

BLOCK & NATION, P.A.

FAMILY PRACTICE

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Treating Hives & Itches

1. Eliminate the following foods from your diet:
 - a. nuts
 - b. fresh tomatoes
 - c. fresh melon including cantaloupe
 - d. fresh strawberries
 - e. mold containing foods such as beer and cheese
 - f. wine
 - g. aspirin and related products
 - h. dyes including Yellow Dye #5
 - i. MSG (Accent and other flavor enhancers; also found in some Asian foods)
 - j. metabisulfites and nitrites (food preservatives)
2. Consider keeping a dietary history. Specifically keep a list of all foods you eat on a daily basis to see if any correlation can be established between the ingestion of a food and skin manifestations.
3. Keep a log to see if any correlation can be established between activity or time of day and the onset of skin manifestations.
4. Bathe, do not shower. In the bath you may add Aveeno Oatmeal Powder. Do not use soap. After bathing pat dry skin and before skin is completely dry apply a coating of either Aquaphor, Eucerin, Aveeno Oatmeal Lotion or even Crisco.
5. Do not wash with soap. Use a hydrating cleansing bar such as Basis or Aveeno Oatmeal Bar.
6. Wear garments that are cotton blends. Avoid synthetic fabrics as well as wools.
7. Wash clothes in a hypoallergenic detergent such as Ivory Snow. Do not use fabric softeners or bleach. To thin hard water you may add Borax, not Borateem.