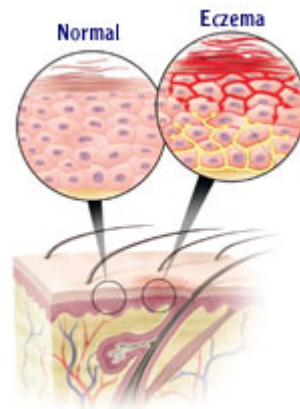


~ Ask Granny Earth ~

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Eczema

Ask Granny Earth

Recently I have been plagued with a terrible, itchy rash on my hands. It starts as little bumps, which get so itchy that I have to scratch. Then these bumps 'ooze' and I'm left with raw, bleeding skin. Do you have any suggestions, as I don't want to use cortisone creams?

I've heard of so many people lately who are having the same problem, myself included. Let me tell you of my experience: It started out as a little itchy spot between my fingers of the right hand....just a little itch and so I scratched. After a few days, it began to spread and soon it was all over the backs of both hands. Realizing that rashes are directly related to the function of the liver, I began taking a Liver Power Formula (Milk Thistle seed, Burdock, Yellow Dock and Dandelion root). I also rubbed my healing salve on it topically. At the end of the week it was considerably better; the itching had stopped and the skin was beginning to heal. I stopped all treatment- mistake! In a few days it was back, worse than before. It almost drove me crazy!

Knowing that disease is a direct manifestation of my thoughts and feelings, I concentrated on connecting to any negative energy that was festering within

me during my meditation. I also consulted an Iridologist who looked at my eyes and immediately informed me that my liver needed help.

I knew that it was time to bring out the 'BIG GUNS'. I started taking Flax Seed Oil internally along (several times a day) with more Liver Power, but this time I added the Para-Cleanse formula too. Para-Cleanse contains Green, Black Walnut, Wormwood and Cloves. This is the Dr. Hulda Clark formula for getting rid of parasites. I added these formulas to water and sipped on them throughout the day. I also boosted my zinc supplement up to 200 mg. a day.

Externally I made a 'gruel' of the following: oatmeal, comfrey, sage and mullein. I applied this to my hands and rubbed it in. Almost instantly, the itching subsided. At night I applied the 'gruel' to the backs of my hands (poultice form), covered them with gauze pads and wrapped them with duct tape and an old pair of socks. After doing all of this for two days and two nights, the itching stopped, except for a little itch every once in a while. I carried my 'gruel' with me wherever I went and when an itch appeared, I immediately rubbed a little to the spot. Around the 4th day the itching was gone and the scabs were beginning to heal and flake off - What a relief! I continued to take the Flax Seed oil, Liver and Parasite formulas for another week, just to be sure that it wouldn't come back.

As in all diseases, I knew that this had been a lesson for me. I was forced to look inside and focus on what was causing this condition. In my case it was FEAR. Deeply held and securely buried beneath many layers of psychic blankets- Stuckness. The fear expressed itself in a condition that I could not ignore. By working on the fear through meditation, while treating the condition on a physical level, I was able to make some necessary changes in the way that I had been perceiving the world around me. I share this experience with you in the hope that you might gain some wisdom from my own healing. Healing and sharing information is the excitement of my life; it's what keeps me going - my purpose (this time around in Earth School).

FLAX SEED OIL: Contains omega-3 fatty acids, an essential nutrient. Most everyone who eats the Standard American Diet is deficient in these omega-3 fatty acids. Jade Beutler (CEO of NatureMed Research Inc.), says, "Omega-3 deficiency is the leading cause of westernized degenerative diseases." Michael Murray, a respected N.D. (Naturopathic Doctor) tells us in his Research Report (Health Counselor, Vol. 6, No. 5)- "some conditions improved by supplementing the diet with omega-3 oils include: high cholesterol, heart problems and angina, high blood pressure, arthritis, Multiple Sclerosis, psoriasis and eczema and cancer treatment. (Michael Murray is a leading researcher and author in the field of natural medicine. He is co-author of The Encyclopedia of Natural Medicine and sole author of several books, including his latest: Natural Alternatives to Over-the-Counter and Prescription Drugs.)

There is a lot of information about Flax Seed oil at your local health food store and as always, I encourage you to do your own research.

To recap on what healed my eczema:

INTERNALLY: Flax Seed oil, zinc, liver herbs, parasite herbs.

EXTERNALLY: A poultice/gruel of oatmeal and some healing herbs. I used comfrey, mullein and sage. You'll want to bring about 1 cup of water to a boil. Add ½ cup oatmeal (not instant) and a pinch of each dried herb. (If you don't have access to the herbs, just use the oatmeal, it might work just as well). Simmer for 5 minutes and let sit with a lid on for another 5 –10 minutes. Depending on the thickness of this mixture, you might want to add some of the Para-Cleanse tincture to it- can't hurt.

In the field of Natural Healing, oatmeal has traditionally been used to stop itching. Good luck and Happy Healing!