

Chinese Herbal Remedies

Childhood eczema is a systemic disease often associated with abnormal intestinal function; therefore treatment should be systemic as well as topical. Infant eczema is different from adult eczema and therefore requires a different treatment principle. Although the symptoms in children can seem quite severe, they usually respond to treatment very rapidly.

Infant and childhood eczema is treated using two different internal remedies (depending on whether the outbreak is in the acute or chronic stage), together with two forms of external treatments; a bath additive (baby herbal bath) and herbal creams. Within one to two weeks, the clinical symptoms of eczema should disappear and the internal treatments and first topical cream may be discontinued. The second topical cream must be administered until the new skin is fully protected. This usually takes several weeks. If eczema returns, application of herbal creams can be resumed.



While most children can be effectively treated for eczema, infants respond the most rapidly to this treatment protocol. The beneficial effects may last months or even years. In the event of future outbreak, the herbal formulas/creams will continue to be effective.

Acupressure massage

Finger acupressure is applied on children instead of acupuncture to regulate body's immune system and balance adrenal function. Acupressure with herbal aromatherapy effects perfectly in healing process. Children seem to enjoy this therapy since it works effectively with genital and pleasant feeling.



- **A well studied herbal formula has been approved work affectively in treating pediatric allergy related**

www.drmingqi.com

www.mingqicent@aol.com

161 madison Ave, 12th floor Phone: (212) 686-8689
New York, NY 10016 Fax: (212) 686-8968



Ming Qi
Natural Healthcare Center



Dermatological Disease and Allergy

The increased prevalence of allergic diseases, i.e. atopic eczema, allergic rhinitis and asthma, has been described as the epidemic of the 21st century in Western societies. Atopic dermatitis, also known as atopic eczema is often the first sign of an allergic condition.

Eczema is often seen in individuals with a family history of asthma, allergic rhinitis ("hay fever") and/or food allergies. Symptoms vary from person to person. The most common symptoms are dry itchy skin and rashes on the face, inside the elbows and behind the knees as well as the hands and feet. Itching is the most important symptom of atopic dermatitis. Scratching and rubbing in response to itching irritates the skin, increases inflammation, and actually increases itchiness. Itching is a particular problem during sleep when conscious control of scratching is lost.

The appearance of skin affected by atopic eczema depends on the amount of scratching and the presence of secondary skin infections. The skin may be red and scaly, thick and leathery, contain small raised bumps or leak fluid and become crusty and infected. Skin lesions in infants often affect the face and skull. This skin condition may become chronic and associated with the development of other allergic diseases. Appropriate early treatment is important not only for curing allergic skin conditions, but also for preventing the onset of future allergic diseases.

Existing Remedies

Topical corticosteroid drugs are the mainstay of atopic dermatitis but carry the risk of side effects and return of the skin condition after discontinuation of the treatment. Non-steroidal anti-inflammatory medications such as tacrolimus (Protopic) and pimecrolimus (Elidel) have been found to be effective in some patients, however may take several weeks longer than steroids to go into effect. In addition, patients may experience a burning or itching sensation after application.

Chinese Medicine

There is proven effectiveness in the use of Chinese Medicine in the treatment of diseases such as Pediatric Eczema, Skin Allergies, Acne, Urticaria, etc. The Chinese Medical approach in the treatment of such diseases is a holistic one, targeting the root causes of disease in the internal environment. Treatment involves regulating the body through the multi-aspects of the nervous, endocrine and immune systems to reach homeostasis and thus harmonize skin disorders.

Special Therapy for Pediatric Patients

The Chinese Medical approach in treating pediatric patients is with the use of techniques such as finger pressure massage, herbal therapy and topical applications of herbal remedies. Children may not always willingly participate in an acupuncture treatment, so practitioners must "use their fingers as a substitute for the needle", as well as employ the use of herbal formulas, lotions, sprays and herb-aromatherapy, which are generally better received than the battery of pharmaceutical medications generally prescribed. These techniques have been shown to have excellent effect for balancing the immune function so that the treatment will work for both infection and allergy conditions. Patients who have not as yet found significant improvement in their symptoms after long-term antibiotic and steroid using, may find great help by adding Chinese Medicine to their overall treatment plan.

