

Some Helpful Information About Dry Skin

Xeroderma (dry skin) occurs most commonly on the lower legs, arms, the sides of the abdomen and thighs. Xeroderma literally means "dry skin". It's easy to treat dry skin cheaply, simply, naturally, yet effective, at home. Skin contains the hair follicles, sweat glands, sebaceous glands, apocrine glands and blood vessels. Skin also harbors many nerve endings that provide the sense of touch and heat. Skin is considered one of the most important parts of the body. The dermis is tightly connected to the epidermis by a basement membrane. The dermis is the layer of skin beneath the epidermis that consists of connective tissue and cushions the body from stress and strain. The blood vessels in the dermis provide nourishment and waste removal to its own cells as well as the epidermis. Xeroderma can also be caused by a deficiency of vitamin A, systemic illness, overexposure to sunlight or some medications. Dermatitis, contact dermatitis, eczema, seborrhea or psoriasis may cause the skin to be dry too. Certain drugs, including diuretics, antispasmodics, and antihistamines, can contribute to dry skin. Dry skin happens more often in the winter when cold air outside and heated air inside cause low humidity. Apply moisturizers just after a bath or shower, when your skin is still damp. Drink plenty of water every day. Thick, oily-type moisturizers work best. 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. Eat foods that contain essential fatty acids. You want to work from the inside out too. The two most common, sluggish, digestion culprits that affect your skin are not enough water and not enough fiber. Drink freshly juiced carrot juice every day. Use bath oils and moisturizers, especially coconut oil, at least daily. Apply coconut oil to heal and soothe your skin. Apply a thin layer of coconut oil and massage it deep into the skin. 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 supports its own ecosystems of microorganisms, including yeasts and bacteria, which cannot be removed by any amount of cleaning. The skin is subject to constant attack from without, so can be affected by numerous conditions, diseases and ailments. Functions of the skin are disturbed when it is dirty; it becomes more easily damaged, the release of antibacterial compounds decreases and dirty skin is more prone to develop infections.

If your dry skin lasts for a long time and is itchy or feels hot when you touch it, see your doctor. With this information your dry skin should be well on its way to recovery. If you're still worried, or the problems persist, go and see your doctor.

About the Author

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

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