

Beat Eczema With Supplements

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Although the methods in the main beat eczema manual are the best means for beating eczema forever, you can also fight eczema with supplements.

The following supplements may help if you are suffering from eczema

- ▶ Aloe vera gel
- ▶ Evening primrose oil
- ▶ St John's wort
- ▶ Vitamin c and e
- ▶ Fish oil
- ▶ Probiotics

In this special report, we will take a look at Primrose oil, Fish oil and Probiotics.

Evening Primrose Oil

Evening Primrose oil contains high levels of gamma-linolenic acid (GLA).

GLA helps moisten the skin. It also reduces dryness and in turn itching. It is an important supplement for healthy skin.

Directions for use

You will need to take large amounts of evening primrose oil in order to battle the eczema. For most cases, you will need to take between 3000mg and 6000mg every day for a period of at least 3 months.

At the end of those 3 months, you should see the signs of eczema reduce greatly. You can then reduce the dosage to 1000mg per day.

You should always take the evening primrose oil with food as your body will absorb it with greater ease.

You will also want to take other vitamins and minerals with the evening primrose oil in order to boost the benefits of the GLA.

Those vitamins and minerals are:

- ▶ Vitamin C
- ▶ Vitamin E
- ▶ Vitamin B6
- ▶ Magnesium
- ▶ Zinc

Omega 3 fish oil

Omega 3 fish oil is effective in fighting eczema through the reduction of a substance known as leukotriene B4. Leukotriene B4 is a known substance that causes eczema.

Clinical trials have been completed measuring the effects of omega-3 fish oil on eczema. Those trials clearly showed that omega-3 fish oil can significantly reduce eczema after 12 weeks.

Directions for use

You will need to take between 5g and 6g of omega-3 fish oil every day. Even though the clinical trials showed results in as little as 12 weeks, you may have to take this level of omega-3 fish oil for a little longer based on the severity of your condition.

Unlike evening primrose oil, it is not necessary to take omega-3 fish oil with food. It is also not necessary to boost its performance with other vitamins and minerals. However, it is always a good idea to take those vitamins and minerals mentioned in the previous section.

Probiotics

Probiotics have been proven during clinical trials to have significant impact on eczema in infants. The reasons are not known but it is believed to improve the digestion and absorption of food and that can have a direct impact on eczema in small children.

Directions for use

Breast feeding mothers should take probiotic supplements daily. These probiotic supplements must be enteric coated.

You can get this in powder form that is made specifically for children. It can be mixed in formula and various other methods.