

# Are You Afraid That Your Lungs Will Become as Hard as Stone?

How old are your lungs? Do you experience dry coughing and breathing difficulties?

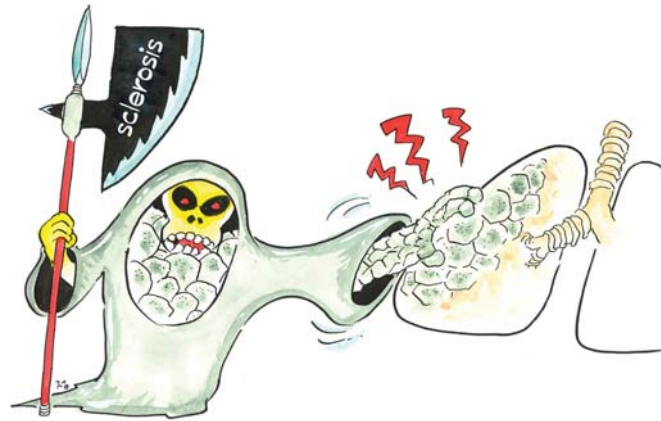
Do you cough up bloody phlegm? Then, you must read this book.

Dr. Seo Hyo-Seok, the author of <Miracle Culture of Health> praised by more than 30,000 readers. He provides his insight into the treatment methods!

Forty years of know-how in one text! Read <Free from Chemical Medicine>, a best-selling health book for 2 consecutive years.

Mr. Yun, age 59, who worked day and night inside his semi-basement office, caught what seemed to be a severe cold three years ago. Initially, he didn't think much of it, but he finally decided to visit a doctor when it became difficult to breathe due to a severe phlegm buildup. After being diagnosed with pneumonia, he received inpatient treatment for five days before being discharged. The symptoms recurred a month later, and through a health examination, he learned that he had pulmonary fibrosis.

Pulmonary fibrosis is the formation of fibrosis in the lungs, and this leads to the hardening of the lung tissues. Because the condition is irreversible and the lesions are permanent, it has long been considered an incurable disease. Mr. Yun said, "It was as if the world was crashing down," as he recalled the devastation he felt when he heard the doctor say the best he could do was to prevent the condition from getting worse.



[Pulmonary Fibrosis] Hardens the lungs and causes constant coughing and breathing difficulties.

## All about Pulmonary Fibrosis

Pulmonary fibrosis is described as a disease that makes the lungs and even the heart become as hard as stones and as one that causes an irreversible damage once it occurs. Interstitial pneumonitis, idiopathic pulmonary fibrosis, lung consolidation, and interstitial pneumonia cause the hardening of the alveolar membrane or fibrosis of the actual cells, and they are collectively referred to as the interstitial lung disease.

When we hurt our skins, hard and tough connective tissues form over the wound as a reparative process. This process not only occurs on the surface of the skin, but also in the organs of the body. At times, excess fibrous connective tissue can form on an organ or tissue after an inflammation or damage and this is called fibrosis. A severe case of pulmonary fibrosis inhibits its oxygen exchange and symptoms such as dry coughing and breathing difficulties can appear. In the later stages, death can result from respiratory failure.

## "But I Didn't Feel a Thing"

The early symptoms of pulmonary fibrosis, which commonly occurs after the age of 40, are similar to those of the common cold. The lungs have no nerves, so it is impossible to know even when they are hardening. When the symptoms are described to a doctor or a pharmacist, he or she may simply prescribe a cold medicine. However, dismissing it as a cold and neglecting to treat it in the early stages can severely worsen the symptoms.

The early stages of pulmonary fibrosis are characterized by alveolitis, an inflammation of the alveoli that engage in gas exchange. As the condition progresses, the alveoli are destroyed and fibrous connective tissues develop around the scars, resulting in reduced lung functions and breathing difficulties. When the lungs are hardened, there is a greater load on the right ventricle of the heart, which sends blood to the lungs, and this is referred to as pulmonary hypertension. As the load gradually increases over time, right-sided heart failure can result.

## Possibilities of Acute Conditions and Fatal Pneumonia

Emphysema, bronchiectasis, and pulmonary fibrosis are three of the biggest deadly diseases involving the lungs. The first two are chronic diseases that develop over time and thus are collectively called the chronic obstructive pulmonary dis-

ease. On the other hand, pulmonary fibrosis is classified separately as it occurs as an acute condition that can lead to death. All three diseases devastate the lungs and the bronchi, and the occurrence of pneumonia can be fatal in these cases. Healthy lungs can be compared to a live tree, while lungs affected by a severe pulmonary disease can be compared to dry wood. A live tree is less likely to catch fire, whereas dry wood is engulfed by fire almost instantly. Just like a live tree, healthy lungs do not become "inflamed" by an inflammation, such as pneumonia, for example, while unhealthy lungs become inflamed and ultimately meet their demise. It is the three aforementioned diseases that make people more vulnerable and susceptible to pneumonia.

Once the tissues undergo fibrosis, they are difficult to restore. In modern medicine, pulmonary fibrosis is considered a permanent lesion, which is irreversible, and classified as an incurable disease. Thus, the best way to treat pulmonary fibrosis is to maintain the lung tissues that have not undergone fibrosis and prevent the condition from progressing.

## Strengthen the Defense to Prevent Pulmonary Fibrosis!

Does "death" lie at the end of the road once we develop incurable diseases? The average life expectancy has increased with advancements in medicine, but there remain diseases shortening the life span, including pulmonary fibrosis. So do we submit to this indiscriminate disease or can we retaliate?

The cause of pulmonary fibrosis is still uncertain, but recent studies have shown that it is an autoimmune disease. Autoimmune diseases arise when the antibodies fail to distinguish between the body's own cells and foreign cells, and attack and destroy the substances and tissues normally present in the body instead of foreign bodies such as bacteria. Autoimmune diseases are partially associated with genetic factors.

Living a hundred years is meaningless if we are not healthy. In order to stay healthy and live comfortably in the later years, it is essential that we enhance our physical strengths and the ability to defend ourselves against various harmful factors including stress. Our bodies' defense systems include the immune system that prevents diseases and the natural healing power that helps us overcome diseases. With a strong defense system, we can stay safe from the most common diseases and regain health quickly after the onset of a disease.

## Lungs, the Most Superior Organ, Enhance Immunity

Author Seo Hyo-seok asserts that the most crucial organ governing the body's defense system is the lungs, based on his forty years of research on pulmonary diseases. He refutes the claim made in modern medicine that pulmonary fibrosis is an incurable disease, with the following explanation: "In the case of pulmonary fibrosis, it is most important to regenerate the alveoli and restore their elasticity. There is a Korean medicine that can eliminate the heat from and clean and purify the lungs in order to strengthen the tonsils, which can then discharge powerful lymphocytes to restore the damaged muscle and elastic layer. This is a treatment method that causes no adverse effects."

When asked, "What do you consider the most important internal organ?" most people will probably answer, "The heart." However, one must understand that the lungs are just as important and that there is a close association between the respiratory and cardiac systems, which together are called the "cardiopulmonary system." While the heart acts as a pump to transport the oxygen throughout the body, the lungs engage in oxygen intake through respiration and transport the oxygen molecules to the heart.

The strengthening of the lungs, the central organ of the five internal organs (liver, heart, spleen, lungs, and kidneys), leads to enhanced cardiac functions, strengthening of the kidneys, and enhanced elasticity of the blood vessels. In turn, the blood pressure can be regulated and the lung tissues are restored. When efforts are made to revitalize the lung functions for over a year, it is possible to treat severe lung diseases including pulmonary fibrosis.

## Purify the Lungs and Wash the Heat Off

Lung tissues, unlike neurons and liver tissues, are not easily regenerated. In fact, some say that it is impossible to regenerate lung tissues. This is why it is especially important to protect the lung tissues while they are still healthy and strong, but not many people realize this.

Wild animals have strong lungs as a result of endless aerobic activity and do not need to put forth any special effort to strengthen their lungs. In contrast, in addition to insufficient exercise, modern-day people are under a great deal of stress and fatigue. This leads to the accumulation of toxins and waste inside the body

as the function to eliminate harmful substances and take in beneficial substances is suppressed.

In particular, constant stress causes the generation of body heat, which travels upward through the body to be released through the skin. However, a trace amount of heat remains inside the lungs and results in accumulated heat. Frequent fever and excessive drinking and smoking can also lead to the accumulation of heat inside the heart and the lungs. Heat accumulation reduces the pulmonary functions and weakens the immune system, thereby making the body more susceptible to the common cold and related diseases. When toxins and waste start to build up underneath the skin and clog the pores, skin diseases such as atopic dermatitis, acne, psoriasis and age spots can occur and phlegm will also start to accumulate in the bronchi.

Thus, in order to prevent the common cold, which is the cause of all kinds of disease, we must first remove the accumulated heat from the lungs. Just as a home needs to be cleaned and ventilated on a regular basis, the lungs also need to be cleaned and ventilated. Author Seo refers to this as Cheonggye (cleaning and purification of the lungs) action, and considers it the most essential process in strengthening the lung function for improved immunity.

Elimination of the heat accumulated inside the lungs through aerobic exercise and lung cleaning actions revitalizes the lungs and its functions. Also, it strengthens the auxiliary organs of the respiratory system such as the nose, tonsils, throat and bronchi, and helps prevent and treat a wide range of respiratory and skin diseases.

## A Hundred-Year-Old Surfer and Cyclist

It isn't an easy feat to live to be ninety years old. There are people who die before reaching the average life expectancy due to cancer, stroke or cardiovascular disease, and even if these deadly diseases are avoided, a sudden death can occur as a result of pneumonia. Even after surviving through these risks, it is highly difficult to live to a hundred.

But fortunately, as human beings, we are all born with the ability to self-healing power, which makes it possible for our bodies to regenerate tissues and return to normal even after an injury. Self-healing power allows the body to be in its most natural state and the organs to fulfill their given functions to 100%. If the self-healing power were to be maintained at the optimum level, then there would be no diseases. Even if they did occur, they would be cured automatically.

But the problem is that our self-healing power has been compromised due

to the current state of our society. Many people don't consider longevity as a blessing, and succumb to the deadly diseases that are prevalent after the age of eighty.

To lead a long, healthy life while enjoying an improved quality of life at the same time, <Free from Chemical Medicine> is a must-read. This book delves into the immune system, self-healing power and related processes, and provides the secrets needed to avoid various factors that can prevent a long, healthy life. It also contains the details of the Korean medical method of preventing and treating various intractable diseases beyond the common respiratory diseases.

Envisioning a future when everyone can live to a hundred, the author Dr. Seo, with forty years of research and clinical experience, has developed an innovative method, the Pyunkang-Hwan, to strengthen the pulmonary functions and a revolutionary medicine for cleaning and purifying the lungs. He vows to never stop researching and passing on his insight until everyone around the world achieves longevity, with enhanced immunity and self-healing power!



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

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