

Curing the Incurable - Eczema

Psychophonetics treatment of atopic dermatitis

By Yehuda Tagar¹

*"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 Clinic²

"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 psychoneuroimmunoendocrinology 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)

".....on the basis of such a knowledge (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 individual 'I' - work in him/her".

*"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**".*
Rudolf Steiner & Ita Wegman, 1925³

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, and 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' and what it can do which is unique to it is: involving the client of therapy in the process of self-healing as a colleague in a therapeutic team, not as a passive recipient of physical intervention.

We, Psychophonetics therapists, include the subjective experience and self-awareness of the client as an essential component of the therapeutic process. That is why Psychophonetics is so effective in all psycho-somatic 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 psycho-somatic-social-spiritual component, to a greater or lesser degree, sometimes 5% and sometimes 95% of the problem. Engaging that component in the healing process is our specialty.

Psychophonetics has evolved for 20 years in integrative medical clinics in Melbourne and Cape Town where I was a practising counsellor and psychotherapist under the supervision of qualified but open-minded medical doctors, who kept referring to me patients with medical conditions for which there was no known underlying medical causes and cures. That is how I developed my Psychophonetics psycho-somatic skills, which now I teach at the Psychophonetics Institute International (Skola Empatie in Slovakia).

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² The **Mayo** is a nonprofit American academic medical center focused on integrated health care, education, and research. It is home to many of the highest regarded residency education programs in the United States. It spends over \$660 million a year on research and has more than 3,000 full-time research personnel. Mayo Clinic has ranked number one in the United States for six consecutive years. It has been on the list of "100 Best Companies to Work For" published by *Fortune* magazine for fourteen consecutive years.
https://en.wikipedia.org/wiki/Mayo_Clinic#cite_note-6

³ Rudolf Steiner & Ita Wegman, 'Fundamentals of Therapy' chapter 1 & 20.

Eczema was always a part of these incurable medical conditions for which I had to develop a psycho-somatic explanation and a self-treatment therapeutic process, with the support and supervision of my major close colleagues: open minded integrative and anthroposophical medical doctors. So what are the known facts about eczema, and what are we doing about it in Psychophonetics?

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 and therefore there is no medical cure for it. Many people suffer from it for a lifetime. According to Allergy & Asthma network

There are 31 million Americans who suffer from eczema (out of 340 million people, nearly 10% of the total population), including 9.6 children. 2/3 of them say it interferes with their daily living, 30% report sleep disturbances, 50% of children with eczema develop asthma. 15% of children worldwide suffer from it. 23.8% of adolescents with eczema have suicidal ideation. Strangely – 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 is considered curable.

If you put all these facts together – the picture that emerges is that there is no medical explanation for eczema on the purely physical level and therefore there is no medical cure for it, as every eczema sufferer knows only too well. That is a clear indication that both the cause and the cure – are waiting to be discovered on the psycho-somatic level.

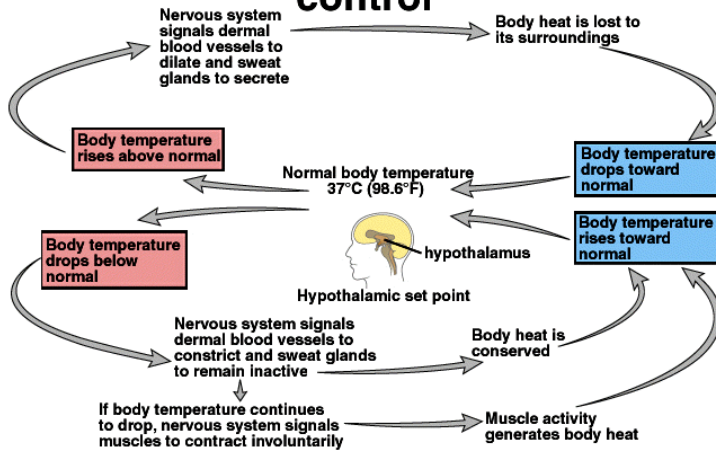
In light of the new science of psycho-neuro-immuno-endocrinology – stress plays a major role in worsening, controlling and repairing the damage to health on this complicated continuum. That connection was discovered by the important Slovak-Hungarian-Canadian endocrinologist Hans Selye⁴ (1907-1982) who discovered in 1940 the existence of biological stress. The physiological evidence of the damaging effects of stress on the whole human system are considered mainstream science now, **but as we all know – stress is never only biological. Stress, by its very nature, is psycho-somatic.**

Eczema is a typical psycho-somatic 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 overall 37°C average temperature for the internal organs to function, but this temperature is not 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 immunity system to work – above average warmth is required: the liver reaches a temperature of approx. 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 temperature⁵, and, like men's testis 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 difference in temperature of different organs is maintained.

⁴ 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.

⁵ <https://www.scielo.br/j/eins/a/kKYiqBRxWcN3FtLWCGRnwHs/?lang=en>

Homeostasis and temperature control



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)**. So when extra temperature, which rightly belongs to the internal metabolic organs, is being pushed to the periphery – **the skin is practically on fire**, and that is how it feels. **That is eczema.**

But 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, to contact with chemicals, to 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 psycho-somatic explanation:

When for some reason the deep psychological and psycho-somatic (astral) dynamics is being disturbed – that level of the human constitution is partially departing from the physical organ to which it is 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, especially 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 psycho-somatic 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, not dealing with the root cause of the condition.

Psychosomatic treatment in light of this explanation: Whenever self-explored with Psychophonetics 'exploration Sequences', including Methodical Empathy, body memory, sensing, gesture, visualisation and sounds – the emerging pattern is typical: a deeply disturbed little child is hidden there 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, and, on top of it – 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 in self-observation, first-hand, 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. That process usually results in a remarkable reduction of the sensation of itchiness and in the visibility of the inflammation. That is part 1 of the process.

In other words: some emotional human-environmental disturbance affects the psycho-somatic dynamics in the abdominal-metabolic life of the body, expelling the psycho-somatic 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 once appearance (the visibility of damaged skin) – result 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 affects the metabolic long after the original disturbing family situation has changed, and a life-long chronic situation

results from this 'vicious circle'. It becomes an on-going 'civil war', or, as we call it in Hebrew: 'A war of brothers', internally.

When these two positions are exposed: 1) the suffering child with the burning skin, and 2) the internal character of self-aggressive self-hatred, naturally a third character emerges, the character of 'self-compassing'. With immediate effect – the energy of self-hatred stops, at least for that moment, the excess heat recedes to the inner abdominal area, and the itching is being reduced remarkably. With self-practice at home – this reduced skin burning becomes normal, and the eczema stops.

In Psychophonetics we call this process: '*Compassion Triangle*' – overcoming chronic self-hatred by replacing it with 'self-compassion'.

If that sounds to you 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', and in order to mitigate against the old tendency of people becoming dependent on therapists – everything we do in this method is designed as coaching for self-healing. If the process is successful – the client becomes one's own self-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, urinary tract inflammation, irritable bowel syndrome, other metabolic symptoms, post-surgical healing, panic and anxiety attack, and more. Psychophonetics approach to the healing from autoimmune syndrome was already published in Vitalita a while ago.

Psycho-neuro-immuno-endocrinology is the full name of the Psycho-Somatic continuum in which the client's psyche, his/her own subjective experience, awareness, actions and relationships – play major roles in the progress of his/her 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 a colleague of 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 of the foundation of the art of healing from their last book: Fundamental of Therapy, 1925:

".....on the basis of such a knowledge (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 individual 'I' - work in him/her".

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<https://linktr.ee/yehudatagar>