

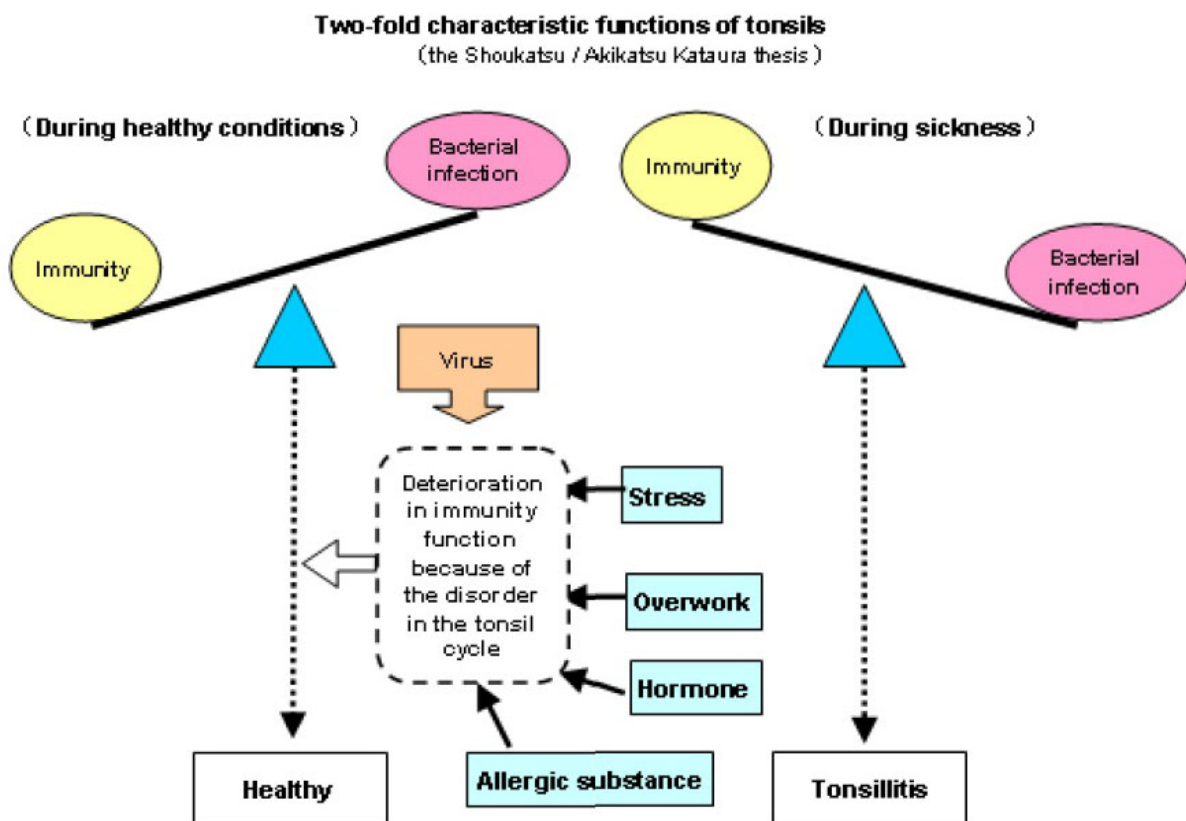
# Lip Trainer Patakara stops Eczema (Atopic Dermatitis)

There is good news and hope for people who have been suffering from Eczema even for many years. Many have experienced recovery with radical treatment using the Lip trainer.

From the history of treatment for 250 patients in Japan, Eczema is not a chronic disease but a long term result of mouth breathing during sleep. So if Eczema patients could change from mouth breathing to nose breathing, no more bacteria will proliferate in the mouth and throat area and no more bacteria will be transported to the diseased parts of the body from the dry throat through the lymph and blood circulation. Eventually the condition will be gone.

Adapted from thesis by Dr Shoukatsu

**Function of the tonsils can manifest as follows:** when there is a disorder due to some allergic substances, hormones, strain and stress etc., bacteria will proliferate. When a healthy person with strong immunity gets severely sick, the immunity weakens and the bacteria multiply, causing tonsillitis. This condition is not hereditary.



When oral respiration changes to nasal respiration during sleep, bacteria cannot breed and multiply in the mouth and throat region. As such bad breath also disappears or improves. If the bacteria cannot proliferate in the throat region, the result is that the throat is not sensitive anymore. It follows that itching of the skin also improves or stops.

However, after bad breath goes away, the condition in the skin has to wait for about one and a half months before the epidermis is replaced by dermis.

**In adults**, the result of using the Lip Trainer Patakara, from the end of oral breathing while sleeping till the disappearance of the symptoms of atopic dermatitis, can be seen in about 3 months.

**For young children**, recovery can be seen in about 1 to 1.5 months while a senior citizen may take about 6 months.

**In case of women**, since they experience menstrual cycles and even if there is secretion of sex hormones throughout the month, there is a slight difference on a daily basis. Therefore, the "function of the tonsils" which is affected by the hormones is also somewhat influenced before and after this cycle. Therefore, the inconsistency of the results over short periods on their atopic dermatitis conditions may be misunderstood by some women who are liable to be disappointed.

**However please understand that this may be an unavoidable passage to recovery.** Patience and diligence is required and there is no cause for concern. Moreover, due to the long term application of steroid cream, a brown wave-like mark may be visible on the skin. If this mark does not disappear as described in atopic dermatitis book, and if nasal respiration continues while sleeping, this mark will disappear within 1 year.

In certain research thesis, the palm and sole bouton syndrome and atopic dermatitis have been described as being caused by the chronic focal tonsil syndrome. In patients with atopy the tonsillitis chronica is caused by oral respiration while sleeping. Here, the bacillus is sensitized and it has been thought that it influences the formation of the skin epidermis by raising the flow of blood or the lymph. In atopic dermatitis, due to the oral respiration, the external dry cold directly affects the throat causing throat ache and as a result it was considered that the immune reaction had decreased.

The use of the Lip Trainer Patakara® for 250 patients of oral respiration having atopic eczema symptoms has been reported in the media. They were being treated in about 1 and half years.

All the patients were invariably found to be weak in their lip closure strength (LCS) and the strengthening of their LCS to cure oral respiration was the first objective. The target was to enable the lip closure power to rise to a target value of more than 17N for the men and 14N for the women. Although it was thought that it would not be easy to achieve the target value, the result proved that this was not so.

It is generally observed that almost all individuals who visit the hospitals did not have a history of well-balanced meals from childhood and had extremely slow growth of the muscular tissue at the time of visit to the hospital. For such people, even though strengthening the lip muscles (labia oris) is the aim, no matter how much the lip muscles were trained, there is no strengthening of the muscles, as there is no energy source. Until the power of closing the libia oris goes up you should be very particular about taking sufficient and good quality protein nutrition. The frequency of daily exercise or stretching should be around 6-8 times. It was observed that all conditions of atopy improves naturally if the oral breathing (oral respiration) while sleeping is improved.

Having observed the natural improvements in atopy of all the patients, the doctor summed up his impression thus: **"Atopic Eczema is not a sickness but only a symptom of oral breathing."**

## Atopy Recovery Case



Before usage



After using for 2 months

A person with atopy cannot open the throat wide. After using Lip Trainer Patakara® it was found that the throat can be opened wider. Another effect is that the atopy of the arm has improved to the level of the photograph below by using it for two months.

## Atopy Recovery Case 2

### 25-year-old woman - first medical examination on 18 Jan 2000

(Atopic dermatitis started at the age of 2)

Before using the Patakara, the patient had not been using medicine for about two years. Moreover, she used Lip Trainer Patakara for 8 times a day and continued using it daily. Though it was a little painful at first, but perseverance yielded positive results.

Mouth



18 Jan 2000



8 Feb 2000

Around the neck



18 Jan 2000



8 Feb 2000

Around the neck



18 Jan 2000 □



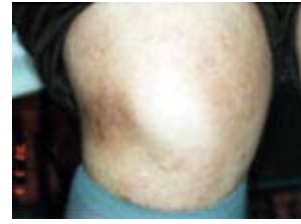
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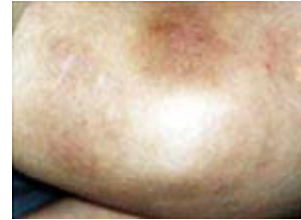
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15 Mar 2000



15 Mar 2000



15 Mar 2000

The patient was suffering from atopy over the entire body. The photographs show the healing process of the neck and parts of the legs. At her first medical examination of Jan 18, she was unable to sleep at night due to itching. She had to go through life for over 10 years in which she had to change her undergarments every 2 hours due to the exudates or blood coming out from the skin surface. In particular, her stockings stuck to the skin and hardened after use. The stockings could not be removed till they were treated and softened with alcohol. Parts of her skin often came out while removing the stockings.

After using the Patakara, the throat inflammation improved little by little and since then the itching has also tempered down.

When I said that her face was considerably fairer, her heartfelt comment was, "I never imagined my face is so fair". She was almost cured. She was very pleased that she could wear short sleeves.

### What a Dentist had to say about Atopic Dermatitis and the patient

I strongly recommend the use of the Lip Trainer more than eight times a day with diligence for the disease to heal within two and half months to three months. This patient used it every day for more than 8 times till she lost count. Everyone was sceptical as to whether the atopy can be cured by consulting a dentist. Normally, it will take more than half a month on an average for the itching to stop.

My experience with patients shows that the itching decreases after about 7 days. I thought this patient was very sincere. Although she was suffering from serious symptoms, she could sleep soundly at night after only 20 days of lip training. The itching of the skin disappeared and the skin became normal rapidly. (It is said that the original skin is replaced within 3 to 6 weeks; usually in 4 weeks. Even if the condition is serious, and the skin is replaced within 3 to 6 weeks, and the treatment is continued for 2 to 3 months, I believed that the skin was sure to return to a normal, if the treatment method was correct.) In this case, since there was no inflammation in the Waldeyer's lymphoid ring, I felt that her Atopic dermatitis will be cured in 3 to 6 weeks.

### Atopy Recovery Case 3

#### The first medical examination of 2 years old girl on 19th November 1999

At first this patient was treating the Lip Trainer Patakara® as a toy because of her age and so there was not much effect. Full-scale treatment was started in March 2000 and I found her to have improved surprisingly in about one month.

Mouth



19 Nov 1999

Around the neck



19 Nov 1999



7 Mar 2000



7 Mar 2000



26 Mar 2000



26 Mar 2000



When I said that her face was considerably fairer, her heartfelt comment was; "I never imagined my face is so fair". She is very pleased this year when she can wear short sleeves.

## Personal Thoughts of a Dentist about Atopy

Recently I met a friend who is a Professor and got words of admiration from him saying, "It is good that you noticed about Atopy". For me it was a chance result, which I realized sooner only due to Lip Trainer Patakara®, so I am not really worthy of these words of admiration.

Even after reading about the first five cases that were cured in two and half months, and after reading books by doctors who were authorities on the subject, I was still doubtful whether Atopy could be cured so easily. I would talk about the episode where in the inflammation of my lymphoid ring had been cured by Lip Trainer Patakara® but I was still doubtful whether the related atopy would be cured or not.

When a middle aged woman who had been suffering from snoring tried the Lip Trainer Patakara® treatment, pimples on her face were cured as a side effect. "Give it to your daughter" I said jokingly and handed her 2 pieces. This woman had tried periodontist for snoring (oral respiration) but there was no result. So she used Lip Trainer Patakara®. There was no effect for the first one and a half months but the condition improved from the third month onwards.

Further, the patient's daughter who was very eager to improve her looks, without any complaint, used it zealously 6-8 times a day rather than 4 times in a day. After 3 months her mother said, "Doctor, my daughter who was suffering from atopy for nearly 20 years is cured.

Recently, when I was reading various reference books for increasing my knowledge, "Atopic dermatitis" was described as a secondary disease of the inflammation of the pharynx in "Clinical oropharyngeal" in the Japanese oral and pharynx science association issue of the medical study. Interested people should have a look at it.

"There is no radical cure for the treatment of atopy" said a doctor of dermatology. Is nasal breathing at the time of sleeping, a radical treatment of Atopy? If so, then there is no medical treatment needed but just a return to your normal life of nasal breathing. And I am sure that there is no appliance in the world by which oral respiration can be turned to nasal respiration at the time of sleeping other than the Lip Trainer Patakara®.

In case of infants, I felt that it would be better to start the improvement pattern early, as their metabolism is fast.