

Natural Skin Care



Natural Remedies For Your Skin Care Problems

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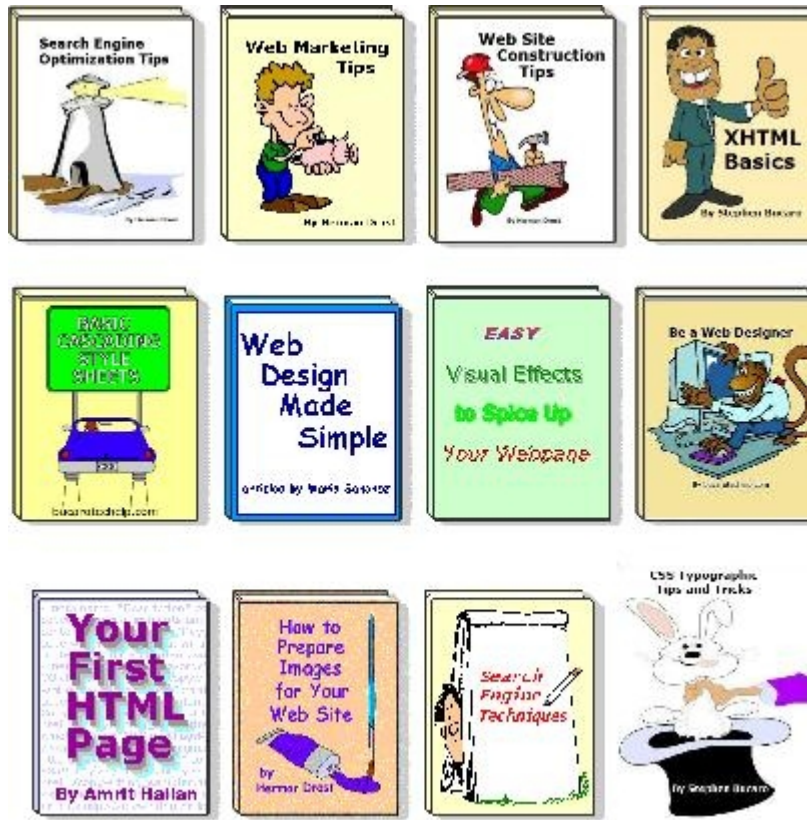
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Introduction

There are avast list of chemicals commonly found in mass-produced skin care products. Today's consumers treat synthetic ingredients in their skin care products as harmful. Natural skin care products are the way to responsible healthy skin care. Any benefit provided by synthetic product can be achieved using natural means.

If you're wondering if natural skin care products are the answer to your skin care problems, the answer is yes. I've been in practice for

just over 20 years and so far I have yet to see a skin condition that cannot be treated using the natural approach.

This eBook explores the use of natural skin care options to treat such skin problems as acne, eczema, psoriasis, and rosacea, as well as provides you with many photographs to help you identify skin cancer.

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Natural Skin Care Products are the Answer to Your Skin Care Problems

by Dr Danny T. Siegenthaler

Natural skin care products, or as I prefer to call them these days Holistically-Natural skin care products are most definitely the only answer to responsible healthy skin care. Any effect achieved by synthetic product can be achieved using natural means, if you know how.

These days many consumers treat synthetic ingredients in their skin care as potentially harmful, and so they should. To settle this in your own mind, just have a look at this vast list of chemicals commonly found in mass-produced skin care products (some of these are also found in so-called natural skin care products).

If you are asking yourself whether natural skin care products are the answer to all your skin care problems? The answer is a definite Yes. I have not come across a single skin problem that cannot be addressed equally well using natural skin care products as using any other types. Admittedly, I've only been in practice for just over 20 years, however, so far I have yet to see a skin condition that cannot be treated using a natural approach, excluding of course emergency medical conditions such as severe 3rd degree burns over large parts of the body, etc.

In an article I can across recently, entitled "Are Natural Skin Care Products the Answer To All Problems?", the author asks the following questions:

So, are natural skin care products the answer to all of our problems? What if a natural skin care product is not available for the treatment of a particular skin disorder? Are the synthetic skin care products so harmful that they should be banned?

The answer is - No natural skin care products do not fix all of our problems. Maybe the author should have asked ...so, are natural skin care products to answer to all our skin care problems? - then the answer would have still been No, and neither do any other skin care products on the market today - natural or otherwise.

Not all skin problems can be treated using some topical application - Many diseases such as measles, chickenpox, herpes and many more are diseases, which as part of their symptomatology, have a skin component. To think that using natural skin care products or for that matter a synthetically formulated skin care product could treat this types of conditions is ludicrous.

Sure, combine your internal medication (natural or drug-based) with a good quality, natural skin care product to address the itching, irritation and redness, etc., but don't think for one moment that a skin care products is going to effect the chickenpox virus or any other infectious disease.

Similarly, skin problems just like any other long-term disorder have a multi-faceted complexity and require a systemic approach to treatment.

If on the other hand we are simply referring to dry, oily, mature or sensitive skin, than there is no need for synthetic chemicals. Nor is this the case in the treatment of dermatitis, psoriasis or similar conditions, unless they are of a genetic origin - then there is very little that can be done other than symptom control, which natural skin care products can do just as well as any synthetic equivalent, if not better.

You see most mass-produced skin care products, whether they are 100 percent natural skin care products or have a synthetic component, will not work on any condition that has an internal disease process involved. For example a hormonal imbalance may cause acne. This acne will persist until the hormonal imbalance is corrected.

Similarly, viral infections can cause skin rashes and they will persist until the viral infection has been addressed. Again, sure use a topical ointment or cream for the rash and yes, make sure it is a natural skin care product, because you don't need to introduce more chemicals into the body, which it may have difficulty in utilising and/or eliminating.

In the same article, the answers to the above questions states:

Different people have different answers to these questions. However, the reality is that due to presence of synthetic preservatives, it's really tough to find a natural skin care product that is 100 percent natural. There are natural skin care products that have natural preservatives, but their cost might be detrimental. Moreover, such

natural skin products have a shorter shelf life and hence are not preferred by the manufacturers of natural skin care products.

Firstly, 100 percent natural skin care products are really not hard to find. There are dozens of companies that produce good quality, natural skin care products and they can be found using Yahoo, MSN or Google without much difficulty. Yes, they can be expensive, but they are no more expensive than similar, products containing synthetic chemicals produced by major brands such as L'Oreal, Lancôme, and others. In fact, most are a lot less costly.

Secondly, just because a natural skin care product has a natural preservative does not make them any more expensive. I should know, as we make a large range of natural skin care products and have done so for over 20 years. We supply customers all over the world, as well as our own patients, and over 80 percent of our customers have been long-term customers. Some of our products use natural preservatives such as Grape seed Oil or Wheat Germ Oil and neither of these oils are very pricey.

In addition, Essential oils are some of the most powerful antiseptic substances around, some are also have powerful antibiotic properties and if used correctly, they will preserve natural skin care products for at least two to three years without any trouble. Furthermore, many of our natural skin care and personal care product contain herbal extracts. Herbal extracts are by nature alcoholic and alcohol is a very good preservative. So you see, good quality natural skin care products do not need to have preservatives (synthetic ones) added to them.

This author further states:

Some people carry a wrong notion that since natural skin care products are natural, they cannot cause any harm to the skin. The suitability of a skin care product is not based on whether it is synthetic or natural. An unsuitable natural skin care product can harm you in almost the same way as a synthetic one. So, use natural skin care products, but be open to synthetic ones too (you might need them when a natural solution is not available).

Sure, we all know that nature produces powerful substances and some of these are the most potent killers if we are exposed to them - strychnine is an example that comes to mind, but any substance found in nature has the potential to create problems, some more serious than other. Why else would herbalist have to be trained for years if you could take any old tea and drink it to your heart's content?

Many people have allergies to all sorts of chemicals (I mean naturally occurring ones as well as synthetic ones). However, that is not the product's fault, these people unfortunately for them have a hypersensitivity to particular substances and their immune system

needs to be treated. DON'T use a synthetic substitute - the natural substances are just as powerful as synthetic chemicals, why do you think is it that modern medicine still uses morphine-based drugs to treat severe pain? - there is no synthetic substitute that is more powerful a pain killer.

Natural skin care products that have been properly formulated to target a specific skin care need, are safer, usually more effective and cost no more than their synthetic counter parts.

When ever you choose to buy a new product which you use on your skin be it a natural one or not, you should consider the following:

- Always look at the ingredient list and see if there are any to which you may be allergic.
- Before you start using a product apply a small area of your skin first to see if you have any undesirable reaction. You may be allergic to something in the product, which you are not aware of and this may or may not be a natural substance.
- Know what the product does and what it is indicated for before you buy it.
- Choose products to suit your skin type and your skin's needs.

If you are not sure, ask the manufacturer, write them an email or ring them up and ask them to explain or help.

Natural skin care products are definitely the preferred option when it comes to taking care of your skin's needs.

Danny Siegenthaler is a doctor of traditional Chinese medicine and together with his wife Susan, a medical herbalist and Aromatherapist, they have created [Natural Skin Care Products by Wildcrafted Herbal Products](#) to share their 40 years of combined expertise with you.

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Acne Diet - Is There an Acne Cure Diet that Works?

by Asit Singh

Ask any medical doctor if there is a connection between diet and acne and almost all of them will claim there is none. Quoting from the Journal of the American Medical Association: "Diet plays no role in

acne treatment in most patients... even large amounts of certain foods have not clinically exacerbated acne".

With years of medical education and clinical experience behind these claims, how can we the simple folks who suffer from acne challenge these statements and think otherwise? The answer is: doubt. Doubt, if its stays in the borders of reason, can open many doors otherwise will stay forever shut. Believe it or not, doubt can change reality. Doubt can cure your acne and doubt can even save your life.

Fact is, countless of acne sufferers have reported that their acne seemed to get worse when they consumed certain foods and saw dramatic positive change over their acne condition when they eliminated the same foods from their diet and when certain foods with specific nutritional value were incorporated into their diet.

So why do dermatologists so stubbornly insist that diet does not cause acne? The answer: you can't make a profit promoting a healthy diet. At least not as much money as you could make by selling drugs and over the counters. There is a huge pressure upon doctors coming from the drug and pharmaceutical companies to prescribe expensive medications and lotions that create dependency.

The truth is, that your doctor is in a way, a hostage by the trillion dollar drug companies. Did you know that the drug companies, who have no interest in producing something that they cannot control financially, sponsor most medical schools?

The right diet, although not a solution by itself, can, in many cases, dramatically reduce inflammation and even completely clear one's acne (if you're one of the lucky ones who's acne is triggered by allergic response to food). Promoting a clear skin diet simply means less profits for the drug and pharmaceutical companies.

The truth is that conventional medications will never cure your acne, simply because they are pre-designed NOT to fix the internal cause of acne. They are pre-designed to deal with the external symptoms of a disease as they create more and more dependency and more dependency means making more money all at our expense and ignorance.

The Theory That Diet Doesn't Cause Acne is a Myth

The dogmatic theory that diet does not cause acne and that acne is merely an incurable genetic disorder was based upon two dated researches published in 1969 and 1971 that were aimed at studying the connection between diet and acne.

These studies were the foundation of the "acne symptoms treatment strategy", meaning, because acne is a genetic disease that cannot be prevented, the only way to deal with acne would be to tackle its symptoms (bacteria, inflammation, puss, redness, greasiness), by

applying creams, antibiotics, taking prescription drugs and over the counters.

Surprisingly enough, years after the above studies were published, clinical trials and in depth researches experimenting the acne diet link have found that the studies from 1969 and 1971 had come to the wrong conclusions and were in fact seriously flawed.

Recent studies have clearly found a significant connection between diet and acne. It appears that the wrong diet is now thought to be one of the leading acne contributing factors that can negatively affect hormonal regulation and the natural process of toxic elimination, which can seriously aggravate one's existing acne.

Diet Shapes Who You Are (Including Your Acne)

In the same way that crashing waves shape beach cliffs and just like the wind shapes the canyon walls, slowly and methodically over time, so does eating shapes and effects our physic, our internal system, our physical and mental being, from the organ down to the cellular level.

The idea that an object foreign to our body that is inserted by the food that we eat, has no effect on us, or has no impact on chronic conditions such as acne is absurd. Diet is the primary thing that affects and shapes who we are.

Diet has cumulative effect on our bodies, and that includes our skin condition and acne, which is a manifestation of a chronic internal problem slowly shaped and built by the wrong daily dietary choices over the years.

Acne Diet and The Kitavan Islanders

While in the U.S, more than 80 percent of teenagers between 16 and 18 have acne and more than 17 million Americans suffer from some form of acne, there is an interesting evidence that native people that live and eat in traditional ways, have significantly lower to no occurrences of acne.

In 2002, Dr. Cordain and his colleagues published a landmark study that examined 300 people living in the Kitavan Islands off the coast of Papua New Guinea that showed that none of the islanders had even one blemish on his or her face. Similar to the Kitavans, no case of acne had been observed when the same experiment had been conducted upon the South American Indians called the Ache, living in a remote jungle in eastern Paraguay.

The natives of Kitavan and the South American Indians had no access to the latest over the counters, topical creams or conventional acne medications and they had no dermatologist to consult with. The only

vast difference between them and American or European citizens is their diet.

Acne Diet and Sugar: The Sweet Poison

Aside from the fact that sugar is a 100 percent pure chemical with zero nutritional value, recent studies have clearly shown a connection between the consumption of sugar and the aggravation of acne.

When you consume any form of refined carbohydrates (white sugar, white flour, white rice) here's what happens: right after you insert that 'sweet poison' into your body, it rapidly spikes up your blood sugar levels. Your body needs to bring those levels down so it secretes a surge of insulin, other male hormones and an insulin-like growth factor called IGF-1.

The excretion of these hormones overwhelms your liver and your internal system in general. The excess of male hormones encourages the skin to excrete large amounts of sebum oil: The greasy substance that encourages the p.acne bacteria to grow, resulting in the aggravation of your acne.

Acne Diet and Dairy Products: Got Milk? Got Acne

If you thought sugar can aggravate your acne, here's another major nutritional player in the formation of acne: behold the miracles of milk. Milk (all dairy products included) is the most harmful, mucus forming, allergenic and acne aggravating food you can find. Surprised? I thought so. After years of constant brainwashing by the media, who can blame us for thinking milk is good for strong bones and healthy teeth?

The truth is: every sip of milk contains 59 different raging hormones, (which trigger the hyper-production of sebum oil resulting in more acne), saturated animal fat, steroid hormones, dead white blood cells, and cow pus in abundance!

Did you know that the Food and Drug Administration (FDA) allows 750 million pus cells in every liter of milk (about two pounds) produced in America? Think about it, the next time you pop a pimple.

Scientific studies already point the finger at milk as one of the worst acne aggravating foods: "As pointed out by Dr. Jerome Fisher, 'About 80 percent of cows that are giving milk are pregnant and are throwing off hormones continuously.' Progesterone breaks down into androgens, which have been implicated as a factor in the development of acne... Dr. Fisher observed that his teenage acne patients improved as soon as the milk drinking stopped."

If there's one element you should remove from your diet in the quest for clear skin make it this one. Not only will you see an immediate

improvement over your acne, you'll feel a huge weight has been lifted from your body. If you worry about calcium intake, don't! Milk being acidic forming food creates a leeching effect where calcium is taken from your bones to balance the acidity.

Milk actually deprives your body from its calcium resources. Green leafy vegetables, nuts and seeds are not only excellent sources of calcium they also have the powers to help you fight your acne symptoms.

Diet Is Only One of The Factors That Cause Acne

Dairy products and sugar are not the only acne aggravating foods. The two above cannot sum up the list of western made acne triggering foods. There are several other foods you should clearly stay away from if you ever wish to clear your acne. The good news is that there are tons of other foods such as essential fatty acids that are not only excellent for your skin, they can actually help you clear your acne, by re-balancing your body and promoting to an acne-free environment.

The right nutrition plays an important part in the complex process of acne formation. When doctors claim there is no link between diet and acne because certain individuals can eat specific foods and get acne while others eat the same foods and don't, these doctors have failed to realize that there are several factors involved in the formation and aggravation of acne and diet is only ONE of them.

The Final Verdict On The Acne Diet Connection: How To Finally Overcome Your Acne Challenge

Acne is a complex condition that is triggered by several underlying factors. The only way to neutralize your acne condition is to tackle all these acne- contributing factors-holistically. Since the wrong diet is only one of these acne-triggering factors, in most cases no special diet can cure acne.

There is a however, a tight connection between diet and acne formation. Dietary factors can trigger and aggravate your existing acne. Avoiding the wrong foods such as milk, sugar and hydrogenated oils, and eating cleansing and hormonal balancing foods such as green leafy vegetables and essential fatty acids, can help your skin heal itself from the inside out and dramatically reduce your acne symptoms.

There are also several important dietary principals that you must understand and follow if you ever want to cure your acne for good.

Taking responsibility over your body and adhering to these dietary principals along with taking the necessary steps to tackle all acne contributing factors, holistically, will not only cure your acne permanently and give you the flawless acne free skin you deserve,

following these principals will also significantly improve your overall health, mental well-being, look and feel.

For the latest acne information, treatments and product reviews, visit: [Acne Information](#)

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Acne Cured Through Dietary Changes

by David Dorrough

There are several reasons people develop acne problems. Some of them, like genetic tendencies and hormonal changes in teens, are normal functions of the body and the acne will usually go away in time. However, there are other factors that we do have control over and these are diet related.

Although hard to pinpoint, what you consume is by and large one of the main causes of severe acne cases. Your body has several ways to eliminate waste products. These are through your bowels, your urinary tract and kidneys, your liver, your lungs, and your skin. When your body eliminates waste through the skin, the skin pores commonly get clogged up and acne develops. It is this elimination of waste through the skin that is the focus of this article.

The first thing that I would like to point out is that today's diet, for most people, is simply garbage. Too many people have very poor diets that consists of fast foods or foods that are heavily processed and contain a ton of chemicals. Just look at the ingredients on any package and you will see what I mean.

If you go back a hundred years or so and examine the diets then, the food was fresh, void of any chemicals other than manure for fertilizer, and either grown on their own soil or a nearby farm. Back then, the population was much smaller and they tended to group together in small clusters that the local farms could sustain. You don't have that today.

Today, people live everywhere, sometimes far away from their food source. That food has to be harvested and preserved to prevent rotting until it can reach someone's table hundreds, if not thousands, of miles away. It's mainly a logistical problem of keeping the food fresh for transport. That is the main reason that the advent of chemicals and preservatives came into the food chain.

Every kind of food has this problem. You have to look very hard to

find food that doesn't contain these toxic chemicals. It is the bodies attempt to rid itself of these foreign substances that is the root cause for acne problems today. Also, it shouldn't surprise you to learn that most of the chronic illnesses that exist today, were unheard of prior to the 20th century.

Even President Eisenhower's personal physician stated once that he didn't see his first heart attack victim until the 1920's. Cancer didn't exist, nor did diabetes and heart disease. When I was young, old people got cancer and diabetes. Today, children get it also. You are what you eat, as they say. So, give serious thought to a diet consisting of nothing but organically grown foods that are pesticide free, and your acne problems will disappear and your overall health will improve.

The first thing that I would change in my diet is the consumption of dairy products, and cow's milk in particular. Today's milk contains so many preservatives, steroids, and growth hormones that it is a leading cause of acne and other health related problems. Acne is the least of these.

Cardiovascular problems develop because milk is the leading contributor of plaque and mucus in the body. Nutritionists are becoming increasingly aware of the problems caused by cow's milk. Numerous studies have been made and presented to The New England Journal of Medicine about the health consequences of consuming cow's milk. Good substitutes are goat's milk or soy milk.

The milk lobby has done a very good job of presenting a case that milk is a good source of vitamin D and calcium. It's not. Green leafy vegetables are a much better source for calcium. There are even several studies that state that past the age of three, the human body is incapable of digesting cow's milk, which gives credibility to the plaque build up and mucus build up in the bodies of heavy milk drinkers.

So replacing cow's milk with either goat's milk or soy milk is the first step I would take to get rid of acne. Replace margarine with real butter if you must use any at all. Believe it or not, margarine is just one molecule away from being plastic. In fact, if you set a tub of margarine out in the sun, it will turn into a black greasy substance that bugs and insects will avoid. I guess they have better sense than humans.

Other areas I would take a strong hard look at is the consumption of red meat and processed sugars, for the same reasons. They are heavily laced with chemicals, especially red meat. Consider replacing red meat with fish, in particular, deep salt water fish. The reason there is the deep water doesn't contain near the pollutants that shallow water has, plus the Omega 3 Fatty Acids that deep water fish contain are good for the heart.

Look at your sugar intake and make changes there. Don't even consider sugar substitutes like aspartame, saccharin, and others as they are highly toxic and there is a growing body of evidence pointing to that. If you need a sugar substitute, consider stevia, which is composed of crushed organic chrysanthemum leaves. Stevia can be obtained at your local health food store. It's much sweeter than table sugar and healthy for you.

Get rid of tap water in your diet. Do you realize that sulfuric acid is used in water purification plants to rid the water of waste products. Now that's a comforting thought, isn't it? Use distilled water or purified water instead. Drink at least 8 glasses a day to keep the body properly hydrated and the metabolic processes functioning properly.

If you try all the suggestions that I have mentioned, you will most likely get rid of your acne problem and improve your health in numerous areas, however, if you still have problems with acne after trying all that, then consider going to a food allergist and getting tested. You most likely have some sort of food allergy that is manifesting itself through outbreaks of acne. It's highly likely that you will find an allergy to some kind of grain product.

In summary, a truly healthy diet is one that is organic in nature, void of all the chemicals, pesticides, and harmful fertilizers. Consuming nothing but organic fruits and vegetables, fish, whole grains, nuts and beans, juices and distilled water, will go a long way towards eliminating acne in your life forever and improving your overall health drastically. Adding daily exercise will also help you eliminate toxins through your sweat glands and skin pores more efficiently.

David Dorrrough is a retired educator, having taught at several major universities throughout the United States. Today, he is active as a free lance writer and is involved in Internet marketing.

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Relieve Your Dry Itchy Skin Using Natural Remedies

by Raymond B. Entwistle

There are many reasons why skin can become itchy, and dry skin is a common culprit. Cold weather, low humidity, excessive bathing and use of strong soaps can all dry out your skin, leaving it itchy and uncomfortable.

Of course, certain skin conditions such as atopic dermatitis (eczema)

can also cause intense skin itch, as can simply getting older. That's because as we age, skin loses its capacity to produce and retain moisture.

If you suffer from dry, itchy skin, you know that the physical discomfort can be considerable. Scratching not only won't help... it can further irritate skin, which can lead to an even more intense itch. Cracks in the dry skin caused by scratching also allow bacteria to penetrate the skin, leaving you vulnerable to infection.

Luckily, there are steps you can take to break this cycle" and help get your skin back under control. Explanation of how dry itchy skin and eczema work Dry skin is bad enough but when it develops into eczema it can become a torture difficult to bear. In order to handle the problem, it is best if a better understanding is reached as to what are causes of eczema and dry itchy skin.

The outer layer of skin is designed to protect the delicate cells of the deeper layers. This outer layer needs to stay moisturized to protect these deeper layers. In order to keep the moisture from leaving the outer layer of skin, natural oils are produced. These oils also help keep irritants away from the deeper layers of skin. Regular washing with soap, or exposure to chemicals, can remove these natural oils.

When the natural oil is stripped from the outer layer of skin the moisture quickly evaporates leaving dry itchy skin. The deeper layers are now left exposed to harsh damaging substances including detergents, solvents, cleaners, paint and thinners, gardening chemicals, dirt and grease, latex gloves and powder, etc. This makes matters worse and creates a dire need of itchy dry skin treatment.

When we use conventional hand lotions and moisturizers, we send the message to the skin saying that it is adequately moisturized, when in fact, it is dehydrated of its natural moisture. The body responds by reducing its production of natural oils and moisture and this in turn makes the dry itchy skin problem worse.

People have been known to complain that their skin is drier than before they started using conventional moisturizers for that very reason. Very often, severe cases of dry itchy skin left unresolved could result in eczema with the accompanying added discomfort of itchiness that is almost unbearable.

Here are some herbs that help

Evening Primrose (*Oenothera biennis*) Oil

Evening primrose seed oil (EPO) is used primarily to relieve the itchiness associated with certain skin conditions, including eczema. Results of studies regarding EPO for eczema are mixed. Similar to GLA an omega-6 fatty acid that is derived from EPO, whether EPO relieves the symptoms of eczema may be very individual. Talk to your

healthcare provider to decide if it is safe and worthwhile for you to try EPO for your eczema.

Lavender (*Lavandula angustifolia*)

Known mainly for its relaxing effects to aid with anxiety and insomnia, some herbal specialists prescribe oral lavender for skin conditions like eczema. In one study of topical lavender, however, children with eczema who received massage with or without lavender oil applied to the skin both did well.

In other words, the improvement in the rash was related to the massage - whether lavender oil was used or not seemed to make no difference. To the extent that eczema is worsened by stress, it is possible that lavender adds some benefit by helping you relax.

Others Herbs that have been used traditionally to treat eczema are listed below. A naturopathic doctor or other herbal specialist might recommend one or more of these remedies after evaluating you and your eczema.

German chamomile (*Matricaria recutita*) - may reduce inflammation and speed wound healing

Goldenrod (*Solidago virgaurea*) - applied topically for wound healing; has anti-inflammatory properties

Red clover (*Trifolium pratense*) - has anti-inflammatory properties and has been used as an ointment for this skin condition

Roman chamomile (*Chamaemelum nobile*) - may ease discomfort associated with eczema

Stinging nettle (*Urtica dioica*)

Raymond Entwistle is the author of *How to Blast Your Allergies Away Forever!* He cured himself of his hay fever and eczema by discovering an all natural herbal combination formula.

www.thenaturalremedies.com

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Eczema And Dermatitis

By Mike Singh

The word dermatitis means inflammation of the skin. Eczema is a specific form of dermatitis. Some physicians use the word eczema to describe internally-provoked inflammation of the skin, usually due to allergies, which may affect some people more than others.

Dermatitis, on the other hand, also includes conditions that are caused by external factors and affect everybody in the same way, such as sunburn. The distinction between eczema and dermatitis is not important for their treatment, so the terms are used interchangeably here.

In addition to inflammation of the skin, eczema is characterized by redness and flaking and/or blistering. Eventually, the skin in the affected area becomes thickened and changes color.

There are many types of eczema. Several of the more common varieties that adults get follow.

Contact dermatitis: This condition is caused by an allergy to certain substances that may touch the skin. If you are highly allergic, for example to poison ivy, the dermatitis develops within 48 hours after contact. The skin becomes red and itchy, even beyond the point of contact, and tiny blisters develop.

These may join to form large blisters, which then break and crust over. If minute traces of chemicals from the plant are accidentally transferred from one part of the body to another, contact dermatitis may develop on the second part also.

Some forms of contact dermatitis are much less pronounced. For example, allergy to contact with nickel (on the underside of a wrist watch or earrings, for example), produces a red, flaky, itchy patch of skin, which may take weeks or even months to develop.

If an irritant remains in constant contact with your skin, the dermatitis will spread.

Seborrheic eczema: This type of eczema affects adults and young infants in different ways (for seborrheic eczema in infants,). In adults, the creases from the sides of the nose to the corners of the mouth may become red, flaky and itchy. In men, this inflammation may extend to the beard area and the hairy parts of the chest and back.

The condition may also affect other skin creases such as the groin, armpits, and under the breasts. If it is found in a fold of skin and is moist, it is also known as intertrigo. Seborrheic eczema in a mild form also causes dandruff .

The cause of seborrheic eczema is not known. It tends to run in families, and usually comes and goes over several years.

Housewife's hand eczema: People who are constantly using dish washing liquids, detergents, household cleaners, and shampoos often damage the skin on their hands. The skin becomes dry, rough and reddened, particularly over the knuckles.

It may thicken, crack, flake and itch. A similar type of eczema occurs among people whose hands are exposed to irritant chemicals on their jobs. Irritant eczema: The skin of an elderly person tends to be dry, particularly on the legs. This can lead to mild redness, flaking and irritation. If you take hot showers, you may get this type of eczema.

Dyshidrosis: In this type of eczema, itchy blisters erupt on the palms of the hands and the soles of the feet. Some of the blisters may burst and weep, and the surrounding areas may become inflamed and tender. Other blisters do not burst, but die down to form a flat brown spot under the skin.

An attack of this type of eczema usually lasts two to four weeks and then clears up of its own accord, though attacks tend to recur. At its worst, this type of eczema can be incapacitating.

Discoid eczema: Discs of red, flaking, weeping, itching skin appear, most commonly on the arms and legs. The condition lasts for several months, then usually clears up on its own, permanently. Its cause is not known.

What are the risks?

Seborrheic eczema, housewife's hand eczema, and irritant eczema seem to be more common than contact dermatitis, which is more common than discoid eczema and dyshidrosis. Eczema and dermatitis are not dangerous to your health, but they can be a nuisance. However, if blisters burst or if you scratch them, they may become infected by bacteria and look very unattractive.

What should be done?

If you have housewife's hand eczema, contact dermatitis of which you know the cause, or a mild form of any other eczema, try the selfhelp measures that follow. If they fail, or if your eczema is severe, see your physician.

What is the treatment?

Self-help: Eczema on the hand will improve if you wear rubber gloves over white cotton gloves when in contact with any irritants such as dish water. Dry your hands thoroughly after washing them, and apply an unscented hand cream several times a day.

If you avoid whatever is causing contact dermatitis, the condition should disappear within a few weeks. You may speed up the process by using a steroid cream that contains 0.5 percent hydrocortisone. Such creams are available without a prescription.

Professional help: For any of the types of eczema described, your physician may prescribe a steroid cream or ointment of a different

strength or substance. These preparations involve some slight risks.

Severe itching may be slightly relieved by antihistamine tablets. However, these cause drowsiness and impair driving ability, so your physician may advise you to take them only at bedtime. Eczema worsened by a bacterial infection may be treated with antibiotics.

If your physician suspects you have a contact dermatitis, he or she will discuss the possible causes with you. Then patch tests (applying suspected irritants to the skin) can be used to try to identify the specific cause.

Mike Singh writes for [Diseases Treatment](#). Get information and facts about diseases and ailments with tips about the treatment and prevention of disease.

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A Major Risk Factor - Eczema

by Groshan Fabiola

Itchy blisters on the hands, fingers, and soles of the feet are signs of dyshidrotic eczema. When the hands are affected, the dyshidrotic eczema is called cheiropompholyx, and when the feet are affected, it is called pedopompholyx. It is also called pompholyx, keratolysis or vesicular eczema. For the cases of deep-seated itching blisters, the term pompholyx is used.

In some cases, there is a history of allergic contact dermatitis, especially to nickel because of the fact that the pattern of eczema is not fully understood. No specific allergen is found, despite extensive patch testing.

Stress aggravates the eczema. The intense itch is helped by oral antihistamines. The calamine lotion is used to cool the affected skin. Sudden onset (1-3 days) represents the essential characteristic of the eczema. Scaling, thickening and painful fissuring occur in the later stages.

A complication with dyshidrotic eczema is a secondary bacterial infection. In the summer months, the condition worsens. Food preparers, nurses, or florists have frequent hand eczema because their hands are immersed in water. Moist conditions in shoes provide an ideal situation for foot dermatitis.

The eruptions may become chronic and severe. Dyshidrotic dermatitis

starts on the sides of the fingers as itchy little bumps and develops into a rash and is more common in women. Only the feet are affected because of this. The involvement appears both on hands and feet.

The term used to describe a variety of skin irritations that hands develop is hand eczema. It is characterized by itchy, scaly patches of skin. In this case, hands become red, cracked and painful and sometimes the rash worsens into weepy bumps.

The appearance of eczema may be caused by the following problems: similar skin problems, hay fever or other allergies, when hands are wet and when are irritated by chemicals.

Dishpan hands represent a form of hand eczema and occurs because of the constant wetting and drying breaks down the skin's protective outer barrier. If hands are recovering from an eczema, avoiding getting water on the hands is indicated. Perfumes and preservatives can worsen the situation.

Unfortunately, clearing the eczema will take several months to heal. The cause of this eczema is not yet known. The eczema often appears in periods of intense stress and influences the people who are genetically predisposed to it.

A major cause of eczema is the abnormal sweating. A little peeling is mixed with big blisters and cracks, which prevent work. In the first stage, tiny blisters deep in the skin are associated with itching and a burning feeling. Peeling, cracking or crusting appear in the chronic stage.

One stage can appear at some patients, the other can appear to others. Both stages may occur at the same time. A secondary infection with staphylococcal bacteria is present and the results are: pain, redness, swelling and crusting or pustules.

Contacts with irritants like water, detergents and solvents aggravate the eczema. In this case, wearing protective gloves is indicated. Some people develop an allergy to nickel which can be detected by patch testing. The patients are advised to not touch nickel items.

It is true also that pompholyx can disappear sometimes but it often reappears after a period of nervous tension, worry or stress. It has not a quick cure. Deodorant soaps, strong detergents, extremely stressful situations, rubber or latex gloves next to the skin may aggravate the eczema.

Clearing daily the hands is an essential condition for healing an eczema. For cases of hand eczema are indicated some cleansers such as Cetaphil, a moisturizing gentle cleansing bar for dry sensitive skin. Oral antihistamine pills (Benadryl) can help relieve the itching.

A Jojoba oil is indicated after the hands have been washed. Waterless or antibacterial cleansers that contain alcohol, solvents and other ingredients must be avoided.

When doing dry chores, is indicated to keep close a pair off cotton gloves. Dirty gloves need an intense cleaning. Latex should be avoided when choosing a pair of protective gloves. Gloves are also indicated when peeling potatoes, working with meat, onions, peppers. or acidic fruits like citrus and tomatoes. In this case, vinyl gloves are recommended. After the work, the gloves must be thrown away.

It is not indicated wearing a waterproof glove more than 15 or 20 minutes at a time. In this case, applying a moisturizer is indicated. In most eczema cases, the shampoo is an irritant. So wearing gloves is indicated. Also, rings can be irritating if they are not put in a pint of water containing ammonia.

Hand damage from hot water can be avoided by washing the dishes under running water. Unlined leather or thick fabric gloves are recommended for the outdoor work. Wool must be avoided because it's irritating.

Only the doctor will determine what irritating chemicals or work practices contribute to the eczema appearance. Many of this hand-protective strategies can be used at home and at work: heavy-duty vinyl or neoprene gloves and cotton gloves are used when doing wet work, wearing leather or clean, heavy-duty fabric gloves for dry work, avoiding industrial hand cleansers or waterless or antibacterial cleansers that contain irritating ingredients, hand moisturizer and/or prescription medication are used to prevent problems.

Some lotions or other moisturizer are likely to develop a hand eczema. The so- called "cream" moisturizers contain more water than oil. Once the water evaporates they have a net drying effect on the skin. A greasy moisturizer is indicated in such cases. There are some ingredients which must be avoided: methyldibromoglutaronitrile, phenoxyethanol methylchloroisothiazolinone, methylisothiazolinone, botanicals, lanolin, propylene glycol, fragrances, Formaldehyde (Formalin, Formol, Methanal, Veracur), formaldehyde releasers, 2-bromo-2-nitropropane-1,3-diol (Bronopol), diazolidinyl urea (Germaben II or Germal II), imidazolidinyl urea, retinol or vitamin A, citric or fruit acids.

People themselves must pay a special attention to the variety of shampoos and preservatives that sometimes may contain irritants. So the eczema can be avoided by keeping a proper cleansing. In cases of hand eczema the natural treatment is indicated.

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Eczema and Psoriasis - An Inexpensive and Effective Treatment

By Peter Cross

The purpose of this article is to tell the world what I have learned from my own personal experience about an inexpensive and effective treatment for eczema. Because psoriasis is a very similar affliction, there's a good chance that this treatment would be effective for psoriasis too.

Eczema is a skin irritation characterized by red, flaky skin that sometimes has cracks or tiny blisters. It's believed to be hereditary and if both parents have it, there is an 80 percent chance that their children will have it too.

Once upon a time, I had medical insurance coverage and I was able to afford any medication my doctor prescribed. I used to have a slew of little bottles and creams that were somewhat effective in relieving the itching, but nothing I ever tried had any effect whatsoever in terms of reducing the severity or frequency of eczema attacks. Topical applications of cortisone cream have a limited effect in terms of relieving the itching, but cortisone just suppresses eczema and can actually cause it to spread.

There's a theory that eczema can be brought on by stress, and I believe that may be true. After experiencing a year long constant virulent attack during 2004 through 2005 when I was under severe stress, I decided to seek medical help in order to find out whether anything new had been discovered regarding eczema treatment. The only treatment I didn't already know about involves exposure to ultraviolet light radiation which is very expensive.

For many years there have been medications that are taken internally, but all of them require regular blood testing for possible liver damage. For me, this is out of the question because any medication that is capable of causing liver damage comes under the category of unacceptable.

One day I was returning from a doctor visit when I passed a health food store, and I had some time to spend so I went in. The woman behind the counter turned out to be a certified nutritionist so I asked her whether she knew anything about eczema treatment that the doctors don't know about. She said "Yes, I do." I said "Really. Tell me."

She brought out a small bottle of liquid zinc and told me that some of her customers had reported success with topical applications on their eczema sores. So I bought a bottle. I figured "What have I got to lose? Nothing. Twenty bucks, maybe." To my surprise, it relieved the itching and seemed to have some limited effect in reducing the

inflammations.

The health food store lady had told me that zinc is a healer so I started thinking about it. I remembered that Desitin is a very effective and well known treatment for baby rash and that the active ingredient is zinc oxide. I thought "If liquid zinc is effective topically, how much more effective could it be if I take it internally?"

Being inherently cheap, I was a bit bothered by the idea of buying another small bottle of liquid zinc and I knew that zinc tablets are inexpensive. And that certainly appealed to my wallet. I discussed my idea with the nutritionist who agreed that it could work. So I began with the 75 mg. daily dose that the woman recommended and gradually worked my way upwards until I reached 200 mg. a day.

Eczema makes me so angry that I often curse "the eczema Nazis" each time the first blister occurs with the unmistakable itch that feels like it originates in my bones. I say to myself, "Damnation, I'm under attack again!" Now I say "Come on zinc, be John Wayne and kill every last one of those eczema Nazis!"

Eight months after I began my inexpensive experiment with zinc taken internally, I can report real progress. Where previously one tiny eczema blister always signaled a serious outbreak, now it stops without spreading any further and heals very quickly. The indicative first blister is not necessarily accompanied by itching either. To me, this is very significant because it constitutes a completely new pattern that has never before manifested in my entire life.

If you want to try taking zinc internally, I'd recommend "chelated" zinc because zinc is a mineral and minerals are not easily absorbed into the bloodstream. Back in the early 1980's, the health food industry discovered that if minerals are chemically linked to something the body can easily absorb, they are far more effective.

The chemists who invent these things decided to use amino acids which are natural proteins, and proteins are easily absorbable. The process of chemically linking a mineral to an amino acid is called chelation. I've written all this with a sincere desire to help others benefit from my experience and I really hope that somebody out there has found my article to be valuable.

Peter Cross is a Web Master who was among the first to put music on the Internet in a downloadable format in 1996. His web site may be the largest music artist web site on the Internet. You can find his home page at: www.starcrost.com.

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What is Psoriasis?

By Alfred James

Psoriasis is an inflammatory skin condition. There are basically five types, each with unique signs and symptoms. Between 10 percent and 30 percent of people who develop psoriasis get a related form of arthritis called Psoriatic Arthritis, which causes inflammation of the joints.

Plaque psoriasis is the most common type of psoriasis. About 80 percent of people who develop psoriasis have plaque psoriasis, which appears as patches of raised, reddish skin covered by silvery-white scale. These patches, or plaques, frequently form on the elbows, knees, lower back, and scalp. However, the plaques can occur anywhere on the body.

Types of Psoriasis

1. Plaque psoriasis. The patches most commonly seen are called plaques. They especially affect the back of the elbows and the front of the knees and the back.
2. Guttate psoriasis is many small patches of psoriasis, all over the body, and often happens after a throat infection.
3. Flexural psoriasis causes red, shiny areas in skin folds eg under breasts, between buttocks etc.
4. Pustular psoriasis. Smaller, circular patches, filled with pus, appear on the palms of the hands and soles of the feet. This can sometimes cause a fever, and may need treatment with an antibiotic.
5. Scalp psoriasis. Scaling and flakes of the scalp, often particularly affecting the hair margins.

A serious, but rare, complication of psoriasis is erythroderma, where large areas of the skin become hot, red, and dry. This is one of the few emergencies involving skin conditions. If you suffer from this your doctor will admit you to hospital.

Are There Treatments?

There are many treatment options that can clear psoriasis for a period of time. Each treatment has advantages and disadvantages, and what works for one patient may not be effective for another. Board-certified dermatologists have the medical training and experience needed to determine the most appropriate treatments for each patient.

Psoriasis treatments fall into three categories:

1. Topical (applied to the skin) - Mild to moderate psoriasis
2. Phototherapy (light, usually ultraviolet, applied to the skin) - Moderate to severe psoriasis
3. Systemic (taken orally or by injection or infusion) - Moderate, severe or disabling psoriasis

Some topicals are messy and may stain clothing and skin. Phototherapy can require two to five weekly visits to a dermatologist's office or psoriasis clinic for several weeks. Many of the systemic medications have serious side effects and must be combined or rotated with other therapies to maximize effectiveness and minimize side effects. Research is being conducted to find therapies that provide safe, effective, easy-to-use treatment options that provide long-term relief.

Today, there are many different treatments to help control psoriasis. Some can be found over the counter at a drugstore, while others require a prescription from your doctor. No single treatment works for everyone.

The goal is to find a treatment that works the best with the fewest side effects. Your doctor will look at what kind of psoriasis you have and recommend the treatment regimen that is best for you. We urge you to find out more about Psoriasis and what will work for you today!

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Who Gets Psoriasis?

By Alfred Jia

Psoriasis is an immune-mediated disease which affects the skin and joints. When it affects the skin it commonly appears as red scaly elevated patches called plaques. Psoriasis plaques frequently occur on the elbows and knees, but can affect any area of skin including the scalp and genital area.

Psoriasis can vary in severity, from minor localized patches to extensive or even complete skin coverage. Fingernails and toenails are often affected (psoriatic nail dystrophy). Psoriasis can also cause inflammation of the joints. This is known as psoriatic arthritis.

Who Gets Psoriasis?

More than 4.5 million adults in the United States have been diagnosed with psoriasis, and approximately 150,000 new cases are

diagnosed each year. An estimated 20 percent have moderate to severe psoriasis.

Is Psoriasis Gender Biased?

Psoriasis occurs about equally in males and females. Recent studies show that there may be an ethnic link. It seems that psoriasis is most common in Caucasians and slightly less common in African Americans. Worldwide, psoriasis is most common in Scandinavia and other parts of northern Europe. It appears to be far less common among Asians and is rare in Native Americans.

There also is a genetic component associated with psoriasis. Approximately one-third of people who develop psoriasis have at least one family member with the condition.

Research shows that the signs and symptoms of psoriasis usually appear between 15 and 35 years of age. About 75 percent develop psoriasis before age 40. However, it is possible to develop psoriasis at any age. After age 40, a peak onset period occurs between 50 and 60 years of age.

Childhood Psoriasis

About 1 in 10 people develop psoriasis during childhood, and psoriasis can begin in infancy. The earlier the psoriasis appears, the more likely it is to be widespread and recurrent.

There is growing emphasis on quality of life research in all of medicine, and psoriasis impacts on every dimension of health-related quality of life. In my patient population, many of my patients are spending an hour a day taking care of their psoriasis and are using numerous treatments. Psoriasis treatment is costly, financially and psychologically.

Psoriatic Arthritis

Psoriatic arthritis develops in roughly one million people across the United States, and 5 percent to 10 percent experience some disability. Psoriatic arthritis usually first appears between 30 and 50 years of age, often months to years after skin lesions first occur. However, not everyone who develops psoriatic arthritis has psoriasis. About 30 percent of people who get psoriatic arthritis never develop the skin condition.

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What is Rosacea - Symptoms and Treatment Options

by Knut Holt

Rosacea gives dilated blood vessels and inflammation in the skin. The skin is often also infected by bacteria. Most often the face is attacked and especially the convex surfaces of the face. Sometimes also the eyes or other body parts are affected. Rosacea may begin early, but distinct and serious symptoms usually develop as an individual gets older.

What Symptoms are Seen by Rosacea?

The primary symptoms of rosacea are the following. All the symptoms may not be present always.

- Permanent redness in the skin. This redness can get better or worse periodically.
- Flushing or redness that comes and disappears periodically.
- Telangiectasia - This is a distinct widening of small blood vessels in an area.
- Papules - Small dome-shape spots filled with fluid, often group wise.
- Skin areas with rosacea symptoms often get infected, and the infection worsens the symptoms.
- Pustules or pimples - Sometimes infection makes the papules develop into real pimples. However, if the pimples appear in a hair follicle stuffed with sebum (comedones), they are a symptom of acne, and not rosacea. Pimples from acne and rosacea may exist together.

Rosacea also implies secondary symptoms that are caused by the primary symptoms, or appear later than the primary ones.

- Burning or stinging
- Placks - elevated red areas
- Scaling, often associated with burning or stinging
- Dry skin, often occurring before scaling
- Edema coming in areas that already has been red for some time
- Symptoms from the eyes like: Redness, itching, burning, corneal damage
- Thickening of the skin, or lumps in the skin
- Distended hair follicles

- Rosacea in other places than the face

What Causes Rosacea?

The exact causes are not known, but some people seem to inherit the tendency of developing rosacea. People that blush very often seem to develop rosacea more easily. Therefore rosacea may be caused by blood vessels that dilate too easily upon stimulation, and eventually become permanently dilated.

The following types of stimulation may cause worsening of the rosacea symptoms: heat, hot baths, strenuous exercise, sunlight, wind, very cold temperatures, hot or spicy foods and drinks, alcohol consumption, menopause, emotional stress, prolonged use of topical steroids on the skin.

How is Rosacea Treated?

Traditional medicine does not have any treatment for the basic processes of rosacea, such as redness and the blood vessel extension. Laser treatment may be used to take away dilated blood vessels or skin irregularities by rosacea. The laser light heats and destroys the dilated blood vessels.

When infection is a part of the disease, and papules or pustules occur, rosacea is treated with antibiotics, usually applied directly on the skin, for example metronidazole. Oral treatment may also be used by severe rosacea, for example with: Tetracycline, minocycline, erythromycin, and doxycycline.

By pimple formation, you can also use rinsing skin cleansers in the same way as by acne.

On the market you can find several alternative medicines, mostly topical creams, to treat rosacea. These often contain natural oils, herbal extracts, vitamins, minerals and anti-oxidants that alleviate inflammation and stimulate skin healing. They may also contain mild antiseptic agents to treat bacterial infection.

Knut Holt is an internet consultant and marketer focusing on health items. To find innovative medicines against acne, rosacea, scars, wrinkles, other skin problems and natural anti-aging supplements for the skin and the whole body, visit [The Panter`s webstore](#)

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Rosacea - When Damaged Blood Vessels Affect Facial Skin

by Nilutpal Gogoi

Knowing Rosacea

Rosacea is a disorder of the blood vessels. It is a common skin disorder. Approximately 48 percent of the world population suffers from Rosacea. However, Rosacea is one of the most misunderstood states of the skin.

Famous Persons Suffering from Rosacea

If you are having Rosacea, you are then in the august company of eminent persons. A few of the noted personalities suffering from Rosacea are JP Morgan, WC Fields, Cameron Diaz, Bill Clinton, Prince Harry of England, besides the late princess of Wales and mother of Prince Harry - Diana.

Rosacea Symptoms

The common symptom of rosacea is transformation of the skin color into red. The body portions most affected by rosacea are the cheeks, nose and forehead. At times, such redness and flushing of skin can also spread to the ears, scalp, chest or the neck. As Rosacea progresses, the reddish tinge can turn into a permanent condition.

There can also be a marked visibility of the small blood vessels particularly at the skin surface, stinging or burning skin sensation, eyes turning gritty and reddish, and pus-filled or simple bumps that appear red. Among these severe symptoms are bulbous noses. The maiden rosacea symptoms are nagging redness which is often wrongly attributed to cleansing, exercising or temperature changes.

Similar Skin Disorders

Many confuse rosacea with seborrheic dermatitis and/or acne vulgaris. Mentionably, rosacea can coexist with acne vulgaris and seborrheic dermatitis.

The Rosacea Vulnerable Section

It has been generally noticed that the people with fair skin are the most vulnerable section with reference to rosacea. Therefore, rosacea does have a hereditary strain. Those having a descent from the Celtic or the fair-skinned European stocks are genetically inclined to suffer from rosacea. Notably, both the sexes can fall prey to rosacea.

People of all ages can be affected by rosacea. It has also been noticed that people in the age group of 30-50 are easily affected by rosacea. Nonetheless, women in their middle ages are the most vulnerable section of the populace. The reason is, of course, menopause-abetted hot flushes. However, rosacea symptoms are more severe with reference to men.

Causes of Rosacea

There is no unanimity among the medical researchers as to the exact rosacea pathogenesis. Nonetheless, there is a concurrence in views insofar as to the cause of rosacea. Rosacea occurs when stimuli repeatedly dilate the blood vessels, and as a result of which the blood vessels get damaged. The damaged blood vessels dilate rather easily. Besides they either remain permanently dilated or stay dilated for a considerably long time. The consequence is redness of the affected portion and its flushing.

Rosacea Papules or Inflammatory Pustules

The papule or inflammatory pustule can be in the form of a boil, or a pimple, or an eruption for that matter. In rosacea (papulopustular), the mediators (inflammatory ones) as well as immune cells ooze out from the skin bed that is basically micro-vascular by nature. This, in turn, leads to the inflammatory pustule or papule.

Other Causes of Rosacea

Various conditions can also lead to rosacea. One thing is for sure: strenuous movements cause blushing and flushing. A few of the situations where such flushing or blushing can be formed are as follows: Stress, cold weather, acute sunburn, and extreme heat exposure especially from the sun. Rosacea can also be caused by sudden changes in temperatures while traveling, or in heated rooms especially in winter.

Foods Can Also Cause Rosacea

Certain food items that contain very high quantity of histamine have been identified as responsible for the eruption of rosacea symptoms in many people. Similarly, spicy food besides alcoholic substances can definitely trigger off rosacea.

Medications Too Can Lead to Rosacea

Several topical irritants and medications may at times cause rosacea. Take for example several drugs people take to hide wrinkles or to deal with acne. Among these chemicals those particularly responsible for causing rosacea are tretinoin, benzoyl peroxide, isotretinoin, microdermabrasion, and certain chemical peels. Obviously, one should immediately stop the use of any such irritants

the moment any rosacea symptoms appear.

Induced (Steroid) Rosacea

The term 'steroid induced rosacea' points to such rosacea symptoms that are caused by steroids, particularly nasal and topical. Notably, these types of steroids are generally prescribed for patients suffering from seborrheic dermatitis.

First aid: In such circumstances, immediately consult the physician. Moreover, one should begin the medication discontinuing process over a period of time. Decrease the dosages slowly. Else there may be a flare up of the rosacea symptoms.

Mites and Bacteria Can Cause Rosacea as Well

A considerable number of rosacea people have been found to possess the species of mites known as demodex. This is more so the case with those people who have rosacea from steroids. Mentionably, the presence of a large number of these demodex mites can only cause rosacea.

But, they cannot by themselves cause the rosacea condition. The demodex mites will have to act in conjunction with other factors to be able to trigger off the rosacea states. Bacteria, especially the intestinal bacteria, can cause rosacea. These intestinal bacteria reside in our digestive highways. This is a neurological dysfunction. Such rosacea conditions can erupt after the intestinal bacteria activate the plasma kallikrein-kinin system.

The Kallikrein-Kinin System

The kallikrein-kinin system or the kinin-kallikrein system or just the kinin system is a not well delineated structure of blood proteins. The blood proteins have a major role to play in causing pain, coagulation, control of blood pressure and inflammation. Mentionably, the major mediators of the kinin system are bradykinin and kallidin. Both of them act on different cell types. Both are vasodilators.

Different Forms of Rosacea

Researchers have identified four forms of rosacea. Each of these subtypes can have its typical symptoms. More importantly, one person can have more than one of the subtypes at the same time.

The Rosacea Subtypes

The four rosacea subtypes are Ocular rosacea, Phymatous rosacea, Papulopustular rosacea and Erythematotelangiectatic rosacea.

Ocular Rosacea

Ocular rosacea mainly affects the eyes. The Ocular rosacea symptoms are burning and itching besides sensations as if there are foreign bodies within the eyes. When anyone is affected by ocular rosacea, the eyes and the eyelids turn dry and red. Irritation of the eyes and the eyelids is also very common.

Phymatous Rosacea

Phymatous rosacea affects the nose, ears, cheeks, forehead, chin and the eyes. Phymatous rosacea is also linked with the nose enlargement dysfunction called rhinophyma. Another disorder closely connected with phymatous rosacea is the visibility of small blood vessels near the skin surface. Other symptoms of phymatous rosacea are appearance of irregular surfaces on the skin and which may be also accompanied by nodularities. The skin can get thick as well.

Papulopustular Rosacea

Many confuse Papulopustular rosacea with acne. However, Papulopustular rosacea remain reddish while acne do not. The common Papulopustular rosacea symptoms are papules (red bumps) filled with pus. Such bumps are called pustules. Papulopustular rosacea papules with or without pustules generally dissolve within five days.

People having Papulopustular rosacea usually have permanent redness of their skin. This state is described medically as erythema. Another symptom of Papulopustular rosacea is they tend to flush or blush quite easily. Moreover, the patient can also have burning or itching sensations.

Erythematotelangiectatic Rosacea

Erythematotelangiectatic rosacea causes the small blood vessels to appear rather prominently near the surface of the skin. This typical state is known as telangiectasias.

Treating Rosacea

There are various treatments for rosacea people. The strategies vary depending on the acuteness and the rosacea subtype that a particular person may be suffering from. Hence, there can be different treatments for different persons suffering from the rosacea symptoms. Hence, the dermatologists opt for the sub-type-directed method to diagnose, analyze and treat rosacea.

Laser Treatment

Laser treatment in dermatology is variously known as Broad spectrum

(Intense Pulsed Light), or Single wavelength (Vascular laser). Laser treatment is one of the most popular treatment methods of rosacea. In laser treatment, light is made to infiltrate the epidermis.

The light hits the skin's dermis layer. It targets the dermis capillaries. The oxy-haemoglobin gets heated up after it absorbs the light. The process heats up the capillary walls till 70 degree centigrade. This heat destroys the capillary walls. The damaged walls are then absorbed by the body via its defence mechanism.

CO2 Laser Treatment

Focused thin beams of CO2 laser are manipulated to defocus or cut (as scalpels) the tissues. Then these tissues are vaporized. CO2 lasers are used to get rid of the excessive tissues formed by phymatous rosacea. In this method, our skin directly absorbs the CO2 lasers wavelength.

Simple Steps to Tackle Rosacea

(i) Gentle skin cleansing regime

Always deal with the skin gently and lovingly. Go for only those cleansers that are non-irritating.

(ii) Shielding skin from sun

Never venture out in the sun-bated beach sans protection shields. Regularly use sunscreens. Choose such a sunscreen that consists of a physical blocker agent. Such active blockers are titanium dioxide or zinc oxide.

(iii) Trigger avoidance

It is important to maintain a diary of the foods and the climatic or other factors that generally lead to rosacea. In fact, The National Rosacea Society promotes this habit. This approach also goes a long way in identification and reduction of the triggers. Moreover, trigger avoidance is ideal to control the onset frequency of rosacea. But, all alone it cannot check rosacea.

Nonetheless, the mild rosacea attacks can be effectively checked if a patient avoids the factors that triggered off the rosacea symptoms. One can get flushing after consuming red wine or food items having high quantities of histamine. Then, go for antihistamines. Some common antihistamines are loratadine or cetirizine.

(iv) Eyelid hygiene

Eyelid hygiene is especially recommended for persons complaining of eyelid infections. Practice eyelid hygiene frequently. Here are some

easy eyelid hygiene steps. Gently scrub the eyelids daily; You can use baby shampoo in a diluted form; Or, you can also opt for any across-the-counter eyelid cleaner. Apply the cleaner in warm compresses. But, mind you, never should it be hot. Carry on the practice several times in a day.

Medications

(ii) Topical & Oral Antibiotics

To get instant relief from the rash, redness, inflammation, pustules and papules, you can go for topical and oral antibiotics. An effective topical antibiotic is metronidazole. Similarly, ideal oral antibiotics are the tetracycline antibiotics. Some examples of tetracycline antibiotics are minocycline, doxycycline, and tetracycline. The oral antibiotics are rather effective in treating ocular rosacea symptoms.

Isotretinoin is generally given to patients who complain of persistent pustules or papules. However, there are several side effects of isotretinoin. Therefore, isotretinoin is prescribed only in acute situations. It is also given to treat acute acne. Nevertheless, for patients suffering from phymatous and papulopustular rosacea, low dosages of isotretinoin have been delivering the goods.

Beta Blockers or a-2 Agonist

The commonly used a-2 agonist is clonidine. It is helpful to deal with blushing and flushing. But it has side effects. One can feel drowsy and/or one's blood pressure may also plummet. So, to neutralize this effect, one can use monoxidine as an alternative.

Monoxidine has lesser side effects. But many do not find it as effective as clonidine. Propranolol is an ideal beta blocker. It is akin to a-2 agonists. And, it has been found to be effective in dealing with recurrent social blushing rather than the general rosacea flushing. It is also ideal to tackle anxiety.

Nilutpal Gogoi is a writer and a freelance journalist having more than 18 years of service in several audio-visual and print media reputed organizations in North East India. He has published more than 1000 articles and a popular adventure book for children. For more information go to [Buy viagra](#) and [Buy Generic Viagra](#)

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Facts About Cold Sores

by Denny Bodoh

Cold sores are unsightly, contagious and very painful sores, normally occurring on the edge of the lip or nose.

Cold sores are created by the replication process of the herpes simplex virus type 1 or type 2. Current studies show that about 77 percent of cold sores are caused by the herpes simplex type 1 and about 23 percent by the type 2 version of this simplex virus.

For the most part, cold sores caused by either type of the herpes virus are identical. They both look the same, hurt the same, are just as contagious, and last about the same amount of weeks.

Cold sores will occur and reoccur in about the same location as the initial infection. For example, if your cold sore appears on your upper left lip, then this is the site of the original infection. The virus that causes cold sores lives in the nerve cells. It will seek out the nearest nerve fibers at the site where the virus enters the body. That herpes virus will make a home in that particular nerve fiber for the rest of your life.

Now don't be fooled. You can be infected several times in different locations. If another cold sore appears on your lower right lip, this is a different infection and you now have located another "family" of the cold sore virus living in another nerve fiber.

When you have a cold sore, keep in mind that you are not only very contagious to others, but to other locations on your own body too. Cold sores can appear anywhere on the body where the virus found a crack in the protective skin layer.

The herpes simplex virus normally is in hibernation farther down the nerve fibers from the surface. If you get a cold sore on your upper left lip, chances are this virus is hiding in the nerve ganglia near your left ear.

Your body defenses create cold sore anti-bodies each time you have a cold sore outbreak. These anti-bodies surround and help keep the herpes virus asleep. Should there be some stress in another part of your body, these defenses may weaken and the cold sore virus will snatch the opportunity to move to the surface and create new viruses.

The herpes simplex virus cannot reproduce itself. The virus will enter a nerve cell and force the cell to clone copies of itself. When the cell becomes full of new virus, the original virus will destroy the cell to release all the new clones. This destruction of millions of cells in a close area create those hideous open cold sores.

The open cold sore would be painful enough, but it is even more so

because the herpes virus creates the cold sore right on the end of that nerve fiber. The pain is quite similar to a dentist hitting a nerve.

The most common way of infecting others with cold sores is kissing. Doting relatives and friends usually infect children before they are seven. Remember, you are contagious from the first tingle until about two days after complete healing.

Cold sore sufferers will many times create a new area of infection on their body with contaminated fingers or towels. The fluid that weeps from cold sores is teeming with fresh virus looking for a new home. If you have a cut on your finger and you get even one virus in that cut, you will likely get cold sores on your finger.

The body will naturally cure your cold sores without any special cold sore treatment but it often takes three to four weeks. A long time to be socially sidelined and feeling poorly.

There are many over-the-counter and prescription treatments for cold sores. The best and quickest relief comes from topical treatments - a salve or ointment that you put directly on the cold sore. There are some prescription pills that are available but these are generally slow acting, giving no immediate relief for the cold sore sufferer. For the most part, oral remedies from the drug companies have been dismal failures.

Many people have reported great success with oral doses of the amino acid Lysine. Recommended dosage is 1000 mg. twice a day during the cold sores outbreak and 500 mg. per day between cold sores.

Ice is still the most universal and readily available cold sore treatment. Put ice cubes in a zipper type plastic bag and you'll avoid a lot of mess. Ice reduces swelling, deadens the pain, and helps discourage the cold sores virus. And applying ice at the first sign of a cold sore often prevents the cold sore from actually occurring or shortens the life-span of your cold sores.

Denny Bodoh is a newspaper manager and 35 year research writer on alternative health and nutrition. Read the latest information on [cold sores](#) and cold sore remedies at Denny's popular site [Cold Sore Cure](#)

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How to Treat a Cold Sore or Fever Blisters

Herpes labialis, also known as cold sores or fever blisters, are painful lesions which usually form on the lips, chin, cheeks, or nostrils. The blisters typically turn into yellow-crusted sores and then disappear within a couple of weeks. Unfortunately, people who get cold sores, which are caused by the herpes simplex virus (usually type 1), generally get outbreaks over and over again, and they are highly contagious. While there is no cure or vaccine at this time, there are things you can do to ease the pain of cold sores, speed up their healing, and stop their spread.



Steps

1. Make sure you have cold sores. A cold sore is the same as a fever blister, but it is not the same as a canker sore. Canker sores are mouth ulcers that occur inside the mouth. While cold sores may on occasion develop inside the mouth, they are usually smaller than canker sores, and they start as blisters. Canker sores are not contagious, and they are not caused by a virus, so treatment differs from that for cold sores. Check with your doctor, who can determine which problem you have either by looking at it or performing a test.

2. Recognize the signs of an impending outbreak. Before you can actually see a cold sore, you will probably be able to feel a slight tingling or burning somewhere around your mouth where the cold sore will erupt. You may also be able to feel a small bump or hardness in the skin at this point. The earlier you can detect an outbreak, the quicker you can take action to hasten your recovery.

3. Quarantine your sore at the first sign of an outbreak. The herpes simplex virus is highly contagious, so avoid kissing or other mouth-to-body activities at any time during an outbreak. Also avoid sharing utensils, cups, or straws with other people, and wash dishes and utensils thoroughly with disinfectant soap.



Wash your hands frequently, and try to avoid touching the sore. If you touch the cold sore, you can then spread it to other people or to other places on your own body, such as the eyes and genitals. Gently washing the blisters with soap and water may also help to prevent the spread of the outbreak.

4. Your toothbrush can keep reinfesting you, so throw it away after an outbreak.

5. Take an antiviral medication. A few prescription antiviral

medications, such as Penciclovir, Acyclovir, and Famciclovir, have been approved for treatment of herpes simplex outbreaks. These medications do not cure herpes simplex, and they have not been shown to be effective in preventing outbreaks, but they can speed up healing and reduce the severity of an outbreak. They are generally most effective if you start taking them as soon as you notice the first signs of an impending outbreak.

If you have very frequent outbreaks, your doctor may prescribe these medications to be taken daily, even in the absence of symptoms, to suppress future outbreaks. Suppression therapy may be effective for some people, but clinical studies have not shown widespread success. You may also have success with topical ointments, such as Abreva and Denavir. Both are designed to treat the viral infection topically and promote speedy healing. Abreva is non-prescription and is available over-the-counter.

6. Treat the fever. As the name fever blisters suggests, cold sores are sometimes accompanied by a fever, particularly in younger children. If fever is present, use fever-reducing medications such as acetaminophen, and monitor the fever carefully. Antiviral medications may also reduce fever.

7. Ease the pain. Over-the-counter cold sore creams may help to ease the pain of cold sores, as may painkillers such as aspirin, acetaminophen, and ibuprofen. It's important to note, since cold sores often affect young children, that aspirin should generally not be given to young children because of the risk of Reye's syndrome, a rare, but potentially fatal disorder.

- Icing the sore can be an effective temporary pain reliever. Use an ice pack, rather than touching ice directly to the sore, and keep moving the ice around. Do not ice for more than 10-15 minutes at a time. Applying heat to the sore may also provide relief.
- A room-temperature compress of whole milk may ease the pain and speed healing. Be sure to wash the area after applying the compress.

8. Be patient. The outbreak should go away in 2 weeks or less, and until then, there's not much you can do. Avoid squeezing or picking at the sores, as this will only slow their healing.

9. Seek medical advice if you have a compromised immune system or if you experience a particularly severe outbreak, a fever that won't go down, an outbreak lasting more than two weeks, or irritation of the eyes. Some outbreaks can be serious. People with already-weakened immune systems are at particular risk of long-term complications or even death from a herpes outbreak. Herpes infections in the eyes are one of the leading causes of blindness in many countries, so be very careful not to spread the infection to your eyes, and if you have any

irritation in the eyes, see your doctor at once.

Tips

- Try to catch it as early as possible and start taking B-Complex vitamins. A dose of 1000mg three times a day for a few days and sometimes you won't even get an outbreak.
- Herpes simplex outbreaks, and hence cold sore outbreaks, are believed to be triggered by certain things in certain people. It has been determined that wearing sunscreen on the lips and other vulnerable areas may help prevent outbreaks in people whose outbreaks are triggered by sun exposure. It is also believed that stress may cause outbreaks in some people, and so practicing relaxation techniques to reduce stress levels may ward off outbreaks for these people. A weakened immune system probably allows outbreaks in general, so it's a good idea to try to stay as healthy as possible by eating right, exercising, and avoiding allergens, drugs, and excessive alcohol consumption.
- Some research has connected herpes outbreaks with the amino acid arginine, which is found in foods such as chocolate, cola, peas, cereals, peanuts, gelatin, cashews and beer. The evidence isn't conclusive at this point, but if you have frequent outbreaks, you may want to try limiting your consumption of these foods and eliminating consumption during outbreaks.
- It is possible that the amino acid L-Lysine (an essential amino acid for healthy tissue in the mouth) may help prevent outbreaks. If you experience frequent outbreaks you may want to try taking a lysine supplement daily. While the scientific tests are still inconclusive, it does seem to work for some people. Look for the label L-Lysine on the shelves, and it's usually available in a 1000mg tablet. Often such supplements also contain zinc, also thought to assist.
- An internet search for cold sores or fever blisters will turn up a multitude of home remedies, from vitamin supplements to poison ivy! As with any condition, naturopathic remedies may indeed be effective for some people, but they can also occasionally be dangerous. Use your common sense, and consult your doctor when in doubt.
- A mud-mask product is excellent for an oozing cold sore. Apply it to the sore at night to help dry it up. It will heal faster as well. To hide it during the day, use a lip liner brush (which you disinfect afterwards) and mix a bit of lipstick with the mud. It will cover your sore quite easily and keep it from oozing during the day, often one of the most unpleasant aspects of having a cold sore.

- If the sore erupts on your lips, apply lip balm several times a day. If applied from the start of the outbreak this can stop the blister from forming into a scab and therefore reduce the length of the outbreak. Be careful - if you press too hard on the sore you can break it and cause it to scab.
- A cheap solution to easing the pain is the use of oral anesthetics like Chloraseptic. It can be applied several times a day with the use of a Q-tip.
- Some people apply gel antiperspirant to the cold sore at night to dry and speed healing. The antiperspirant component dries the sore, the deodorant component is anti-bacterial, and even though it won't kill the herpes-1 virus, it will prevent secondary infection.
- Some find that the prescription medicine Valtrex is the best way to get rid of a cold sore; see a doctor if you would like to pursue this treatment direction.
- As soon as you feel or suspect the onset of an outbreak, immediately apply an ice cube to the affected area until it begins to be painful, then warm the area up. Repeat this on and off for several minutes at a time and you may prevent the outbreak entirely. It's important to do this before the virus cause too much tissue damage.
- As an alternative to the ice cube, as soon as you feel the burning, tingling sensation that tells you of an impending outbreak, dip a Q-tip in rubbing alcohol and apply it until the tingling spot feels "hot". Doing this 2-3 times per day or more can subdue or even prevent the breakout. (If the sore is directly on the lips, be very cautious not to get the alcohol in your mouth - it tastes awful.) In addition, do everything you can to avoid irritating or touching the spot to prevent worsening the breakout, slowing the healing process, or spreading the virus.
- A recent study (sorry, no reference) showed that the application of honey to the lesions was more effective than using cold sore ointments/medications.
- Some have found that using nail polish remover is very effective.

Warnings

- This article is a general guide only and is not intended to substitute for professional medical advice. Herpes simplex can be a very serious condition, and it's important to consult with your doctor about treatment options.

- Herpes simplex type 1 causes most cases of cold sores, but herpes simplex type 2 (genital herpes) can also cause them on occasion.
 - An outbreak may remain contagious even after all the sores are healed. Occasionally, cases of herpes are transmitted without any signs of an outbreak being present.
-

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How to Check for Skin Cancer

More than one million skin cancers are diagnosed annually in the United States, and that number has been rising for the past few decades. No matter where you live or how dark your skin is, you are vulnerable to skin cancer if you spend any time exposed to UV rays, whether it's from the sun or from tanning beds. Along with taking preventative measures, the best way to prevent the threat skin cancer is to detect it early on. Fortunately, all you need to do this are eyes and a mirror.

Steps

1. Mark your calendar. Plan to give yourself a skin exam once a month, in addition to your annual check-up with a doctor who can inspect your skin and answer any questions you may have.
2. Know your cancers. It is very important that you learn your cancers before you panic about something such as a bruise or birthmark.

- *Basal cell cancer*. Most often found in areas that get exposed to a lot of sun, such as the head, neck, and arms; flat, firm, pale areas; small, raised, pink or red, translucent, shiny, waxy, "pearly" areas; may bleed after minor injury; may have

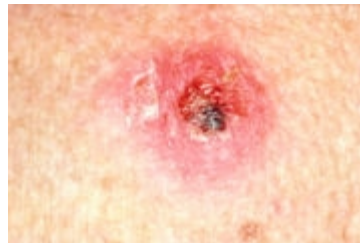


one or more abnormal blood vessels, Firm, red, shiny raised lump
a lower area in their center, and/or blue, brown, or black areas; larger areas could be oozing or crusting; small blood vessels may be seen;



Flat, red spot

- *Squamous cell cancer*. Most often found in areas that get exposed to a lot of sun, such as the head, neck, and arms; lumps with rough, scaly, or crusted surface; flat reddish patches that grow slowly; sometimes accompanied by ulceration or bleeding.



Crusty lump

- *Actinic keratosis*. Small (less than 1/4 inch) rough spots; pink-red or flesh-colored; usually on the face, ears, back of the hands, and arms;

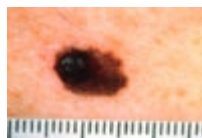
- *Melanomas*. Look for changes in size, shape, or color of a mole or the appearance of a new spot during adulthood. Use the "ABCD rule".



A - Asymmetry, one half of a mole or birthmark does not match the other.

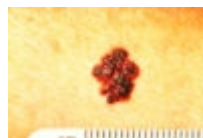


Normal mole



Asymmetrical mole

B - Border is irregular, ragged, notched, or blurred.



Normal mole

Irregular border

C - Color varies (brown, black, red, white blue).



Normal mole



Varying color

D - Diameter is larger than 6 millimeters across (about 1/4 inch -- the size of a pencil eraser).



Normal mole



Enlarged mole

3. Become familiar with warning signs. Not all skin cancer cases exhibit classic symptoms as described in the previous step. Look out for the following, as well:

- Any new growths, spots, bumps, patches, or sores that don't heal after 2 to 3 months
- Spread of pigment from the border of a spot to surrounding skin
- Redness or a new swelling beyond the border
- Change in sensation - itchiness, tenderness, or pain
- Change in the surface of a mole - scalliness, oozing, bleeding, or the appearance of a bump or nodule

4. Stand in front of a full-length mirror. Skin cancer can form anywhere on your body so it is very important that you perform a very thorough self exam. Use a wall mirror to give yourself a better view of your skin. You should also have a hand-held mirror and, if possible, a spouse or close friend to help you check out areas like your lower back or the backs of your thighs.

5. Examine your entire body. - It can be helpful to have a list in front of you. Don't skip any of these steps as you perform your self-exam:

- Check your face, lips, ears, behind your ears, and eyes. Use a flashlight to check the inside of your mouth.
- Check your neck, shoulders, belly and chest. You may need to lift your breasts or any excess skin so you can check the skin underneath.
- Check your underarms, arms, hands, between your fingers, and fingernail beds.
- Using a hand mirror check your buttocks, genitals, lower back,

upper back, and the back of your neck. Face your backside to the large mirror and use your hand held mirror to see your reflection.

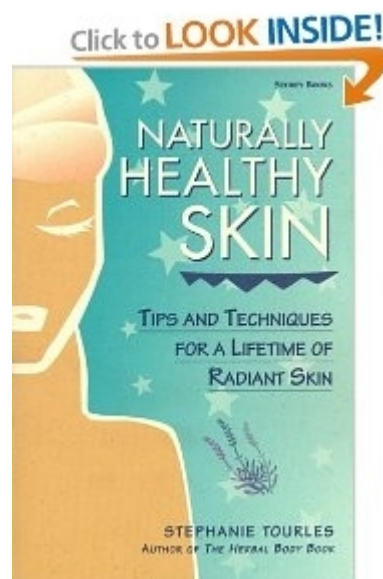
- Check your legs, ankles, feet, toes, toenail beds and between your toes. You can check your front while sitting down, but you will need to use a hand held mirror to see the bottoms of your feet, your calves, and the backs of your thighs.
- Part your hair and check your scalp.

6. Seek medical attention - If you find anything that you think might resemble skin cancer, seek medical attention immediately. Consider calling your local clinic and making an appointment for the next day. When skin cancer is concerned, it's always better to be safe than sorry.

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Naturally Healthy Skin



In this easy-to-use handbook, you'll find:

- Super Foods for face and body: powerhouse vitamins, minerals,

and supplements

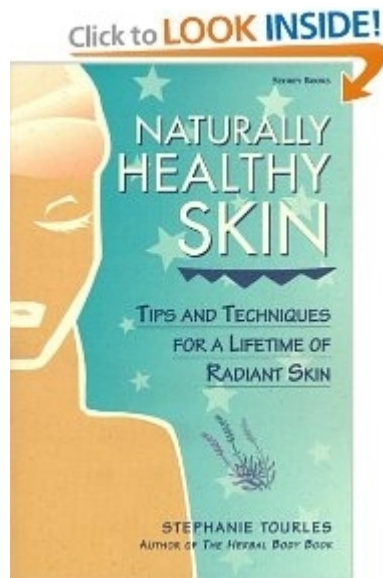
- Skin-saving recipes like Breakfast Boost and Skin-sational Herb Tea
- Five daily rituals for beautiful skin
- Skin care basics, including identifying and pampering your skin type
- Simple directions for making and storing natural skin care treatments
- Dozens of healing recipes and effective solutions for common skin problems

When your skin looks good, it's translucent, luminous, radiant, and simply exudes glowing health. When it's unhealthy, it's upsetting and occasionally disfiguring, resulting in acne scars, scaly patches, broken capillaries, puffiness, rashes, eczema, or warts. Your potentially beautiful skin can become downright unattractive and ugly from lack of "sun sense". Accumulated sun exposure, over the years, will produce a slew of leathery wrinkles and age spots, which in and of themselves are depressing, but additionally, the incidence of skin cancer is rapidly on the rise. It's not pretty and can be fatal.

This book takes a holistic approach to skin care: Health within is reflected by beautiful skin without. It will show you how to integrate nutrition, stress reduction, and herbs and other natural ingredients to help systemically remedy your skin care concerns, instead of merely treating the exterior symptoms as is the common approach. Combine this knowledge with a proper cleansing routine and sound sun protection and you'll have the recipe for a lifetime of fabulous looking skin.

Amber Parker of Port Townsend, WA says, "This book is amazing . It covers Acne , Cellulite , natural scare removal , caring for your skin as you age , and so much more. I will be forever refering back to this book as my life goes on. Its full of easy recipies , and best of all , it doesn't try to sell you any thing. You will not regret buying this book."

Another reader says, "I purchased many books on skin care in an attempt to improve the appearance of my skin in the most natural way possible. This book was the only book that delivered what it promised: The methods needed in order to attain Naturally Healthy Skin. It had very practical, livable tips, and recipes for improving my skin; Stephanie Tourles also presents a very balanced approach by recommending when and when not to look to conventional methods. I am also so glad that she was so unbiased in her recommendations- she did not try to sell me anything, and when possible gave the remedy to various ailments at minimal costs."



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