www.Aalwyn.co.za newsletter
6/2022

ECZEMA

Even after Covid, eczema cases are still on the rise and we come across more and more people suffering from eczema. Eczema, also called atopic dermatitis, is a condition that causes dry, itchy and infected skin. Eczema damages the skin's barrier function, which makes the skin more sensitive and prone to infection. In severe cases atopic eczema can cause inflamed skin and itching all over the body.

The following are common triggers that can cause, and even worsen eczema symptoms:

- Possible irritants – certain household products such as shampoos, soap, detergents or facial creams.
- Allergens – environmental factors like pollen, grass, dust or mites.
- Food allergies – such as eggs, peanut butter, soy or wheat.
- Even certain materials – such as wool or synthetic fabrics.
- Certain medication – may lead to skin hypersensitivity and eczema. It may appear right away, or a few weeks after starting the medicine.

A person can literally be allergic to almost anything!

70% of all eczema cases occur in babies and children under the age of 5. Children may outgrow eczema, but in adults it is usually a chronic condition, as it becomes part of the cellular memory. Symptoms may flare up from time to time. Eczema can cause intense emotions such as stress, anxiety, anger, depression, social isolation, low self-esteem, embarrassment and desperation.

Aloe Ferox products that can be recommended with great confidence:

- *ALOE MULTI PLUS* contains the following:
  - ✓ Vit D – this sunshine vitamin is said to lessen the severity of eczema, and has a beneficial effect on psoriasis and eczema.
  - ✓ Vit A – a vitamin A deficiency may contribute to the development of eczema. It also helps to speed up the healing process, and maintains healthy skin layers.
  - ✓ Vit B (B2, B6, B9, B12) – reduce inflammation and dryness, especially when treating psoriasis and eczema. It also helps to stimulate the growth of new and healthy cells.
  - ✓ Magnesium – helps eczema patients "scratch less and sleep more"☺

- *FABULOUS FIBRE BITTER* – ¼ tablet daily for detoxing.

- *SUPER ALOE GEL / FEROX GEL* – apply as needed to soothe and calm itchy skin. Avoid scratching as it slows down the healing process.

- Moisturise, nourish and protect with *X-BALM / BABY BALM*.

IMPORTANT: PRICE INCREASE ON 1 OCTOBER 2022

ECZEMA TESTIMONY

#67
2022-08

ENGLISH

Eczema has become part of my life and flares up from time to time. I used *SUPER ALOE GEL* in the past, but only for a couple of days at a time. However, when the all too familiar symptoms started again on 9 November 2021, I decided to see it through all the way. The skin on my left hand was already thin and tight that morning, and started to crack that same day, so I applied *SUPER ALOE GEL* straightaway. After 2 days I could already see new skin cells forming under the scaly and broken skin. This morning, 2 weeks later, a beautifully healed hand! Aloe Ferox recommended that I use *X-BALM* in conjunction with the *SUPER ALOE GEL*. I also took *ALOE FEROX JUICE* from day 1 to build up my immune system.

AFRIKAANS

Ekseem is al deel van my lewe en vlam van tyd tot tyd op. Ek het vantevore *SUPER ALOE GEL* gebruik, maar net vir ‘n paar dae op ‘n slag. Toe ek egter op 9 November 2021 weer die bekende simptome begin ervaar, het ek besluit om hierdie keer deur te druk. Die vel van my linkerhand het daardie oggend besonder dun en styf gevoel, en het dieselfde dag nog begin bars. Ek het dadelik *SUPER ALOE GEL* aangewend. Twee dae later kon ek reeds sien hoe nuwe velselle onder die los en stukkende vel begin vorm. Vanoggend, 2 weke later, is my hand pragtig gesond! Aloe Ferox het aanbeveel dat ek *X-BALM* saam met die *SUPER ALOE GEL* gebruik. Ek het ook sommer dadelik begin om *ALOE FEROX JUICE* te drink om my immuunstelsel op te bou.

SPECIALS
SEPTEMBER 2022

R80	**R95**	**R250**
SAVE R12	**SAVE R15**	**SAVE R25**
ULTRA-RICH NIGHT	*OUTLOOK*	Lift
50 ml	30 caps	20 ml

www.Aanwyn.co.za nuusbrief
6/2022

EKSEEM

Selfs ná Covid neem ekseemgevalle steeds toe en kom ons meer en meer mense teë wat las het van ekseem. Ekseem, ook genoem atopiese dermatitis, is 'n toestand wat veroorsaak dat die vel jeukerig, rooi, droog en ontsteek raak. Ekseem beskadig die velversperringsfunksie, wat die vel meer sensitief en vatbaar maak vir infeksie. In ernstige gevalle kan atopiese ekseem velontsteking en jeuk oral op die liggaam veroorsaak.

Die volgende is algemene snellers wat simptome van ekseem kan veroorsaak en vererger:

- Moontlike irritante – gewoonlik huishoudelike produkte soos sjampoe, seep, skoon-maakmiddels of gesigroom.
- Allergene – omgewingsfaktore soos stuifmeel, gras, stof of myte.
- Voedselallergieë – bv. eiers, grondboontjiebotter, soja of koring.
- Selfs sekere materiale – voorbeelde is wol of sintetiese stowwe.
- Sommige medikasie – lei soms tot hipersensitiwiteit. Daar kan 'n onmiddellike allergiese reaksie wees, of oor 'n tydperk ontwikkel.

'n Persoon kan dus allergies wees vir feitlik enigiets!

70% van alle ekseemgevalle kom by babas en kinders onder die ouderdom van 5 jaar voor. Kinders kan ekseem ontgroei, maar by volwassenes is dit gewoonlik 'n chroniese toestand omdat dit deel word van die sellulêre geheue. Dit beteken simptome kan van tyd tot tyd opvlam. Ekseem kan intense emosies soos stres, angs, woede, depressie, sosiale isolasie, lae selfbeeld, verleentheid of desperaatheid by 'n persoon veroorsaak.

Aloe Ferox-produkte wat met groot vertroue aanbeveel kan word:

- *ALOE MULTI PLUS* bevat die volgende:
  - ✓ Vit D – hierdie sonskynvitamien kan die erns van ekseem verminder en 'n voordelige uitwerking op sulke veltoestande hê.
  - ✓ Vit A – 'n tekort aan vitamien A kan bydra tot die ontwikkeling van ekseem. Vitamien A help ook om die genesingsproses te versnel, en gesonde vellae te handhaaf.
  - ✓ Vit B (B2, B6, B9, B12) – verminder inflammasie en droogheid, veral wanneer psoriase/ekseem behandel word. Dit help ook om die groei van nuwe/gesonde selle te stimuleer.
  - ✓ Magnesium – help ekseempasiënte om "minder te krap en meer te slaap"☺

- *FABULOUS FIBRE BITTER*: Neem 'n ¼ tablet daagliks vir ontgifting.

- *SUPER ALOE GEL / FEROX GEL* kalmeer 'n jeukende vel – moenie krap nie, dit vertraag die genesingsproses. Gebruik so dikwels as wat nodig is om die jeuk te verlig.

- Bevogtig, voed en beskerm met *X-BALM / BABY BALM*.

BELANGRIK: PRYSVERHOGING OP 1 OKTOBER 2022