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# Collagen Can Help You Heal Eczema Scars and Give You Naturally Beautiful Skin

Posted by [Mandy Bular](#) / 05 Aug 2017

Everyone wants a skin that is flawless, blemish-free, acne-free and has a healthy glow! It is something that most people dream to get yet fall short when it comes to the steps they should follow to get such skin. While some skin problems are the result of genetic patterns, there are many which result from poor hygiene or contagious diseases. Out of some often-encountered skin issues, eczema is one of the most annoying ones.

## **The truth about Eczema**

Eczema, though easily treatable these days, calls for extreme hygiene habits and often leaves behind scars, marks, and blemishes in general. Sometimes, these scars can be covered up with clothes and accessories, but sometimes the marks are in some highly visible areas like hand or feet. Those who have won the battle against eczema are often at a loss as to how they can safely and efficiently get rid of the scars.

It is true that eczema scars can be embarrassing and thus, people go to great lengths to get rid of them. Many do not know that there are natural remedies that can be helpful, and they opt for more extreme methods in the first go. Chemical solutions, as most people know, can solve an issue in a comparatively shorter time than natural methods, but they have many side effects.

## **Collagen - the miracle worker!**

So, what would one think if they found that there is a natural remedy available for eczema scars that even make nails and hair more beautiful? This substance, though highly effective, is often quite underrated. It is collagen.

From the Greek word 'kolla,' meaning glue, comes the word collagen. Collagen eczema treatment has been used for years now, and the main ingredient is used in facial care, scar-removal, anti-aging, and skin care products. Collagen not only holds the skin together, but it also helps to make the skin firmer.

Collagen is an insoluble protein that is fibrous and hard in nature. In fact, it is one of the most common forms of protein found in mammals. It appears most abundantly in connective tissues, skin, and bones. It is known for being very efficient in correcting wrinkly or saggy skin, cellulite, as well as healing bone and joint pain such

as arthritis.

### **How does collagen fight scarring?**

Once a wound or infection stops bleeding, the body starts to fight infection. With the immunity system working in full throttle, the body tries to produce collagen to repair the damaged skin tissue. Collagen slowly pulls the edges of the eczema wound together and produces new capillaries and new layers of skin.

One should increase Vitamin C intake as that enhances healthy production of collagen in the body. It is also recommended to stop smoking as it hampers collagen production in the body. One can also consult a dermatologist and get prescribed collagen supplements from the doctor.

**Author Bio:** Mandy Bular is a renowned dermatologist. She has been associated with <http://www.stopitchy.com/> for years and often blogs tips to help her patients take better care of themselves.