



The Bare News

“Nothing to Hide.”

Hot & Humid **SUMMER 2007** Edition

All About Childhood Eczema

Eczema, or dermatitis, is a long-term, recurring inflammation of the skin. Eczema affects 12-25% of children, with 50-75% of them being affected before 6 months of age. The severity varies from mild (skin is dry, hot and itchy) to severe (skin is raw, broken and bleeding). Eczema is not contagious. There is no “cure”, but the symptoms are often treatable.

Eczema is thought to be a hereditary condition, meaning it runs in families with a history of eczema, asthma, or hayfever. Eczema is not caused by an allergy, but since the skin is hypersensitive, it may react to allergens (dust, mold, grass, pets, etc.), making the symptoms of eczema worse. Further, food allergies can also aggravate eczema and make the symptoms worse.

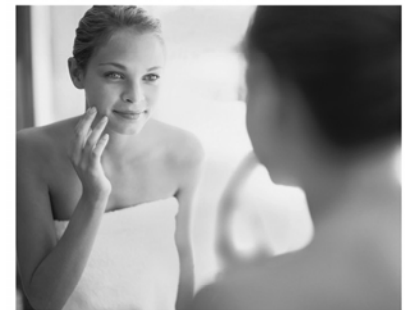
Eczema affects 12-25% of children, with 50-75% of them being affected before 6 months of age. Eczema is not caused by an allergy, but since the skin is hypersensitive, it may react to allergens (dust, mold, grass, pets, etc.), making the symptoms of eczema worse.

The word “eczema” is often used to identify any skin rash, although this isn’t necessarily correct. True eczema usually:

- Appears before age 5;
- May be caused by a combination of genetic, environmental and/or immune system factors;
- May be accompanied by asthma and/or hayfever;
- Very itchy, inflamed or dry skin;
- Skin is easily infected and hypersensitive.

On babies, the rash usually appears on the scalp, face, neck, arms or legs. On toddlers and children, the rash usually appears on the inner creases of elbows and knees, and on the fronts and backs of arms and legs. A proper diagnosis of eczema should be made by a doctor or dermatologist.

(Go to page 2 to find out more about eczema triggers and treatment.)



In this issue...

All About Childhood Eczema: Causes..... 1

All About Childhood Eczema: Triggers & Treatments.....2

The Great Diaper Debate: Disposables vs. Cloth.....3

Featured Summer Products: SPF Stroller Covers & Outdoor Camping/Cottage Kits4

Homemade Recipe: Summer Feet “Treat”4

Who is Bare Organics?.....4

Contact Information...4

Childhood Eczema: Triggers & Treatment

Eczema Triggers

A number of factors can cause eczema to flare up. Contact with irritants such as harsh soaps, detergents, abrasive clothing, carpets, certain foods, heat, sweat, and low humidity can trigger itching and lead to an eczema 'flare-up'. Keeping track of what causes your child's flare-ups will help you to eliminate or manage their effects.

Managing Triggers

For Your Child

- Dress lightly and loosely in 100% cotton.
- Keep the skin moist. Moisturize with a high quality moisturizer. Avoid all lotions and products with synthetic ingredients, alcohol or fragrance.
- Keep baths warm and brief. Use only mild, non-irritating soaps. While the skin is still damp, apply moisturizer to seal in moisture.
- Keep fingernails short and clean.
- Monitor your child's diet to identify triggers.

In Your Home

- Avoid pets. Fur and feathers can irritate skin.
- Control dust mites, fungus and moulds. Use a high-powered HEPA vacuum cleaner.
- Aim for hardwood flooring – not carpeting.
- Limit dust collectors (curtains, stuffed toys, etc.).
- Keep air more moist or less humid, depending on your child.

Doing Laundry

- Wash clothing in a mild, environmentally friendly laundry detergent/soap and rinse well (or try vinegar in the rinse cycle to remove soap residues).
- Avoid bleach and fabric softener.

In Your Child's Bedroom

- Use 100% cotton bedding.
- Enclose mattresses, box springs and pillows in allergen and dust-proof covers. Consider purchasing an organic rubber mattress & pillow as dust mites can't live in rubber.
- Wash mattress covers, pillow covers and all bedding often (in hot water).
- Use a high-powered HEPA filtered vacuum on mattresses.

Treatment

For many children, following the above recommendations re: bathing & moisturizing will go a long way to keeping eczema under control. Many parents report that Bare Organics' *All-in-One Cleanser* (for bathing) and the *Baby Balm* (for moisturizing) have helped manage and even eliminate their child's eczema symptoms.

Treatment of moderate to severe eczema can include antibiotics, antihistamines, cortisone creams, steroids, herbal remedies and other treatments. It is imperative to do a lot of research on treatment options as there are likely side effects with each choice. Consult your health care provider for more information.

And lastly, be patient. Eczema is a chronic disease that requires constant management.

Sources:

Eczema Society of Canada
Eczema Canada
Bare Organics Inc.



The Great Diaper Debate: Disposables vs. Cloth

DISPOSABLE DIAPERS	CLOTH DIAPERS
Environmental Considerations	
<ul style="list-style-type: none"> From birth to toilet training, each child will use approx. 5,300 disposable diapers. These diapers do not decompose - they are “mummified” in landfills. Per year, it takes 440-880 lbs of fluff pulp and 286 lbs of plastic to diaper a child in disposables. Disposables use 37% more water than home laundered cloth diapers. The wastewater contains toxic sludge, heavy metals, dioxins (<i>very</i> toxic), etc. that affect plant, aquatic, animal and human life. In Canada and the US, more than 20 BILLION disposable diapers are put into landfills each year! 	<ul style="list-style-type: none"> Uses 50-70 gallons of water every 3 days to wash cloth diapers (is equivalent to an adult flushing the toilet 5-6 times per day). Wastewater from laundering cloth diapers is pretty benign (harmless). Cloth diapers have a very long and useful life cycle. They can be re-used for several children in one family and then passed along for use in another family. Eventually they can be used as cleaning rags. Washing in cold water and line drying saves significant energy costs.
Health Considerations	
<ul style="list-style-type: none"> Disposables are made of mostly soft, fluffy pulp from chemically treated and bleached wood fibers. The gel in disposables, sodium polyacrylate, can absorb 100 times its weight in liquid. This substance was associated with toxic shock syndrome and banned from use in feminine tampons. It has also been associated with severe diaper rash and scrotum/perennial bleeding. No long term studies have been done on the effects of this substance on vulnerable genital tissues. 	<ul style="list-style-type: none"> Cloth diapers made with natural fibers (organic cotton, hemp or unbleached cotton) do not emit the same chemical by-products in the manufacturing process as disposables. Natural fibers (cotton, hemp) do not irritate the skin or, on their own, cause diaper rashes or bleeding (it’s often soiled diapers left on too long that cause rashes in cloth diapered babies). There are no added perfumes or scents to cloth diapers.
Time & Cost Considerations	
<ul style="list-style-type: none"> Time commitment involves purchasing diapers and regular garbage disposal. Cost is approx. \$1,800-\$2,400 per child. 	<ul style="list-style-type: none"> Time commitment involves approx. two to three extra loads of laundry per week. Cost (diapers, laundering, etc.) is approx. \$600-\$900. Diapers can be re-used and then re-sold.

Bare Organics Cloth Diapers

Of course we sell cloth diapers! Bare Organics proudly offers the Mother Ease brand of cloth diapers at 10% off retail prices. Diapers start at \$10 each to \$300+ for a complete set. Choose from:

- **One Size Diapers** (unbleached or organic cotton): converts for newborn to toddler sizes.
- **Sandy’s Fitted Diapers** (unbleached or organic cotton): fitted sizing as your baby grows.
- **All in One Diapers** (unbleached): Comes with a leak-proof cover.
- **Extras:** Leak Proof Covers (with snaps or Velcro), Swim Diapers, additional liners, etc.

We also offer our own line of organic accessories for cloth diapering including: **Organic Bare Bum Wipes** (washable), **Organic Diaper Spray** (cleans and moisturizes), **Organic Baby Balm** (zinc-free diaper cream), **Organic Change Pads** (travel size) and **Organic Diaper Bags**.

Bare Organics Featured Spring Products:

SPF Stroller Covers:

The weave of the Solar Veil fabric provides an SPF of 20+ to keep your little one protected from harmful rays while out in the stroller or in the car seat. These covers are so popular we don't list them on our website – so order by calling or emailing us.

Single Stroller Cover \$45

Double Stroller Cover \$65

Outdoor Camp/Cottage Kits:

Spending time outdoors this summer at your cottage, camp or at a campground? Want everything you need to get clean and protect yourself from biting insects? Try our Outdoor Kit which includes: *Organic All-in-One Cleanser* (unscented and fully biodegradable), *Organic Shampoo Bar* (lightly scented – but not sweet – and fully biodegradable) and *Outdoor Spray* (highly scented to deter biting insects – not recommended for young children or pregnant/nursing moms).

Special \$25 (July and August only).

Homemade Recipe: Summer Feet “Treat”

You'll need:

- Organic Body Scrub
- Organic All-in-One Cleanser
- Pumice Stone
- Foot File
- Large bowl of hot water
- Towel
- Good read
- Beverage of your choice

1. Find a comfy spot to sit. Place towel on the floor. Place bowl of hot water on top of towel. Add some Body Scrub or All in One Cleanser to the bowl. Soak feet for 10-15 minutes. Read and enjoy beverage!
2. After feet have soaked sufficiently, use the pumice stone and/or foot file to slough away rough spots, calluses and dry skin. Rinse well in water.
3. Scoop out approx. 1 tbsp of Body Scrub into hand. Rub each foot with scrub to remove dead skin and to soften rough spots. Massage well! Rinse well. Remove feet from water – let air dry. Enjoy!



Who is Bare Organics?

Bare Organics offers a complete line of organic skin care products, as well as a full line of organic cotton baby care clothing, bedding, cloth diapers and accessories. Our Canadian-manufactured products are high quality, truly organic, and, most importantly, safe for you and your family to use. Once you make the switch to Bare Organics – you'll never go back!

Your source for all-natural and organic:

- Organic Skin Care
- Organic Cotton Baby Clothing, Bedding, Diapers & Accessories
- Gift Baskets

Gift Registry Available

Bare Organics Inc.

190 Koivu Road
Thunder Bay, ON P7G 2J6

(807) 683-6129 or
1-877-683-6129

info@bareorganics.ca

www.bareorganics.ca

