



## **EVERWELL CHINESE MEDICAL CENTRE**

198 Victoria Road, Romford, Essex, RM1 2NX Tel: 01708-769888 Fax: 01708-766555  
Website: [www.everwell.co.uk](http://www.everwell.co.uk) E-mail: [tcm@everwell.co.uk](mailto:tcm@everwell.co.uk)

---

### **SUGGESTIONS FOR STOPPING / RELIEVING ITCHING**

1. Cutaneous pruritus is related to sensitive nerves. Stay relaxed and avoid over anxiety, mental stress, anger, especially whilst taking meals.
2. If also suffering from neurosis and insomnia, treat at the same time.
3. Avoid alcohol and smoking, avoid spicy food such as pepper, curry, chilli and seafood products such as fish, crabs, shrimps etc. or ensure well cooked.
4. Avoid any stimulations such as scratching, bathing in hot water, collar-brushing.
5. Avoid washing too frequently, bathing should be limited to once a week.
6. Apply a small amount of antipruritic lotion by gently rubbing into the skin.

Prof. Jiafeng An  
7 Little Newport Street  
London  
WC2H 7JJ  
Tel: 020 7287 1086  
Fax: 020 7287 1095  
Email: [London1@everwell.co.uk](mailto:London1@everwell.co.uk)