

Wake Forest Baptist Health [Center for Integrative Medicine](#)

Natural Eczema Remedies

[Dr. Kathi Kemper's](#) Tips

- Tests:** Be sure it's really eczema. Is it partly a bacterial infection, ringworm, or scabies? (Physical exam.) Keep a [symptom diary](#) to identify foods, detergents, temperatures, and other things that trigger symptoms. Use medications as recommended by your primary care clinician or dermatologist. See a pediatric allergist: [Dr. Jason Caldwell](#) (336-716-2011); and/or dermatologist: [Dr. Daniel Krowchuk](#) (336-713-4500) at Wake Forest/Brenner.
- Environment:** Keep it cool. Heat makes itching worse. Scratch with an ice cube or cold, smooth plastic toy. Keep fingernails short and clean. Do not smoke and do not allow your child to be exposed to tobacco smoke. Avoid wool clothing. Do not use Tide detergent or soaps with chemical fragrances. Consider mild, hypoallergenic detergents, double rinses. Consider small sunbaths (not between 10am-2pm) and seawater (Trip to beach!). Consider chamomile-based creams such as Camocare®. Consider compress made with licorice tea or oolong tea.
- Wash:** Use tepid or cool water for bath. Use unscented Dove or other moisturizing soap. Consider adding some oatmeal (in an old stocking) or 1 tablespoon of vegetable oil. Apply creams and emollients (e.g., Vaseline, olive oil, Aquaphor, evening primrose oil, or borage oil) immediately after bathing to seal in moisture.
- Diet:** Avoid triggering foods (these differ by individual but may include milk, soy, wheat, corn, shellfish, nuts, peanuts, etc.) and foods containing artificial flavors, colors, and sweeteners. Drink pure water. Avoid fried and processed foods; avoid animal fats (milk, butter, cheese, bacon, hot dogs, etc). Eat more fruits, vegetables (especially leafy greens, onions, grapes, spinach, cabbage, pears), whole grains, seeds, beans, and nuts; minimize processed foods. Yogurt is a good source of probiotic bacteria. Fish contains omega-3 fatty acids that can help reduce inflammation (wild salmon, sardines, herring, and mackerel). Consider drinking oolong tea.
- Exercise:** Consider yoga, tai chi, or qi gong which are stress reducing.
- Manage Stress:** Consider with your doctor:
 - Music, biofeedback, guided imagery, or prayer ([CareNet](#) 336-716-7339 or [Jeff Feldman, PhD](#) 336-716-8400). Consider using guided imagery CDs from [Health Journeys](#). Consider using biofeedback from [HeartMath](#) (either portable EmWave PSR or PC-based) or [Relaxing Rhythms/WildDivine](#) (PC only).
 - Massage therapy with pure vegetable oils. Avoid essential oils because they can irritate the skin. [WFUBMC Massage Therapy Program](#) (336-716-3076).
 - Acupuncture. [Boyd Bailey, Lic Ac.](#) (336-777-0037), [Keoni Teta, Lic Ac.](#) (336-724-4452), [SiWei Wang, Lic Ac.](#) (336-659-8120).
- Supplements:** Consider with your doctor. (See CIM Website [Dietary Supplements](#).)
 - [Omega-3 fatty acids](#) (1000 – 2000 mg daily of EPA+DHA) or FLAX SEED to decrease inflammation; it takes about 3-6 weeks for this to build up in your system. It is not an instant fix.
 - Vitamin C 500 – 2000 mg daily serves as a mild antihistamine; excess causes diarrhea.
 - [Probiotics](#) to help normalize healthy bacteria in gut that help regulate immunity; one month (Culturelle, BioGaia, Florastor, GNC brand, Jarrow, Metagenics, Udo's choice).
- Action Plan:** Use the [Action Plan Tracker sheets](#) to track your success.