

PUTTING THEORY TO PRACTICE: GLOBAL ECZEMA ELIMINATION



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Profile

- Founder of CureEczemaSlowly.com (2013)
- Author of The Eczema Manual: The Missing Compendium in Diagnosing, Treating, and Reversing Eczema (2017)
- Speaker (Pursuit) of TEDxYouthDBS (2018)
- Workshop Speaker (Nutrition) of Dynamic Toastmasters Club (2018)
- Luncheon Speaker (Eczema Elimination) of Rotary Club of Tsim Sha Tsui (2018)

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Whether you think you can, or you think you can't –you're right.
–Henry Ford

I joined the HKU Science Faculty in 2015 because I had a burning desire to study Food & Nutritional Science (FNS). The fire never once ceased since high school back to 2013 when I discovered the therapeutic power of using food as medicine, which ended my lifelong misery from eczema. It cannot be any less true to claim that I was born to pursue nutrition.

I still remember emailing Dr Jetty Lee, the FNS Curriculum Coordinator, about accepting me into HKU as I had not heard back from the admissions office. Dr Lee kindly explained to me, despite my passion, I should patiently wait for the process. In less than a month, I was accepted. (It was surreal when I finally met her later in person!)

Perhaps the tendency to take action, this personality trait too, was born in me. If this hypothesis is true, it might explain why I have been a strongly result-oriented person, demonstrated by the activities during my university life.

My strength does not rest in performing well on examinations, when compared with my passion in public speaking. But the two need not be disconnected and can work in synergy by executing

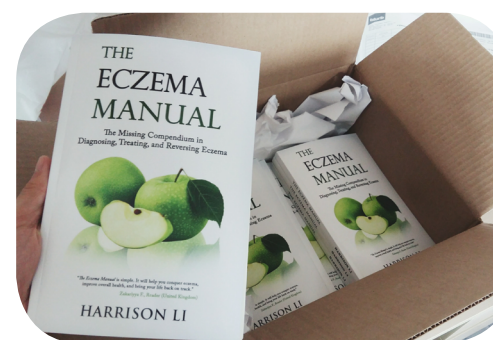


one of the most critical learning outcomes: putting theory learnt in class to practice in the real world.

When the opportunity arose in a science communication competition called FameLab (similar to 3MT), I jumped on it and used my knowledge in the medical applications of nutrition to present about eczema. Fortunately, I achieved the second runner-up in 2016. I was so happy when I (and other HKU representatives) were featured in the Faculty news. It was really encouraging.

Although my first baby step in public science communication succeeded, it did not take long for me to realise dreams do not occur as a one-off event. The glory and joy subside only to pave way for future action.

My goal in life is impactful service. Scientific knowledge is the foundation, and public communication is the tool. I was



best inspired for such a mindset while learning under Dr Tanja Sobko.

To realise my mission of eradicating global eczema, in 2017 I authored a book on eczema elimination through a combination of personal experiments, healthcare research, and patient-generated evidence. Together, the book and website, have reached 0.8 million people across 210+ countries in the world. What of use if knowledge is not applied?

In March 2018, I was invited to speak on TEDxYouthDBS on my story of pursuit. The event attended by hundreds of people was then the peak of my communication journey, as I was given the opportunity to share the stage with successful community leaders who wish to create a meaningful and purpose-driven life.

I shared my lifelong struggle with eczema, the discovery of nutrition as medicine, towards my current studies in HKU, bridging for a promising future in helping people recover from disease as a Registered Dietitian (RD). It was encouraging to receive wholehearted advice from my teacher Dr Jimmy Louie.



I believe knowledge and service come as a package. Again in July 2018, I was invited to speak in a local Rotary Club in front of successful community leaders to share my passion and knowledge in nutrition. All such could not have happened without the door opened in year one.

In Hong Kong, there are different understandings of what it means to be a Science student. I say proudly and confidently, the opportunities are limitless. There are many things that can, and need, to be done. Of course, if you pour your heart and soul into it.