

Exit for Eczema

@ by Oliver Müller, 2012

My wife Nicola is prone to getting eczema (dermatitis) and has had frequent outbreaks since childhood. For several years now, she has been getting flare-ups of dyshidrotic (pompholyx) eczema on her feet. She suffered blistering, which is characteristic for this form of eczema.

In the UK 1 in 5 children and 1 in 12 adults get eczema. That's millions and millions of people in this one country alone. Most people have just learned to live with it. Others take steroid creams, which don't solve the actual problem and have long-term side-effects.

Nicola began treating her feet with localised applications of coMra-Therapy on the 2nd August 2012. She started by treating each foot daily for 10 minutes in total, at 1000 and 50 Hz. After one week she reported that she had more red spots and blisters but there was less itchiness. We both agreed that this wasn't a bad sign. Chronic conditions often respond with a healing crisis and at least something was happening.

After another week Nicola decided she wanted to do the full systemic treatment and so she switched to the Dermatology 1 treatment. She also took the first photo at this stage. She was keen to do the full treatment, as opposed to simply treating the affected area, but she also decided to alter the full treatment somewhat. The reason for this was that Nicola was heavily pregnant by then and with the foetus growing inside the womb, all other organs get pushed aside and aren't to be found where they normally are. It's actually quite fascinating to observe how the female body continues to function so well.

Another week later, on the 23rd August, Nicola still had a lot of blisters and she was experiencing discomfort in the affected area. She took the two week recommended break from treatments until 6th September. At the time she recommenced the treatments, her condition had already much improved and the blisters had disappeared. The effects of coMra-Therapy continue to help the body during the break periods. It may sound strange, but we have seen this effect over and over in a wide range of cases. It's also something that has been documented in many papers on low level laser therapy in general. It certainly was true in Nicola's case. The second photo was taken on this date.

Nicola continued the Dermatology 1 treatment for another week every day. On the 13th September 2012 our son was born and Nicola hasn't carried on with the treatments since then. But once again, there was a lot of improvement since the last treatment. Most of the spots have gone and the skin looks normal and not red, and there is no itchiness. We took another photo at the time of writing this blog post on the 30th October. However, her right foot has been like this for about a month, so the improvement was already in place by the end of September. That makes it about two months since treatments commenced.

There is nothing more convincing than if you can see the results of a treatment for yourself, and especially in your own family. I know all too well what Nicola's feet looked like for all those years. We used no other therapies or treatments other than coMra. This has been a remarkable change and who knows what can still be done in the future, when our baby is a bit older and there is time again.