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Doctors Agree: The One Processed Food You Have To Stop Eating ASAP If You Suffer From Eczema



Eczema is very frustrating and unfortunately very common—if you've ever had it before, you know that it is a nuisance more than anything. While eczema is usually harmless and entirely cosmetic besides a little itching, it can hurt your self confidence and make it hard to feel comfortable in your skin. Oftentimes, eczema is a sign that something is off balance internally—it can also be a sign that you have a specific food allergy. Addressing what foods you may be intolerant to could help you heal your eczema and clear your skin up for good.

First of all, what exactly is eczema? **“Eczema is a term for a group of medical conditions that cause the skin to become inflamed or irritated. The most common type of eczema is known as atopic dermatitis or atopic eczema. No matter which part of the skin is affected, eczema is almost always itchy. It typically presents as a rash with small raised bumps that itch, and can happen on any part of the body.”** says Dr. Michael Horn, a board certified plastic surgeon in Chicago, Illinois. **“Depending on the type of dermatitis you have, most are treated with hydrocortisone cream and an antihistamine, while more severe cases need antibiotics and injections.”**

Causes vary from person to person, but it usually has to do with lifestyle and environment. **“Too much dry air can zap your skin of natural moisture—dryness often leads to itching, which leads to scratching and inflammation. Conversely, hot weather can also irritate eczema,”** Dr. Horn says, **“Also, heavy perspiration can lead to itchy skin, as long periods of water exposure is another eczema**

trigger.” Additionally, materials such as wool and polyester can make redness and itchiness worse. When it comes to your diet, triggers are wildly individual, but some common foods that cause allergy-related flare ups include dairy products, nuts, seeds, eggs, soy products, and wheat.

Wheat and gluten are two of the most common food groups that trigger allergies and eczema. Gluten is especially common in processed foods, as it is used as a thickening agent that is added to improve texture of foods. “Gluten is found in many foods and even some that might be surprising such as soups, gummy candy, and sauces.” Processed foods that contain gluten could be a trigger for your eczema. However, before you cut it out altogether, consult with your doctor to see if you have a gluten sensitivity.

While there is no cure for eczema as it stands, there are plenty of treatment options you can try. **“Treatments include lifestyle changes, over-the-counter (OTC) remedies, prescription, topical, oral and injectable medications, biologic drugs and phototherapy,”** Dr. Horn says, **“OTC hydrocortisone is often the first line of defense for mild eczema. Varying strengths of steroids may be prescribed depending on the severity of eczema. There are also numerous natural remedies for eczema such as aloe vera gel, tea tree oil, colloidal oatmeal, and coconut oil.”** While it is a frustrating condition, it's important to be patient, as no treatment will show results immediately. It requires consistent routines and paying

attention to what your routines look like when your eczema flares up or gets better.

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