CANCER – THE TCM PERSPECTIVE

Also, see CANCER—WESTERN PERSPECTIVE, TEACHINGS, HEALTH AND DISEASE

Based on CANCER TREATMENT WITH FU ZHENG PEI BEN PRINCIPLE, Pan Mingji, MD, Fujian Science and Technology Press, Fuzhou, 1992. (ISBN 7-5335-0581-6)

3 approaches:
- Western therapy only
- TCM (Traditional Chinese Medicine) therapy only
- Combined approach

Fu zheng pei ben
fu zheng = support zheng qi
(normal healthy qi of body)
pei ben = bank up (cultivate) the root
(strengthen resistance against disease)

Nei Jing says:
“The asthenic (deficient) should be tonified, the overstrained should be warmed, and the injured should be helped.”

Historical roots:
Zhang Zhongjing: many formulas to tonify qi and blood, nourish yin and warm the yang.
Zhu Danxxi: nourish yin
Li Dongyuan: “when the spleen and stomach are injured, all diseases can happen.”
Zhang Jiebing (Jingyue) (1624): nourish with warmth.

Cancerous tumors mentioned in:
- Yin Dynasty (1700-1100 BCE) on oracle bones. (liu, tumor)
- Zhou rituals (11th c. BCE), Yang doctor is one who treats tumors
- Liu Xi, Han dynasty (206 BCE – 25 CE) described tumors
**Fu zheng pei ben** (fzpb)– articulated by Dr. Pan Mingji (b. 1933). Fuzhou.

Carcinogens may trigger cancer, but it is individualized as to who actually gets it. Always an underlying:
- Deficiency of qi and/or blood
- Low immune system
- Internal zang-fu imbalance

Those that do not get it:
- Normal levels of qi and blood
- Normal or strong immune system
- *Zang fu* in balanced

Chemotherapy, radiation and surgery injure the qi, lowers immune function. If integrated with FZPB approach, reduces side effects and enhances therapeutic effect. In elderly, or very sick, combination will relieve discomfort, prolong lifespan, improves quality of life.

**Benefits of western therapy:**
- Excises cancerous tumor
- Relieves compression and obstruction
- Inhibits cancer growth and proliferation (chemo)
- Destroys cancer cells (radiation)
- Provides symptomatic relief, esp. pain.

Also, understands molecular nature of cancer.

Combined approach is best.
TCM Etiology
Influence of both external and internal factors.
Causes disharmony at certain points or areas, precipitating pathological and physiological changes, manifesting as tumor or extreme dysfunction.
Causes weakening of qi and blood, zang-fu imbalance, emotional changes, weakens bodily resistance.
Cancer is essential a qi deficiency.

1. Emotional stress weakens associated zang fu organ.
   Prolonged emotional stress can lay the foundation for cancer.
   Rage > liver
   Over excitement > heart
   Grief and sorrow > lungs
   Fear > kidney
   Obsession > spleen

   Affects qi, blood, organs, and channels.

2. Damage to zang fu.
   Usually imbalance of spleen or kidney is involved in cancer.
   This affects: nervous system, psyche, endocrine function, blood quality.
   Origin of qi deficiency.

3. Disharmony of qi and blood.
   This occurs when one is defective, and it affects the other.
   Stagnation of qi > stagnation of blood.
   Prolonged stagnation creates tumor.
   Deficiency of qi > deficiency of blood.
   This leads to weakened immune system.
4. **Exogenous pathogens.**
   Seasonal pathogens, the “six pathogenic qi”:
   Wind, cold, summer heat, dampness, dryness, fire
   Pathogenic microbes included as heat toxins.

5. **Inappropriate diet.**
   a. Food too hot, too cold or roasted; or excessive alcohol.
      Causes esophagus and stomach cancer.
   b. Dairy and greasy or fatty foods.
      Causes colon, ovary, breast cancer.
   c. Salted, pickled, or smoked fish.
      Causes stomach cancer.
   d. Irregular meals, overeating, eating too fast, eating while squatting.
      Injures stomach and spleen.
      Affects digestion, absorption, and distribution.
      This affects qi and blood in the channels, and leads to stagnation.

**PRINCIPLES OF TREATMENT (Combined approach)**

1. **Combine differentiation of syndrome with differentiation of disease**
   a. Know western classification: site of lesion, stage of illness, degree of cellular differentiation.
   b. Observe TCM differentiation, especially during course of illness by symptom, pulse and tongue. Main differentiations (when taking western therapy) are:
      1) Disharmony of liver and stomach
      2) Deficiency of yang with cold in stomach or spleen
      3) Stagnation of phlegm-damp
      4) Deficiency of qi and blood

2. **Differentiate yin and yang, deficiency and excess**
   a. Yang = heat, excess, surface
   b. Yin = Cold, deficiency, interior
3. Differentiate part and whole
   Pay attention to local area, but always pay attention to whole body. Attack local cancer, but always treat whole body: qi and blood, yin and yang, organs and channels.

4. Differentiate root and branch
   a. Root means root cause of the disease. For example, the lung tumor is the root, the branch is coughing, wheezing, thirst, fever, etc.
   b. Treat root consistently, treat branch only when symptoms are severe or acute.
   c. Avoid western intervention until body is strong, esp. yin and yang imbalance.
   d. Use TCM to counter western therapy, esp. to build quality and strength of qi and blood.

PRINCIPLES OF TCM TREATMENT
1. Support qi, strengthen body resistance. This is most important principle.

2. Activate blood, relieve blood stasis.
   a. This same principle is applied to:
      Coronary heart disease
      Liver cirrhosis
      Chronic nephritis
      Gynecological disease
      Traumatic injury
      Newborn ABO incompatibility
   b. In TCM, all cancer involves blood stasis
      There is a marked accumulation of fibrinogen and platelets around tumors
      Think of it as “hyper-coagulation”
      Common to have purple tongue, petechiae, poor nail color response
      Microcirculation is diminished
c. Treatment of blood stasis significantly improves success of surgery, radiation and chemotherapy

1) Surgery injures normal tissue, inhibits microcirculation, and causes spasms in micro-arteries. Healing becomes delayed, and leads to adhesions and keloid. Promotes metastasis.

2) Invigorating blood improves microcirculation, reduces inflammation, restores degeneration in connective tissue. Reduces metastasis.

3) Radiation is not effective when tissue shows hypoxia (low oxygen). Improving blood circulation increases sensitivity to radiation. Also, it reduces risk of cancer to skin cells by the radiation treatment.

4) Chemotherapy is aided by increasing flow of chemicals, plus natural immune agents, to the site of the tumor, as well as bringing out the residue. Increases effectiveness of chemotherapy.

3. Promote direct anticancer effect with Chinese herbs. The following herbs have a proven anticancer effect in animal studies:

a. Herbs that move blood:

Angelica *Dang Gui Wei*
Artemesia *Liu Ji Nu*
Bombyx *Jiang Can*
Buthus *Quan Xie*
Carthamus *Hong Hua*
Corydalis *Yan Hu Suo*
Curcuma *Yu Jin*
Dalbergia *Jiang Xiang*
Eupolyphagia *Tu Bie Chong*
Hirudo *Shui Zhi*
Leonurus *Yi Mu Cao*
Ligusticum *Chuan Xiong*
Lycopus *Ze Lan*
Manitis *Chuan Shan Jia*
Melia *Chuan Lian Zi*
Milletia *Ji Xue Teng*
Moutan *Mu Dan Pi*
Myrrha *Mo Yao*
Notoginseng *Tian Qi*
Olibanum *Ru Xiang*
Paonia *Chi Shao*
Rubia *Qian Cao Gen*
Salvia *Dan Shen*
Sappan *Su Mu*
Scolopendra *Wu Gong*
Sparganium *San Leng*
Trogopterus *Wu Ling Zhi*
Vacaria *Wang Bu Liu Xing*

b. Herbs that clear heat toxins:
   
   *Andrographis Chuan Lian Zi*
   *Coptis Huang Lian*
   *Houttuynia Yu Xing Cao*
   *Isatis Da Qing Ye*
   *Lithospermum Zi Cao*
   *Lonicera Lian Qiao*
   *Oldenlandia Bai Hua She She Cao*
   *Paris Qi Ye Yi Zhi Hua*
   *Patrinia Bai Jiang Cao*
   *Polygonum Hu Zhang*
   *Rabdosia Dong Ling Cao*
   *Rheum Da Huang*
   *Scutellaria Ban Zhi Lian*
   *Scutellaria Huang Qin*
   *Sedum Chui Pen Cao*
   *Sophora Ku Shen*
   *Taraxacum Pu Gong Ying*

Combine with herbs to nourish *yin* and replenish fluid.

Most cancer patients are given antibiotics when fever develops, but this is counterproductive. Much better results are obtained from Chinese herbs to clear heat.
TCM maintains that heat toxin is one of the causes of cancer. If and when heat toxin signs and symptoms appear, TCM prescribes specific herbs. Heat symptoms include western idea of inflammation.

Tumors can cause pressure, which inhibits circulation of *qi* and blood, and results in susceptibility to infection. Cancerous tissues become necrotic, liquefies and ruptures. Also metabolic wastes of tumors can increase local or systemic temperature. Reducing inflammation helps other therapies in reducing tumors.

Chinese herbs seldom are enough in eradicating the tumor, but their aid in increasing circulation and reducing heat and inflammation increases recovery time, survival rates, and levels of comfort.

c. Herbs to increase immunity against tumor.
   Clerodendron *Chou Wu Tong*
   Sophora *Ku Shen*

d. Herbs that have a direct anti-carcinogenic effect:
   Coptis *Huang Lian*
   Houttuynia *Yu Xing Cao*
   Lithospermum *Zi Cao*
   Lonicera *Lian Qiao*
   Oldenlandia *Bai Hua She She Cao*
   Paris *Qi Ye Yi Zhi Hua*
   Rabdosia *Dong Ling Cao*
   Rheum *Da Huang*
   Selaginella *Shi Shang Bai*
   Solanum *Long Kui*
   Sophora *Ku Shen*
   Trichosanthes *Tian Hua Fen*

   These are cool or cold herbs. Limit use to avoid damaging spleen and stomach.

e. Herbs that soften lumps and disperse nodes:
   Arca *Wa Leng Zi*
   Bombyx *Jiang Can*
   Borax *Peng Sha*
Eupolyphagia Tu Bie Chong
Gallus Ji Nei Jin
Laminaria Kun Bu
Manitis Chuan Shan Jia
Ostrea Mu Li
Prunella Xia Ku Cao
Testudinus Gui Ban

Must combine with blood activating herbs.
FU ZHENG PEI BEN PRINCIPLE FOR TREATMENT OF CANCER

1. Source of healthy qi

Healthy qi derives from kidney and spleen
Constitutional and acquired

Kidney qi composed of

Yang qi - the mingmen fire, which propels qi and blood
Yin qi - includes jing
Corresponds to endocrine axis
    hypothalamus-pituitary-adrenal cortex – gonad

Spleen qi
Converts food and fluid to qi and blood
Spleen yang required to “warm and evaporate”
Dependent on kidney yang
Also, if spleen yang becomes depleted, so will kidney yang

Nei jing: “Where there is deficiency, there is disease”
Deficiency of qi leads to:
    Deficiency of blood
    Stagnation of blood
    Stagnation of qi
    Tumors and lumps due

2. Deficiency of Qi leads to cancer

a. This is predisposing factor. Also requires exogenous trigger
b. Two types of predisposing factor

1) Extreme imbalance of yin and yang > deficiency of qi
2) Long term, low level zang fu or channel imbalance
   Slow acting, without symptoms
   Often difficult to discover before tumor development
c. Prevention of cancer requires balance of *yin* and *yang*, strong *qi* and blood, strong immune system.
   1) Proper nutrition
   2) *Qi* gong practice (including *taiji*)
   3) Periodic regulation through acupuncture and herbal medicine
   4) Mental and emotional balance

3. **Fu Zheng Pei Ben Principle prevents growth and development of cancer** (according to Chinese data, summarized in book, p. 30 – 35.)
   a. Improves organ function
   b. Improves cellular and organ immunity
   c. Adjusts endocrine balance
   d. Increases hemopoietic process: making of RBCs and WBCs
   e. Protects organs and tissues from harmful effects of radiation and chemotherapy: Bone marrow, heart, liver, and kidney
   f. Strengthens digestion and absorption
   g. Decreases side effects and increases therapeutic effects of surgery, radiation and chemotherapy

4. **Combining Fu Zheng Pei Ben Principle with Western Therapy**
   a. Western therapy (radiation, surgery, chemotherapy) belongs to traditional category of “attacking” therapy
      1) Eliminates pathogenic factors
      2) Inevitably inflicts damage on organism
      3) Benefits usually outweigh damage
   b. Fu Zheng Pei Ben Principle belongs to category of “tonifying”
      1) Builds *qi* and blood
      2) Regulates water metabolism
      3) Supplies vitamins, glucose, minerals, proteins
      4) Regulates internal balance
c. Fu Zheng

1) “Strengthen healthy energy”
   a) Regulate and obtain internal self-equilibrium of the organism
   b) Enables resistance to exogenous factors
   c) Increases qi and blood

2) Chemo/radiation/surgery removes complications of obstruction and compression, but the side effects are:
   a) Depletion of essential nutrients
   b) Release of cellular toxins and metabolites
   c) Diminished immunity

d. Combining with Surgery

1) Surgery is best and safest western therapy against cancer
   a) Can cure early stage
   b) Helpful in middle and advanced stages

2) Pre-operative FZ Therapy
   a) Cancer is “a local manifestation of a general ailment”
   b) Important to recognize underlying yin-yang and zang-fu imbalance
   c) TCM correction prepares the body for surgery
      (Case presentation, p. 38-39).
   d) Pre-op preparation decreases complications of surgery such as hypotension and bleeding

3) Integrated FZ therapy after surgery
   a) Surgery leads to blood loss, exhaustion of qi, pain, insomnia, loss of appetite, thirst, constipation, lowered immunity
   b) FZ therapy will reduce side effects of surgery, and reduce hospital stay.
      (Case, p. 40).
   c) Depletion of Spleen and Stomach. Start dosing on the 4th day after surgery, then continue for 4 to 7 days. Sip on dosage frequently, in small amounts, throughout the day.
Px: Jian Pi Li Qi Tang - “Strengthen Spleen, Benefit Qi Decoction”

- Codonopsis Dang Shen 10 g
- Atractylodes Bai Zhu 9
- Poria Fu Ling 12
- Astragalus Huang Qi 12
- Ophiopogon Mai Men Dong 10
- Aucklandia Mu Xiang 6
- Glehnia Sha Shen 10
- Citrus Chen Pi 6
- Trichosanthes Gua Luo Ren 15
- Nelumbo Lian Zi 15
- Gallus Ji Nei Jin 9
- Hordeum Mai Ya 30
- Massa Fermentata Shen Qu 9
- Coptis Huang Lian 4.5
- Glycyrrhiza Gan Cao 3

(Total 160.5)

c) Post surgical sweating and fatigue due to imbalance of ying and wei. Treat with:

Jia Wei Yu Ping San - “Modified Jade Screen Powder”

- Astragalus Huang Qi
- Atractylodes Bai Zhu
- Ledebouriella Fang Feng
- Schisandra Wu Wei Zi
- Triticum Fu Xiao Mai
- Ostrea Mu Li
- Codonopsis Dang Shen
- Paeonia Bai Shao
- Glycyrrhiza Gan Cao
d) Post surgical deficiency of yin and fluids

Common after surgery for one week. If symptoms extend beyond one week, treat. Symptoms include constipation, dry cough, dry throat, short breath, low level fever, infection. Usually serious, and unresponsive to western medicine. The px is often given through a gastric tube in the hospital.

Quinquefolium Xi Yang Shen  
(or) Pseudostellaria Tai Zi Ren  
Ginseng Ren Shen  
Dendrobum Shi Hu  
Polygonatum Yu Zhu  
Anemarrhena Zhi Mu  
Polyporus Zhu Ling  
Scrophularia Xuan Shen  
Rehmannia Sheng Di Huang  
Nelumbo Ou Jie  
Imperata Bai Mao Gen  
Polygonatum Huang Jing  
Paeonia Bai Shao  
Moutan Mu Dan Pi  
Trichosanthes Gua Lou  
Tremella Bai Mu Er

d. Combining with Chemotherapy

1) Chemotherapy can be helpful in some cancers. Depends of type, stage, cell differentiation, etc. But harmful to body.

2) FZ therapy can diminish side effects, yet also strengthen therapeutic effects.

3) Common side effects

   a) Digestive tract reactions – ulcers, bleeding gums, vomiting, abdominal pain, loss of appetite, diarrhea, constipation, bleeding GI tract
b) Inhibition of bone marrow – destruction of RBCs, WBCs and platelets

c) Damage to organs – esp. liver, heart, kidney, pancreas, bladder, cerebellum

d) Skin reactions – dermatitis, keratosis, pigmentation

e) Suppression of immune system – lower humoral or cell-mediated immunity

4) General prescription for chemotherapy (Dr. Pan Mingji). Decoct 3 times.

Administer during chemo until symptoms disappear.

Yi Qi Bu Xue Jian Pi Tang

“Benefit Qi, Tonify Blood, Strengthen Spleen Decoction”

Astragalus *Huang Qi* 15-30 g
Codonopsis *Dang Shen* 15-18
Atractylodes *Bai Zhu* 12
Poria *Fu Ling* 12
Glycyrrhiza *Gan Cao* 4.5
Rehmannia *Shu Di Huang* 15
Lycium *Gou Qi Zi* 12
Polygonum *He Shou Wu* 12
Polygonatum *Huang Jing* 10
Ligustrum *Nu Zhen Zi* 15
Glehnia *Bei Sha Shen* 10
Ophiopogon *Mai Men Dong* 10
Millettia *Ji Xue Teng* 24
Euryale *Qian Shi* 12
Dioscorea *Shan Yao* 12

Modifications for different symptoms, see book, p. 43-46.
5) Strengthen Effects of Chemotherapy
   a) For 63 cases of lung carcinoma treated with chemotherapy, an extract of Polyporus Zhu Ling was given to 44 cases. For experimental group:
      Higher shrinkage of tumor
      Higher 2 year survival rate
      Better: appetite, body weight, cellular immunity
   b) For 200 cases of stage III-IV stomach cancer, basic prescription was given (Yi Qi Bu Xue Jian Pi Tang).
      5 year survival rate for stage III: 51.6%
      5 year survival rate for stage IV: 23.6%
      This is significantly higher than groups on chemo alone.

e. Combining with Radiation Therapy
   1) Radiation is only effective for certain types of cancer: lymphosarcoma, ovarian, testicular (prior to metastasis); nasopharyngeal, esophagus, larynx, lung, skin.
      a) Radiation works, in part, requires sufficient blood flow to tumor to work.
   2) Radiation damages normal tissues and organs. In TCM, it is a fire toxin, and consumes yin, fluid and jing and lowers resistance.
   3) FZ Therapy can enhance radiation’s effect, and reduce side effects
   4) Enhancing Radiation Effect:
      a) About 20% of tumors do not have enough blood supply, diminishing radiation’s effect. Improving blood circulation to site of tumor enhances radiation.
      (1) Injection of Salvia Dan Shen (6-8 ml in 500 ml saline drip) prior to radiation for nasopharyngeal cancer. 25 cases with IV drip, 25 cases without.
      (a) Time needed to shrink tumor in IV group was 7 days less than in other group.
      (b) Milder local and general reactions
(2) Similar results using decoction of Salvia *Dan Shen* plus herbs to nourish *yin*.

(3) Using extract of Ligusticum *Chuan Xiong* (1 g.) plus Carthamus *Hong Hua* (.6 g) in 500 ml 10% glucose as IV drip. (Described on p. 48).

IV group: needed less radiation to shrink tumor, without residual cancer in tissues. Also, improved blood circulation by 143%.

Control group: needed more radiation, plus 5 cases had cancer in tissues.

5) Alleviating side effects of Radiation

a) 90% of patients show deficiency of liver and kidney *yin*, with signs of dizziness, insomnia, irritability, thirst, canker sores. Severe cases show 5 heart heat, etc.

b) 10% of patients show deficiency of *qi* and *yin*, with dizziness, tinnitus, short breath, palpitations, malaise, fatigue, chills, sweating, poor appetite, loose stools, etc.

c) Both types may also show blood deficiency signs, including leukopenia, thrombocytopenic purpura, etc.

d) Px: *Fu Zheng Sheng Jin Tang* (Dr. Pan’s formula)

<table>
<thead>
<tr>
<th>Herb</th>
<th>Quantity</th>
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<tr>
<td>Ophiopogon <em>Mai Men Dong</em></td>
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<td>Asparagus <em>Tian Men Dong</em></td>
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<tr>
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<tr>
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<tr>
<td>Glycyrrhiza <em>Gan Cao</em></td>
<td>3</td>
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<tr>
<td>Salvia <em>Dan Shen</em></td>
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Apply modifications according to differentiation of symptoms or locations. (See p. 50 to 43.)
Use one dose per day during radiation, and follow with 60 – 90 doses. Often, 150 doses are given for a year, esp. following nasopharyngeal cancer.

This formula, with radiation, resulted in a 58% 5 year survival (and 30.8% for 10 year) for nasopharyngeal cancer.

e) Suppression of bone marrow following radiation, causing thrombocytopenia.
Give:

Astragalus *Huang Qi*
Codonopsis *Dang Shen*
Atractylodes *Bai Zhu*
Poria *Fu Ling*
Rehmannia *Shu Di Huang*
Polygonatum *Huang Jing*
Angelica *Dang Gui*
Cervus *Lu Rong*
Ligustrum *Nu Zhen Zi*
Lycium *Gou Qi Zi*
Millettia *Ji Xie Teng*
Glycyrrhiza *Gan Cao*
Glehnia *Bei Sha Shen*
Lycium *Gou Qi Zi*
f) Fu Zheng Pei Ben therapy following radiation
   1) Cancer cells never fully eradicated. Threat of relapse always a possibility.
   2) FZPB Therapy builds immune system, allowing T cells to mobilize lymphocytes to chase down cancer cells.
   3) Follow up with *Fu Zheng Sheng Jin Tan* (5-D, above).

5. Using TCM for Common Symptoms Associated with Cancer.
   Often combined with western medicine.
   a. Fever
      1) From infection
      2) From *yin* deficiency
   b. Hemorrhage
      1) Due to blood heat
      2) Due to interior heat with *yin* deficiency
      3) Due to spleen deficiency
      4) By site
         a) Epistaxis
         b) Hemoptysis
         c) Hematemesis
         d) Hematuria
         e) Vaginal
         f) Esophagus
   c. Also: pain, cough, labored breathing, edema, dehydration, vomiting, constipation, diarrhea, shock.
6. Other Aspects of FZPB Therapy
   a. Nutrition
      1) Proper nutrition and nutritional absorption is critical for recovery. Often, spleen and stomach is disturbed, and absorption is difficult. Support with TCM formulas.
      2) Deficiency of spleen yang and stomach qi.
         Use Jia Wei Xiang Sha Liu Jun Zi Tang.
         Codonopsis Dang Shen
         Atractylodes Bai Zhu
         Poria Fu Ling
         Glycyrrhiza Gan Cao
         Amomum Sha Ren
         Aucklandia Mu Xiang
         Massa Fermentata Shen Qu
         Hordeum Mai Ya
         Nelumbo Lian Zi
         Crataegus Shan Zha
         Gallus Ji Nei Jin
         Zizyphus Jujube Da Zao
         Citrus Chen Pi
      3) Food stagnation > nausea and vomiting
         Pinellia Ban Xia
         Zingiberis Sheng Jiang
         Amomum Sha Ren
         Caryophyllum Ding Xiang
         Diospyrus Kaki Shi Di
         Evodia Wu Zhu Yu
         Inula Xuan Fu Hua
         Haematite Dai Zhe Shi
         Codonopsis Dang Shen
         Poria Fu Ling
         Atractylodes Bai Zhu
         Glycyrrhiza Gan Cao
         Bambusa Zhu Ru
      4) Yin deficiency with heat
         Ophiopogon Mai Men Dong

Jake Paul Fratkin, OMD, L.Ac.
b. Food therapy

1) Excess heat with *yin* deficiency.
   Give: Rice gruel, mung bean, wax gourd, bitter gourd, white radish, lotus root, kiwi fruit, tremella fungus, tortoise.
   Avoid: hot or heating foods

2) Spleen *yang* deficiency.
   Give: Chinese date, dried ginger, lamb, beef.
   Avoid: cold or cooling foods

3) Constipation.
   Give: peanut butter, bananas, green vegetables, tremella.

4) Difficulty urinating or fluid retention.
   Give: mung bean, watermelon, white radish, jelly fish.
   Avoid: high salt

5) Achlorhydria or low appetite
   Give: soups, vinegar

6) Heart *yin* deficiency (insomnia, anxiety)
   Give: clam, mussel, oyster, tortoise, tremella fungus

7) In general, chicken will aggravate condition. (Folk belief).

8) Lung cancer: 3 to 5 whole fungus pieces of Cordyceps inserted into duck belly.
   Steamed in soy sauce and rice wine. Nourishes kidney and lung. Cook once a week, and eat daily until gone.

9) All cancers: Fresh asparagus, 60 g. cooked as soup, 2 x day.


c. Emotional balance

1) Immune system is influenced by nervous system and endocrine system

2) Emotional changes negatively impact immune system, esp. anger, depression, anxiety-worry

3) Dr. Pan thinks 70% of cancers may have psychogenic factors involved
a) In one study of 300 patients, 250 showed “psychogenic irritation” 3 to 10 years prior to the onset of the cancer
b) Patients optimistic about their future and confident in the treatment had better outcomes

4) Engage patient’s mental and emotional cooperation
   a) Tell them of the stage of their illness, and encourage cooperation for long term treatment with western and TCM medicine
   b) Don’t trivialize or make light of their condition
   c) Be respectful and protective of “cancer panic”
      (1) If they are very fragile emotionally/mentally, do not tell them of seriousness of condition unless they are terminally ill.
   d) Put yourself in patient’s position, and think of everything from their point of view
   e) Act as advisor and supporter. Be " a benevolent representative and trustworthy friend”
   f) Dangerous if patient perceives doctor to feel helpless. Show strong confidence in the treatment
   g) Site examples of successes at every stage
   h) Important to relieve uncomfortable symptoms quickly, in order strengthen their anti-cancer ability: abdominal distension, dehydration, hypothermia, satisfying thirst.
i) Encourage activity to minimize depression: movies, music, gardening, walking, *qi gong* exercises.

j) Encourage development of will and imagination

   He cites study in Texas using guided imagery: seeing and imagining destruction of cancer cells and boosting of immune system. They did this 3 x day. Encouraged to laugh and shout and be expressive. Survival rate was twice as long as control group.

d. *Qi Gong* Therapy

1) Based on research, *Qi Gong* can promote:
   a) Circulation of *qi* in the channels
   b) Blood circulation
   c) Organ function
   d) Slow metabolism (beneficially)
   e) Build energy reserves
   d) Enhance effects of chemo, radiation and surgery

2) Adapt *qi gong* exercises to ability of patient
   a) Severely ill can do sitting or lying exercises
   b) More active can do moving *qi gong* exercises, including *taiji*.

3) *Qi Gong* therapy alone has not been proven successful for treatment of cancer.
   a) Should be combined with both western and TCM medicine for best effects.
EXPERIENCE OF DR. FAN YONGSHENG, Zhejiang College of TCM

Essential TP is: Strengthen the body resistance to prevent cancer
Continuous tonification
  Strengthening the body resistance during whole treatment
Reduction in proper time
  Eliminate pathogenic factors w/o damaging pathogenic qi
  Neutralize effects of chemotherapy and radiation
Symptomatic treatment
  Apply to symptoms: fever, pain, hemorrhage, etc.

Basic prescription

<table>
<thead>
<tr>
<th>Herb</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Astragalus <em>Huang Qi</em></td>
<td>30 g.</td>
</tr>
<tr>
<td>Kiwi <em>Mao Ren Shen</em></td>
<td>30</td>
</tr>
<tr>
<td>Pseudostellaria <em>Tai Zi Shen</em></td>
<td>15</td>
</tr>
<tr>
<td>Atractylodes <em>Bai Zhu</em></td>
<td>15</td>
</tr>
<tr>
<td>Oldendandia <em>Bai Hua She She Cao</em></td>
<td>15</td>
</tr>
<tr>
<td>Poria <em>Fu Ling</em></td>
<td>12</td>
</tr>
<tr>
<td>Rehmannia <em>Sheng Di Huang</em></td>
<td>12</td>
</tr>
<tr>
<td>Scutellaria <em>Ban Zhi Lian</em></td>
<td>10</td>
</tr>
<tr>
<td>Coix <em>Yi Yi Ren</em></td>
<td>10</td>
</tr>
<tr>
<td>Curcuma Zedoaria <em>E Zhu</em></td>
<td>10</td>
</tr>
<tr>
<td>Glycyrrhiza <em>Zhi Gan Cao</em></td>
<td>6</td>
</tr>
</tbody>
</table>

Modifications:

<table>
<thead>
<tr>
<th>System</th>
<th>Herbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>Ophiopogon <em>Mai Men Dong</em></td>
</tr>
<tr>
<td></td>
<td>Houttuynia <em>Yu Xing Cao</em></td>
</tr>
<tr>
<td></td>
<td>Scutellaria <em>Huang Qin</em></td>
</tr>
<tr>
<td></td>
<td>Lillium <em>Bai He</em></td>
</tr>
<tr>
<td>Nasopharyngeal</td>
<td>Chrysanthemum <em>Ye Ju Hua</em></td>
</tr>
<tr>
<td></td>
<td>Sophora <em>Shan Dou Gen</em></td>
</tr>
<tr>
<td>System</td>
<td>Herbs</td>
</tr>
<tr>
<td>----------</td>
<td>----------------------------</td>
</tr>
</tbody>
</table>
| Esophageal | Prunella *Xia Ku Cao*  
         | Patrinia *Bai Jiang Cao*  
         | Glehnia *Bei Sha Shen*  
         | Melia *Chuan Lian Zi*  |
| Gastric   | Glehnia *Bei Sha Shen*  
         | Bambusa *Zhu Ru*  
         | Melia *Chuan Lian Zi*  |
| Intestinal | Angelica *Dang Gui*  
            | Phaseolus *Chi Xiao Dou*  
            | Sanguisorbia *Di Yu*  |
| Liver     | Artemisia *Yin Chen Hao*  
         | Lycopus *Ze Lan*  
         | Rheum *Da Huang*  |
| Kidney    | Polygonum *He Shou Wu*  
         | Alisma *Ze Xie*  
         | Polyporus *Zhu Ling*  |
| Bladder   | Ligustrum *Nu Zhen Zi*  
         | Eclipta *Han Lian Cao*  
         | Polyporus *Zhu Ling*  
         | Agrimony *Xian He Cao*  
         | Sophora *Ku Shen*  
         | Plantago *Che Qian Cao*  |
| Breast    | Taraxacum *Pu Gong Ying*  
         | Prunella *Xiao Ku Cao*  
         | Paeonia *Bai Shao*  
         | Bupleurum *Chai Hu*  |
Additional herbs:

**Tonify Qi**
- Glycyrrhiza *Zhi Gan Cao*
- Codonopsis *Dang Shen*
- Curcuma Zedoaria *E Zhu*

**Nourish Blood**
- Angelica *Dang Gui*
- Paeonia *Bai Shao*

**Tonify Yang**
- Cuscuta *Tu Si Zi*
- Psoralea *Bu Gu Zhi*

**Nourish Yin**
- Rehmannia *Sheng Di Huang*

**Clear Heat**
- Sophora *Shan Dou Gen*
- Oldenlandia *Bai Hua She She Cao*
- Taraxacum *Pu Gong Ying*
- Scutellaria *Ban Zhi Lian*
- Lobelia *Ban Bian Lian*
- Paris *Qi Ye Yi Zhi Hua*

**Disperse Mass**
- Sargassum *Hai Zao*
- Prunella *Xia Ku Cao*
- Fritillaria *Zhe Bei Mu*
- Testudinus *Bie Jia*

**Relieve Pain**
- Corydalis *Yuan Hu Suo*