

Your Quick Guide to Facts About Dry Skin

Symptoms most associated with Xeroderma (dry skin) are scaling, which is the visible peeling of the outer skin layer, itching and cracks in the skin. It's easy to treat dry skin cheaply, simply, naturally, yet effective, at home. Skin is not dry because it lacks oil, but because it lacks water.

The skin is often known as "the largest organ of the human body". Skin also receives less blood flow and lower gland activity. Skin is considered one of the most important parts of the body.

The outermost layer of epidermis consists of 25 to 30 layers of dead cells. The epidermis contains no blood vessels, and cells in the deepest layers are nourished by diffusion from blood capillaries extending to the upper layers of the dermis. The dermis is tightly connected to the epidermis by a basement membrane.

The oil glands do not supply enough lubrication to the skin: as a result, the skin becomes dehydrated. Xeroderma can also be caused by a deficiency of vitamin A, systemic illness, overexposure to sunlight or some medications. Symptoms most associated with Xeroderma are scaling (the visible peeling of the outer skin layer), itching, and cracks in the skin.

Nutritional deficiencies, especially deficiencies of vitamin A and the B vitamins, can also contribute to dry skin. Use bath oils and moisturizers daily. Take baths or showers less often. Cosmetics should be used carefully because they may cause allergic reactions like contact dermatitis.

Use flaxseed oil or walnut oil in your salad. The two most common, sluggish, digestion culprits that affect your skin are not enough water and not enough fiber. For an easy fiber boost, mix in 2 tablespoons of ground up flaxseeds in raw applesauce, from 2-3 apples, made in your food processor. Drink plenty of water, a minimum of a quart a day. Consider taking cod liver oil or fish oil supplements every day.

The best treatment I've found for dry skin is coconut oil. Use coconut oil to remove your make-up at night, like I do; it leaves a fine layer of oil to nourish your skin all night long. Use bath oils and moisturizers, especially coconut oil, at least daily. If you also have eczema or acne, coconut oil will treat those skin conditions too.

The skin supports its own ecosystems of microorganisms, including yeasts and bacteria, which cannot be removed by any amount of cleaning. Dry skin can be converted into healthy skin using natural home remedies.

Unclean skin favors the development of pathogenic organisms - the dead cells that continually slough off of the epidermis mix with the secretions of the sweat and sebaceous glands and the dust found on the skin to form a filthy layer on its surface.

If nothing seems to work it might be more than dry skin, so you should see the doctor. Continue using coconut oil and the benefits of good, clear skin, free of dryness and other skin conditions should be your reward. It's time to call the doctor when all your home remedies do not relieve your dryness and itching.

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About the Author

For more information on coconut oil treatment for dry skin & dry skin care treatments, see Helen Hecker R.N.'s <http://www.Best-Skin-Care-Tips.com> specializing in care for skin conditions with tips, advice and resources for women, men, teens, babies, including information on best natural products