

Eczema: Curing the Incurable

Psychophonetics management of atopic dermatitis

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Atopic dermatitis (eczema) is a condition that makes your skin red and itchy. It's common in children but can occur at any age.

Atopic dermatitis is long lasting (chronic) and tends to flare periodically. It may be accompanied by asthma or hay fever.

No cure has been found for atopic dermatitis (eczema) The Mayo Clinic. USA

Psycho-neuro-immuno-endocrinology, which was first described in 1936, is the study of the interactions between the psyche, neural and endocrine functions and immune responses.

The aim of psycho-neuro-immuno-endocrinology is to apply medical knowledge to the treatment of different allergic, immune, autoimmune, rheumatic, neoplastic, endocrine, cardiovascular and dental pathologies, among other disorders".

PMC, US National Institute of Health Library of Medicine (NIH/ NLM)

*For we must recognize in the astral body forces working in the human organism **centrifugally** from within outward...which express themselves for instance in the symptoms of **eczema**.*

*Steiner, R. & Weqman, I. 1925. *Fundamentals of Therapy*. Chpt 1 & 20.*

I am not a medical doctor and Psychophonetics is not a mainstream medical method. I am a counsellor, psychotherapist and a complementary health practitioner, with 20 years of clinical experience in registered medical clinics, in Australia and South Africa. Psychophonetics is a method of complementary support for physical, emotional, mental, relationship and professional self-health care and personal development. Psychophonetics is a method of *Participatory-Medicine* which involves the client in the therapeutic process of self-healing, as a colleague in the therapeutic team, not as a passive recipient of physical intervention.

Psychophonetics therapists include the subjective experience and self-awareness of the client as an essential component of the therapeutic process, which is why Psychophonetics is so effective in psychosomatic health conditions. The human constitution is not just a biological surviving machine but a complicated continuum of physical body, Life (etheric) body, Sentient (Astral) body, a complicated soul life, individual spirit, the 'I', and social relationship. Every health condition has a psychosomatic-social-spiritual component, to a greater or lesser degree, sometimes 5% and sometimes 95% of the issue. Engaging that component in the healing process is our specialty.

Psychophonetics evolved in integrative medical clinics in Melbourne and Cape Town where I was a practicing counsellor and psychotherapist under the supervision of qualified and open-minded medical doctors, who referred patients to me who had medical conditions for which there was no known underlying medical causes and cures. That is how I developed my Psychophonetics psychosomatic skills, which I now teach at the Psychophonetics Institute International, at Skola Empatie in Slovakia. Eczema was always a part of these

uncurable medical conditions for which I had to develop a psychosomatic explanation and self-treatment therapeutic process.

Known facts about eczema

I like to study the Mayo Clinic scientific and popular epidemiological descriptions and reports of various health conditions, their causes, symptoms and available cures, because it is a non-profit organisation and because it is so big, reputable and confident, they can afford to be honest. When the medical underlying cause of a disease is not known, there cannot be a medical cure, and therefore there is *no* medical cure for it. The Mayo clinic always tells you when medical science *does not know* the medical cause and the medical remedy for a disease, and if *they* don't know, no-one in mainstream medicine knows. The medical cause for eczema is not known, therefore, there is no medical cure for it. Many people suffer for a lifetime, according to the Allergy & Asthma network.

There are 31 million Americans suffering from eczema (nearly 10% of the total population), including 9.6M children.

- Two thirds of them say it interferes with their daily living
- 30% report sleep disturbances
- 50% of children with eczema develop asthma
- Worldwide, 15% of children suffer from eczema
- 23.8% of adolescents with eczema have suicidal ideation
- Apparently, eczema is more common in children from families with higher incomes and education.

Eczema (Atopic Dermatitis) is being considered as a typical part of *The Triad* of asthma, hay fever and eczema—none of them are considered curable.

Put all these facts together and the picture that emerges is that there is no medical explanation for eczema on the purely physical level and therefore, no medical cure for it. This is a clear indication that both the cause and the cure are waiting to be discovered on the psychosomatic level.

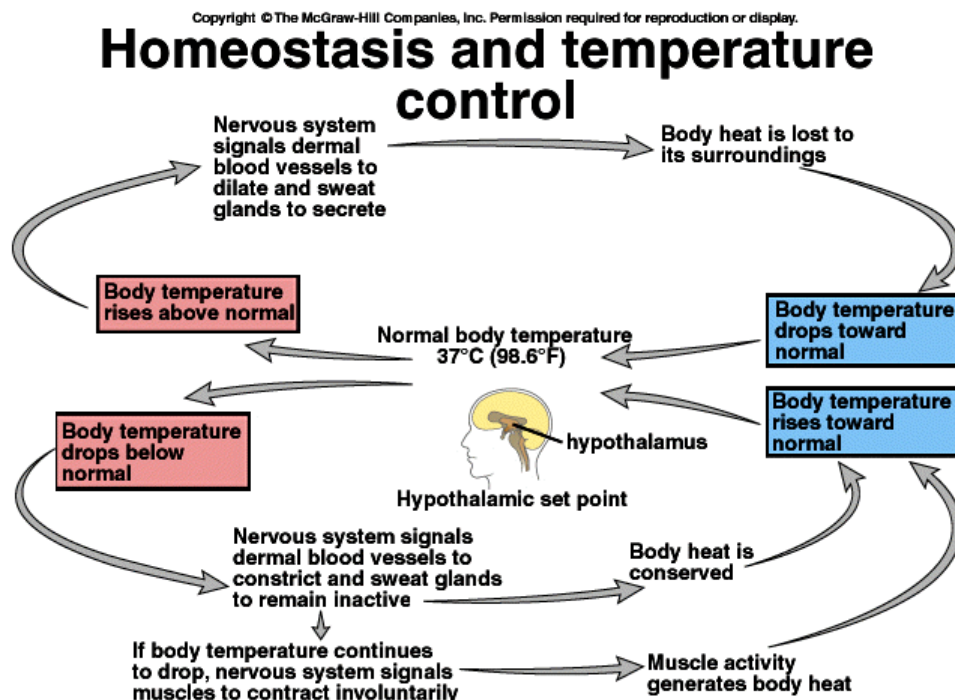
In light of the new science of psycho-neuro-immuno-endocrinology, stress plays a major role in the worsening, controlling and repairing the damage to health on this complicated continuum. This connection was discovered by the Slovak-Hungarian-Canadian endocrinologist Hans Selye¹ (1907-1982) who discovered in 1940, the existence of biological stress. The physiological evidence of the damaging effects of stress on the whole human

¹ János Hugo Bruno "Hans" Selye (in Hungarian: *Selye János*, 1907 – 1982, was a pioneering Hungarian-Canadian endocrinologist who conducted important scientific work on the response of an organism to stressors. He grew up in Komárom, today Komarno, Slovakia, where the only Hungarian speaking university in Slovakia is named after him: J. Selye University (Hungarian: *Selye János Egyetem*, Slovak: *Univerzita J. Selyeho*). He did his pioneering work in stress and endocrinology at Johns Hopkins University, McGill University, and the Université de Montréal. Although he received a total of 17 nominations in his career, he never won the prize.

system are considered mainstream science now, but as we know—*stress is never only biological. Stress, by its very nature, is psychosomatic.*

Eczema and Psychophonetics

Eczema is a typical psychosomatic sickness. Through Psychophonetics clinical experience, we discovered that it is a *misplaced fire* that burns the skin, a body heat that was never supposed to be placed on the surface of the body, but whose rightful place is inside of the body. The human body needs fire: It has to maintain an average temperature of 37°C overall for the internal organs to function, but this temperature is not a being homogeneously distributed throughout the body. There is a whole internally diversified *Warmth Body* in operation, maintaining, producing, absorbing, eliminating, balancing and distributing warmth throughout the body, according to the different needs of different organs. For the metabolic and immune system to work, above average warmth is required: the liver reaches a temperature of approximately 41°C, so it can actually warm the blood, while the reproductive organs need to be cooler: The temperature of the testes is maintained at 35 degrees Celsius because sperm cells are happiest at 33 °C, which is why the male scrotum is located outside the body, where heat is easily radiated into the environment. The average women’s breast temperature ranged between 32.7°C and 36.4 °C, well below the average overall body temperature², and, like men’s testes, the women’s breast is protruding out from the trunk, to radiate out the heat, presumably in order to optimise milk production. Body temperature is being constantly monitored and restored to the homeostasis of average 32.7°C, but the different temperatures of different organs is maintained.



The human skin likes its temperature to be lower than the body average: Normal human skin temperature varies is about 33 °C (between 33.5 and 36.9 °C). When extra temperature, which rightly belongs to the internal

² <https://www.scielo.br/j/eins/a/kKYjqBRxWcN3FtLWCGRnwHs/?lang=en>

metabolic organs, is being pushed to the periphery, **the skin is practically on fire**—that's how it feels—**That is eczema.**

Why is the heat being pushed from the inside of the body to the periphery?

If medical science could answer this question, eczema would be curable, and in fact it is not. There are attempts to relate it to genetics, contact with chemicals, and diets, but the real aetiology of eczema remains a mystery. In the absence of a definitive mainstream epidemiological explanation of eczema, here is a possible psychosomatic explanation:

When for some reason the deep psychological and psychosomatic (astral) dynamics are being disturbed, that level of the human constitution partially departs from the physical organ which it's primarily responsible, and the whole metabolic process is being disturbed. This situation can easily become chronic and life-long because the environmental dynamics that surround the person, especially parents, in early childhood, usually persist for the complete length of the child's development. There are a few consequences for this situation:

1. The whole metabolic process is disturbed, with incalculable consequences
2. ***The psychosomatic dynamics are being pushed from the centre of the body to its periphery, to the head—resulting in migraine, and to the skin, resulting in eczema.***

Allopathic, homoeopathic, herbal, Chinese and Ayurvedic medicines could be effective, but from the above point of view they can only act symptomatically, and are not dealing with the root cause of the condition.

Psychosomatic treatment in light of this explanation

Whenever self-explored with Psychophonetics *exploration processes*, including Methodical Empathy, body memory, sensing, gesture, visualisation and sounds, the emerging pattern is typical: a deeply disturbed little child is hidden in the middle of this unbearable chronic itchiness, exposed to unbearable human-environmental dynamics from which the child cannot exit and against which the child has no defences. On top of it, there is a wave of self-hatred, rejection and avoidance from the adult (or teenager) involved towards this helpless suffering child. All this is being discovered as different layers of the same 'Russian Doll', Matryoshka.

The moment the client is becoming aware through self-observation of this internal drama, a wave of compassion toward the suffering inner child is rising in every normally functioning person. That puts a pause, and progressively an end, to the damaging dynamics of self-hatred. This process usually results in a remarkable reduction of the sensation of itchiness and visibility of the inflammation. This is part 1 of the process.

In other words: some emotional human-environmental disturbance effects the psychosomatic dynamics in the abdominal-metabolic life of the body, expelling the psychosomatic presence, with its heat, away from the centre of the body to its periphery, the skin. There the excess heat is producing the typical symptoms of eczema—burning and itching.

On top of this, the burnt skin and all the suffering, the debilitating limitations resulting from it and the inevitable shame about one's appearance (the visibility of damaged skin), results in severe antipathy, rejection and hatred of one's own body. This typical self-rejection and self-hatred becomes a secondary cause of emotional disturbance that effects the metabolic system long after the original disturbing situation has changed, leaving a life-long chronic situation as a result of this vicious circle. It becomes an ongoing *civil war*, or, as we call it in Hebrew: *A war of brothers*, internally.

When the following two positions are exposed:

1) the suffering child with the burning skin, and

2) the internal character of self-aggressive self-hatred,

a third character naturally emerges—*self-compassion*. Immediately, the energy of self-hatred stops, at least for that moment, the excess heat recedes to the inner abdominal area and the itching is reduced remarkably.

With self-practice at home, this reduced skin burning becomes normal and the eczema stops.

In Psychophonetics, this process is called: *Compassion Triangle*—overcoming chronic self-hatred by replacing it with *self-compassion*. If that sounds too simple a solution for a long term chronic problem without medical cure, try it for yourself and see the result.

All Psychophonetics processes are created with the intention of a possible follow-up by self-processing at home, without a therapist. Psychophonetics is created as a *Psychology of Freedom*. In order to mitigate against the old tendency of people becoming dependent on therapists, everything in this method is designed as coaching for self-healing. If the process is successful, the client becomes their own therapist.

Overcoming eczema is one typical example of *Curing the Incurable* with Psychophonetics. More such examples will be published in near future regarding hay fever, asthma, herpes, migraine, urinal track inflammation, irritable bowel syndrome, other metabolic symptoms, post-surgical healing, panic and anxiety attack, and more.

Psycho-neuro-immuno-endocrinology is the full name of the psychosomatic continuum in which the client's psyche, their own subjective experience, awareness, actions and relationships, play major roles in the progress of their sickness and healing. It is only logical to try and engage the protagonist of this subjective component of diseases, the client, as a member and colleague on the therapeutic team. The art of doing it can be called *Participatory Medicine*. In this, Psychophonetics is a pioneering, cutting edge method.

All this became possible on the basis of a practical application of the Anthroposophical understanding of the human constitution as a continuum of body, soul and spirit. To conclude as we started, here is Rudolf Steiner

and Ita Wegman's motto for the foundation of the art of healing from their last book: *Fundamental of Therapy* (1925)³

On the basis of such a knowledge of [Anthroposophy], we become aware that the nature of the whole human being, or of any single organ, is only seen with clarity if one knows how the physical, the etheric, the astral body and the ego [individual 'I'] work in [the human being].

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³ https://rsarchive.org/Books/GA027/English/RSP1983/GA027_c01.html (para 36)