



The answer of your 'New Life' is in this book.

# The Dream of a Korean Medicine Doctor Banning Chemical Medicines



A healthy and energetic life of old age will come to us, when we keep our lung health to enhance immune function.

What is the limit of human lifespan? Biologists consider that age of about 120 years as the limit of human lifespan on the premises that majority of animals live up to 6 times the period of maturation into full adulthood and that humans normally become an adult when they reach the age of about 20 years. In fact, the oldest person in human history, Jeane Calment, as recorded in the Guinness Book of Record, was born in 1875 and lived to the age of 122 years old, and was healthy enough to ride bicycle until the age of 100.

However, as of the present, the proportion of people over the age of 100 years, let alone 120 years, is only about 1 per 100,000 in the world. People die helplessly from various highly notorious diseases in the world. Although it would be desirable to pass away without pain under the loving gazes of the family in familiar environment after having lived 100 years of healthy life, the reality is that 7 out of 10 people pass away in hospitals under great deal of pain.

Nonetheless, there is a man who is about to open the first act of the ambitious dream of finding 33 people over the age of 90 years and enabling them to live to the age of 100 years in good health. The number 33 is only the beginning. He stated that it is his lifetime dream to select a small country and extend the average lifespan of the entire population by 10 years and ultimately to extend the lifespan of humankind by 30 years thereafter. His name is Seo Hyo-seok and his is a Korean Medicine Doctor. There is no one who can stop him from pursuing his dream. His dream is neither a wishful thinking, abstract nor absurd. It is highly specific and serious. Moreover, the realization of this ambitious dream of his is in fact in progress. What has prompted him to nurture such dream?

## First Stage of Man's Dream

As people age, death is inevitable. Why do we die? It is because we fail to breathe. Why do we fail to breathe? It is due to the deterioration of the lung. Why, then, does the lung deteriorate? It is because of the formation of perforations, filling up with sputum and hardening of the lung. Formation of perforations in the lung results in pulmonary emphysema while filling up of the lung by sputum leads to bronchiectasia and hardening of the lung produces pulmonary fibrosis.

Manifestation of pulmonary emphysema, bronchiectasia and pulmonary fibrosis will deteriorate the lung substantially in a patient and if such patient catches cold that develops into pneumonia, ending one's life in vain is unavoidable.

People lived with the preconception that dead alveoli cannot be regenerated until now. However, Dr. Seo Hyo-seok, the director of Pyunkang Korean Medicine Hospital, has discovered the new know-how for regeneration of dead alveoli while treating more than 30,000 patients suffering from pulmonary diseases with 'Pyunkang Tang', the result of his 41 years of researches. In this process, he established the theory that anyone can live to the age of 100 years in good health if the pulmonary cells can be regenerated through reinforcement of cardiopulmonary functions, so that sudden death, death in mid-life and death from old age can be prevented. With the firm belief that 'one will not die if the lung is healthy', he is pursuing organizing of the 'Pyunkang Centenarians Expedition' composed of 33 people over the age of 90 years.

'Pyunkang Centenarians Expedition' will begin with construction of the 'Village of Transcending Old Age' next to the Seobok Memorial Hall in Jeju-do. 33 people over the age of 90 years will be living in the 12 units of traditional Korean roof tiled houses constructed in the 'Village of Transcending Old Age'. They will have the graceful and elegant appearances of a Taoist hermit. They will be displaying the lifestyle of natural men who tilt the ground during the summer and yield the harvest of their labor in the autumn. Living their lives year after year in great health without even catching cold will impart powerful impression on those who observe them.

Dr. Seo refers to this village as the 'Pyunkang Paradise'. However, it is not the paradise in dreams but rather a paradise that actually exists. If the tonsil, which is the base camp of immunity, becomes healthy through reinforcement of the pulmonary functions, all the pulmonary diseases ranging from light illnesses such as common cold to severe disorders will be eradicated from their roots from the body, thereby naturally resulting in lifespan in excess of 100 years with good health. He has decided to call the place where a countless number of people live to the age of 100 years without illness as the 'Pyunkang Paradise'. Those who blindly after longevity without illness will fail while those who achieve healthy

lung will easily realize longevity in great health.

Dr. Seo, with full conviction that the era of lifespan of 100 years in good health can be achieved by sustaining healthy lung, will shout to the world, when all of the 33 people in the 'Village of Transcending Old Age' exceed the age of 100 years that.

"From today, the lifespan of human beings will be in 3-digits!"

## Second Stage of Man's Dream

The dream of Dr. Seo does not stop at organizing of 'Pyunkang Centenarians Expedition'. Once he achieves the realization of 'Pyunkang Paradise' at the 'Village of Transcending Old Age', his new theory of regenerating the pulmonary cells through the reinforcement of the pulmonary functions will be recognized and trusted by the people of the world. He will then commence the 2nd stage project of his dream with the goal of extending the average lifespan by 10 years of a country with population of less than 5 million he chooses.

He is taking the meticulous steps towards the ultimate goal of the Pyunkang Korean Medicine to prevent and treat the diseases that ill-affect the human in order for them to live twice by keeping the pulmonary cells healthy with the Pyunkang Tang. If he is capable of having the 33 people of the 'Pyunkang Centenarians Expedition' live to the age of 100 years in good health, his medical practices would surely be able to extend the average lifespan of the people of a country by more than 10 years.

The construction of a country with longevity of people is a national project of enormous scale with the views on the 100 years ahead. Therefore, the government will have to take the leading role in extending the average lifespan of its people by more than 10 years.

In order to harmoniously supply Pyunkang Tang manufactured by combining more than 10 medicinal herbs that are highly effective in reinforcing the pulmonary functions at golden ratio to the people of the country, cooperation of the corresponding country is crucial. Dr. Seo is planning to establish the environment necessary to personally cultivate the medicinal herbs needed in that country and construct manufacturing plant that will optimize the efficacies of the medicinal herbs through consultations with the corresponding country. The corresponding government will be in charge of providing the necessary land and establishing the infrastructure while Pyunkang Korean Medicine Hospital will provide the system and know-how for manufacturing of Pyunkang Tang.

Pyunkang Tang is a medical food manufactured with more than 10 different 100% medicinal herbs with excellent efficacies on the lung by mixing them at golden proportion. Pyunkang Tang manufactured in this way will prevent common cold, the cause of all diseases, first. Tonsil with restored health with the aid of Pyunkang Tang will eradicate the cold viruses that enter the body. Once the tonsil, the most important guardhouse of our body, is fortified, the discriminating ability of our immune system will be substantially fortified and gains the increased

ability to protect our body from an extensive range of pathogens. This is the fundamental treatment method of achieving longevity without illness by preventing not only common cold but also rhinitis and asthma, and improving the overall aspects of the respiratory system.

At this time, the heart, which regains its health along with the lung, will be able to properly control both the high and low blood pressure. Moreover, high density lipoprotein (HDL)-cholesterol level will be elevated while the low density lipoprotein (LDL)-cholesterol level will be lowered to restore the resilience of the blood vessels. Once the blood vessels become more resilient, stroke can be prevented through the reinforcement of coronary arteries. Continued maintenance of the pulmonary health will not only prevent influenza but also prevent bacillus pneumonia from ill-affecting our body. Prevention of pneumonia, the first ranked cause of death for those over the age of 65 years, will continually lower the mortality rate of people, thereby enabling the extension of average lifespan by 10 years.

According to the World Health Organization(WHO) last year, while the average life expectancy of the entire world has increased by 6 years compared to that of 20 years ago, prevalence rate of diseases has increased even more. It signifies that people will live longer with poorer health. With the rapid increase in the prevalence rate of diseases, the cost of medical treatment is increasing astronomically. After 10 years of the commencement of the 2nd stage of Dr. Seo's project, he would be able to lower the cost of medical treatment to about half the cost at the commencement of the project. Increasing the lifespan while at the same time lowering the cost of medical treatment would be the most ideal scenario for the people and the government. Extension of the average lifespan by 10 years is not simply extending the period of life maintenance but, rather, extending healthy lifespan. Dr. Seo's project is more significant in that it aims to achieve the noble goal of designing healthy future of a country and establishing firm national competitiveness.

## Third Stage of Man's Dream

When the project for extension of the average lifespan by 10 years succeeds, it will be recorded as the event that changed the human history. The world will be able to see the extensive appearances of the changes that such country undergoes and will be pleasantly surprised by the results of such extension of lifespan. Once the 2nd stage nears the achieving of successful results, he will move on to implement the 3rd stage of his dream, which is truly grandiose. The 3rd stage will aim at the ultimate goal of achieving longevity without any serious disorder along with the increasing of the average lifespan of the entire human race by 30 years by preventing aggravation and treating countless number of diseases through maintenance of respiratory health at the maximum level.

For this purpose, Dr. Seo is considering the G2(USA and China) first because they are the powers in the world to lead the future and the strategic partners of Pyunkang Korean Medicine Hospital for

pursuing of the plans to extend the average lifespan of human race by 30 years. In addition, the USA, the birthplace of the modern medicine and China, the origin of the oriental medicine, are the countries in which the differentiated excellence of Korean medicine needs to be known widely. Obviously, doors are also open not only for the G2 but also for other countries including the G20.

What is important is the time. Paradoxically, living also means gradual nearing of the inevitable death. No one can avoid death. However, it is possible to delay this certainly from happening. The only organ in our body capable of delaying the inevitability of death that may suddenly visit us one day is the lung. Dr. Seo is taking meticulous and well-planned steps to have this fact be known widely throughout the world.

The Dreams moves people. One man's dream may change the life of others. Dream is also capable of changing statistics and forecasts. There are many great events of the world that began with a small dream of a single person. Dr. Seo Hyo-seok, a Korean Medicine Doctor who has been asserting the need to "Free from Chemical Medicine" to the entire world, continues to nurture and pursue his dreams and presents the solution for the Freedom from Chemical Medicine. "Steroids Out! Medical Food is Real Medicine."

The era of lifespan of 100 years with all sorts of diseases is now ending. The dawning of the era of enjoying the blessed life of the entire population of the world living over a period of a century and newly welcoming the 2nd century of life is nearing. With the advent of the day in which everyone in the world has access to Pyunkang, Korea will become the country that has graced the entire human race.



Now, Pyunkang is not just for Korea but for the entire world.



You can read the article titled "Steroids Out!" published in the mass media in the USA by capturing the QR code above with your smart phone.

**Free from Chemical Medicine**  
 Lecturer: Dr. Seo Hyo-seok, Director of Pyunkang Korean Medicine Hospital  
 평안남도(平南道) 평안현(平安縣) 서울서원(서울서원) 회장 초청 강연 (2회)  
 Friday, November 17, 2014 Venue: Diplomatic Center Building Guests: Excellencies, International Media etc.

Dr. Seo Hyo-seok, a Korean Medicine Doctor who has been asserting the need to "Free from Chemical Medicines" to the entire world, presents "Medical Food is Real Medicine" as a solution for the Free From Chemical Medicines.



<Free from Chemical Medicine> written by Dr. Seo Hyo-seok