

SKIN: Itchy Skin and Eczema



Dry, inflamed and itchy skin can be incredibly difficult to live with and pinpointing the cause is often a difficult process. A quarter of people in the UK have a form of skin condition, ranging from mild and infrequent bouts of itching and sensitivity to chronic and painful skin problems.

Itchy Skin Causes:

- | A skin condition, such as eczema (see below)
- | An allergy to a chemical, material or food
- | Insect bites
- | Fungal infections
- | Hormonal changes in the body
- | Food intolerance



Eczema

There are more than 10 different types of eczema and it is estimated that 15-20% of children are affected. It is also estimated that 38% of sufferers are adults, usually with severe or persistent cases. Symptoms include dry skin which becomes itchy and inflamed, blistered and in severe cases, infected.

Skin conditions, diet and food intolerance

If your client is concerned about their skin condition they should first visit their GP to rule out any underlying medical conditions or allergic reactions. If they continue to experience prolonged symptoms which are recurring it may be a good opportunity for them to take a closer look at their diet.

Despite evidence of an association between skin conditions and diet, very few sufferers are tested for food intolerance by their doctors. Everyone is unique so it is difficult to determine which foods, or combinations of foods, are responsible for each individual's condition.

For those with a skin condition, discovering and understanding their personal food and drink intolerances and the effects they have on health and wellbeing is important to ensure your clients make the best possible choices to optimise their diet and quality of life.





Siobhan's hands
BEFORE



Siobhan's hands
AFTER

Siobhan's Story

Many people experience mild bouts of eczema from time to time but for Siobhan from Co. Meath, Ireland, the effects on her skin were so severe that her confidence was completely eroded.

" After I had my kids the eczema flared up intensely. It covered my body, and it wasn't just dry, itchy patches – it was nasty bleeding and cracked skin...It drained me emotionally because I was constantly in so much pain. I couldn't even sleep."

Increasingly frustrated by her condition and the endless rounds of prescriptions for ineffective creams and tablets Siobhan was at a loss until she discovered Lorisian and decided to try the simple finger prick test.

" I got the results back quickly with a list of foods I had to give up... within three of four days of not eating those foods I could see my skin healing. It was incredible."

After suffering the debilitating condition for over a decade, Siobhan is delighted to be feeling the benefits of her new optimised diet and restored confidence, having eliminated her trigger foods.

" You would never know in a million years that my skin was once destroyed by eczema...it's truly amazing. I can honestly say that my life has changed completely."

Lorisian advise that you consult with your GP first if you are experiencing the types of symptoms mentioned in this testimonial.

Lorisian 150plus Food Intolerance Programme

The Lorisian 150plus food intolerance programme analyses your blood for antibody reactions to over 150 different food and drink ingredients, providing you with a clear understanding of the foods that work with and against you.

