

Eczema

According to **TCM** (*Traditional Chinese Medicine*), **Eczema** or **Atopic Dermatitis** is due to **Wind-Heat in the Lung** specifically and here I include Two Patching Methods to tonifying the Yin of the Skin and Lung.

FIRST METHOD:

During the day

ENERGY ENHANCER on **LU1** - **WRTL**

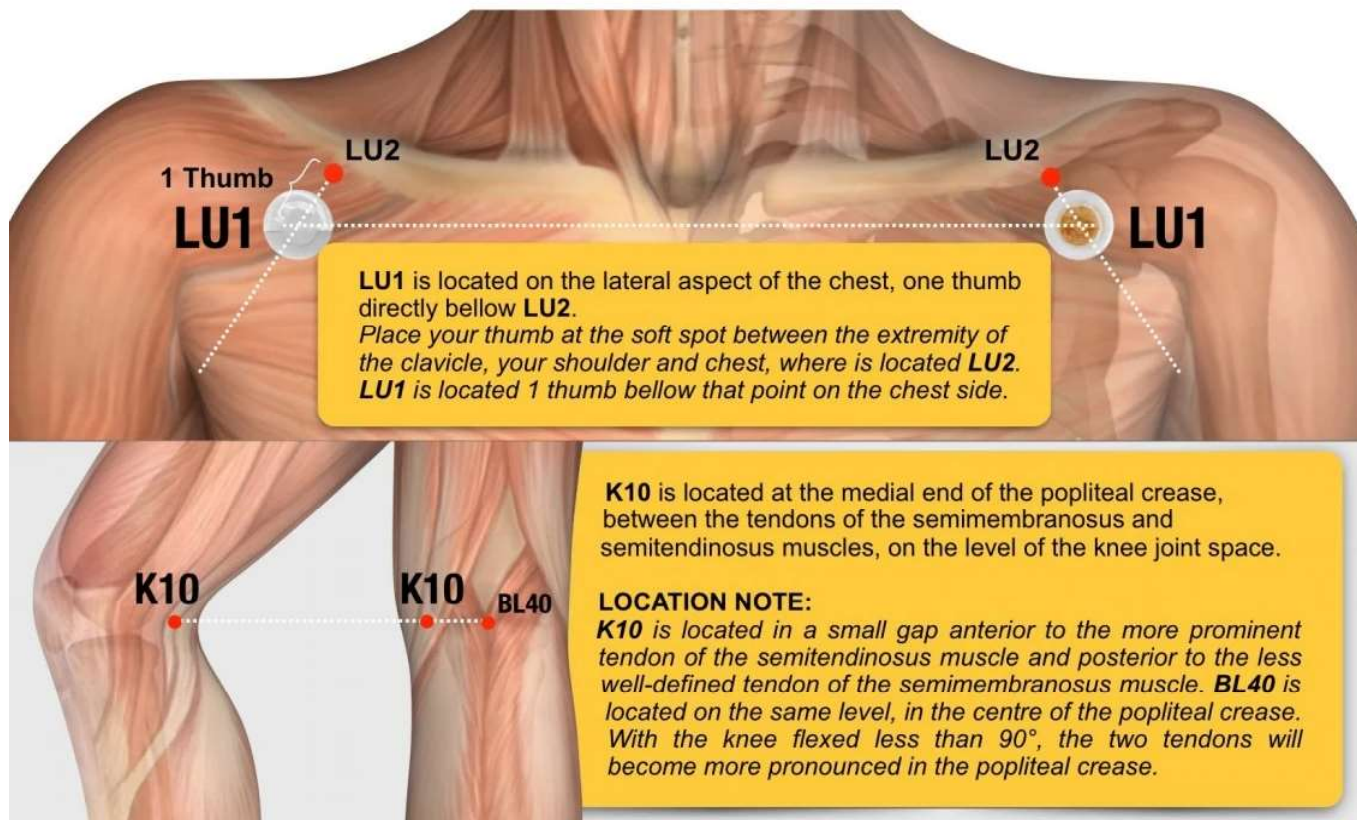
ENERGY ENHANCER on **K10** - **WRTL**

ENERGY ENHANCER on **LU8** - **WRTL**

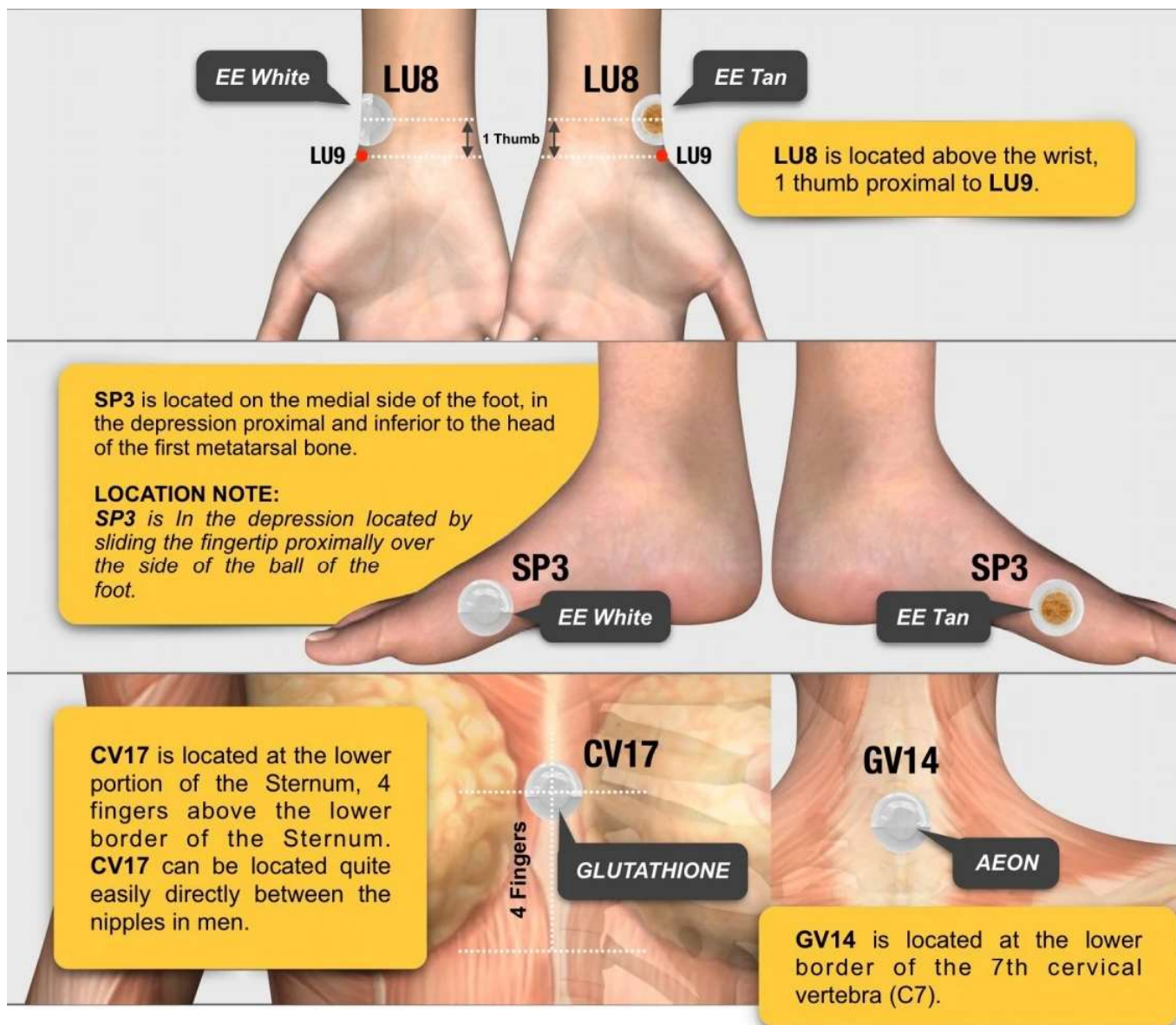
ENERGY ENHANCER on **SP3** - **WRTL**

GLUTATHIONE on **CV17**

AEON on **GV14**



This protocol continues in the next page →



During the night

Remove all daily patches and apply **CARNOSINE** on **LU1 - Right Side** till following morning.

NOTE: If you start with this particular method, I'd suggest you run it for 3 consecutive days and each day, during the night, alternate daily the **CARNOSINE** patch between **LU1**, **K10** and **SP3** all at **Right Side**.

For example: **CARNOSINE** on **LU1** during the night on **Day 1**, **K10** during the night on **Day 2** and lastly **CARNOSINE** on **SP3** during the night on **Day 3**.

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SECOND METHOD:

DAY 1 - During the Day

ENERGY ENHANCER White on LU1 - Right Side

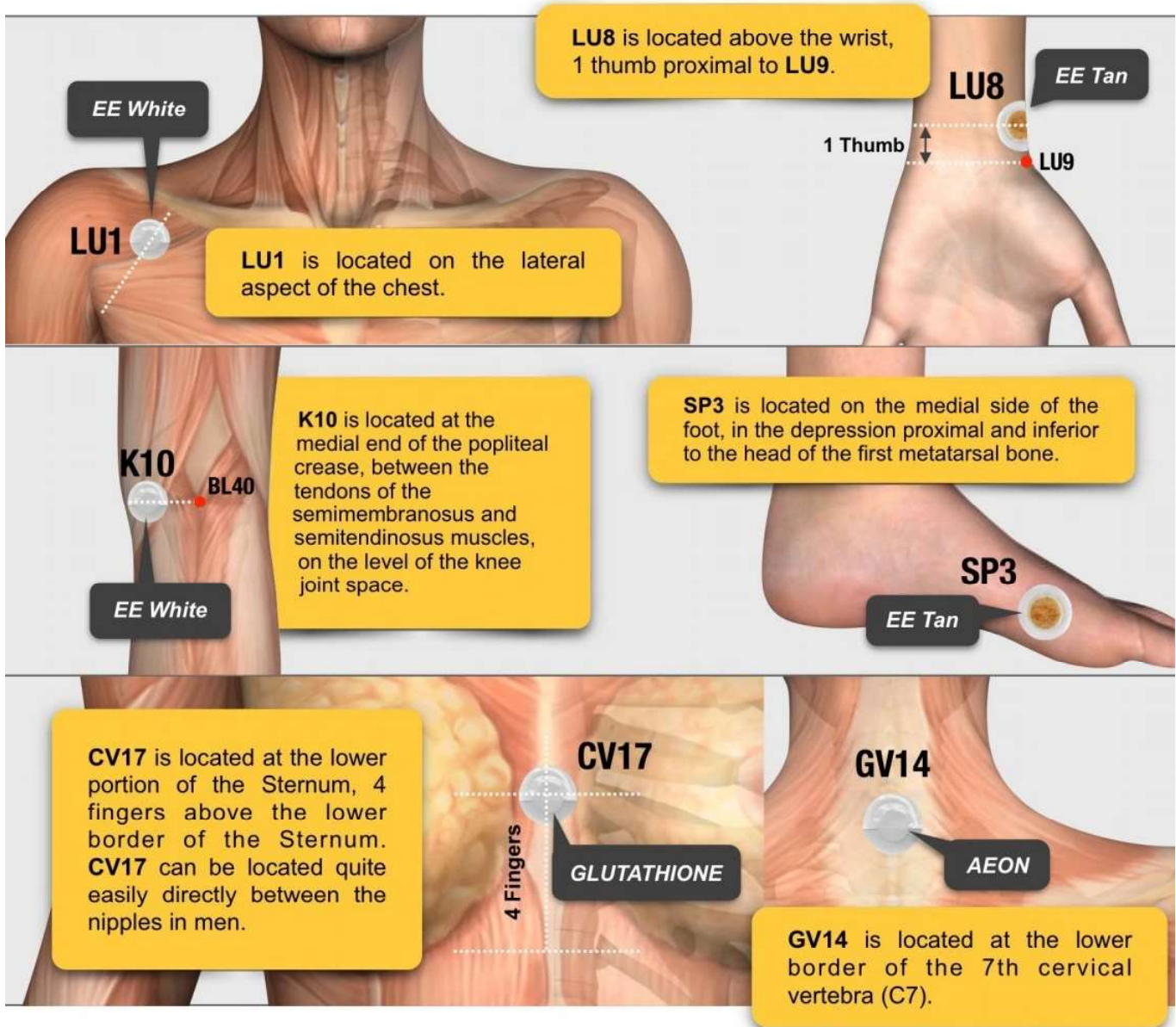
ENERGY ENHANCER Tan on LU8 - Left Side

ENERGY ENHANCER White on K10 - Right Side

ENERGY ENHANCER Tan on SP3 - Left Side

GLUTATHIONE on CV17

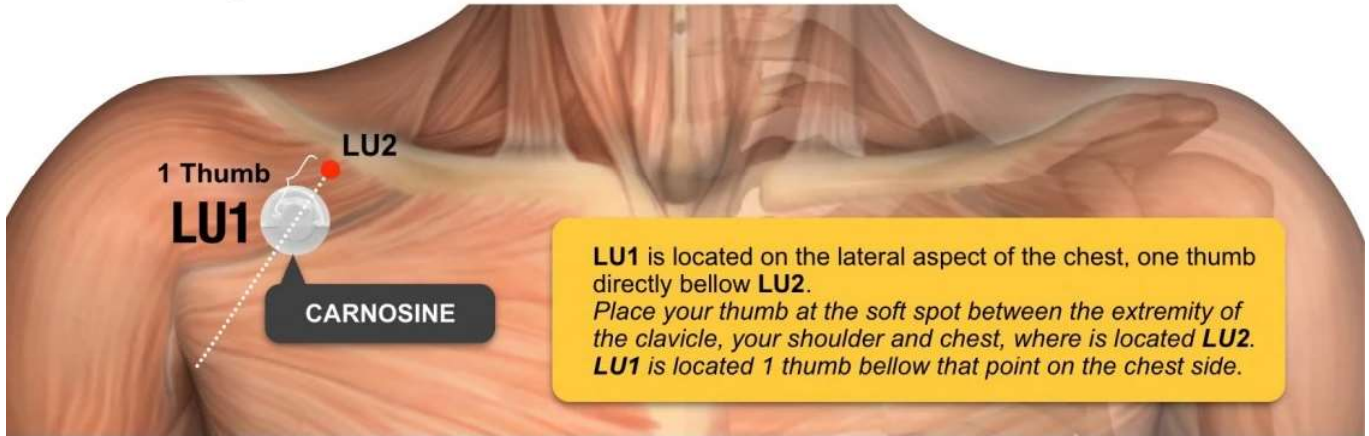
AEON on GV14



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DAY 1 - During the Night

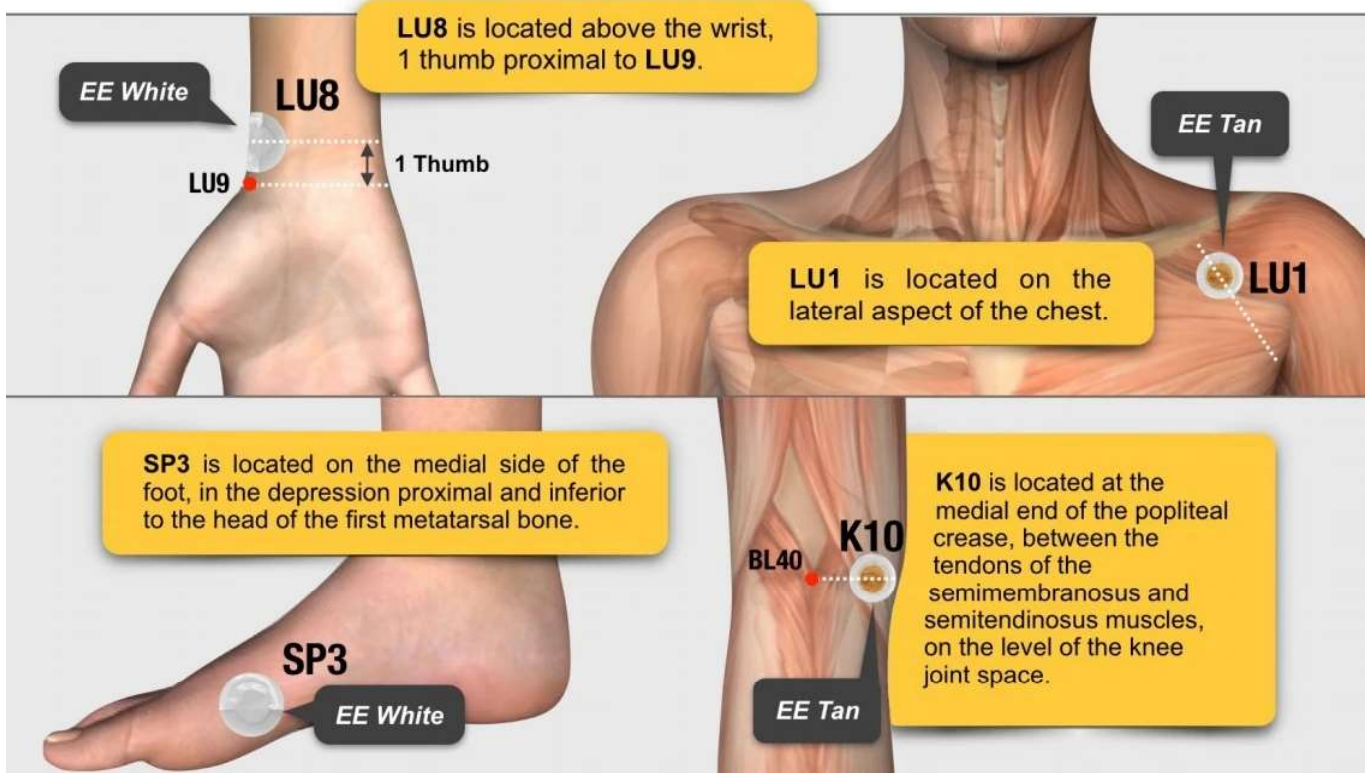
Remove all daily patches and apply **CARNOSINE** on **LU1 - Right Side** till following morning.



Then on the next day just reverse the **ENERGY ENHANCER** patches as follow:

DAY 2 - During the Day

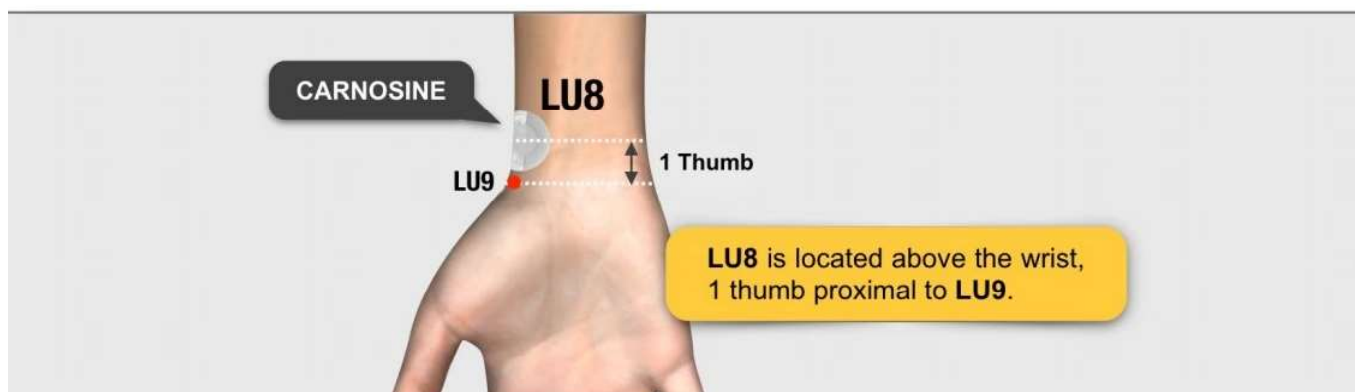
- ENERGY ENHANCER White** on **LU8 - Right Side**
- ENERGY ENHANCER Tan** on **LU1 - Left Side**
- ENERGY ENHANCER White** on **SP3 - Right Side**
- ENERGY ENHANCER Tan** on **K10 - Left Side**
- GLUTATHIONE** on **CV17**
- AEON** on **GV14**





DAY 2 - During the Night

Remove all daily patches and apply **CARNOSINE** on **LU8 - Right Side** till following morning.



NOTE: This second method is included as a "Maintenance" protocol. If after running the first method above, you notice an improvement on your skin, you could run this second method instead.

I suggest you test this Maintenance Protocol twice a week (4 days in total) then move to once a week if you are having good results with it...

Here I include a Procedure Explanation if you are interested:

As we understand it, Lung (and skin) gets its Yin from the Kidney and its nutrition (Blood) from the Spleen. It is for this reason it is used **SP3**, attempting to tonify Spleen Yin/Blood, **K10** to tonify Kidney Yin and **LU1 & LU8** to tonify Lung Yin. **K10** on the other hand draws yang away from the Large Intestine, therefore, we are attempting to reduce the Lung Yang indirectly, as the Large Intestine is the coupled Yang organ to the Lung.

CV17 is a very useful acupoint and we understand that it is the master point of respiratory organs, and that covers also the skin (as the skin is our third lung) so, in this case is given in the direction of the meridian flow, so an **AEON** patch at that position might help tonifying the Yin and enhance the effect of all **ENERGY ENHANCER** patches.

Lastly, **GV14**, as we know, is the meeting point of the Governing Vessel with the six Yang channels of the hand and foot, therefore, a **GLUTATHIONE** patch might help "Reducing" Yang and help detoxifying as well as bringing the system in balance.

Please take your time to comprehend the mechanics of it before starting any of the Methods I suggest here.

General Notes:

- 1- Start patching once you need it.
- 2- Repeat the procedure as long and as many times you need it.
- 3- Use new patches if were used for over 24 hours.

Be well hydrated, 6 to 8 glasses of quality water daily will be ideal. Drink 1 glass of water before applying/exchanging LifeWave Patches.