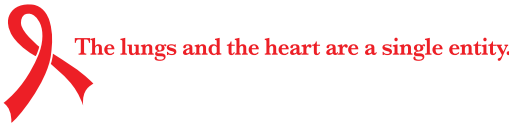


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# “Steroids OUT!”

## A Korean Medicine Doctor Banning Chemical Medicine



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“I think my daughter has Cushing’s syndrome because she uses too much ointment. I have been stupid enough to ruin her life. I fear the side effects she will suffer.” In South Korea this January, a mother in her thirties choked her own eight-year-old daughter to death and then committed suicide.

The daughter had used a steroid ointment every time her atopic symptom broke out. This caused her to become addicted to steroids, as well as suffer side effects like high blood pressure, diabetes, and osteoporosis. The mother had tried everything to cure her daughter’s atopic dermatitis for years, ever since her daughter was young, but her daughter ended up developing even more conditions. Once the mother heard it is impossible to cure her daughter, she fell into despair so deep it made her kill her own child and herself. For a long time, the mother and her daughter fought against fear but lost the battle. What is even more shocking is that there are many more like this mother and daughter from Busan.

*Atopic high school student from Gwangyang commits suicide...*

*Seoul National University’s medical student takes her life over atopic dermatitis...*

*A lawyer passes bar exam but fails to cure atopic dermatitis and kills himself...*

Even today, atopic dermatitis and its terrifying rumors continue to cause tragedies around us. What makes atopic patients make such extreme choices? The series of incidents led the board of Korean Health and Welfare Committee held the “Forum for Preventing Suicide over Atopic Dermatitis” for experts from the related departments, and medical and academic fields to search for the cure for atopic dermatitis.

The chairman of the Health and Welfare Committee and the host of the forum Oh Je-se said, “It will be possible to change things for atopic patients if the experts work together for the cure.” He added he hopes “the suicide prevention forum will open doors for some positive solutions to atopic dermatitis treatment methods.” At the forum, experts have come to an agreement that losing lives to atopic dermatitis must stop. Speakers included Professor Kim Tae-yoon from St. Mary’s Hospital, Professor Kang Kyeo-ning-seon from Seoul National University School of Veterinary Medicine, and Director Seo Hyo-seok from Pyunkang Korean Medicine Hospital.

Atopic dermatitis is a common condition with 1.4 billion patients world-wide. Yet western medicine and Korean medicine have huge differences when it comes to treatment methods. So what is the answer to curing atopic dermatitis?

### Using Steroids as The Most Advanced Treatment vs. Quitting Steroids to Begin Complete Cure

When patients visit the dermatologist for atopic dermatitis, acne, seborrheic dermatitis, and other skin conditions, they are often prescribed medication based on steroids. Surprisingly, most patients who then take this steroid-based medication will see their symptoms get better within a day or two. A few days later, when the symptoms break out again, patients will return to using the medication. This will soon make the patients very dependent on the steroid medication. It is the beginning of an endless tragedy.

At first, when steroids became known to the world, it was referred to as “God’s blessing” for its amazing effectiveness. It is true; there is no other substance that can do what steroids does to symptoms in a short period of time. However, with the recent cases of side effects and chronic skin conditions caused by steroid abuse and misuse, many patients are starting to grow afraid of using steroids as a treatment method.

Steroid treatments do not solve the cause of the problem that leads to skin conditions. Instead, they simply suppress the inflammation temporarily. Unless the patients get rid of the cause, the problem will worsen. Without steroids, symptoms will return. As time passes, patients will build tolerance against the steroid treatment, and this will lead to using a larger amount of stronger steroids. It is only when the patients run into severe side effects and different additional skin conditions and they find out that there is no more of any “stronger” steroids left that they realize they have been misusing and abusing steroids. By then, their skins are too deeply addicted to steroids that it is impossible to stop using steroids. Quitting steroids will cause a “rebound” effect which will worsen the skin inflammation drastically.

Atopic dermatitis is a painful condition that makes patients want to die, but no one has died from atopic dermatitis. However, repeated uses of steroids as a treatment for atopic dermatitis have made patients choose death over atopic dermatitis themselves.

Unfortunately, in modern western medicine, atopic dermatitis is considered an incurable condition. The only suggested treatment is to suppress and control the outbreaks with steroids. At the “Forum for Preventing Suicide over Atopic Dermatitis,” a representative of the western medicine claimed that, “There is no complete cure that has been developed for allergic conditions.” In other words, in modern medicine, steroid is the most effective treatment method to have existed so far, and there is no replacement to it as of now. However, at this point, with the anxiety about the side effects of steroids building up, it is clear that a new paradigm of treating atopic dermatitis is definitely needed.

Author and director Seo Hyo-seok who participated at the forum as a representative of Korean medicine delivered a surprising speech, claiming that the modern medicine is wrong to say atopic dermatitis is incurable. He said, “Atopic dermatitis is actually easy to cure and there is a replacement to steroids.” He added a condition that it is absolutely mandatory for the patients to completely quit the use of steroids.

### The Real Cause Behind Atopic Dermatitis You Did Not Know

Every problem has a cause. In other words, if the cause is known, the problem can easily be solved. However, if the cause continues to be ignored, it will only make the solution drift farther away. This is the same for atopic dermatitis. Just because it is a skin condition does not mean applying ointments all over the skin will solve the problem.

Atopic dermatitis does not develop because of a single cause. It is caused by various combinations of conditions, and this range of possible causes continues to grow. However, one thing is for sure. If a person with weak lungs is affected by allergens such as a high level of stress, junk food, chemical substances from residential construction materials, and air pollution, he or she is likely to accumulate heat in the lungs and develop atopic dermatitis.

Human lungs take in the air, which is the origin of life, and delivers it to all parts of the body. The lungs are also in charge of releasing waste gas out of the body. They are the main organ which determines the person’s level of immunity. Wild animals have great lung capacities because they walk or run every day and do not need to train their lungs otherwise.

However, people in the modern day have busy lives and lack exercise, which leads to toxins and wastes to build up in their lungs. This makes it difficult for the lungs to take in what is good for the body and release what is not.

In Korean medicine, there is a theory that the lungs control the skin and hair. The skin, which is the smaller respiratory organ, takes orders from the lungs, which are the larger respiratory organ. Therefore, atopic dermatitis, acne, freckles, age spots, and other skin conditions are caused by the lung respiration not working properly. Slowness of lung respiration leads to a waste build up beneath the skin, causing the skin respiration to cease as well.

### The Key to Treating Atopic Dermatitis Is in The Lungs

People usually release oil waste through their hair pores on their skins and water waste through the sweat pores. Whether oil or water, wastes must be released quickly enough for the skin to be healthy. If the pores are too small and the wastes cannot leave the body and build up underneath the skin, this leads to heat and fever from the heat reddening and itching the skin.

The reason symptoms seem to get better when steroids are taken is that the steroid closes the hair and sweat pores temporarily. However, underneath the skin, there are wastes and toxins waiting to be released. When these substances break out, the skin becomes itchy. It is only a matter of time before the skin becomes a bloody mess.

In other words, covering up the wastes that are trapped inside the body is not the solution to skin conditions. The wastes must be released. In Korean medicine, atopic dermatitis is considered not a skin condition, but rather an imbalance of the entire body starting from the respiratory system. So the treatment tends to focus on strengthening the body itself to be able to fight against the allergens and atmospheres that can cause allergic reactions.

Once the lung capacity is brought up to its maximum level, the good energy of the atmosphere becomes well delivered in the blood. Healthy blood flowing in the veins will reduce the heat inside the body, opening up the hair pores to release the wastes. At this point, sweating to open up the sweat pores will aid in the waste releasing process. In the end, the skin will become brighter and sleeker. This is the main idea behind the author’s “lung cleansing” method. If the lungs are healthy, the skin is silky smooth. On the other hand, if the lungs are unhealthy, the skin is rough and dull. So really, breathing well can lead to flawless skin.



Dr. Seo had a live interview with reporters after atopic forum. (Seoul, Korea 2014)

### Wastes Inside The Body, Spurt to Heal

When treating atopic dermatitis, there will come a point in time when symptoms worsen temporarily, because all the wastes built up underneath the skin becomes released at once. This is referred to as the healing crisis. Healing crisis is a mandatory step in treating atopic dermatitis. Therefore, patients must overcome the crisis and continue to sweat for complete cure.

In fact, for some patients who have used steroids for long periods of time and collected quite a bit of wastes and toxins inside their bodies, there will even be a de-steroid period which causes the skin to be in its worst possible condition. This can be seen as the skin trying to free

itself from steroids. Steroids, the best anti-inflammatory medication to be invented by humans, may heal symptoms at amazing speeds, but they come with critical side effects when used for long periods. When the patients realize these side effects and the damages done by steroids, they try to quit. This will cause all the “suppressed” symptoms to break out at once, causing the skin to redden and swell up. Itchiness will become so severe that the patients will scratch themselves until dead skin cells fall off and sores ooze out.

Although it depends on the patient, usually it takes about three months for the healing crisis and de-steroid process to pass. By the fourth month, things will start to turn around and symptoms will begin to ease. However, if a patient has been using steroids for tens of years, the de-steroid process will equally be as long and difficult. It is important to remember that returning to steroids will not cure anything. The cause will not have been treated, and so the endless loop of chemical medicine will have to begin again, eventually completely ruining the body instead of curing.

Therefore, although a tough fight, it is critical to overcome the healing crisis. Patients must remember that atopic dermatitis can only be healed once spurted. They must work out to open up the sweat pores and follow the lung cleansing method to open up the hair pores to really wash all the steroids out of their bodies. Once the heart and the lungs are healthy, atopic dermatitis will cure itself.

### People Who Have Completely Healed from Atopic Dermatitis with The Lung Cleansing Method

At the forum, Director Seo Hyo-seok introduced several clinical cases of complete cure of atopic dermatitis with the lung cleansing method. He pointed out that steroids are being misused not only for atopic dermatitis, but for all kinds of respiratory conditions. In fact, patients with asthma, COPD, pulmonary fibrosis, and other diseases are trying to treat their conditions with temporary solutions rather than getting rid of the root cause. If patients use too much steroids, enchanted by its quick effects, they will walk down the path of worsening the symptoms, not treating. Should their hair and sweat pores close up because of steroids, they even risk developing atopic dermatitis.

A former patient who has suffered symptoms for years but finally won the battle against atopic dermatitis joined the forum and shared his story with the audience. Two of the three worst atopic patients have claimed they rejoiced complete cure using the lung cleansing method. The other one person mentioned that he had suffered atopic dermatitis for 20 years, used steroids for 15 of the 20 years. He claimed that the past 5 years that he has stayed off steroids have been the happiest for him. During the congratulatory speech at the forum, the Vice-Speaker Lee Seok-hyeon also spoke of his nephew who suffered severe atopic dermatitis, and how he achieved complete cure using the lung cleansing method.

The forum’s host and the former chairman of the Health and Welfare Committee Oh Je-se visited Pyunkang Korean Medicine Hospital the day after the forum for his granddaughter who has atopic dermatitis. Author Seo Hyo-seok’s 41 years of research behind his lung health theory has prevailed against the modern western medicine. Soon after, Seo heard Oh’s granddaughter has recovered greatly from her atopic symptoms and is preparing for a party.

### Free from Chemical Medicine

There has never been a report on atopic patients being completely cured from the symptoms by quitting steroids. There has never been a report about curing atopic dermatitis by sweating a lot. Director Seo emphasized, he has “explained enough why patients must quit steroids and sweat a lot at the important forum being held for the first time in history,” and he added, “This information must be shared with all the atopic patients around the world.”

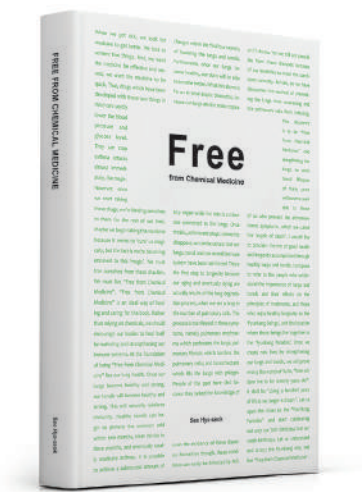
Steroids have been banned from the Olympics. No matter how hard the athlete has worked for the medal, if he or she has history of taking steroids, the medal will be taken back and the athlete will lose his or her eligibility to compete. So why then has the medical field not yet banned steroids? Why is it still considered the best treatment out there? The real treatment of atopic dermatitis will only begin when the use of steroids, which “fake” the eyes of the patients, becomes banned.

Author and director Seo Hyo-seok explained if there is a billion patients using steroids world-wide, it is his duty to diminish this number to less than a thousand. He said, “There are areas where the scientific advancement cannot shine its light,” and that “we can overcome this darkness with knowledge based on plenty of clinical trials.” Seo works hard every day to make sure he can help more people realize this.

Regardless of East or West, human lives are precious. This is why director Seo published Korea’s best-selling health book <Free from Chemical Medicine> world-wide and advertised his theory on the New York Times.

The great physician William Osler said, “The young physician starts life with 20 drugs for each disease, and the old physician ends life with one drug for 20 diseases.” This quote must be understood and taken into deep consideration if anyone wants to be <Free from Chemical Medicine>.

Try to stay away from steroids and try to read the book, <Free from Chemical Medicine>. Once you do, you just may have a new set of standards to follow for your body and health.



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

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