

Understanding eczema:

META-Medicine® uncovers the cause

Sarah had experienced eczema around her eyes for five years. Although she had experienced some minor outbreaks as a child, this pattern had flared up suddenly at the age of 24, and had become a chronic pattern.

Eczema is a common health complaint, affecting an estimated 5-20% of children and 3-10% of adults in the UK - also the number of people experiencing eczema in urban areas and developed countries is rising. While we are familiar with the symptoms and treatments for eczema, what still remains a mystery is why it occurs in the first place - and **why** it sometimes becomes chronic.

Don't we already know the causes of eczema?

Many irritants have been identified as possible causes of eczema, including detergents, toiletries, clothing, food sensitivities, house mites and pets. While this sounds plausible, it leaves many questions unanswered. What turns these substances from harmless to irritant (especially if the individual has experienced them long before

the eczema started)? Why do different people react to different substances? And why doesn't everybody react with eczema? Most people aren't bothered by these irritants at all!

Another factor being considered in modern medical fields is whether there is a genetic component, as skin issues like dermatitis have been found to run in families. However, the latest research by Bruce Lipton and other epigeneticists is demonstrating that genes are not causal in 95% of dis-eases. Furthermore, our genes are not fixed: they are affected by our environment. Could sharing the same environment and beliefs as our parents count for more than our genes in predisposing us to similar health issues?

A third commonly-cited trigger for eczema is stress. In this article, we will go beyond current modern, complementary and alternative medical understanding by explaining for the first time how

a **specific** type of stress causes eczema, and how there is a **biological** meaning behind this.

What's the latest holistic understanding?

META-Medicine® is a new healing paradigm that finally explains the cause, process and meaning of health issues from an integrative and biological perspective. It answers many of the puzzling questions about eczema, enabling us to understand exactly:

- ☺ Why someone gets eczema - and why it isn't a mistake
- ☺ Why it appears at a specific time
- ☺ Why it appears in a particular location on the body
- ☺ Why it becomes chronic and flares up when it does

Once we know the *why*, *then* we can talk about therapy. Knowing the specific cause enables us to choose the most effective therapies for truly overcoming the issue.

What's the root cause of eczema?

META-Medicine® explains exactly how and why an illness starts. With the exception of poisoning and accidents, all dis-eases begin with a **traumatic life event**: a dramatic, emotional shock that is unexpected and leaves us temporarily stunned. Whether the shock is a major trauma, hearing bad news or simply seeing something unpleasant, the body-mind takes over, switching into fight-flight-freeze. At the same time, we experience a reaction in a specific organ. Which organ responds depends on the emotion we experience. META-Medicine® maps emotions to organs, via the brain, based on an understanding of the organ's function. The body's reaction is always meaningful.

So what's the function of the epidermis (outer skin), where eczema occurs? It's not protection - we have a much tougher skin layer for this, the dermis, which lies beneath the epidermis. The epidermis is a **sensory** organ. Its purpose is touch: to sense our environment and feel connected to those around us.

The type of shock preceding an epidermis issue is a **separation shock**: a sudden and unexpected separation from the mother, family or social group.

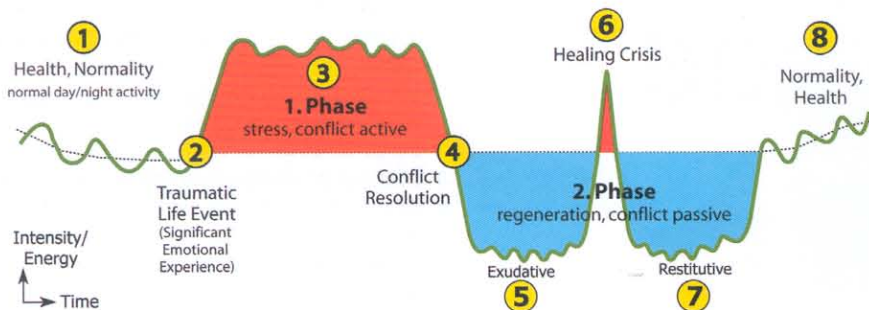
How does an emotional shock cause eczema?

META-Medicine® reminds us that dis-ease is a *process* - not a label we're stuck with forever! After a traumatic life event, or shock, the body goes into stress (Phase 1). This is where we typically experience:

- ☺ Sleeplessness
- ☺ Absence of appetite
- ☺ Cold body (particularly fingers and toes)
- ☺ Stress and tension
- ☺ Compulsive thinking about the shock - attempting to resolve it mentally by thinking through what happened
- ☺ And in the case of the epidermis, the cells begin to decrease, causing the skin to become paler, cooler, and less sensitive

If we experience a sudden separation from a loved one, the epidermis desensitises, so that the





body no longer feels the separation, and we can continue to function.

For example, a child separated from her mother after birth may experience a separation shock. The child will enter Phase 1, and her brain will direct the outer skin to desensitise. This process will continue until she is reunited with her mother and feels connected again.

At the moment of resolution, the dis-ease process switches into Phase 2, the regeneration phase. This is where we experience:

- ☹ Fatigue and tiredness
- ☹ Increased appetite
- ☹ Quieter, calmer mind
- ☹ Warm body and extremities
- ☹ Activation of microbes - bacteria, fungi and viruses

☺ In the case of the epidermis, it will start to regenerate and re-grow. This re-growth will be more rapid than regular skin growth, so the skin will be red, itchy and hot: in a word, eczema!

What's been labelled as the problem is actually **regeneration**: the problem was the preceding feeling of separation. The body-mind was responding to the emotion!

This new and revolutionary understanding helps to explain how many pharmaceutical treatments work. For example, steroid creams may appear to resolve eczema, as the symptoms disappear. We now know that they put the skin back into Phase 1, in which the skin is desensitised. After approximately two years, use of steroids has to cease, because the skin becomes so thin. When treatment stops, eczema often reappears - not because the body's making a mistake, but because it is a meaningful process! We can't experience Phase 1 without going through Phase 2: this is how the body rebalances.

So why does eczema appear on a particular part of the body?

Why does one person get eczema around the eyes, while another gets it around the mouth or inside the upper arms? Why does it sometimes flare up in one area, then next time somewhere different? These questions are overlooked by modern medicine.

META-Medicine® explains how location is meaningful: eczema appears in the place where the individual felt the separation most strongly. The baby taken from her mother may experience a whole body eczema, as she feels totally separated. Sarah experienced a visual-separation shock. She worked abroad for six months after university. When she returned home, she expected to see her father at the airport, waiting with her mother. When she didn't see him there, she got a huge shock! It wasn't until several days later that she resolved the feeling, and the eczema appeared around her right eye. Other people get eczema on the head, where a loved one has stroked them; inside the arms, where they want to hold somebody close; or around the mouth, when they miss talking to someone.

Why does eczema sometimes become chronic?

Once somebody has experienced a traumatic life event and gone through the dis-ease cycle, a reminder of the original event is enough to re-trigger the dis-ease process. They don't have to experience another trauma, just have the same feelings. For Sarah, not seeing a friend or family member when she expected to see them triggered the feeling of separation, causing a chronic eczema pattern.

This gives us a new perspective on irritants: if they are in the environment at the time of the shock, they can also become triggers. Many babies, for example, develop milk allergies when

they are given cow's milk in place of their mother's breast. Interestingly, most cases of infant eczema resolve by age 5, as children become more comfortable with being separated from their parents and get used to different adults caring for them.

How can we use this revolutionary understanding to help clients?

META-Medicine® questioning reveals the specific information needed to empower a client resolve their issue. With eczema, the META-Medicine® diagnostic process uncovers the specific separation shock the client experienced: when, where, with whom, and what re-triggers it. Using this information, we formulate a plan for overcoming the issue at all levels:

- ☺ Mind - overcoming the memories, thoughts and feelings associated with the shock (in this case, fear of separation)
- ☺ Body - supporting the whole body and specific organ (epidermis) to come through the two phases naturally
- ☺ Spirit - helping the client to align with their higher self
- ☺ Social & environmental - making real life changes to overcome the issue (for example, learning to feel comfortable with spending time alone)

META-Medicine® is a truly integrative approach that encourages understanding and healing at all levels. Most clients, like Sarah, get a huge 'aha!' when they finally understand their body, and begin to take control of their healing. Furthermore, META-Medicine® is meta-disciplinary: it can be learned and used by **any** therapist before **any** healing modality to pinpoint the root emotional cause and meaningful process of any health issue, and enhance the effectiveness of the therapy. **TT**

Robert Waghmare and Joanne Ross, Licensed META-Medicine Health Coaches & Diploma Trainers, offer individual diagnosis and run regular META-Medicine Introductory Trainings for practitioners, health professionals and individuals who want to gain the most advanced health understanding available today. For further information, please call 0845 838 6787, or visit www.metamedicineuk.com

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