

Eczema

Eczema is an allergic inflammation of the skin. It commonly occurs in skin folds such as the elbows and knees. Conventional controls of eczema centre on the use of steroid creams. These are often problematical, as long-term use causes skin thinning. Therefore any alternative approach without side effects is most welcome. Eczema can in some cases be due to food sensitivity. The most common foods implicated are milk, wheat, dairy products and eggs. Experimenting in avoidance of these foods can be useful. Including an appropriate combination of vitamin and mineral supplements can also be of great value - see page 0.1.

P O I N T S

Liv3

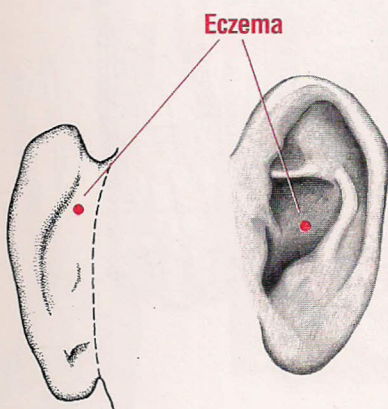
This lies in between the tendons of the big toe and the first toe, two thumb's width towards the top of the foot from the web.

S36

This lies three thumb's width below the joint under the kneecap lying on the outer side of the knee. One finger's width back from the sharp edge of the shin bone.

Ear

Ear point



Warts & Verrucas (Warts underneath the Foot)

These are small solid growths on the skin, also known as verrucas. There are five types, usually occurring on different parts of the body. All are caused by viruses and are slightly contagious. Treatment by Electro-Acupuncture has shown to be effective in many cases.

P O I N T S

Treat the area immediately surrounding the Wart or Verruca - you can treat as many points as you wish, but ensure that you treat a sufficient number to encircle the wart.

Treat with colloidal silver (see page 0.1) - apply to the affected area and take 1/2 teaspoon under the tongue. You can also treat the wart with a 6% Hydrogen Peroxide solution - it will sting, but this is to be expected.