problems

Preparation and dosage:

Boil the buds in olive oil or lard to make a salve for the same external applications.



Common names include:

Butter rose English Cowsip

Medical part:

Flowers herb, rootstock

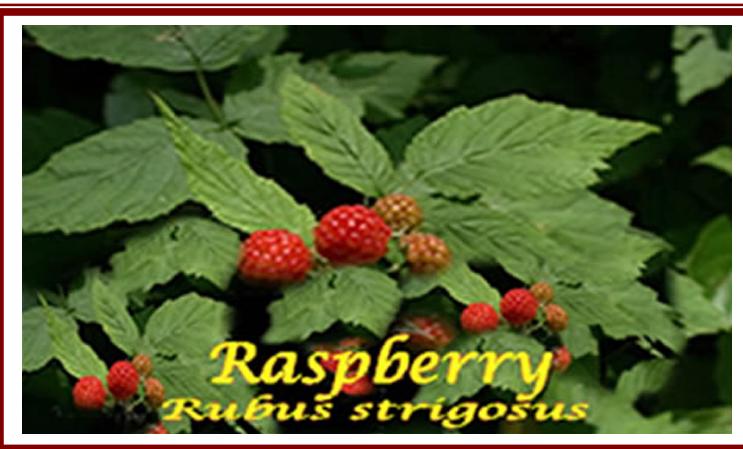
Properties and Uses:

Anodyne, diuretic, expectorant – An ointment made from the leaves and flowers can be used for skin problems and blemishes- CAUTION, some people are allergic to primrose and should naturally avoid medicines made from them.

Preparation and dosage:

Seep 1-2 tbsp of herb or herb and flower in ½ cup of water. Take 1 up a day. Make fresh each time.

To make a decoction, boil 2 tsp rootstock in a cup of water.



Common names include:

Garden raspberry, European Red Raspberry.

Properties and Uses:

Astringent, cardiac, refrigerant-an external wash for sores
wounds, skin rash and other skin disorders.

Medical part:

Leaves fruit

Preparation and dosage:

Make a decoction for an external wash use as needed.

Infusion

Steep 1 oz. leaves in 2 cups of water for 15 minutes.



Rattlesnake Plantain
Goodyera pubescens

Common names include:

Adders violet, downy rattle snake plantain, net-leaf plantain networt, rattlesnake weed, scrofula weed, spotted plantain, water plantain.

Properties and Uses:

Demulcent-Rattlesnake plantain makes a helpful external application for scrofulous sores, skin rashes, bruises, and insect bites. If desired they can be soaked in milk and then be made into a poultice.

Medical part:

Leaves rootstock



Common names include:

Cammock petty wine, stayplough

Medical part:

Roots

Properties and Uses:

Aperient diuretic - A decoction of the root can be used externally for eczema, itching and other skin problems.

Preparation and dosage:

To make a decoction soak 2 tsp of root in ½ cup water for 8 hours then bring rapidly to a boil, use as needed.

Decoction:

Soak 2 tsp. roots in ½ cup of cold water for 8 hours.

Infusion:

Steep 3-4 tbsp. root in 1 cup water for 5 minutes while stirring.



Medical part:

Leaves, flowers and tops

Properties and Uses:

Antispasmodic, cholagogue emmenagogue, stimulant, stomachic- Leaves cooked in wine or salve made from rosemary oil is used for rheumatism, scrofulous sores, eczema, bruises and wounds.

Preparation and dosage:

A decoction of the wood may be helpful externally for skin problems especially those of a bacterial origin. To make a decoction boil 1 heaping tsp. of wood in 1 cup of water.



Common names include:

Bouncing Bet, old maids pink, soap root

Medical part:

Rootstock

Properties and Uses:

Externally use as a wash or fomentation for dermatitis itching skin, furuncles and tumours. Soapwort also has a mild purgative effect.

Preparation and dosage:

To make a decoction boil 2 tbsp. dried rootstock in 1 cup of water.

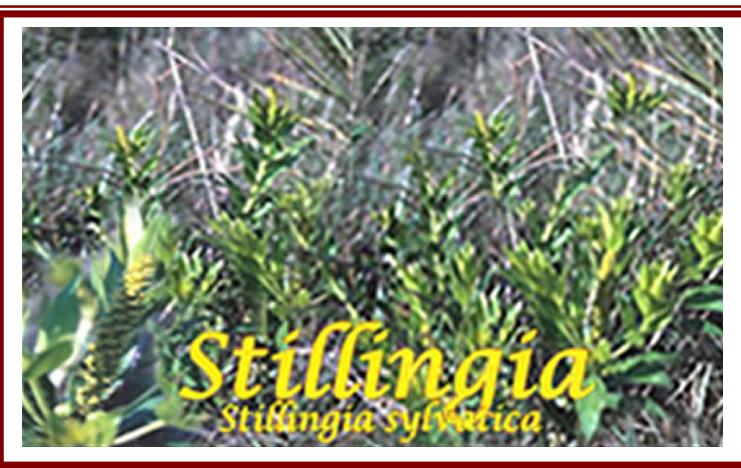


Common names include:

Common sorrel, meadow sorrel, sour grass

Properties and Uses:

Astringent, diuretic, laxative- externally a tea made from the herb can be used as a wash or fomentation to treat skin disease and problems. CAUTION- consuming sorrel in large quantities may cause kidney problems or severe poisoning.



Stillingia

Stillingia sylvatica

Common names include:

Cockup hat, marcory, queens delight queens root, silver leaf, yaw root

Properties and Uses:

Cathartic, diuretic, emetic- A decoction of the rootstock can be used to treat obstinate skin problems and to help clear up continuing pain and ulcerations.

Medical part:

Rootstock

Preparation and dosage:

Decoction-boil 1tsp. dried rootstock in 1 cup water



Common names include:

Copalm, gum tree, liquidamber, liquid storax, opossum tree, red gum, styrax, white gum.

Properties and Uses:

Antiseptic, astringent, expectorant. Balsam from the sweet gum tree has antiseptic properties which has mad it an effective external medication for wounds and of skin problems. For external use it is usually made into an ointment with lard or oil.

Medical part:

Balsam, bark

Preparation and dosage:

Decoction- Boil 1 tsp. bark or balsam in 1 cup water- also for a decoction use leaves or root to treat injuries.



Turtlebloom
Chelone glabra

Common names include:

Balmony, saltrheum, weed, shell flower, snake head.

Properties and Uses:

Anthelmintic, aperient, cholagogue, stimulant, tonic-Externally an ointment made from turtlebloom is used for sores and eczema.

Medical part:

Leaves

Preparation and dosage:

Ointment



Common names include:

Scurvy grass, tall nasturtium

Properties and Uses:

Diuretic, expectorant, purgative, stimulant, stomachic-very effective as an expectorant is beneficial for anemia and eczema.

Medical part:

Leaves, roots young shoots

Preparation and dosage:

watercress must be used fresh



Wild Indigo
Baptisia tinctoria

Common names include:

American indigo, horsefly weed, indigo broom, false indigo, yellow broom, yellow indigo.

Properties and Uses:

Wild indigo has found application primarily as an antiseptic wash or lotion for wounds, sores, skin ulcers and eczema. Wild indigo consumed in large quantities can cause poisoning.

Medical part:

The plant

Preparation and dosage:

Infusion- Use 1 tsp. young shoots in 1 cup water



Common names include:

California barberry, holly mahonia, oregon grape, Rocky mountain grape, trailing mahonia.

Properties and Uses:

Diuretic, laxative, tonic-Wild orange grape is beneficial for scrofulous and chronic skin conditions. The tincture is used for all sorts of skin diseases including acne and eczema herpes and psoriasis.

Medical part:

The rootstock and root

Preparation and dosage:

Tincture-a dose is from 5.10 drops.



Wild Strawberry
Fragaria vesca

Common names include:

Mountain strawberry, wood strawberry

Medical part:

The plant

Properties and Uses:

Astringent, diuretic, tonic- The leaves and rootstock of the wild strawberry is astringent and diuretic. It can be used internally and externally at the same time. A tea is effective against, eczema and acne.

Preparation and dosage:

Infusion: steep 2 tsp. of leaves or rootstock in ½ cup of water.



Common names include:

Curled dock, garden patience, narrow dock.

Medical part:

The root

Properties and Uses:

Astringent, cholagogue, tonic- Known as an medical plant since ancient times, also a blood “purifier” it was prescribed for eruptive diseases such as scrofula, and skin problems.

The ointment is valuable for itching, sores, swelling and scabby eruptions. American Indians applied crushed yarrow dock leaves to boils and the pulverised root to cuts.

Preparation and dosage:

To make a decoction boil 1 tsp. of root in 1 up of water.
Take 1-2 cups a day.

Grandmas Herbal Kitchen

Note:

If you have a herbalist in your area, it would make things a little easier on you, just go to your herb store and get any of these herbs as well as information on how to use them. The above statements have not been evaluated by the Food and Drug Administration.

These products are not intended to diagnose, treat, cure or prevent any disease. I hope that this small book will be of some help to you in your struggle against eczema troubled skin. These are only a few of the many herbs that can be beneficial in the fight against acne eczema and other types of skin diseases.

I have tried to compile a list for you of the most effective herbs and facials for the many different types of chronic skin problems there are such as acne and eczema.

Many of the herbs are not mentioned here because they are either too poisonous or too dangerous to use without medical supervision. You just have to try and see which combination works best for you.

To Your Health

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