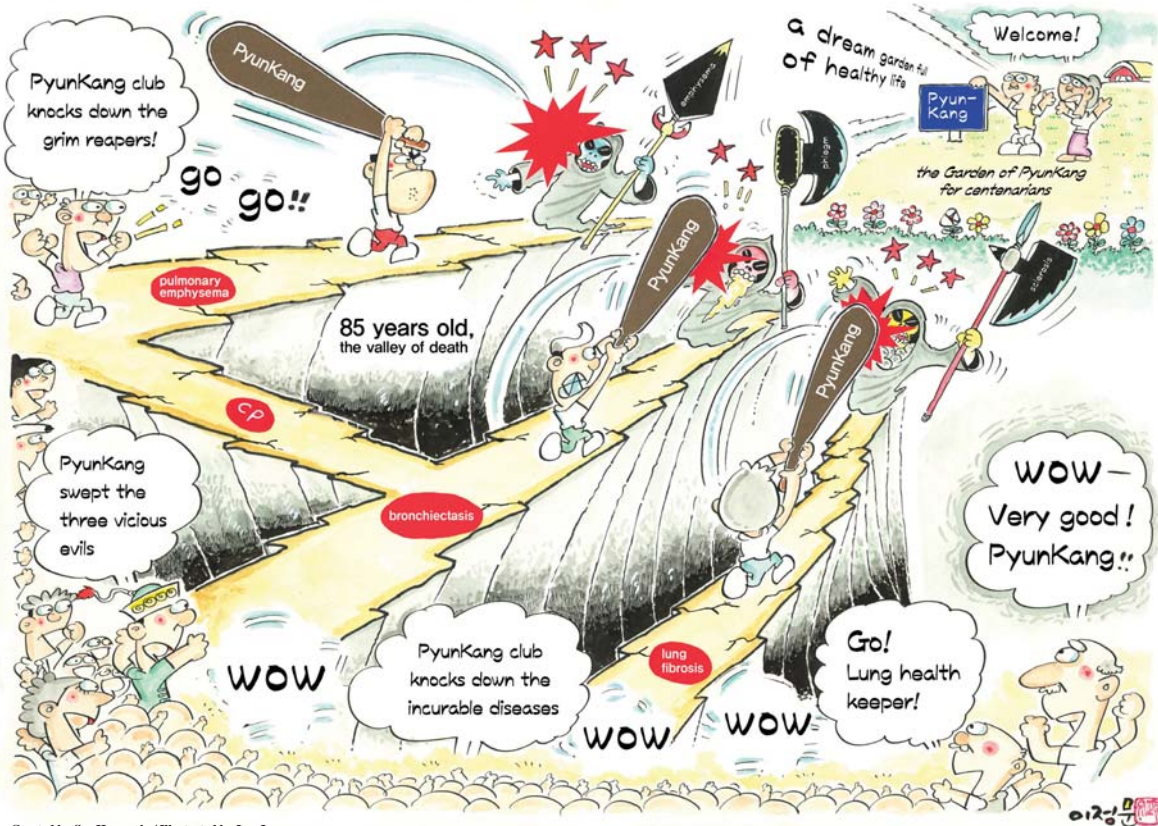


# Overcome Pulmonary Diseases for a Healthy Hundred

Why do people die of old age? Because they cannot breathe!  
 Why can't they breathe? Because their lungs are damaged!  
 Why are their lungs damaged? Because of emphysema, bronchiectasis and pulmonary fibrosis!  
 A secret to prolonging life thirty years by reviving the alveoli!



Created by Seo Hyo-seok / Illustrated by Lee Jeong-mun  
 An illustration of people defending themselves with the Pyunkang bat, against the incurable diseases such as emphysema, phlegm, and pulmonary fibrosis in the valley of death, to reach the Pyunkang Paradise of Healthy Hundred

## Are You Scared of Aging?

With the increased average life expectancy, the important issue is no longer "how long" we want to live but "how well" we want to live. No matter how successful or wealthy we become, we will not lead happy lives if we are not healthy. Those, who tried to alleviate their stress by smoking and drinking at young ages, will suffer from serious lung diseases past the age of eighty. Smoking is like throwing the lungs into a trash can; if a person smokes every day for decades dumping nicotine into the lungs, there is no doubt the alveoli will inevitably suffer.

Our bodies are incredibly honest, directly reflecting our lifestyles. The choices we make now will determine the kind of life we'll lead in our later years. So, do we want to lead healthy lives or not? The choice is in our hands.

## Lungs for Longevity

The author of <Free from Chemical Medicine> asserts that protecting the lungs should be our utmost priority to extend our life expectancy. Death is inevitable and we all die when we cannot breathe. There are three causes of lung damage and they are emphysema, bronchiectasis and pulmonary fibrosis. Death creeps upon us as we age, during which our lungs and hearts fail and pneumonia stops our breath.

## From Fevers to Diseases, A Single Treatment Method

When he was young, the author of the book frequently suffered from tonsillitis, which caused his tonsils to swell and his body temperature to rise. So, he conducted research for forty years to liberate himself from this condition, and he finally developed Pyunkang-Hwan, the Korean medicine for cleaning and purifying the lungs, which he continually upgraded ever since. The principle behind the treatment method is quite simple: it is to strengthen the tonsils, an instrument for measuring the lung condition, so that they prevent harmful substances from penetrating and affecting the body. Healthy tonsils release strong lymphocytes, with the power to fight off harmful bacteria and viruses coming from the external environment. They also have heightened ability to distinguish foreign bodies from the body's own cells, and to defend the body against substances and organisms that cause skin and respiratory diseases.

In order to fight off the three deadly diseases, there is a need to defend the body against the common cold, which is the cause of various diseases. The common cold leads to rhinitis and asthma and can even cause serious lung diseases. Unfortunately, there isn't a preventive medicine for the common cold, but strong tonsils can prevent it.

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## Healthy Lungs, Healthy Heart

It is the general belief that the heart and the lungs should be regarded as separate organs, but the author refers to them as a single entity and claims that the heart can be strengthened by reinforcing the lungs. The evidence that supports this claim is the fact that the activities of the lungs and the heart tend to coincide with each other. Simply, when a person stops breathing, the heart stops beating, and vice versa. On the other hand, when the lungs are revived, the heart is revived. This is why the author views the heart and the lungs as a single entity. Moreover, when the functions of the lungs and the heart are improved, it leads to the improvement of the kidneys, liver and intestines, and spleen, in this order. This idea is further developed to the concept that the five organs do not play equivalent roles, but it is the lungs that are the most crucial organ in the body. By purifying the lungs and removing the accumulated heat to strengthen the pulmonary and cardiac functions, one can strengthen the tonsils and revive the alveoli.

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## Returning Years and Transcending Age

Dr. Seo, the author, wants to guide people to enjoy a healthy and vibrant life for a hundred years, rather than leading a long life of illnesses as a frail person. The illustration is by artist Lee Jeong-mun, and it shows people defending themselves with the Pyunkang bat, against the incurable diseases such as emphysema, phlegm, and pulmonary fibrosis in the valley of death, to reach the Pyunkang Paradise of Healthy Hundred.

Dr. Seo has witnessed remarkable events while treating countless elderly patients, many of whom became as young and healthy as middle-aged people. His book, <Free from Chemical Medicine>, contains vivid stories of his experience in treating tens of thousands of patients with skin and respiratory diseases.

## Pyunkang Centenarians Expedition

Dr. Seo is preparing a groundbreaking

project. The 'Pyunkang Centenarians Expedition' will be organized by selecting fifteen males and eighteen females over the age of ninety. Pyunkang Korean Medicine Hospital has established in cooperation of other people with similar visions, the 'Village of Transcending Old Age (返老還中村)' where the thirty three members will be nurtured in terms of hygiene, hobbies and exercise to enhance their levels of immunity in order for them to reach their hundredth year of life in excellent shape and health. Should this project end in success, it will set a new world record as the current probability of a person living to a hundred is 1:10,000.

"Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow, for they quickly pass, and we fly away. (Psalms 90:10)" This is how life was viewed by Moses. However, Dr. Seo Hyo-seok, the Director of Pyunkang Korean Medicine Hospital, says that it isn't impossible to lead a healthy life for a hundred years if we protect our lungs and reinforce their functions. If we were to re-

store our health at the age of seventy by strengthening our lungs, we will be able to improve our tonsils, regenerate the alveoli, and add thirty years to the life expectancy! Once the average life expectancy of humans becomes a three-digit number, Moses will have to agree with Dr. Seo wholeheartedly.

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