



Eczema: Your essential guide

Regina Malan

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Eczema can drive you crazy. Fortunately, armed with information, you can manage it with success. Between 10 and 20% of all people – adults and children – will suffer from eczema at one stage or another. This book offers all eczema sufferers hope. Regina Malan explains in clear language how your skin functions and what causes eczema. She shares the most up-to-date scientific research and shows you how you can overcome the agony of eczema through appropriate daily skincare, lifestyle changes, medical treatment, watching what you eat, being aware of the relationship between mind and body. 'Eczema: Your essential guide' provides clear, scientific and practical advice. Its balanced, integrated approach will empower you with knowledge and hope.

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