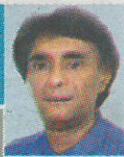


More than just skin deep

Empowering
your life

BY AJIT LUDHER



MANY people may not realise that the skin is the largest organ on the human body. Though skin disorders are often easier to treat, there are some instances when it takes a little more than topical ointments to get rid of rashes.

Researchers now believe that hypnotherapy can greatly increase the healing process and general well-being of patients suffering from atopic dermatitis (AD), a skin disease similar to eczema.

The disease usually affects infants, toddlers, children and young adults who have a family history of hay fever and asthma. Symptoms often include red, itchy, and flaky skin that is easily irritated.

Treatment of the disease includes application of ointments and high doses of moisturisers, but now a revolutionary study shows it's even possible to mentally treat it.

Researchers at the Barnsley District General Hospital in the UK studied the effects of hypnotherapy on patients with AD.

In the 18-month study, 18 adults and 20 children with serious AD, which had been resistant to standard medical treatments, underwent a clinical testing appointment.



Almost immediately, all but one participant showed improvements, which remained constant throughout

the next two clinical testing appointments following the initial session.

Of the children, 10 experienced immediate relief from itching and scratching, nine had an increase in calmer sleeping patterns, and seven showed improvements in their general moods.

Conventional skin disorder treatments may often leave physical and emotional scars.

Revolutionary treatments, such as hypnotherapy, could be an effective way to enrich the lives of suffering patients.

Ajit Ludher is a specialist in advanced professional hypnotherapy, a counselling psychotherapist for trauma/crisis and a cognitive behavioural therapist. Readers can reach him at lifestyle.ajitludher@thesunday.com.