

Free Yourself From Dry Skin Conditions

Xeroderma literally means "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. Xeroderma (dry skin) occurs most commonly on the lower legs, arms, the sides of the abdomen and thighs.

Skin consists of loose connective tissue and elastin. Skin also receives less blood flow and lower gland activity. Skin contains the hair follicles, sweat glands, sebaceous glands, apocrine glands and blood vessels.

The dermis is the layer of skin beneath the epidermis that consists of connective tissue and cushions the body from stress and strain. The outermost layer of epidermis consists of 25 to 30 layers of dead cells. The epidermis can be further subdivided into the following strata (beginning with the outermost layer): corneum, lucidum (only in feet), granulosum, spinosum, and basale.

Serious skin complications, including dry skin, can arise for people with diabetes. The oil glands do not supply enough lubrication to the skin: as a result, the skin becomes dehydrated.

Dry skin could also be a sign of an underactive thyroid. Forced-air furnaces make skin even drier.

Take baths or showers less often. For any skin condition, it's always better to take a natural approach. Natural treatment should always be the first type of treatment to consider when you want to take the best care of your skin.

Consider taking cod liver oil or fish oil supplements every day. Eat high-fiber snacks like raw nuts, raw seeds, and dried fruit, such as dates, and figs. Good skin is often a reflection of a good digestive system. Fatty acids are particularly important to people with dry skin. Use flaxseed oil or walnut oil in your salad.

Use bath oils and moisturizers, especially coconut oil, at least daily. 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. Also use a thin layer of coconut oil under your make-up to moisturize your skin all day. It just takes motivation, a willingness to try it, and diligent application of coconut oil several times daily and at bedtime to see its benefits.

The skin must be regularly cleaned or it'll become cracked or inflamed. Sunlight, water and air play an important role in keeping the skin healthy. The skin is subject to constant attack from without, so can be affected by numerous conditions, diseases and ailments.

If you're still worried, or the problems persist, go and see your doctor. Call your doctor or naturopath when you feel itchy all over without a visible rash. Usually, these days, we can take care of dry skin without seeing our doctor, but sometimes we can't avoid it.

Source: <http://www.articlecircle.com>

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