

# 14 Day Eczema Cure

the Safe, All Natural Solution to  
Cure Eczema in 2 Weeks



**FAY SPENCER**

<http://14dayseczemacure.com>

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## DEDICATION



The '14 Days Eczema Cure' is dedicated to individuals who suffer from eczema, those who have struggled and still continue to struggle achieving clear, healthy, eczema-free skin.

If you have been plagued by persistent and recurring bouts of eczema over the years, like million others, you may have tried and gone through all available treatments – from simple home remedies to expensive medications that promise miracle cures. But as you may have already discovered, finding the ideal eczema treatment plan that will specifically work well with your skin and the type of eczema you have is not an easy matter. With numerous products on the market today that promises to deliver instant relief and lasting cure, the search for the ultimate eczema treatment that really works and provides permanent results can be an expensive, confusing and highly frustrating experience.

It is the million nameless, silent victims of eczema like you that we have conducted extensive research and tests in order to compile and come up with one of the best, if not the best, eczema cure guide you will ever find. This treatment system has been proven effective by hundreds of

eczema sufferers who have been beleaguered by this chronic disease for years.

We dedicate this book to all eczema sufferers of all ages, across different countries, most especially to our readers and subscribers.

We endeavor to provide you will a helping hand to jump start your journey towards achieving clear, healthy skin.

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## INTRODUCTION

If we are to take review our anatomy lessons, the skin is identified as the largest organ of the human body. The adult human body contains an average of 14 to 18 square feet of skin. The skin is primarily responsible for providing protection, allowing sensation as well as secretion. It also assists in the regulation of the body's temperature.

Proper skin care is an integral part of our day to day health and wellness routine. In fact, there are some individuals, especially women, who have no qualms of going out of their way to nurture their skin through regular application of products formulated to maintain the elasticity and suppleness of the skin.

As a protective shield, the skin protects our bodies from mechanical impact such that of blow and pressure as well as thermal impact like cold and heat. However, aside from its important function, healthy, clear and glowing skin is one of the key indicators of good health. It also significantly contributes to the overall attractiveness of the person.

Unfortunately, not everyone is able to achieve and maintain healthy and good-looking skin. For some people who are afflicted with skin irritations and allergies, the constant need to hide angry welts, infected blisters, blotchy and mottled skin can be a curse. If the skin problem is a recurring one, it can

considerably dent one's confidence and self-esteem, especially when dealing with people.

One of the most common types of skin problems that have afflicted millions of people across the globe, not sparing infants and seniors, is eczema.



For anyone who have dealt with or continue to suffer eczema, severe and chronic cases can easily become a debilitating condition. Eczema is a condition that is suffered by many and yet few people openly talk about it. It's embarrassing, restricting and overly discomforting to say the least.

With hundreds of “*miracle cures*” available in the market today, the search for a treatment that works can be an arduous, expensive, frustrating one. In fact, for some, it's a distressful, confusing and even a depressing experience.

But don't lose hope just yet. This guide is specifically designed to address stubborn cases of eczema and eliminate the problem right down from its roots for good. It is possible to have clear, healthy looking skin.

**And yes, within the next 14 days.**

I too have suffered severe eczema since childhood. It is not a disease that you will want to wish on anyone. The sleepless nights, the endless scratching, the unpleasant sight of infected skin, the expensive treatments that only provide temporary relief – trust me, I am familiar with all those, and then some.

Over the years, I have dedicated myself into helping people survive and live life without eczema. It is possible. Let me help you write your very own success story in the battle with the dreaded, overly persistent eczema.



## CHAPTER 1: WHAT IS ECZEMA?



If you are suffering from mild, intense or recurring case of rashes or any form of skin irritation that triggers itchiness and redness of the skin, this may be symptoms of dermatitis.

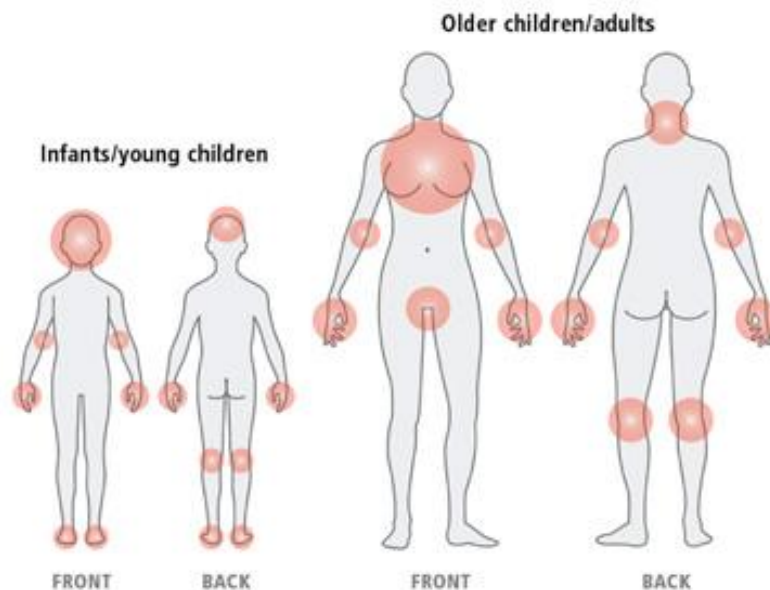
Dermatitis is a medical term used to refer to a group of skin conditions that commonly exhibit a rash and often causes varying degrees of skin inflammation.

In general, these rashes are triggered by a certain type of allergic reaction, which can be categorized into different groups, based on what specific type of allergen has caused it. Among the best well known and widely common type of skin allergic reaction under this category is eczema or what is medically known as eczematous dermatitis.

## CHAPTER 2: HOW DO YOU KNOW IF YOU HAVE ECZEMA?

If you have a rash, whether is a mild case, a severe one, don't panic! Typically, rashes go away on its own. However, if you have eczema, the simple rash may go away at fits – but it tends to come back, again and again as a chronic skin condition.

It is important to note that not all rashes itch. However, in the case of eczema, you are most likely to experience intense itchiness, making it too difficult to tamp down the natural urge to scratch. In most cases, an irritation will start around the folds of your elbow's undersides or at the back portion of your knees. It can also appear on certain areas of the face or other parts of the body.



Since not all rashes can be categorized as eczema, it is generally best that you consult your doctor in order to fully determine what skin disorder you are suffering from and what is causing it.

In most cases, eczema appears like overly dry, cracked skin with a rough texture. In severe cases, it can be reddish in color and inflamed. It is also often itchy and irritating.

If you are not quite sure whether you have eczema or not, below are some symptoms that you can go through and check on yourself. Keep in mind that these symptoms are often recurring in nature. Among the most common symptoms include:

**Dry and Exceedingly Itchy Skin.** This is brought about by the fact that the skin is unable to give sufficient waterproofing, which then speeds up the evaporation process of natural moisture from the surface of the skin, leading to abnormal dryness. In cases of eczema, the itching is severe in nature, prompting you to constantly scratch the affected and surrounding areas. However, the more you succumb to the temptation of scratching the rashes, the more the itchiness is aggravated.



**Blisters With Discharges and Crust Formation.** If you are unable to stop scratching excessively, the rashes will develop into bright red blisters. When the eczema is active, the blisters are generally small, appearing along the exterior topmost layer of the skin, which tends to grow crusty over time.



Blisters usually split, which triggers the release of fluid secreted on the surface of the skin. When the secretion dries up, it typically develops into yellowish crusty scabs that stay on the skin for several days.

**Inflammation of the skin.** When the rashes worsens and becomes inflamed with some degree of swelling, it becomes irritated.



**Bleeding.** For severely irritated skin that has become inflamed, infected and raw, bleeding may also occur. This is mainly brought about by excessive scratching.



**Leathery Skin.** Extreme dryness of the skin can turn it into a somewhat leathery texture, with more or far lesser amount of pigment present compared to that of the normal, healthy skin. This condition is also called *lichenification*, which is characterized as the thickening of the skin, coupled with the exaggeration skin markings, giving it a rubbery, somewhat bark-like look. This is again is brought about by excessive scratching. The pigmentation of this area of the skin differs from the normal tone because of the continuous itch-scratch cycle

Are you experiencing any of these common symptoms of eczema? What do you need to do? First, restrain the need to scratch the affected area as it can

only aggravate the condition. You also need to keep your skin moisturized. Do not allow your skin to go dry.



In order to treat the condition, you need to determine the trigger that has caused the allergic reaction to address the root source of the problem. Then of course, you need to formulate the right treatment plan accordingly.

## CHAPTER 3: TYPES OF ECZEMA

According to the National Eczema Association, eczema refers to a broad term used to refer to any type or form of dermatitis, otherwise known as an itchy rash. This is a condition wherein the topmost skin layer becomes red, itchy, inflamed or dry.

If you believe you are suffering from eczema, it is generally best to have a full knowledge on what type of eczema it is in order to determine the appropriate treatment plan.

There are different types of eczema out there. In certain cases, a person can develop more than one type. To give you a clear idea on the most common types and how it looks like, below are the top five (5) types of eczema.

### ATOPIC DERMATITIS (AD)



**ATOPIC DERMATITIS**

The atopic dermatitis type of eczema has been identified to be among the more severe and recurring (chronic) type of eczema. It is very alarming as it affects a large percentage of the human population.

Atopic dermatitis is characterized condition that triggers severe itchiness and inflammation skin. This condition can occur at any age and almost always begin during the childhood years, typically among babies or infants.

There is an estimated 65% of individuals suffering from eczema were diagnosed in their first few years from birth and 90% of them experienced it before the age five.

When children with atopic dermatitis gets older, this condition can more often improve or go away but for others who don't grow out of it, atopic dermatitis can be a life-long ordeal. A person with hay fever and asthma is more likely to develop this kind of skin disease, which is why atopic dermatitis is categorized as an "atopy" disease.

**Causes:** Atopic Dermatitis is the one of the most common forms of eczema. This skin condition is not infectious or contagious. A concrete conclusion on the underlying cause of atopic dermatitis remains unknown, although it is widely believed to be triggered by hereditary factors or is genetically acquired. Other possible causes include environmental factors such as the climate.



## CONTACT DERMATITIS (ALLERGIC OR IRRITANT)

Contact dermatitis refers to a physiological response that can take place when the skin directly comes into contact with foreign materials or substances, which triggers a rash or irritation of the skin. Allergens or irritants are identified substances that can set off that burning sensation, along with itchiness and/or redness. There are basically two (2) different types of Contact Dermatitis, the Allergic Contact Dermatitis and the other is the Irritant Contact Dermatitis.



### CONTACT DERMATITIS

#### ALLERGIC CONTACT DERMATITIS

The first type is the Allergic Contact Dermatitis or more popularly referred to as ACD refers to the response by the immune system to an irritant substance in direct contact the skin. There are roughly several thousand different types of

substances that can possibly trigger this allergic reaction. Among the widely common substances that are identified as irritants are largely found in certain plant life like the poison ivy. Others can be present in rubber, antibiotics, bottled perfumes and scents, preservatives, and some forms of metals. Even certain formulations of lotions and commercial creams and ointments that are used in the treatment of dermatitis can also pose as triggers of allergic reactions.

### **IRRITANT CONTACT DERMATITIS**

The second one is the Irritant Contact Dermatitis on the other hand, is triggered by some chemical substance that causes damage afflicting directly the skin. Acids, products containing alkalis (certain drain cleaners), strong soaps, solvents (acetone used for nail polish removal), and plants (such as peppers and poinsettias) are among the typical examples of irritating substances that may damage skin.

Skin sensitivity may vary from one person to another. There are times that even mild soaps that are specifically formulated for sensitive skin and certain brands of detergents may cause irritation of some individuals after frequent and/or prolonged use or contact.

## DYSHIDROTIC DERMATITIS



**Dyshidrotic Dermatitis**

Another form of eczema is the Dyshidrotic Dermatitis also known as "Acute Vesiculobullous Hand Eczema" is a form of eczema, which is two times more common among women. This skin condition is characterized by small blisters visible in the hands and feet and is felt with itching and burning sensations.

This usually starts on the sides as itchy little bumps and then develops into a rash. People between the ages of 20 to 40 are the most common individuals to develop this form of eczema. Children can rarely have this but in most cases can be developed in children with atopic dermatitis.

**Causes:** Like atopic dermatitis, causes of it is still unknown but is strongly believed that environmental factors such as the weather and events occurring within the body (e.g., having another medical condition) can play a role.

## NUMMULAR DERMATITIS



**Nummular Dermatitis**

Nummular (meaning "coin-shaped") dermatitis is characterized by round-to oval shaped itchy lesions that can target any area of the human body but particularly affects the legs and buttocks area. One or many welts appear, and often persist for several weeks or even months.

This form of eczema is more common among males. Discoid eczema is not communicable or contagious to other people, although secondary infection can be triggered by bacteria. Eruptions of nummular dermatitis are often recurrent and chronic and appear at any age but usually in people in their 60's and is typically experienced in winter season.

**Causes:** Unfortunately there is no information to tell what causes it but is said to be worsened by stress and caffeine.

## SEBORRHEIC DERMATITIS



### Seborrheic Dermatitis

Seborrheic Dermatitis, another common form of eczema is a form of skin condition that is characterized by flaky scales that range between whitish to yellowish in color. The most common areas affected are the oily areas of the body particularly the scalp area, creases of the nose, the eyelids and the eyebrows, the skin at the back of the ears as well as in the middle of the chest.

Seborrheic dermatitis appears to run in families. It affects an estimated 3% to 5% of the entire population, but is found to very more common among men, and is known to peak during the infancy stage as well as upon reaching middle age. Up to 85% of the people infected with the human immunodeficiency virus (HIV) have seborrheic dermatitis.

**Causes:** Despite various studies conducted, medical experts were unable to determine and identify the specific causes of this condition. However, the popular assumption is that it is brought about by the combination of excessive production of oil in the skin as well as the irritation triggered by yeast known as *malessizia*.

Also, factors such as stress, fatigue, oiliness of the skin, sporadic use of shampoos or infrequent skin cleaning, along with the usual use of cream or lotion that is formulated with alcohol, certain types of skin disorders like acne, as well as obesity. Other factors such as genetic, environmental, hormonal, and immune-system factors are also known to increase the risk of having this condition.

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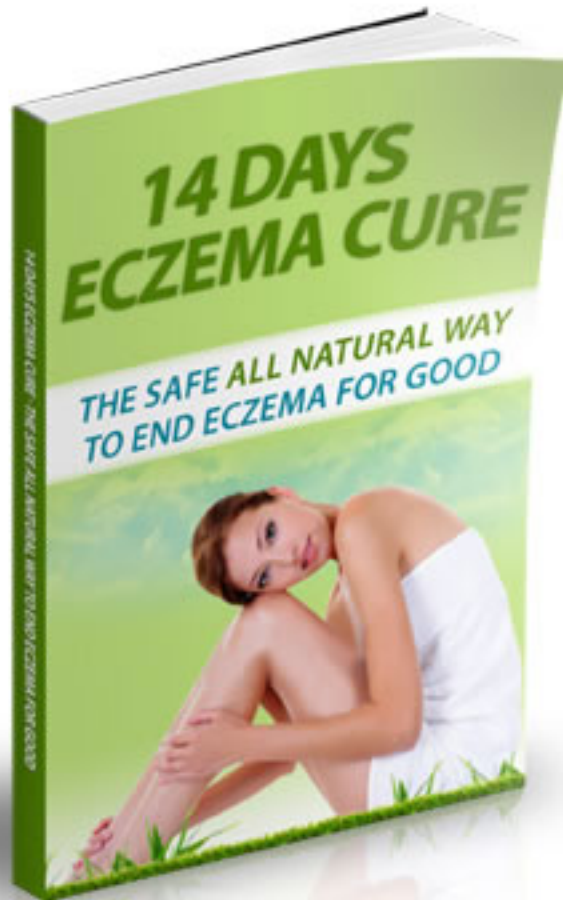
## CHAPTER 4: COMPREHENSIVE APPROACHES TO ECZEMA

Once you have fully determined the type of eczema you have, it can focus your efforts on knowing how to best handle and treat the condition. While all these different types are generally known as a form of eczema, each condition requires distinct approaches when it comes to skin care and treatment.



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