

Homeopathy for skin problems

Skin issues seem to be more prevalent than ever. Treatment with homeopathy has proven to be very successful in these cases, often where medical treatment has failed to provide a lasting solution. Many medical treatments tend to hold the symptoms in check so that when the treatment stops the symptoms return. Homeopathy looks for the root cause of the problem and works to treat this, thereby affording a deep and long-lasting result.

Eczema

Various sources estimate that 10% of the population have some form of eczema and that up to 40% will experience it at some point. 1 in 4 children are now being diagnosed with eczema which is characterised by redness, itching and cracking of the skin and usually appears inside the elbows, at the back of neck, behind the knees and at wrists/ankles.



There is a relationship between eczema and asthma in that they frequently co-exist in the same person and there may be a family history of both conditions. Almost 50% of children who have eczema go on to develop asthma or hayfever.

The start of childhood eczema may be associated with teething, vaccinations or the introduction of cow's milk into the diet. With children or adults an attack may be triggered by emotional stress.

Medical treatment with steroid medication can make the symptoms disappear but doesn't actually cure the problem. Symptoms are suppressed, pushed back down into the skin, so that when steroid treatment stops the symptoms will rise back up.

Emulsifying ointment can be helpful to moisturise the skin but care should be taken with ointments based upon lanolin (wool fat) or hydrocarbons (petroleum products such as paraffin). Allergic reactions are common with both ingredients and may cause symptoms indistinguishable from the original condition.

Recommended creams include SOS cream (www.barefoot-botanicals.com) or calendula cream (available from most chemists, healthfood shops or at www.helios.co.uk).

You may also wish to try removing cow milk products from your diet (goat and sheep products are often found to be less problematic). Also watch out for food additives.

Psoriasis

Again there is often a family link, with a tendency for the problem to crop up in the late teens and then gradually improve with age. Here the skin becomes overactive so it thickens and becomes scaly. There may be redness and heat; scaly skin may appear white or silvery. Nails may also be distorted. Again the condition may be triggered or worsened by emotional stress.

Acne will be covered in more detail in a forthcoming newsletter for teenagers. A brief word of advice in the meantime would be to not to strip the skin of excess oil by using astringent lotions. This is often the way acne is managed but the body may recognise this as a shortage of oil and be triggered into producing even more!

Homeopathy is also very effective with other skin issues such as **acne rosacea**, **urticaria**, **warts**, **boils**, etc.

To find out more visit my website or to discuss how homeopathy can help you please email/phone me for an informal chat.

