

Eczema & Acne

Understanding the Causes of Inflammation

Tip Sheet with info by Certified Holistic Health Coach, Corrina Rachel

Tip #1: Understand Inflammation

Inflammation is a reaction to something you are ingesting or applying topically to your skin. Eczema flare-ups and acne breakouts are immune system responses.

Tip #2: Topical creams may help but won't solve the problem

Steroid creams, which are anti-inflammatory, act to suppress the response and give temporary relief to the reaction. Unfortunately, they don't prevent the flare-up or fix the problem.

Tip #3: Use anti-inflammatory food ingredients on your skin!

Not only should you eat anti-inflammatory foods like coconut oil, cinnamon and honey, you can apply them topically to your skin.

Use topically:

- ✓ yogurt
- ✓ cucumbers
- ✓ avocados
- ✓ baking soda
- ✓ apple cider vinegar



Meet Corrina

Corrina has a popular YouTube channel called PsycheTruth where she and her team cover health topics, from nutrition and medical conditions to massage and fitness.

In her video Acne and Eczema: Holistic Skin Care, Corrina gets to the nuts and bolts of these two very mind-consuming and often embarrassing skin conditions.

If you can understand inflammation, you'll finally get to the root of the problem. In this video, Corrina has answers.

See the entire video here:

<https://www.youtube.com/watch?v=yCIo7PQHxAY>

Corrina's favorite
DIY ACNE MASK RECIPE

1. Mix 3 Tablespoons honey with 1 Tablespoon cinnamon
2. Apply to skin
3. Wait 20 minutes and rinse

*Test on arm first for skin sensitivities.

Corrina's gentle
EXFOLIATING OATMEAL MASK

1. Grind oats to a fine powder (use a coffee grinder)
2. Create a paste with oatmeal and water or oil (coconut or olive)
3. Apply in circular motions and rinse after 10-15 minutes.

Tip #4: Be extremely gentle with cleansing and exfoliating

You can use grapes or strawberries to naturally exfoliate your face.

Tip #5: Digestive issues can affect our skin and immune system

Psoriasis is an auto immune condition that appears externally on our skin, but has its root internally, in our immune system. Probiotics can help to improve your digestive health, which will improve the appearance of your skin.

Tip #6: Get more sleep and manage your stress

Add something to your lifestyle that will help you reduce your stress levels. One area of stress we all face is the stress of driving to and from a destination. Buy an essential oil diffuser for your car and let the scent of lavender relax you as you drive.

Tip #7: Food allergies can cause inflammation

Common causes: dairy and gluten
Pay attention to other allergies (asthma, digestive tract issues, etc.) Have a blood panel done to test for allergies.

Tip #8: Eat an anti-inflammatory diet

Avoid highly processed foods and refined sugar. Replace with whole foods (seeds, legumes, leafy green vegetables, fruits).

Tip #9: Your eczema might be fungal

Try an anti-fungal remedy. Investigate the *cause* of the fungal break-out.

Tip #10: Your acne may be bacterial (that's how acne got its name... it's the name of the bacteria that causes it)

Avoid harsh, anti-bacterial soaps that will kill off the good bacteria. Instead, use natural anti-bacterial ingredients like coconut oil, tea tree oil or colloidal silver.

MadeOn offers 2 products that help to reduce the side effects of acne and eczema. First, the Beesilk hard lotion bar has only 3 ingredients which work to smooth over irritated skin. Second, Simply Soothing Rash Cream helps to reduce the redness associated with both eczema and acne.

Dilute 5-6 drops tea tree oil in 1 tablespoon of coconut oil for added antifungal power. Rub onto the infection a few times per day

"My family has been using SIMPLY SOOTHING Rash Cream for eczema. The Rash Cream measurably reduced itchy eczema symptoms in just a few days. Three simple, understandable ingredients, unlike the OTC and prescription lotions my doctor recommended--too many side effects listed with those doctor-recommended items. I'm very thankful to have found this product and this company!" Susan in Austin, TX



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Renee Harris is the owner of MadeOn Skin care, which has been in operation since 2009. She lives with her husband and children in Northern California.

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