

Newsletter February 2012 No 2

Dear Customers

In this Issue: Health Tips for Eczema and Psoriasis

Eczema and Psoriasis



Picture of Eczema left and Psoriasis right

These two conditions are very common and they are both auto-immune conditions that can be aggravated by various factors.

Psoriasis will tend to go in cycles where the skin can be very smooth and shiny followed by very red and flaky. Eczema tends to be red and flaky.

Both can be very, very itchy causing the patient to scratch until they bleed.

Scratching

This is really going to aggravate the condition if you don't believe me just run a finger nail tip down the inside of your forearm. Within seconds you have a nasty red line formed; this is your inflammatory response. When you scratch your skin you are doing exactly the same thing. In small children file their nails down so there is no sharp catching edge; they will even scratch in their sleep.

Often the scratching with fingers nails will lead to the skin becoming infected.

Itching



It is important to try and relieve the itch, before lots of scratching damages occur. This is where our hand-made GLA cream can be very helpful. Some customers report that it has a miraculous response and even gets rid of the condition, others report that the itch is greatly relieved.

This cream is very safe and can be used regularly anywhere on the body even on babies' skin. (But as with all creams you should do a little test with a dab left on the inside of your forearm to see if there is any adverse reaction.)

You can apply the GLA as often as you need. Our GLA Cream contains 5% first pressed organic Borage Seed oil

Goto GoodVitality.com and search for code 5518 GLA Cream



For Wet or Weeping Eczema our Graphites Cream can also help.

Goto GoodVitality.com and search for code 5516 Graphites Cream

Diet can have a huge effect!

Firstly, I would suggest you become a food policeman and keep a very accurate food log. Get a page a day diary on the left hand side of the page write down everything that goes in your mouth on the right hand side log your symptoms, do this for a few weeks. Then look for connections you may need to look 24 to 48 hours before the symptoms to see foods that cause aggravations. Once identified remove them from you diet! If you don't it would rather be like having a cut on head and continue to bash it on a wall every day and expect it to get better. IT IS CALLED A MAINTAINING CAUSE. Stop it!!

Foods that can help

Omega 6 in fried foods aggravates inflammation of the skin by creating a rush of insulin so avoid them. Instead eat foods rich in Omega 3 such as oily fish (that is Salmon, Sardine, Mackerel and Tuna but not canned tuna), nuts and avocado.

Also take a supplement of Concentrated Fish Oil capsules in order for the Omega 3 to make a difference to your Psoriasis, take it every day after food. These contain fatty acids which the skin is often lacking which can help reduce the inflammatory response.

Goto GoodVitality.com and search for code 1760 Concentrated Fish Oil



Fatty Acids



There are two more high-grade fatty acids which can help. One per day GLA (after main meal).

Goto GoodVitality.com and search for code 2055 GLA One a Day

If you want to make sure you cover all the fatty acids bases then use EPA/GLA, this contains all the fatty acids omega, 3, 6 and 9 at high levels.

Goto GoodVitality.com and search for code 1766 EPA/GLA One a Day

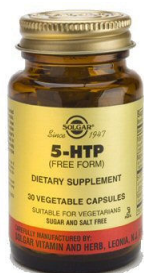


Stress

Many people will say that when they get stressed their skin gets much worse. So you may want to look at my Health Tips and Video on stress.

One of the first remedies to try is 5-HTP. This will helps most people to feels more relaxed and deal with stress. Some people report it makes them feel less itchy

too; so another plus point for 5-HTP. You can take up to three a day usually best 30 minutes before each meal!!



[Goto GoodVitality.com](https://www.goodvitality.com) and search for code 1448 5-HTP 5-Hydroxytryptophan

See our latest video on Health Tips for Eczema and Psoriasis



Go to [GoodVitality.com](https://www.goodvitality.com), Health Tips and Videos, then either Eczema or Psoriasis, the videos are the same.

Free Gift with orders over £30



FREE GIFT with all orders over £30, a sample of our very popular CoQ-10 and Vitamin E cream. This cream is not a moisturiser; it is used to help the skin to repair. Try it on the soft skin around your eyes. Or on any dry patch of skin.