



April 4, 2010

Aquagenic Pruritis ...

Is a condition that I was diagnosed with last year. It is an irritation in the skin whenever the humidity changes. Last year I was not fully aware how even minor changes of moisture on the skin can occur so frequently. Over the course of the past year I have seen that my entire system has become very acidic, which is not a good thing, and this may account for the increase of the irritation, or that's my theory. If the acidity level is a factor increasing the pruritic effect, then I have had to really think about how that happened. Our skin changes very slowly and we don't always think about the subtle changes we are going through and discount the effect that little things in our diet have on us. Just as our cells change slowly based on how we feed them, our spiritual bodies change as well. As one obeys the Gospel we embark on a journey to change the way we think and act. Paul tells the Romans, "***And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.***" (Rom 12.2). Acidity and alkalinity in the skin is affected by a number of factors including medical conditions and metabolism. The simplest and most prevalent influence is from what we eat. The old saying, "You are what you eat." is very true. The increase in fast foods and prepared frozen meals that are ready to heat and eat introduces elements that slowly change our systems over time. The changes take place sometimes very gradually. The same is true of the being a Christian. The transformation that Paul talks about above is akin to rebuilding and restructuring the body and skin. It must be done from the inside out and that will start with the fuel that we use to build that transformation. Peter tells us that we should "... ***desire the sincere milk of the word, that ye may grow thereby...***" (1Pet 2.2). That milk will provide the necessary nutrients to generate the growth that we need to have in place. As that happens we will also find ourselves changing in character and in what and how we do things. One of the things that may cause some concern with aquagenic pruritis is that when the moisture levels change at the surface level of the skin, it feels like thousands of little needles jabbing me and there is nothing to do but scream or scratch. If one is in public this draws some attention and makes folks wonder. The doctor has provided me with a steroid cream that I use and I also resort to an antihistamine on occasion when I really don't care that I can't get anything done due to the medication, but in spite of this there are some areas, like the top of my head, that are untreated and still fall prey to the itching and burning. As we strive to become stronger as Christians we study God's word and apply to those areas that are the easiest to deal with. As time goes on we realize there are things that are not so easy for us to change and this is where we begin to struggle. Paul told the Ephesians, "***Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.***" (Eph 6.13). What if we have trouble putting on the breastplate, or helmet, or other elements of that armor? What holes in our lives do we not see, or choose to ignore. What areas do we have the most trouble with and have the greatest struggle in dealing with? These are questions that only we can answer for ourselves but the emphasis is that we work towards that time when we will overcome and be closer to God than we are today. Just as folks around me might wonder what all the scratching might mean, and explanations are meaningless, so our behavior as Christians will be open to all who can see us. There are folks around us who know about us than we do about ourselves sometimes and what we really are is plain to those who can see. There are others who will see that we are different and are trying to live in a way that is consistent with what we claim. In that sense we have the ability to influence and help others look for God as well.

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