

Eczema is an Inflammatory Skin Response to Internal Toxins

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Tom was a six-month-old boy when his mom took him to see me. His mom has food and environmental sensitivities and Tom was born with highly sensitive body. When I saw Tom for the first time, his little body was full of red eczema especially around his mouth, under his chin, on top of his skull, inside elbows and behind knees. He didn't have much hair and looked almost bald. His mom had to make small gloves for him to prevent him from scratching his itchy skin. However, some of eczema areas had already been scratched bleeding with yellowish fluid. Cortisone cream was used frequently but the skin rash remained. Tom couldn't sleep well at night. During the day, he looked miserable and very cranky.

Many children were born with sensitivities. Initial trigger for newborn's eczema is often the cow's milk. But they can be sensitive to many other things around them, including mother's milk. Tom was sensitive to both cow's and mother's milk. His mom even mentioned that her diet dramatically affected his skin condition. If she ate certain sensitive food, Tom's skin flared up after drinking her milk. From electrodermal testing I found out that Tom was sensitive to many foods as well as necessary nutrients and environmental factors. I started him with a special dietary plan and desensitization treatment called Immune System Reprogramming, a non-invasive back tapping technique to reduce sensitivities. Changing his diet to non-dairy formula with daily food rotation and desensitization therapy helped him a lot. His skin rash reduced but frequent outbreaks persist. Clearly, sensitivity is only a trigger, and eczema has a deeper root issue, the toxins and malfunction of the digestive system and liver detox function.

There are two major routes for the body to excrete toxins, the intestines and bladder. If the toxicity increases a lot inside the body, the toxins can be expelled through other minor detox routes such as breathing from the lungs and sweating via skin. For those with highly sensitive body, their nerve endings on the skin are very sensitive, especially to toxin-containing sweats. Neurogenic inflammation occurs in skin areas often exposed to toxic sweats. This is perhaps the reason why eczema often occurs in the area that easily sweats. Addressing internal toxins in the body is to resolve the root issue for eczema.

Based on ancient Chinese medicine, eczema is caused by the Dampness and Heat, the two factors of modern interpretations as likely the intestinal toxin and inflammation, respec-

tively. The biggest toxin source inside the body is the digestive tract, where hundreds of thousands of microbes live there. Common digestive problem is called dysbiosis that refers to a condition with microbial imbalances such as yeast overgrowth (Candidiasis) and the decline of the beneficial bacteria. Over production of mycotoxin from the yeast, *Candida albicans*, is the cause of many inflammatory symptoms including various pain symptoms, brain fog, skin rashes, indigestion and sleeping issues. High inflammation level greatly increases neurogenic sensitivity of the body. All symptoms due to neurogenic sensitivity including eczema get worse during *Candida* outbreak in the body.

Liver is the number one detox organ in the body. High toxicity always stresses the liver the most. Liver stress and resulted detoxification blockage cause high inflammation and sleeping issues. Supporting liver detox function with supplementations is equally important to cleansing *Candida* and other harmful microbial in guts. Many supplements including herbs, homeopathic and nutritional remedies can be used for this purpose. Tom's supplements were all in liquid forms and easy to take. After six months of detox and desensitization, his skin was cleared up and his hair grew back like a normal kid. He slept through the night as a real baby.

Dr. Harry Hong is a licensed acupuncturist specialized in holistic healing for the Highly Sensitive. He teaches highly sensitive people to listen to their body and take charge of their own health. With his own systematic IBMT protocol that includes Chinese medicine, modern homeopathy, energetic testing and allergy desensitization, Dr. Hong helps Highly Sensitive people to gain back their immune strength and get their life back. He has offices in both South Florida and Chicago. Please visit his website at www.harryhong.com or email to harryghong@hotmail.com.