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The lungs and the heart are a single entity.

The answer of your ‘New Life’ is in this book.

The Best Treatment for Atopic Dermatitis



Most atopic patients have experience scratching until bleeding and describe the itchiness as torture.

50K Atopic Cases Solved!
Praised by Patients Worldwide
Dr. Seo Hyo-seok, Author of
<Free from Chemical Medicine>,
Finds Cure!

We have seen the advancement of modern medicine flourish and conquer most diseases and their symptoms. Yet this modernization, in turn, has caused some ‘environmental’ medical conditions more prevalent, including atopic dermatitis, rhinitis, and asthma. These conditions we refer to as ‘incurable’ because they are difficult to treat and likely to relapse.

We all strive for healthy lives, free from sicknesses, and atopic dermatitis patients are no exception. Most become willing to do whatever it takes to cure the symptoms. However, why have we not seen miraculous numbers of recoveries? <Free from Chemical Medicine> shares with us a few of the hundred fifty thousand cases of successful treatments of the incurable conditions by Pyunkang Korean Medicine hospital. Prepare to learn the secret, the solution that will free us from all our ‘modern problems’.

Families Falling to Atopic Dermatitis

Nine-year-old Su is a petite girl with an incredible smile. Six months after her birth, she started showing signs of atopic dermatitis. At first, her skin began to turn red; later, as her symptoms worsened, she began to develop sores all over her body. Each night Su had to suffer an unbearable amount of itchiness. Soon enough, Su's body was covered in scars and her mother's face, covered in tears.

“One day, Su asked me she didn't want to go to school. She said her friends made fun of her, calling her a monster. It broke my heart,” recalls Su's mother.

Atopic dermatitis causes extreme levels of pain and stress to not only the affected, but also their families. Especially when children break out, their parents must watch the struggle and often break down in powerlessness.

For most patients, atopic dermatitis appears within the second to sixth months after birth. Half of the affected recover from the condition before the age of two, but the other half continues to suffer symptoms in adolescence. Eventually, half of them grow into adults with atopic dermatitis.

Problems with the Immune System Shown on the Skin

Atopic dermatitis is actually an allergic reaction shown on the skin. The ‘problem’ with the immune system causes hypersensitivity, so the skin breaks out even to normal stimulants.

Korean medicine once referred to atopic dermatitis as taeyeol, or congenital fever. Congenital fever is caused when the temperature of the fetus rises significantly during the pregnancy. If the mother eats excessive amounts of spicy food, consumes medicine incurring temperature rises, or experiences high stress levels all during pregnancy, then ‘heat’ builds up inside the mother's body and gets transferred to the fetus, causing the baby's skin to turn red and itchy.

While atopic dermatitis in the past had been considered most common in fetuses and infants, now it affects a wide range of age groups, including adolescents and adults. Its prevalence has been increasing over the years. There are cases in which the signs show after the pubescence period and even among people in their twenties and thirties.

The pain of atopic dermatitis is unfathomable to those who have never experienced such symptoms. Patients break out in rashes once they start scratching the affected area. As they continue to scratch, the rashes develop into sores and scabs. Most nights, patients will stay up in pain as the symptoms are unrelenting. This ‘itchiness’, more severe in body parts which

fold and retain moisture, like the arms, legs, and around the neck, eventually drives the patients to be highly irritable and stressed.

So most atopic patients suffer not only physically, but also psychologically. Atopic dermatitis is a chronic condition, meaning the relapses end up turning the patient's skin thick and pigmented with dark patches. Since these changes appear on some of the most visible parts of the body, the patient then become self-conscious, experience low self-esteem, and even develop depression.

Not ‘Fast’, but ‘Best’ Solution to Atopic Dermatitis

When we get sick, we take medicine. We do this for two reasons; one, we want immediate results and two, we want visible results. However, we should understand these cannot be our top priorities when treating atopic dermatitis. A ‘fast’ cure may not be the ‘best’ cure.

Most atopic dermatitis patients opt for a steroid treatment because it relieves the symptoms almost immediately. What the patients must realize though is that this ‘fast’ cure is temporary and it can lead to a number of side effects.

Two of the most notable and serious side effects of prolonged use of steroids are tolerance and lowered immunity. Atopic patients begin with small doses of steroids and soon develop tolerance to the substance, causing the treatment to become no longer effective. This is when a higher dose is prescribed, marking the beginning of a vicious cycle.

On the other hand, when the patients discontinue the steroid-based treatment, they will experience the most severe of all atopic break outs they have endured. Excessive steroids will have weakened the patients' immune systems, making them more vulnerable to other infections as well. Yet patients with weak immune systems take longer to recover from inflammatory conditions. So the lesson is clear; a ‘fast’ cure is not the ‘best’ cure.

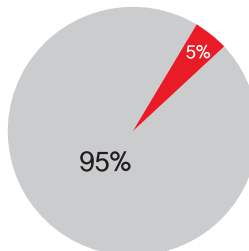
Underlying Cause of Atopic Dermatitis

We think atopic dermatitis is a skin condition because the symptoms show on the skin. However, Dr. Seo Hyo-seok, the author, claims that the symptoms are caused by the lungs.

The skin, also known as an auxiliary respiratory organ, not only protects the body from external environments, but also plays a significant role in respiration. While 95% of the respiration process we go through is under the influence of our lungs, the skin accounts for the other 5%. Thus, the skin is influenced by the lungs, which govern the respiratory process. This is why burns

are critical, regardless to the degree.

■ Pulmonary respiration
■ Cutaneous respiration



Skin, the Auxiliary Respiratory Organ

In Huangdi's Internal Classic, the best text of Eastern medicine, the lungs are quoted to be “affiliated with the skin” and the hair “shows the condition” of the lungs. In other words, we need healthy lungs to have healthy skin and hair. So if the lungs, in charge of exchanging carbon dioxide with oxygen, fail to do their duties and supply fresh air to the body, the qi and blood in our bodies stop circulating, causing the other organs to malfunction, especially the skin. There is a saying, “Fine breaths make fine skin.” Typically, people with healthy lungs have silky, flawless skin, while people with weak lungs have dry, rough skin.

In fact, atopic dermatitis is frequently observed in people with weak respiratory systems, meaning weak lungs, bronchial tubes, nose, and skin. These people are most likely to suffer asthma and rhinitis in addition to atopic dermatitis.

Korean medicine identifies the cause of atopic dermatitis in the patient's physical constitution and the environment. Symptoms result from a combination of weak lungs and environmental or habitual factors such as fast food, chemicals from construction and finishing materials, and allergens such as air pollution. Therefore, the treatment focus should be on strengthening the patient's physical constitution, to develop resistance against the environmental factors that induce allergic reactions.

‘Releasing Heat from the Lungs’ Atopic Dermatitis

In simple terms, respiration is the process of discharging harmful substances and taking in beneficial substances. The lungs play a central role in this process and only when they are working properly can the skin perform its intended function of discharging the wastes and toxins building up underneath it.

When the skin fails to do this, various waste and toxins keep accumulating inside skin, resulting in various skin conditions. An accumulation of heat toxins gives

rise to atopic dermatitis, while an accumulation of fat and pigmentation gives rise to acne, and age spots, respectively. There is a way to resolve these problems, however, and it is by strengthening the lungs to allow the skin to discharge the toxins.

Atopic dermatitis is observed more frequently among children than adults because children have smaller pores which easily become clogged by the waste buildup. Not only that, but children have weak and sensitive skin heavily influenced by the external environment, so consequently, they develop hives and red eruptions frequently. As for itchiness, it becomes worse at nighttime because children tend to stay still at night, allowing the heat to build up inside their bodies, as to during the daytime, they move around and release heat.

When we strengthen our lungs, reinforcing their functions, we will have the energy from the atmosphere flow into our bloodstreams, improving the blood condition. Healthy blood then reduces the heat and opens up the pores around the hair follicles, allowing wastes and toxins to be eliminated from the body. Also, by promoting perspiration, we can open up the pores of the sweat glands, and leading to the complete excretion of wastes and toxins. As a result, the skin becomes brighter and more radiant.

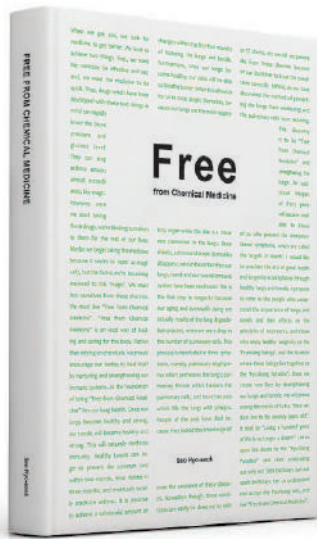
Healthy lungs promote qi and blood circulation and water metabolism as well, thereby strengthening the tonsils, which play a central role in the immune system. When the functions of the tonsils are improved, lymphocytes become more active and this enhances the self-healing power. In other words, by strengthening the lungs, we fortify the tonsils allowing the lymphocytes to actively defend the body against harmful microorganisms through phagocytosis. We can grow resistance against harmful external factors such as pollutants and this in turn helps us prevent and treat a wide range of lung-related diseases including atopic dermatitis.

Are Our Lungs Healthy Enough?

Where do we spend most of our time? Everyone who spends more than 80% of the day in an enclosed space like home or the office is, like it or not, exposed to the risk of developing atopic dermatitis. The air indoors, fatigue, stress from hectic work schedules, and lack of exercise all contribute to the weakening of the lungs. In fact, most of us can only use 17% of our lung capacities.

The most important thing to remember is that in order to have healthy skin, we must strengthen our lungs first. As soon as we achieve this, we will notice an overall improvement in our respiration and skin conditions. By eliminating the underlying cause, instead of exerting a temporary control of the symptoms, atopic dermatitis can be treated effec-

tively without concerns of relapses. So, remember that the wisest way of treating and preventing allergic diseases is changing our physical constitutions to allow our bodies to develop resistance against environmental factors that cause allergies.



<Free from Chemical Medicine>
written by Dr. Seo Hyo-seok

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