

# Qi Gong for Psoriasis and Eczema

By Lisa B. O'Shea

Published in *New Health Digest*, April 2006 issue



Chronic skin problems can relate to an energy imbalance in the Lung/Large Intestine system according to Traditional Chinese Medicine. If there are red itchy patches as well, the Liver energy is most likely out of balance too. Inflammation, in general, also indicates a deep stress or conflict is affecting the body. By the time an imbalance has caused a chronic skin condition, the problem has been there for a long time. The best way to resolve this situation is a combination approach that involves diet changes, Qi Gong exercise, and relaxation techniques such as meditation.

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## Lifestyle:

The following drink is very helpful for chronic skin problems. Mix 2 Tbl. chlorophyll juice, 4 Tbl. Aloe Vera juice, and 4 cups water or juice (grape juice works best to help with the flavor). Start out with one cup per day. If you experience headaches or diarrhea, cut back on the amount. You can increase the daily amount up to one quart per day to help clear out the skin. Eliminate milk and milk products from your diet and avoid hot and spicy food. Andrew Weil also recommends you take 500 milligrams of black currant oil twice a day (half that dose for children younger than 12) to help with inflammation (stick with it, it can take 6-8 weeks to take effect).

Bathe no longer than 15 min at a time. I also recommend applying a topical anti-itch lotion made by Aveeno called "Anti-itch Concentrated Lotion" available in the first aid section of the grocery store.

It contains camphor which really helps eliminate inflammation. Immediately after bathing apply the

Aveeno lotion and then cover with a thick moisturizer like Eucerin, normal moisturizing lotions are not adequate. Be cautious of steroidal or hydrocortizone creams because these push the energy imbalance deeper into the body instead of helping it to clear out. The following exercises should be done several times per day to help re-balance the body's energy.

## Lung Sound Exercise:

Sit on the edge of a chair or your bed. Place your palms facing up on your lap, elbows out slightly and away from your body. You can have your eyes closed or opened slightly.



Begin by raising your hands up in front of you. As your hands rise up, slowly turn them toward your chest then down. When the hands get to a level above your head, turn the palms up to face the ceiling. The tips of the fingers of each hand should be lined up and facing each other. The elbows and shoulders should be rounded and relaxed. Feel the lungs expand in your chest.

Take a relaxed breath in and as you exhale, make the following sound. "Ssssss" like a snake hissing or steam coming out of a radiator. Look up slightly as you do this. Only one breath out as you make the sound. While you are making the sound, picture the negative emotions of sadness, grief or depression leaving your lungs. Picture them in any way you like, some people see this as a color or fog coming out of their lungs. When you have finished the breath and the sound, inhale and relax. Turn your hands palm down and slowly lower them down in front of your body to your lap. Place your hands back on your lap, palms facing up. Now, feel the positive emotion of courage growing in

your lungs as they fill with the color white. Relax as long as you want. Repeat as many times in a row as feels good and do this exercise two to three times per day.

## Liver Sound:

Place your palms facing up on your lap, elbows out slightly and away from your body. Bringing your hands out from the sides of the body. Stretch them out and up while keeping the elbows bent slightly and the shoulders relaxed. Continue to raise the hands up until they meet over the head. Interlock the fingers and turn the palms over to face the ceiling. Stretch slightly up with your right shoulder and lean to the left side. This should allow you to feel a gentle pulling on the right side of your body where your liver is. Look up and **open your eyes wide for this posture.**



Exhale and make the following sound. "Tshhh" like water hitting a very hot frying pan. As you breathe out and make the sound, picture the negative emotion of anger coming out of your liver. When you have finished the sound, relax and inhale. Release your hands, turn them palm down and lower them slowly in front of your body down to your lap and place them palm up on your lap. Relax and feel the positive emotion of kindness and a bright green color growing in your liver. Relax as long as you want and repeat as many times in a row as feels good.

**Lisa B. O'Shea Certified Qi Gong Therapist and Instructor**  
Qi Gong Institute of Rochester 595 Blossom Rd. Ste. 307 Rochester, NY 14610  
(585) 377-2044 Toll Free: (877) 346-4017 [www.Qigongrochester.com](http://www.Qigongrochester.com)