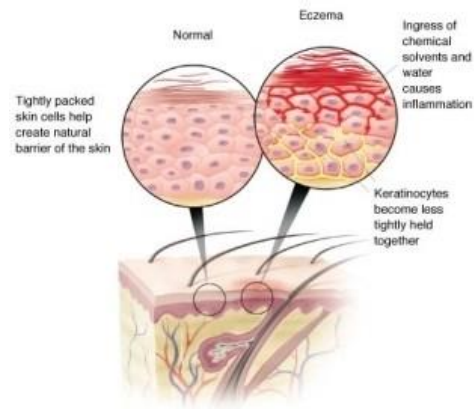


Atopic Eczema



Atopic eczema, also known as atopic dermatitis, is the most common form of eczema. Eczema causes the skin to become itchy, red, dry and cracked. Eczema can become a long-term chronic condition. The severe symptoms include cracked, sore and bleeding skin.

Causes

In today's fast paced lifestyle many commonly used products contain dangerous chemicals and toxins. Just something as simple as a shampoo or hand lotion can penetrate the skin causing a negative effect. Food has become more and more processed and even fresh fruits and vegetables have often been sprayed with pesticides which means lots of the goodness and vitamins are reduced. Furthermore, the number of people suffering from eczema is "1 in every 5 children in the UK." is affected by eczema at some stage in their life, even adults who didn't suffer in childhood find themselves affected later in life. (British Skin Foundation)

The exact cause of atopic eczema is unknown. It can be hereditary if one or both parents have eczema it is more likely that their children will develop it. However, it often occurs in people who get allergies ("atopic" means sensitivity to allergens). Atopic eczema can often be accompanied by hay fever or asthma in children in 1 in 3 children. Many different medicines prescribed by orthodox doctors can be used to control and manage the symptoms although these can often mask the underlying causes. Topical corticosteroids – of differing strengths are used together with emollients to reduce swelling and redness during flare-ups. Longer term, it is far better to become pro-active.

At Ascent Therapies, we can implement a tailor-made treatment plan including aromatherapy massage. We also provide a wide range of organic skincare products, lotions, oils and creams

individually made with essential oils. Oils commonly used are Chamomile German, Sage, Sandalwood Calendula and others.

For babies we advocate safe and gentle baby blends and tamanu balm.

Dietary tips

Diet should avoid foods such as dairy products, pork, and synthetic foods, and be replaced with clean and natural products. This means foods with little or no chemical processing contain more nutrients and are more beneficial better. For more advice on products treatments and diet please email Ascent Therapies.



Before and after with Tropic skincare

