Dry Skin (Xerotic Eczema)
What causes eczema or dry skin?
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This skin condition is caused by dryness. It is frequently seen on the lower legs but can occur anywhere. Dry heat, soap chlorine in pools and hot water aggravate this condition. Itching is very common.
What causes the itching and drying of the skin?
Your skin is composed of cells and oil. The oil is a high quality oil containing sphingolipids, ceramides, phospholipids, and other natural chemicals, which has not been replicated by cosmetic or pharmaceutical companies despite years of effort. When you use soap or detergents on your pots and pans, the oils are removed. This also happens with your skin You are washing this superior oil down the drain and, if you moisturize after bathing, you are using an expensive product which is only a cheap imitation of your own oil. Your oil helps to hold the skin cells together and when the oil is lost, you

Our skin and leather have a lot in common. If leather gets wet, then dries, it will crack. But, if we oil the leather before it dries, it will not crack. Human skin is similar. Normal skin has the ability, unlike leather which is dead, to make its own oils and new cells. So, most of the time, drying our skin does not cause a problem, because our natural recovery makes up for the drying process.
Eczema is an extreme dry-skin condition. The skin is losing its race to keep up with the production of oils and new cells as they are lost. There are several reasons for this. Atopic eczema, a hereditary problem, is one cause. Age, which reduces the oil producing glands in the skin, is another. The most common reason is simply too much contact with soaps, chemicals, and abrasives.
How can I prevent dry skin?

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