



Is There A Way To Avoid The Side Effects Of Steroids Used To Manage Eczema And Psoriasis?

By [Vince Leitao](#)

Article Word Count: 1283 [[View Summary](#)] [Comments \(0\)](#)

At 4 months of age my son developed baby eczema. Even though (at that time) I had spent 17 years in the pharmaceutical business, I was completely lost on how I should soothe my crying baby. He squirmed all night and woke up every hour to itch. We had no choice but regularly use "hydrocortisone", a steroid that helps control itching and inflammation of the skin. I knew the serious side effects of this steroid, but used it anyway as I could not see my baby suffering. He used to bite and draw blood from his hands and other parts that he could reach: and rub his body on any rough surface to itch the parts he could not reach.

I researched for years and used all kinds of moisturizing creams, but had to consistently use the prescription hydrocortisone. Finally, almost by accident, I discovered a NATURAL product that was clinically tried in the UK, Germany and Canada. Dermatologists have clinically tried this product on patients and found that over 80% of patients showed a remarkable improvement of their eczema (and also psoriasis). The main ingredient in PsoEcze Care is an extract of mahonia aquafolium. This is a plant that is native to the western United States and Canada, and has been used by native Indians for years. The plant is known to have anti-inflammatory, anti-bacterial, anti-fungal and very importantly anti-proliferative properties. This anti-proliferative property is very important for people that suffer from psoriasis. This is a skin condition that different from Eczema. But the medical treatments used are often similar. They are both immune triggered diseases, and there is no permanent cure at the moment.

Though both Psoriasis and Eczema are not usually life threatening, often times the medications used to manage these skin conditions have serious side effects. There are about 7.5 million people in the US that suffer from Psoriasis and almost 30 million that suffer from Eczema. Many of these are children. Both conditions are managed by doctors by prescribing steroid topical applications initially and sometimes in serious cases injectables. These injectables have very, very serious side effects that you should know about. Ask the prescribing doctor or your pharmacist about these. Also when you are using steroid skin creams/ointments ask about the long term effects and side effects of these medications. Please, specially ask if you are going to use these medications on small children. I have often come across mothers that use a mild steroid cream to manage a diaper rash!

Don't get me wrong these steroid creams are very effective. They provide relief immediately for sure. But remember it is a steroid!! Immediate gratification is what a steroid does. So if you do have to use such a "medication" please get all the information you can get, and then make an informed decision on using a steroid.

Since Eczema and Psoriasis have no cure at the moment, what the doctor/pharmacist really does is prescribe/dispense/recommend you medication/creams/ointments that will help

you MANAGE the symptoms. This means that, all they are doing is helping you (or the patient) have a better quality of life while living with this unfortunate condition. So even if the physical symptoms have gone away, the disease is still there, and it can flare up at anytime. In my opinion all Eczema and Psoriasis sufferers should be involved in this process of managing their condition.

Consider alternatives. Since you have to manage the symptoms, why not try and manage them with a natural product? Why not try and identify what triggers a flare up? Keep a log of what you think triggered your flare up. It could be stress. There are cases of children breaking up with psoriasis shortly after their parents split up. I know a story of a lady from London, England. During the second world war this young girl and her brother were in the streets of London when there was a bombing and her brother died right in front of her. Almost immediately, she broke out with red patches on the skin and was soon diagnosed as having psoriasis. (This lady by the way uses PsoEcze Care and said that after using this product was able to wear a skirt for the first time since she had psoriasis) There could also be certain foods that are triggers for you. If you smoke, I urge you to stop. Smoking is not going to help you regardless of whether you have these skin conditions or not. However, smoking is a known trigger. Do not drink alcohol in excess. Avoid stress. I know this is easy to say. However, make a habit of getting regular exercise. Take up a sport or go to the gym regularly. This will help in managing your stress. Eat healthy foods. And try to use natural products to manage your skin condition. If you have to use creams to manage your symptoms, would you not rather they be natural then steroidal?

There is also a mistaken thinking that the steroid cream/ointment has cured the psoriasis/eczema. This may not be the case just because the symptoms are not visible. They could be "swept under the carpet" for the moment. Any the continual use of steroids could be building up long term problems. So do consider natural medications.

Here is another mistaken way of thinking. Very often we expect a "natural product" to do the same thing that the steroid does. DO NOT EXPECT THIS! A steroid is a steroid and does what it is chemically engineered to do....suppress symptoms and provide immediate relief. A natural product is not engineered. It is natural and therefore gentle. It will take its time. Let it. Often you will notice that when you switch to a natural product, your skin flares up and the psoriasis or eczema seems to get worse. This is your body's way of telling you that it wants the steroid that you have been giving it. You see, the body gets dependent on the steroid that you have been applying to the skin. And when you stop applying the steroid it is like the body is saying to you..."give me that stuff that I have been given for so long and if you don't I will remind you of what you used to go through before you started giving it to me!!" If you understand that this is what the body is saying to you, then you could be well on the way to manage your skin condition NATURALLY.

I had tried everything else on my son, and when I came across PsoEcze Care, my wife and I made the choice to switch him off hydrocortisone cream to PsoEcze Care. And even though it pained us to watch my son break out with eczema again, in a few days, we noticed the breakout calming down a bit. Then a few weeks later the eczema started going away first in a few places then in more and more. He still has a bit on his neck and elbows. But, we do NOT use the steroid now and the results are far better than the prescription steroid. We use PsoEcze Care cream and ointment to manage his skin, and regularly on the spots that he still has it.

This experience drove me in a direction that I had not travelled before. I decided to leave the pharmaceutical business and dedicate myself to bringing this natural medicine to others who could benefit from a natural way to manage Eczema and Psoriasis. I know how patients of these conditions suffer and hope that you can benefit from the product I have used.

We have now made this product available in Canada and the US through <http://www.goapharma.com>. It is called PSOECZE CARE and is available as cream and ointment. Try it, I recommend it through personal experience.

Article Source: http://EzineArticles.com/?expert=Vince_Leitao

This article has been viewed 173 time(s).
Article Submitted On: July 06, 2009