

Eczema Triggers from Your Home

Eczema is often triggered by irritants in the immediate environment, including your home. These irritants include dust mites, household items and cosmetic products. A rash develops usually, causing your skin to itch.

Dust mite is the number one eczema trigger. About ten percent of the general population develops an allergy due to dust mites. An allergic reaction to dust mites is characterized by eyes that are itchy and watery, sneezing, a runny nose, nasal congestion, ears that are blocked, chronic respiratory problems such as head colds and post nasal drip and asthma. The most common form of eczema, atopic dermatitis, develops next.

Dust mites are not visible to the human naked eye. When viewed under a microscope, they are extremely small. Dust mites are shaped like an oval, have eight legs and are cream in color. Dust mites have sticky pads on their feet that enable them to burrow into almost any kind of fiber in your home. They are most often found living and breathing in your furniture and carpeting. It is only the particles of dead dust mites that can efficiently be cleaned up with a vacuum cleaner.

Dust mites thrive on consuming the shed skin of people as well as human fingernails as hair. They also eat animal fur, bacteria, fungi and pollen. Dust mites thrive in environments where the humidity is anywhere in the area of seventy to eighty percent. They also require temperatures anywhere between seventy-five and eighty degrees. A humidity level of below forty will not allow dust mites to live or thrive for very long. Thus, if you stay in fairly humid environments, you should keep dust mites out of your home as much as possible to avoid eczema flare-ups. As such, it is best to avoid having carpets in your home.

There are a variety of other triggers that can cause eczema to become even more intense. For instance, harsh laundry detergents, household cleaners, disinfectants, air sprays and other common household substances can cause you to sneeze, itch excessively, develop a stuffy nose and a sore throat. Always rinse your clothes twice with cool water when you wash them. If you are prone to eczema, it is best to buy mild natural or organic cleaners for your home.

Avoid chlorine, solvents (such as paint thinners or turpentine), mineral oil as well as sand (for instance, sandbox that your children play in) and dust particles. Cigarette smoke bothers a lot of eczema patients; so make sure that you have a smoke-free environment!

Wool is a very scratchy fiber that can irritate your skin intensely. Choose cotton as an alternative instead as it absorbs sweat well and is a breathable fabric.

Many cosmetic, skincare and beauty products contain a scent of some form or another as well as alcohol (such as skin astringents). Avoid the use of these types of products on your skin. Buy mild soaps, body cleansers and moisturizers that soothe and comfort skin and not aggravate it. Forget about bubble baths, which is very drying to the skin, and instead reach for an emollient oil or a colloidal oatmeal bath to make your skin feel soft, supple and normal.

Make your home a safe place to live in. This is the only environment that you can effectively control and have a say in the hygiene, cleanliness and the products that you use.

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About the Author

Evelyn Lim has an online journal recording her everyday struggles with eczema. Through her site, she shares on natural eczema treatment methods, which she tests and rates. To read on her successes and for more tips, please visit <http://www.eczemaskintreatment.com> .