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The lungs and the heart are a single entity.

The answer of your ‘New Life’ is in this book.

COPD Kills One Person Every Ten Seconds Worldwide. Learn the Complete Cure Now!

Know-hows of Dr. Seo Hyo-seok, Author of <Free from Chemical Medicine>, and His Forty One Years of Eradicating COPD!

4th leading cause of death, predicted to become 3rd in 2030

The World Health Organization has predicted the chronic obstructive pulmonary disease (COPD, including bronchiectasis and emphysema), the 4th leading cause of deaths around the world, will rise in ranking to third by 2030. At present, About 65 million people worldwide are affected by COPD, a condition which kills every ten seconds. 13% of the U.S. population suffers COPD, already the third leading cause of deaths in the country; but surprisingly, at least half of the population does not know what COPD is.

COPD is a lung condition that causes a permanent narrowing of the airways between the bronchi and alveoli, resulting in a chronically poor airflow. COPD is caused by the inflammation of the lungs, mostly from inhaling harmful substances and fine particles in the air, or contained in cigarettes.

Survival Rate Below 5% Once Aggravated

Most smokers who find it difficult to quit smoking fear lung cancer the most. However, those who know the severity of the symptoms of COPD in its later stages say COPD is worse than lung cancer. The early symptoms of COPD are similar to those of the common cold and asthma, but when COPD is prolonged, it causes difficulties in day-to-day activities, as simple as breathing, among other symptoms. In the later stages, COPD symptoms lead to exhaustion and comatose stages and ultimately cause death.

Once damaged, it is difficult to restore the lungs to their original conditions and functions. In fact, patients with aggravated symptoms must rely on artificial respirators. Experts say the survival rate of COPD patients is 80% for the first five years, but it decreases to below 5% once aggravated. Also, the risk of lung cancer for COPD patients is four to five times higher than for normal individuals. Thus, early diagnosis and prevention is necessary to reduce deaths and the social treatment costs.

Short Breath while Walking Can Mean 50% Lung Function Reduction

A considerable number of undiagnosed patients are suffering from minor cases of COPD. Affected individuals, in early stages, experience short breath while walking over a hill; over time, they will have difficulty breathing walking on flat ground. In many cases, people mistakenly assume this is due to lack of exercise and do not visit a doctor. However, experts say experiencing short breath while walking can mean at least 50% of the lung function has already been lost.

COPD Checklist

- ☒ I cough frequently.
- ☒ I have a lot of phlegm.
- ☒ I run out of breath more often than people my age.
- ☒ I am over forty years old and have had tuberculosis.
- ☒ I am or used to be a smoker.

* If you checked more than three, you might have COPD.

COPD, if left untreated, inevitably causes increased coughing and phlegm, and severe respiratory problems accompanied by heavy breathing. The affected will face challenges in carrying out day-to-day activities, such as eating and washing, let alone going outside for a walk.

The Enemy of an Aging Society

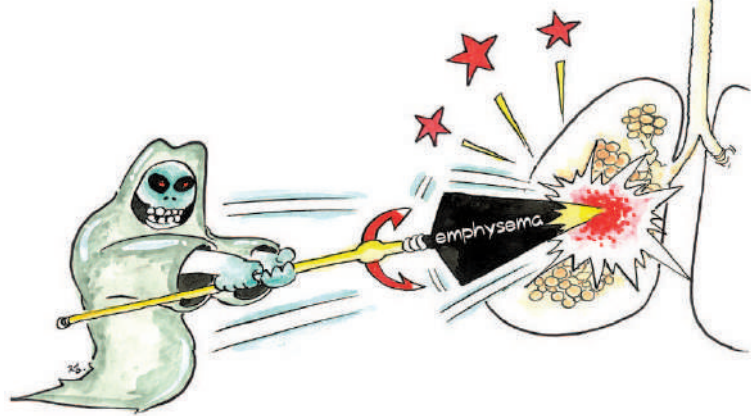
We all understand the risks of death increase with age, and seniors between the ages of 85 to 100 should be especially wary of lung diseases such as emphysema, bronchiectasis and pulmonary fibrosis lurking in the valley of death. Of these lung diseases, emphysema and bronchiectasis can occur simultaneously, and together they are referred to as COPD, while pulmonary fibrosis, on the other hand, tend to occur on its own. We must avoid these deadly diseases in order to safely pass through the valley of death and live beyond a hundred years.

Of course, we die eventually; but the cause of death differs from individual to individual. The young die of cancer, stroke and other cardiovascular diseases, but seniors over 80 are more likely to die from severe lung diseases such as COPD and pulmonary fibrosis. As we live times characterized by a longer life expectancy, the prevalence of COPD and pulmonary fibrosis has increased markedly.

Once in Europe, patients hospitalized for aggravated COPD symptoms were asked about their lives, and 61% answered that living was worse than death itself. People, who have never fallen victim to this condition, won't be able to grasp the extent to which this disease deteriorates the quality of life. Only those who have experienced COPD will be able to relate to the discomfort and despair coming from the pain of coughing non-stop and the inability of setting a foot outside without a respirator or lifting a spoon to eat without assistance.

Emphysema and Phlegm, Guarding the Valley of Death

For a better understanding of emphysema and bronchiectasis, take a look at the illustrations to learn about their etiopathogenic mechanisms.



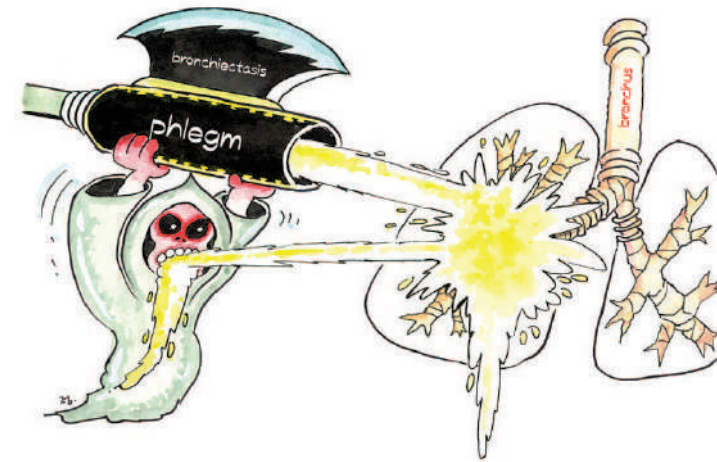
[Emphysema] Destroys pulmonary alveoli and causes short breath.

Emphysema is voracious condition, devouring every alveolus it sees. So emphysema patients are left with lungs which cannot fulfill their intended functions, as the damages and the loss of elasticity of the walls between the pulmonary alveoli, or the air sacs in the lung tissues, result in their permanent expansion. Patients with severe cases of emphysema have difficulty blowing out a candle five inches away.

As shown in the illustration, the biggest concern associated with emphysema is the destruction of the alveoli. While normal individuals have about 500 million alveoli, this number drops to 400 million, then to 300 million, and then to 200 million for emphysema patients, who will inevitably experience shortness of breath.

Bronchiectasis is a terrible condition, one of the symptoms being the generation of white and sticky phlegm which interferes with respiration.

Usually, the mucus produced inside the lungs is collected in the bronchi and moved along by ciliary movements and muscular actions to the mouth then get discharged. For bronchiectasis patients though, the mucus cannot be transported to the mouth due to the loss of elasticity in



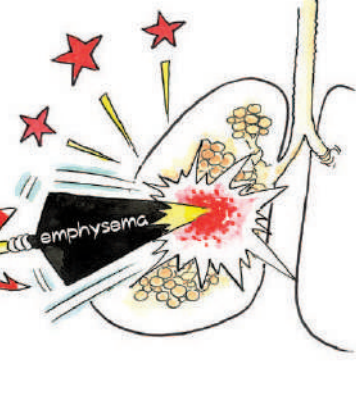
[Bronchiectasis] Phlegm generates in the expanded bronchi and causes difficulty in breathing.

the bronchi, so the mucus buildup causes difficulty in breathing. Failure to breathe will result in death, so it wouldn't be an exaggeration to say that we must protect our respiratory systems, especially the lungs, in order to keep on living.

COPD Damages Cause Death by Pneumonia

Air is inhaled through the nose and passes through the larynx, pharynx and trachea before reaching the lungs. At the terminal end of the bronchial tubes are 300 to 500 million alveoli, which engage in the exchange of carbon dioxide and oxygen. Inhaling harmful particles and gas including cigarette smoke can cause inflammations in the bronchi and the alveoli. Prolonged inflammation can cause narrowing of the bronchi and destruction of the alveoli, which can progress into COPD if left untreated.

Mucus can accumulate in the bronchi resulting from frequent bronchitis, prolonged asthma, and continuous coughing, and this leads to the loss of elasticity in the lungs and the formation of large air pockets, resulting in emphysema. At the same time, damages done to the muscles



and elastic layers of the bronchial walls can lead to bronchiectasis, which causes difficulty in breathing due to incessant coughing and phlegm buildup.

Generally, lung function becomes increasingly compromised with age, and this in turn can greatly weaken the immune system. So when the lungs become damaged, the affected will become more susceptible to the deadly diseases, emphysema and bronchiectasis. However, these conditions do not directly cause death; instead, the ultimate cause of death is pneumonia accompanied by high fever over 102 to 104 degrees. Unlike healthy individuals who can overcome pneumonia relatively easily, those with damaged lungs not only are at a greater risk for pneumonia, but also succumb to the disease at a higher rate.

COPD Onsets 20 Years Early for Individuals with TB, TB Pleuritis, or Pneumonia History

The three signs of weakened lung functions caused by aging are emphysema, bronchiectasis and pulmonary fibrosis. Typically, the onset of COPD and pulmonary fibrosis can occur up to twenty years early for individuals who have had tuberculosis (TB) or TB pleuritis, regardless of whether they were aware of it or not, those who have had frequent cases of pneumonia, and long-term smokers. Wouldn't it be devastating to develop a condition at 65 years of age, when others don't until they are over 85 years old? Individuals, who experienced wheezing since childhood or who have been frequently exposed to cigarette smoke, fine particles, and chemicals should take extra precaution. The affected needs to be well-prepared to overcome this battle because if not, the condition can worsen drastically and a variety of complications, on top of difficulty breathing and body weakening, can result. Above all, the affected become more vulnerable to depression, sleeping disorders, cardiovascular diseases, osteoporosis, metabolic syndrome, and bronchial cancer among other illnesses as they cannot exercise as much as they should due to mobility constraints. When, by chance, pneumonia sets in, it can shorten the individual's life expectancy.

Healthy Tonsils for Victory Against Death

Emphysema, bronchiectasis and pulmonary fibrosis are generally referred to as "permanent lesions" because once developed, it is impossible to return to the normal physical conditions. These vicious and brutal diseases, however, cannot thrive in the presence of strong and healthy tonsils, which send out powerful lymphocytes to fight off harmful bacteria and viruses entering the body. The immune system is maintained at the optimum level, with the lymphocytes' heightened ability to distinguish foreign bodies from the body's own cells, and this can prevent the three diseases.

Getting and overcoming a disease is associated with how strong one's immune system is. Cardio for enhanced perspiration combined with the use of oriental medicine, herbal tea, and recommended respiration techniques can maximize the lung functions and reinforce the cardiopulmonary functions, thereby strengthening the tonsils. Strong and healthy tonsils then promote pulmonary and cutaneous respiration for improved elimination of waste and byproducts of inflammation and this also clarifies the skin.

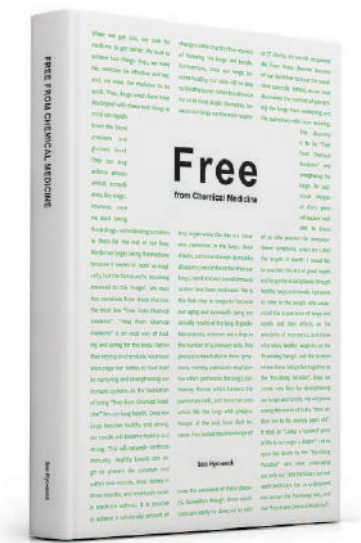
When the immune system is normalized with the strengthening of the cardiopulmonary functions, it minimizes the risk of catching the common cold. Thus, various intractable lung diseases resulting from prolonged colds such as rhinitis, asthma, pneumonia, emphysema, bronchiectasis, pulmonary fibrosis, and lung cancer can be prevented.

Restoration of the Respiration System

There may be various factors that can damage the respiratory system, but the good news is that it is possible to re-

store its health. The underlying cause of and solution to the common cold, rhinitis, asthma, and severe lung disease lie in the lungs. The lung function weakens with age, and this deteriorates the immune system and damages the lungs. However, the lungs can be cleaned and purified using Korean medicine to eliminate the accumulated heat in the lungs to revitalize the pulmonary functions and strengthen the tonsils. Once the tonsils are strengthened, they release lymphocytes to restore the damaged muscle and elastic layers, and the underlying cause of COPD can be eliminated within a year to a year and a half.

Damaged pneumonocytes have been considered irreversible, but this is no longer true. They can be restored and revitalized with the Pyunkang-Hwan, which helps the tonsils return to their normal, healthy conditions. The outcome of taking the Pyunkang-Hwan depends on the progress of the disease; most individuals who had difficulties blowing out candles five inches away will experience remarkable improvements and even go hiking. Cleaning and purifying the lungs with Korean medicine, while adhering to other recommendations to keep the tonsils healthy and prevent fatigue and the common cold, will allow affected individuals to return to healthiness again. Open the book, <Free from Chemical Medicine>, and learn about the treatment principles behind the strengthening of the pulmonary functions.



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

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