

20th June 2012

TO WHOM IT MAY CONCERN

I had thought living with eczema was something that I would have to do. Having been referred to a dermatologist who diagnosed it as Seborrheic dermatitis. He prescribed me Sigmacourt 1% cream & told me this would only relieve the symptoms as there is no cure. I was destined to put up with this condition (most likely inherited from my father as I recall him having scruffy dandruff & redness on his face occasionally). It manifested itself when I was in my thirties & noticed it getting worse as I was getting older. That is, more frequent & more intense outbreaks. There was a clear correlation with my stress levels & the eczema occurrences. I would first feel inflammation, itchiness & irritability set in & then would manifest itself on my skin.

I decided to do some research, was given Dr Chen's details & then began to look over his web site. I had noticed Eczema mentioned as a treatable condition. On my first visit Dr Chen told me it could be cured & this was a pleasant surprise for me. It would involve making the effort to make the appointments on a regular basis. The treatment had to deal with my immune system which (as put by Dr Chen) had become 'dysfunctional'. The outbreaks on the skin is a manifestation of a immune system not functioning properly. This made complete sense to me. If my overall immune system was improved this would be an added benefit. So I adhered to the weekly plan & the herbs prescribed to me for the period as instructed by Dr Chen. During the plan the outbreaks became less frequent & if I felt an onset, the skin irritation wouldn't manifest itself. It became clear to me it was proving to work, my immune system was tackling the condition before the skin irritation would take over.

I have also changed a few things in my life but by no means drastically. There are certain foods & physical exercises that complements & helps invigorate the organs in our body. I have learnt this assists with the effects of having the acupuncture & taking herbs.

Sincerely
George V