

New Eczema Research Reveals Safe, Natural Prevention for Infants

According to the largest and most influential of all dermatologic associations, the American Academy of Dermatologists, eczema affects 10 to 20 percent of all infants, but new research has found an inexpensive and easily accessible preventive treatment - pre and probiotics given to pregnant mothers and infants. Although 80 percent of eczema is caused by contact with harsh chemicals and needs to be treated topically with an effective dry skin and eczema treatment, these new findings will bring relief and a possible cure to the millions of sufferers whose compromised immune systems are the root of the problem. The new study was conducted on 1223 pregnant women and their newborn infants by Kaarina Kukkonen and colleagues from the University of Helsinki, Finland, and Valio R & D. Half of all the pregnant women received daily probiotic supplements for two to four weeks prior to delivery while the other half was given a placebo. After delivery, the infants' diets were also supplemented with either the same probiotics in combination with galacto-oligosaccharides, the prebiotic found in breast milk, or a placebo, for a period of six months. The researchers reported a 34 percent reduction in atopic eczema for those who received the pre and probiotics supplementation. This is good news for adults as well as children; although about half the infants with eczema grow out of it within five to 15 years, many of them carry it through to adulthood. For the 80 percent whose skin condition stems from contact with chemicals, a shielding lotion is still the best solution. Unlike conventional lotions which only add surface moisture that temporarily relieves dry skin or eczema, a shielding lotion bonds with the outer layer of the skin to form a protective layer that locks in natural moisture and keeps the irritating chemicals out.

About the Author

Comprehensive site including education, natural history, conservation, environment, ecology, evolution, geology, paleontology, and systematics.

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