

Zest for Life

Disclaimer: I am not a qualified health practitioner. You should always consult a qualified health practitioner if you are sick or hurt. Opinions expressed on this website are my own or come from my own experience or research

Minor Burns and Eczema

Minor Burns

I don't know about you, but I often burn myself in the kitchen. Sometimes a bit and sometimes quite nasty.

First, I run a burn under cold water or put an ice cube on it to take the heat out and stop the burn from getting any worse.

According to the Red Cross, you should put a burn under cold running water for 20 minutes to reduce pain, swelling and the risk of scarring. For serious burns, you must call 999 or go straight to A&E.

And then I always reach for essential oil of lavender. In my experience, using essential oil of lavender provides considerable relief. A high quality, pure, preferably organic oil is important.

I apply the lavender as often as I need to receive relief. Every few minutes at the start and then a longer gap in between as the pain improves.

Minor Burns/Eczema

A number of years ago, I managed to spill boiling water on the back of my hand. This was quite nasty. I happened to be at the Bath Christmas Market and found myself at the Bath Spa Skincare stall. I asked if they had anything for burns and it turned out that they did. The lady recommended this cream.





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The Intensive Cream I found particularly soothing and healing. It was created by the owner of Bath Spa Skincare, who is a biochemist, for her daughter who had terrible eczema.

So, I used this cream along with the lavender essential oil – I mixed them together - and I have to say that the burn healed nicely. In fact, I would say that I ended up with one hand looking about 10 years younger than the other!

As well as the cream, the website of Bath Spa Skincare has a page outlining some good practical advice for people struggling with eczema as well as a few other products that are helpful. You may like to check out their page on eczema. All their face and body products are excellent for people with very sensitive skin.

<https://bathspaskincare.co.uk/pages/eczema>

You will note from the advice that acid/alkaline balance of the body is mentioned as well as bacteria overgrowth in the gut in connection with eczema. This is very much in line with my own views on healing the gut as well as a healthy diet rich in vegetables for optimal health.

I cleared my own lifelong eczema through the Food Combining Diet which naturally improves your acid/alkaline balance through eating a higher proportion of vegetables. The diet also feeds good bacteria and takes a lot of stress off your digestion. Here is a link to the Food Combining Diet – scroll down the page called Health Issues to the appropriate box.

<https://www.zestforlife.site/healthissues>

If you combine the advice and products of Bath Spa Skincare with the Food Combining Diet, you have a good chance of seeing improvement of eczema.

Just so you know, I receive no financial benefit from Bath Spa Skincare.

References

<https://www.redcross.org.uk/first-aid/learn-first-aid/burns#:~:text=Cool%20the%20burn%20under%20cold,2.>