



# Traditional Chinese Medicine, Western Science, and the Fight Against Allergic Disease

*Xiu-Min Li, Henry Ehrlich*

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This book represents a new and hopeful paradigm for treatment of diseases that are spreading globally as countries adopt Western lifestyles and standards of living. It describes the phenomenal science and clinical efficacy of the work of Dr Xiu-Min Li across a broad array of immune and inflammatory diseases. These include food allergies, asthma, eczema, "new" diseases such as mast cell disorders, obesity, and mental health problems that are part of a worldwide "epidemic of progress". The most allergic people are caught in a cycle of medication, steroid dependency, emergency hospitalization, and curtailing their activities and diets to avoid triggers. Children are "losing their childhoods." They are fighting a battle against diet, climate change, and environmental degradation. Dr Li offers them hope by healing the entire immune system, not just address symptoms. In her practice Dr Li treats complex combinations of allergic diseases for all ages, from infancy through adulthood, bringing relief to people who have suffered terribly from oozing, bleeding skin, desperate breathing disorders, and life-threatening food allergies. She uses her vast knowledge of biochemistry to improve on the traditional decoctions to create refined versions suitable for modern tastes and lifestyles. In contrast with Western pharmaceuticals, which are the study of "one molecule's effects on one other molecule" Dr Li's work shows the effects of multiple molecules on multiple other molecules. Increasing numbers of scientists are beginning to see the possibilities for their own research, with the prospects for more collaborations with prestigious institutions around the world.

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