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Histamines are released during allergic reactions, but they can also be produced by the immune system in response to injury.

Dry skin can make your skin feel like sandpaper when it rubs against itself. Dry skin can also crack open and become infected with bacteria.

Skin Care Tips:

1. Use a gentle cleanser to remove dirt from your skin. You don't want harsh chemicals to irritate your skin and lead to dryness or infection.
2. Moisturize your skin after washing with a rich moisturizer. Avoid products containing alcohol, as these can strip moisture from your skin.
3. Exfoliate regularly to help keep your skin clear of dead skin cells. Use a scrub made specifically for your skin type.
4. Apply sunscreen every day to protect your skin from damage. Sunscreen should be applied 15 minutes prior to going outside.
5. Keep your nails trimmed so you avoid cuts that can lead to bacterial infections.
6. Keep your hands clean. Washing them frequently helps prevent infections.
7. Don't pick at your skin.



Flea Bites

The best way to prevent fleas from biting you is by using insect repellent containing DEET (diethyltoluamide). This chemical works by irritating the nervous system of insects, causing them to flee. It should not be used for infants under two months old because they may experience adverse reactions. Other options include natural remedies like citronella oil, which have been shown to reduce flea infestations.

If you've ever had a pet, you know that dogs and cats can pick up parasites just like humans do. Fleas are one of the most common types of parasites found in pets. They live off of blood and cause itching and irritation in animals. There are many fleas, but only a few are harmful to people. These include cat fleas, dog ticks, and rat fleas.

There are several types of skin conditions that can cause itching. Some of the most common ones include:

Allergic Dermatitis. Allergies affect approximately 20 percent of Americans, and the prevalence increases with age. In fact, almost 40 percent of adults over 65 years of age suffer from this disease. When someone experiences an allergic reaction, their immune system produces antibodies called immunoglobulin E (IgE) molecules. These IgE molecules attach themselves to mast cells, which are throughout the body. Mast cells release histamines into the surrounding tissues, resulting in redness, swelling, and itching.

Rosacea

The most common cause of rosacea is sun exposure. Other triggers include alcohol, hot weather, spicy foods, stress, and certain medications. Itching may occur during flare-ups.

Raw skin is very sensitive to touch. The more sensitive your skin is, the greater the chance of developing an infection. So if you have an active outbreak of acne, apply antibiotic cream twice daily until the rash clears. After that, use a mild cleansing product once a week to maintain fresh skin.

Skin damage caused by scratching can also lead to infections. If you notice any signs of infection, such as pus-filled pimples, see your doctor immediately.



Ringworm

Ringworm is caused by a fungus called tinea capitis. It usually starts out as small red bumps on the scalp, but it may spread to the eyebrows, ears, back, buttocks, groin, legs, and feet. The treatment depends on what type of ringworm you have. For example, if you have athlete's foot, you'll want to seek medical treatment for a prescription cream.

Swollen skin glands are another sign of an infection. See your health care provider if you find any symptoms associated with these glands, such as fever, pain, tenderness, or yellowing of the skin around the affected area.

How To Get Rid Of A Ringworm?

1. Wash your hair thoroughly with shampoo and hot water.
2. Apply a thin layer of antifungal medication to the affected areas.
3. Leave it overnight and wash it off in the morning.
4. Repeat this

Allergic Eczema

Eczema is a common problem that affects millions of people worldwide. It usually starts at birth or early childhood and may last throughout life. The cause of eczema is unknown, but it is thought to involve genetic factors, environmental triggers, and immune system dysfunction.

Dry skin characterizes eczema, itching, redness, inflammation, and thickened skin. It often begins on the face, neck, arms, legs, or scalp and then spreads to cover most of the body. In severe cases, eczema causes intense pain and discomfort.

An irritating substance can trigger an eczema attack in anyone. Common allergens include soap, detergent, cosmetics, perfumes, soapsuds, laundry products, smoke, scented candles, dust mites, pollen, pet dander, food additives, preservatives, and insect bites. Some people who are prone to eczema may be allergic to one or more of these substances.

If you have a history of eczema, avoid allergen exposures. You should also try to keep your home free of irritants. Cleanse your skin gently with nonirritating cleansers. Avoid using harsh chemicals like bleach, ammonia, and even dishwashing liquids. Use only natural soap instead.

If you think you might have eczema, talk to your doctor. He or she will examine your skin and recommend a treatment plan. Your doctor may prescribe topical steroids, moisturizers, or emollients to treat the symptoms.



Candida

The candida fungus lives in the intestines and colon. It feeds off sugars and starches found in foods like bread, pasta, and rice. This fungus may cause diarrhea, abdominal pain, bloating, gas, and fatigue.

Some people who suffer from this condition cannot lose weight because they feel too bloated to exercise.

A ketogenic diet has been shown to improve insulin sensitivity and decrease blood sugar levels. In addition, it helps reduce inflammation and improves cholesterol profiles. These factors could help explain why some people see improvements in their chronic health issues after going keto.

Medical attention is needed if you experience nausea, vomiting, cramps, or dehydration while following a ketogenic diet. Be sure to speak with your physician before starting the diet.

Bacteria invading through a break in the skin's surface cause skin abscesses. They typically occur when there is trauma to the skin, such as scratches, cuts, burns, or abrasions. When a wound becomes infected, pus forms under the skin, causing swelling and redness.

You can take antibiotics to fight the infection, but not all infections respond well to antibiotic therapy. Treatment for skin abscesses depends on several factors, including:

- Your age, general health, and tolerance for medications.
- Whether you need surgery.
- Whether the area around the abscess is tender and swollen.
- Whether you have diabetes or another condition that requires special care.

Your doctor will probably perform a physical exam and ask questions about your symptoms. He or she may order lab tests to check your white blood cell count and measure your levels of C-reactive protein (CRP), which shows whether your body is producing antibodies against the infection. X-rays may determine whether there is bone damage. A CT scan or MRI may provide additional information about the location and size of the abscess.

Your doctor may make recommendations based on the results.



The liver plays a vital role in detoxification and metabolism. It also produces bile, which helps digest fats. In cirrhosis, the liver becomes scarred and swollen, making it unable to perform its normal functions. This leads to complications like ascites (fluid accumulation), jaundice (yellowing of the eyes and skin), and varices (bleeding from the esophagus).

Liver diseases affect millions of Americans each year. Cirrhosis is one of the most common types of liver disease. The exact cause of cirrhosis isn't known, but it usually occurs because of long-term alcohol abuse. Other risk factors include hepatitis B or C virus infection, heavy metal poisoning, exposure to toxins, autoimmune disorders, genetic defects, and certain medications.

The signs and symptoms of cirrhosis vary depending on the type and severity of the disease. You may notice any combination of the following problems:

1. Jaundice
2. Fatigue
3. Nausea or vomiting
4. Abdominal pain
5. Weight loss
6. Dizziness
7. Shortness of breath
8. Unexplained bleeding from the nose, mouth, or rectum

If you have cirrhosis, your doctor will likely recommend lifestyle changes to manage the disease. Your doctor may refer you to a gastroenterologist who specializes in treating liver diseases. Some patients receive medication treatment to ease symptoms.

Rash That Burns And Itches

A rash that burns and itches may indicate a serious illness like lupus erythematosus (LE), which affects the immune system. LE is characterized by redness, swelling, tenderness, blisters, and peeling. The rash usually occurs on the face, arms, legs, and trunk. Skin lesions may occur anywhere on the body.

A rash in the skin folds such as the armpits, groin, neck, underarms, and breasts may show systemic lupus erythematosus (SLE). SLE causes inflammation throughout the body. Symptoms may include fever, joint pain, fatigue, weight gain, and kidney failure. Most people with SLE don't experience rashes.

Skin rashes may develop when your immune system attacks your own cells. Rashes caused by this process are called cutaneous vasculitides. Examples include Henoch-Schonlein purpura (HSP) and Kawasaki's syndrome. HSP typically develops after viral infections. Kawasaki's syndrome can appear at any age.

Skin rashes may also occur because of a fungal infection. Yeast infections are usually treated with antifungal drugs. These drugs work best if they're taken early in the infection's course.

An estimated 7.5 million Americans have psoriasis, which is thought to occur when a faulty immune system accelerates the growth cycle of skin cells. (everydayhealth.com).



Itchy Skin Rash On Legs

The most common cause of itching is allergic contact dermatitis. This happens when the body reacts to substances in the environment, like pollen, pet dander, or cosmetics. Here, the immune system produces antibodies against the substance, which then attacks the skin. Allergic contact dermatitis can occur anywhere on the body, but it's most commonly found on the hands, face, neck, arms, legs, feet, and scalp.

This skin infection is called folliculitis. Folliculitis can be mild or severe. Mild cases involve only hair follicles, while more severe cases involve both hair follicles and sebaceous glands. Folliculocentric rosacea is acne vulgaris that involves the hair follicle. Hair follicle involvement is the main reason for facial flushing and redness. Rosacea is often associated with sun damage, so avoiding the sun during flare-ups is important.

Rash That Spreads And Itches

The most common cause of itching is contact dermatitis, which occurs when your body reacts to something in your environment. For example, if you scratch your arm after touching poison ivy, you might develop a rash. This type of reaction usually goes away within a few days without treatment. Other types of rashes include urticaria (hives), erythema multiforme (a severe blistering rash), and lichen planus (an itchy red patch).

This common skin condition begins with a sore throat, headache, and fever. Then a pinkish-red spot appears on the tongue. A similar spot forms on the roof of the mouth and spreads to the lips, cheeks, gums, and inside the nose. The spots look like tiny white lines. They're not painful, but they can make eating and talking difficult.

Other symptoms include:

- Painful burning sensation in the mouth
- Swollen lymph nodes
- Difficulty swallowing
- Blistering



Small Bumps On Skin Itchy Rash

The best way to prevent skin infections is by washing your hands regularly with soap and water. Use alcohol-based hand sanitizers if soap and water aren't available. Avoid touching your face and eyes. Wash bedding frequently. Keep pets away from your home. And don't share towels or washcloths.

If you have cuts or sores on your skin, cover them with clean bandages until healed. Put nothing else on the wound. Bandaging helps keep dirt off the area and prevents germs from getting into the wound. Clean wounds every day using lukewarm water and soap or alcohol for itchy blisters.

Itchy Skin On Neck No Rash

The most common cause of itchy skin on the neck is contact dermatitis. Contact dermatitis occurs when the body comes into contact with something irritating. This may happen through direct contact with the substance (e.g., touching a poison ivy plant), indirect contact with the substance (i.e., inhaling dust from a carpet), or exposure to sunlight. In this case, the patient should avoid contact with the allergen.

Counter creams containing steroids are used to treat inflamed areas of the skin caused by contact dermatitis. These creams may also reduce inflammation in the surrounding tissue. Steroid creams work best when applied directly to the affected area. Some people find that corticosteroid cream works better than steroid pills. If you use these medications, follow the directions carefully. Do not apply any other topical medication over the treated area until it has completely dried.

Up to 20 percent of people may experience hives at least once in their lifetime. (everydayhealth.com)

Very Itchy Skin Rash

A rash is redness of the skin caused by inflammation. Rashes may occur from various reasons, but most commonly they are caused by infections, allergic reactions, and irritants. The best way to treat a rash is to remove any potential cause. For example, if you notice a rash around your mouth after eating spicy foods, stop eating them. If you have an infection, see your doctor.

When you have a rash, try to identify what's causing it. Many rashes are harmless, but others can be serious. See your health care provider if you think you have a rash that doesn't go away.



How Do You Know If A Rash Is Serious?

You know a rash is serious when it's red, scaly, itchy, painful, or blisters. In addition, if the rash doesn't go away after two weeks, see your doctor. Itching can be caused by anything from a minor irritation to a more severe infection. Some common rashes include:

- Acne
- Athlete's foot
- Chickenpox
- Cold sores
- Eczema
- Hives
- Herpes simplex virus (HSV)
- Mildew

- Ringworm

There are many rashes, and they all share similar symptoms. The best way to determine what type of rash you have is to examine the area where the rash appears. For example, if the rash appears on your arms, legs, face, scalp, neck, chest, stomach, back, buttocks, genitals, feet, hands, or any other part of your body, then you likely have one of these rashes.

Conclusion

Having a rash on skin that itches is annoying at worst and uncomfortable at best. But there are ways to help **ease the discomfort**. First, keep yourself hydrated. Drinking plenty of fluids will help keep your skin moist. Next, take steps to protect your skin from further irritation. Cover up exposed areas. Wear protective clothing. And don't scratch the rash. You could end up making it worse. Finally, seek treatment if necessary. Your doctor can prescribe antihistamines or antibiotics to help ease the itching and pain.



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