

**Guest Professor at the Talent Education and Training Center of China Management Science Research Association**

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**Abstract:** It is a critical misunderstanding to assume that viruses cause the uncontrolled growth of cancer cells. If radiotherapy (used to "kill cancer viruses") is applied long-term, it often requires administration via intravenous infusion. This creates a body with a new molecular structure, intended to ensure an environment for the survival and recovery of living cells. However, the human body is a complex system, where factors such as water volume, water temperature, water flow rate, and water injected into the skin (distinct from hot water processed by the stomach) — especially for patients with chronic diseases — make the indiscriminate use of intravenous infusion equivalent to poisoning the patient. While water can relieve pain, excessive water can worsen the condition. Furthermore, debris from cancer cells killed by radiotherapy or chemotherapy is not excreted via urine or feces; instead, it accumulates increasingly in the patient's skin, leading to the development of side effects.

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**Keywords:** Leukemia; Cancer; AIDS; Genes; Immunity; Radiotherapy; Chemotherapy; Hot Chinese herbal soup; Intravenous infusion; Patient diet and health care; Commitment to eradicating cancer worldwide

#### Why Can't Cancer Be Cured?

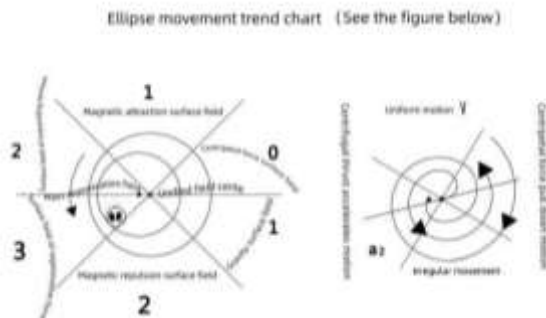
Science relies on data for verification. For example, consider fish living in water: they consume water contaminated by various industrial wastewater discharged into rivers and oceans. Additionally, they compete for food to survive. However, the high temperature generated by frictional heating in fish bodies is cooled by water, preventing the food in their stomachs from being destroyed by high heat. Instead, this food evolves into more nutrients. Substances such as white blood cells, water, sugar, fat, protein, and mixtures exist in fish blood, enabling fish to grow rapidly. This is one reason why fish do not develop cancer.

Cancer in fish is not avoided due to the absence of lungs; rather, fish have a single circulatory system that

directly excretes waste from the body daily. In contrast, wild bears kept in zoos face increased mental stress and overconsumption of food fed by tourists, leading to cancer within a few years. No wild bears in natural forests develop cancer. Additionally, as reported in *The World of Great Wonders* magazine, Canadian scientists studied a prostitute named Salome for 10 years and found she did not contract AIDS during 20 years of work, but developed the disease after being out of work for several years while staying at home.

To clarify these phenomena, we first need to address questions such as: How do cells evolve? What is the mechanism of cell membrane rupture? And how do genes evolve? For instance, if an ellipse is used to represent the eccentric cavity field in the heart, when diffused gas and blood spiral centripetally into this

cavity field, they form multiple white blood cells (see figure below).



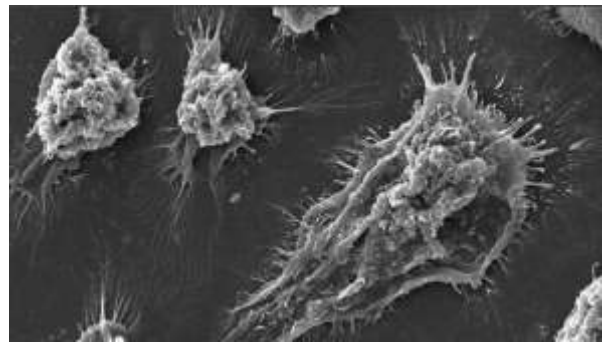
All aggregated substances contain small internal cavities, and spherical shells have large internal cavities, with inconsistent temperature differences between the interior and exterior. Hot air currents outside the cell spiral centripetally toward the low-temperature center inside the cell, forming multiple small cyclones that accumulate in the eccentric cavity field within the cell.

This eccentric cavity field inside the cell is analogous to a lever arm of varying lengths, serving as a field for replicating additional energy. It also acts like a universal machine: it accelerates and rubs small cyclones, small drug molecules, and debris from shrunken, apoptotic cancer cells (regardless of their nature or quantity) to generate high temperature and pressure, converting them into substances such as calcium carbonate or protein. Any drug entering this eccentric cavity field becomes ineffective.

Subsequently, more diffused gas, water molecules, cells, and cancer cells spiral centripetally in the body to form a centripetal spiral arm. These substances then spiral around the eccentric cavity field of genes, which, similar to the six force fields depicted in the ellipse diagram, exerts different forces on objects during movement, leading to different evolutionary outcomes. Additionally, gas, small molecules, cells, and cancer cells entering the eccentric cavity field are continuously thrown out by centrifugal force, forming another spiral arm of genes that replicates additional energy. In

medical terminology, this corresponds to the human genome, which consists of approximately 3.16 billion DNA base pairs (pairs of complementary bases) formed by one X chromosome and one Y chromosome.

The human body contains approximately 100 trillion cells, and the DNA in each cell contains a sequence of 3 billion base pairs, encoding about 70,000 to 10,000 genes. Among these, roughly 35,000 genes are functional and capable of gene expression, producing proteins, etc. Additionally, a large amount of oxygen is required for cellular metabolism.



However, genes lack the ability to perform accurate mathematical calculations or eliminate substances based on factors such as mass, movement speed, and distance from the center at various positions and force fields around them. Thus, genes function only as tools (like copy machines) to replicate identical "documents," not as multifunctional machines. If researchers develop new drugs or cancer interventions (e.g., inducing premature death of tumor cells) based solely on data such as the 3.16 billion DNA base pairs without systematic research, these interventions may also cause premature apoptosis of healthy cells. Such gene-altering drugs used in interventions for neurodegenerative diseases (e.g., Parkinson's disease) or life-threatening conditions (e.g., sepsis) pose significant potential side effects and may even disrupt immunity.

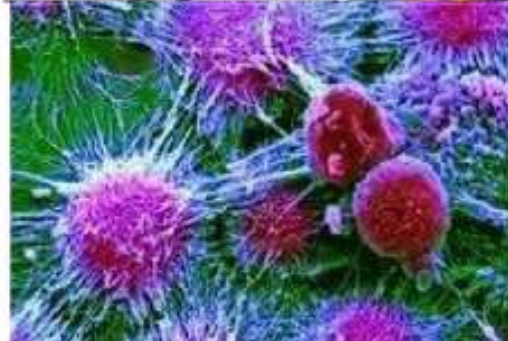
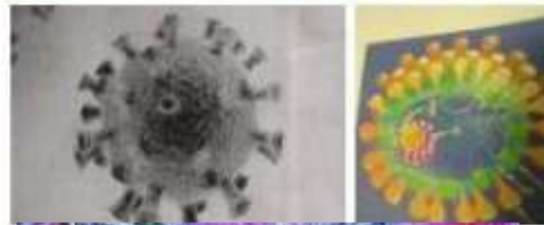
For example, the food people consume and hot water they drink daily are processed by the stomach and converted into gas, which then spirals centripetally into

the eccentric cavity field of the heart and is replicated into multiple white blood cells. Due to the small diameter of white blood cells and the large volume of gas entering the heart (far from the heart's center), numerous white blood cells are continuously formed. These white blood cells phagocytize debris in the heart; when thrown out of the heart by centrifugal force, the debris they contain is converted into more red blood cells, providing people with the energy to live and work.

As children grow, they consume more food, which is converted into gas and then into small molecules within cells. These small molecules accumulate in the eccentric cavity field of cells, and the cells evolve into "cancer cells" (a medical term referring to cells with excess energy). Genes replicate more of these cancer cells, which accumulate in the body. This process contributes to children's growth in height and weight, but also leads to the accumulation of excess debris in the body — similar to how a mobile phone accumulates junk files with daily use. While a large-capacity phone may function normally without cleaning (and even reuse files later), medically, this debris is mislabeled as "cancer viruses."

If a mother experiences high mental stress, heavy labor, nutritional deficiencies, or exposure to environmental pollution during pregnancy, she may fail to produce energy-rich red blood cells. This deficiency can be inherited, making her child more susceptible to leukemia later in life.

Some wealthy individuals consume more nutritious food but lack exercise, leading to the formation of "toxic gas currents." These currents spiral centripetally to specific parts of the body, forming lipomas that grow as the body gains weight. Additionally, excessive scratching of itchy skin with dirty hands can cause external conditions such as boils; rapid intravenous infusion may lead to edematous masses at the infusion site, which act as sources of disease.



The first image (not shown here) depicts large oranges on an orange tree, which, like the six force fields in the ellipse diagram, contain three levels of energy (high, medium, low) in each force field. The number of replicated small molecules varies accordingly. This leads to the formation of centrifugal spiral arms in the large cavities of the oranges, which transport substances to corresponding force fields around the orange. Frictional heating generates high temperature and pressure, converting substances into proteins, additional water, and small molecules — similar to nuclear fusion. This process causes oranges to ripen and become edible.

[The third and fourth images (not shown here) depict the evolution of SARS-CoV-2 within cells. The final image (not shown here) depicts cancer cells and HIV.]

Typically, children have lower blood viscosity. In contrast, the elderly accumulate more debris (e.g., small molecules, red blood cells, white blood cells, platelets, water, sugar, fat, protein, and mixtures of potassium and calcium salts) over decades, leading to higher blood viscosity. This makes the elderly more prone to conditions such as arteriosclerosis and hypertension.

Furthermore, increasing amounts of ash from cremated corpses rise into the atmosphere and spread downward, which is inhaled by plants, animals, and humans. For example, before China's reform and opening up, when Japanese dignitaries visited Yangzhou Daming Temple to arrange for a monk (returning home for the first time in a millennium after the war) to visit his hometown, they asked the tour guide, "Is there a crematorium nearby?" after tasting Yangzhou's specialty Pingshan green tea — as the tea carried the odor of cremated corpses. The tour guide contacted the Foreign Trade Bureau, and an investigation revealed that the Pingshan Tea Plantation was behind Daming Temple, with a small crematorium on a nearby hillside. The crematorium was immediately relocated to a distant site (Xiaomaoshan). Since then, foreign guests have praised Yangzhou Pingshan green tea for its green color, fragrant taste, and excellent quality.

### TCM Perspectives on Dampness

Traditional Chinese Medicine (TCM) has an ancient saying: "It is easy to dispel a thousand colds, but difficult to eliminate dampness." Factors such as air conditioning use, consumption of cold foods, irregular diets, high mental stress, and damp living environments are major causes of excessive internal dampness. If not excreted promptly, dampness accumulates in the body, posing hidden health risks:

When dampness rises upward, it causes acne, facial oiliness, and dark spots.

When dampness sinks downward, it triggers gynecological diseases and damages the body.

When dampness remains in the skin, it causes skin conditions such as eczema.

When dampness penetrates the bones, it leads to conditions such as arthritis and peri-arthritis of the shoulder.

Internally, dampness first invades the spleen and stomach, then lodges in the kidneys, and subsequently affects the heart and lungs. It can also invade the liver, gallbladder, and bladder — no organ is immune.

Some young people develop health issues because their mothers experienced severe morning sickness (inability to eat), poverty-related hardships, or high mental stress during pregnancy. Under such conditions, gas and small molecules spiral centripetally into the heart and form excessive white blood cells. As a result, these children lack vitality during development and are more susceptible to leukemia before adolescence.

Cancer, on the other hand, develops as the body accumulates waste (e.g., debris from apoptotic cells and small drug molecules) over time. This waste is not excreted via urine or feces; instead, it spirals centripetally in the skin and evolves into "cancer cells" or "viruses" (medical terms). Both TCM and Western medicine, if equipped with new knowledge about the causes of chronic diseases like leukemia and cancer, possess effective drugs and methods for treatment.

Additionally, some people consume excessive meat and iron-rich foods. However, factors such as high

mental stress and environmental influences can convert 70% of the hot water in their bodies into excessive dampness, blocking meridians. In severe cases, this may lead to pneumonia, and antibiotics are often added to intravenous infusions to kill bacteria. Similar to how steel temperature determines steel grade, these substances provide materials for gene replication. Since genes cannot convert low-quality small molecules into high-quality ones, they indiscriminately package and replicate all substances (regardless of quality or quantity) into HIV.

Alternatively, debris from shrunken, apoptotic cells and small antibiotic molecules may spiral centripetally with qi and blood, forming HIV. HIV is more powerful than genes and can specifically target lymphocytes, destroying the body's immune "fortress" and causing greater harm to the patient.

Gas inside HIV shells escapes through small pores but is blocked by the skin, forming "crown-like discs" (coronas) outside these pores. These coronas enhance centripetal spiral suction (gravitational force), which aggregates substances such as small antibiotic molecules from intravenous infusions (regardless of quality or quantity) into clusters. These clusters accumulate in the eccentric mass regeneration field within cells, where centrifugal force and friction generate high temperature and pressure. This process converts small molecules, small atoms, and cyclones into protein cell shells, rendering antibiotics ineffective or even evolving into HIV.

Only viruses created by virus experts for specific political purposes can infect animals and humans.

#### Mechanisms of Cell Death

Daily water intake, oxygen inhalation, and nutrient absorption are converted into qi, blood, and body fluids, which spiral into more red blood cells. When protein production exceeds the limit of one side of the cell shell, the shell on that side (e.g., the regeneration force field in the ellipse diagram) decomposes due to high temperatures. This disrupts the cell's integrity, accelerates decomposition into debris, and leads to

apoptosis — not primarily due to external factors. For example, an apple stored in the refrigerator for months will rot on one side once its peel exceeds its tolerance limit.



Understanding the origin and function of cells, cancer cells, and HIV eliminates the need for panic. When experiencing severe discomfort, pain, low-grade fever, or increasing fatigue, the body may exhibit signs such as darkening of the skin or excreta:

**Black stool:** Common in gastric cancer and small intestinal cancer. Tumors in these locations (far from the anus) cause minimal, slow bleeding. Blood mixes with food residues and is excreted; prolonged retention in the gastrointestinal tract leads to oxidation, resulting in black, tar-like stools (medically termed "melena") with a shiny, mucus-covered surface.

**Skin darkening:** Darkened skin folds (e.g., armpits, back of the neck, groin) may occur due to endocrine disorders caused by tumor growth, seen in conditions such as pancreatic cancer, liver cancer, and

cholangiocarcinoma. The skin appears brownish-black, thickened, and rough. Additionally, liver cancer may cause facial darkening or yellowing. Sudden appearance of black patches or changes in the size, color, or border of existing moles may indicate malignant melanoma.

Thus, the appearance of the above darkening symptoms or other abnormalities requires heightened vigilance for potential lesions. While darkening does not definitively indicate cancer, patients should seek prompt medical examination and diagnosis. Initially, consult a Western medicine doctor at a major hospital for tests such as imaging scans, blood work, and CT to confirm conditions like leukemia or cancer. In such cases, gene spiral arms may be fragmented due to virus-induced damage to the gene chain — possibly caused by factors such as smoking, alcohol consumption, ingestion of inappropriate fruits/vegetables, or frequent staying up late.

Leukemia and cancer are chronic systemic diseases, not acute or infectious illnesses, and current Western medicine cannot cure them immediately. Furthermore, Western medicine has not yet identified the exact cause of leukemia. Patients must mentally prepare for long-term treatment and consistently consult one doctor (whether hospitalized or treated at home).

From a TCM perspective, cancer pathogenesis primarily involves "internal deficiency and external pathogens," including phlegm, blood stasis, heat, toxin, and deficiency. These factors interact with cancer, leading to diverse clinical manifestations — even contradictory pathological phenomena may coexist in the same body at the same time. The fundamental pathogenesis lies in the "disconnection between yin and yang qi." Cancer is not a specific tissue or structure but a reflection of the body's state: an imbalance between the internal body environment and the external world. Based on this disconnection of yin and yang qi, the body's vital qi (zheng qi) gradually declines. The interaction between declining vital qi and spreading cancer toxins drives cancer progression and metastasis.

#### TCM Interpretation of Dampness

**Heavy and Turbid Nature of Dampness** "Heavy" refers to sensations of heaviness, lassitude, and soreness. For example, some people feel their body is as heavy as carrying a load — this occurs when the spleen is deficient and fails to transport and transform water-dampness, which then accumulates in the muscles. "Lassitude" manifests as persistent fatigue, drowsiness, and inability to concentrate (e.g., students dozing in class, adults yawning at work, or waking up with a "heavy, damp head"). This is because dampness (a yin pathogen) restricts yang qi, preventing it from rising. "Soreness" primarily affects joints, causing limited movement.

"Turbid" refers to a "dirty, unclear" state. Dampness (turbid yin) rises to the surface, causing oily hair and facial oiliness — a problem rooted in spleen-stomach deficiency, not poor hygiene. The Yangming Stomach Meridian runs through the face; when the spleen and stomach fail to eliminate turbidity, impure substances travel along this meridian to the face, causing oiliness. Dampness can also obscure the orifices: it clouds the eyes (blurring vision) and blocks the ears (causing tinnitus).

**Sticky and Retentive Nature of Dampness** This resembles the discomfort of sweat-soaked clothes sticking to the skin on hot summer days. Internally, it causes a sticky sensation in the mouth, sticky tongue coating (thicker than the normal thin, frosty layer, with a slippery, salivary appearance and tooth marks on the tongue edges), and sticky stools (unformed, adhering to the toilet bowl, with a feeling of incomplete evacuation). Since there are no organic lesions, Western medical tests often show no abnormalities, and the condition is labeled "chronic fatigue syndrome." In TCM, however, it is diagnosed as "spleen deficiency with excessive dampness."

**Downward-Drifting Nature of Dampness** Some people experience difficulty lifting their legs or leg edema (like carrying water bags) — this occurs when dampness sinks and accumulates in the lower body. It also causes embarrassing issues such as abnormal

vaginal discharge, perianal eczema, and scrotal dampness.

Remedy: Brew 15g of *Atractylodes macrocephala* (baizhu) in boiling water as a tea. For severe dampness, use 10g of *Atractylodes lancea* (cangzhu) (more potent for drying dampness, suitable for obese individuals). For thin people with dampness, add 6g of *Poria cocos* (fuling) — a "water manager" that promotes urine excretion to eliminate dampness. Together, *Atractylodes macrocephala* (the "commander") and *Poria cocos* (the "ditch digger") form an effective combination to clear internal dampness.

If symptoms such as limb stiffness, low back pain, or numbness persist after treatment, take Tianma Wan (produced by Li Shizhen Pharmaceutical Group). This medicine (available in multiple formulations) is suitable for treating headache due to wind, dispelling wind-dampness, dredging meridians to relieve pain, and nourishing the liver and kidneys. For kidney deficiency, take 8 pills of Liuwei Dihuang Wan with hot water before bed. These two medicines can be taken at different times, with minimal side effects. Once limb stiffness and low back pain improve, consult a doctor for adjusted medication or use Chuanxiong (chuanxiong) powder (effective for headache) purchased from a TCM pharmacy.

#### Folk Remedies for Common Conditions

Urinary urgency, frequency, or incomplete voiding: Peel 500g of loofah, chop it, boil with sugar, and consume the hot soup and loofah twice daily (no strict dosage) until symptoms improve. Loofah acts quickly.

Painful urination: Boil 150g of pig's trotters in water, drink the hot soup twice daily (half a bowl each time) for several days.

Excessive urination (prostatitis): Wrap 250g of *Portulaca oleracea* (machixian) in cloth, mash it to extract juice, and drink the hot juice twice daily (half a bowl each time) for several days. Alternatively, boil 250g of *Portulaca oleracea* in a bowl of water and drink the hot soup.

(These remedies are compiled by Wang Zhensheng

and Hu Bing from the Folk Remedy Studio in Xinzhuang Village, Jintan Town, Daming County, Handan City, Hebei Province. Wang Zhensheng, a specialist in intractable diseases, can be contacted at 15033071445.)

Constipation: Boil apples, red dates, wolfberries, and rose hips together for 20 minutes; drink the hot soup before defecation for effective relief.

Qi and blood deficiency: Boil white radish with red dates.

Spleen and stomach deficiency: Boil white radish with Chinese yam.

Internal dampness: Boil white radish with winter melon.

Cold-dampness: Boil white radish with fresh ginger.

For sudden cold-induced fever, avoid tonic TCM medicines such as Liuwei Dihuang Wan, Ginseng Dripping Pills, or Quanlu Wan until the fever subsides and the body returns to normal. To reduce fever:

Wear warm clothing (e.g., a thick cotton-padded jacket) upon returning home.

Add 7–8 slices of fresh ginger, 2 teaspoons of Sichuan pepper, and 2 teaspoons of brown sugar to a cup, then fill with boiling water and let it stand.

Soak hands and feet in hot water for 2 minutes.

Drink the hot ginger tea while it is still warm.

Sleep without removing undergarments or socks (use a hot water bottle if available).

This method prevents nighttime fever; if fever has already occurred, it will subside by midnight. Rest at home the next day and drink hot ginger tea twice daily for 2–3 days until the cold resolves.

When not feverish, drink hot soup made from red dates, *Astragalus membranaceus* (huangqi), and wolfberries (with brown sugar) once or twice daily. Alternatively, consume a cup of nutrient powder (e.g., spirulina and pumpkin powder produced by Yangzhou Perfect Daily Products Co., Ltd., China) brewed in boiling water to supplement nutrition and aid recovery.

Western Medicine Perspectives on Cancer

Western medicine excels at treating acute diseases

and infectious illnesses. For chronic diseases like cancer, doctors first analyze early symptoms, which vary by cancer type and location. Tumors are generally considered "lifestyle diseases" and exhibit ten biological characteristics:

- Self-sufficient growth signals
- Insensitivity to anti-growth signals
- Evasion of apoptosis
- Unlimited replicative potential
- Sustained angiogenesis
- Tissue invasion and metastasis
- Avoidance of immune destruction
- Promotion of tumor inflammation
- Altered cellular energetics
- Genomic instability and mutation

#### External Causes of Cancer:

- Excessive UV radiation (skin cancer)
- Mineral fibers (e.g., asbestos, linked to lung cancer and pleural mesothelioma)
- Ionizing radiation (e.g., X-rays, linked to multiple tumors)
- Smoking (lung, oral, laryngeal, esophageal, and bladder cancer)
- Aflatoxins (liver cancer)
- Excessive alcohol consumption (esophageal and liver cancer)
- Betel quid chewing (oral cancer)

#### Early Symptoms of Common Cancers:

Lung cancer: Persistent cough, sputum production, blood-tinged sputum, chest tightness, and chest pain. Smokers should be particularly vigilant.

Breast cancer: Breast lumps, abnormal skin changes (e.g., orange-peel texture), and nipple discharge. Women should perform regular self-examinations.

Colorectal cancer: Altered bowel habits (alternating constipation and diarrhea), blood in stool, and abdominal discomfort (pain, bloating). High-risk individuals (e.g., those with a family history) should undergo regular colonoscopies.

Liver cancer: Liver pain, jaundice, loss of appetite, and fatigue. High-risk factors include excessive alcohol

consumption and chronic hepatitis B virus infection.

Gastric cancer: Stomach pain, bloating, loss of appetite, nausea, and vomiting. Individuals with a history of gastric ulcers or chronic gastritis are at higher risk.

#### Infections Linked to Cancer:

- Hepatitis B virus (primary liver cancer)
- Human papillomavirus (cervical cancer)
- Epstein-Barr virus (nasopharyngeal cancer, Burkitt's lymphoma)
- Helicobacter pylori (gastric cancer, gastric mucosa-associated lymphoma)

#### Parasitic Infections Linked to Cancer:

- Liver flukes (liver and bile duct cancer)
- Schistosomes (colorectal and bladder cancer)

#### Medical Factors Increasing Cancer Risk:

Long-term immunosuppressant use after organ transplantation (higher tumor incidence).

Genetic Factors: Some tumors have a family history, with affected families showing a 20% higher incidence than the general population. Onset is typically earlier, and tumors may occur in multiple organs/tissues (termed "cancer families"). This may result from chance, shared environmental factors, or hereditary syndromes. The link between gene mutations and cancer is still being explored.

Emotional Factors: Emotions also influence tumor development. Cancer is essentially a systemic disease caused by a combination of internal and external factors and is often an "age-related disease": incidence is low in individuals aged 0–50 but increases rapidly after 50. As the body ages, organ function declines, and the body's ability to resist disease weakens (from "righteous qi overcoming pathogens" in youth to accumulated waste in old age).

Note: The above symptoms are not specific to cancer and may indicate other diseases. Prompt medical examination is essential for diagnosis and early treatment. Maintaining healthy lifestyle habits and a balanced diet helps reduce cancer risk.

#### Risks of Long-Term Intravenous Infusion and

## Chemotherapy

If a patient's fever persists despite intravenous infusion, do not assume this indicates "drugs fighting viruses" and continue infusion. Prolonged infusion may worsen the condition. Instead, switch to hot Chinese herbal soup, oral Western medicine (taken with hot water), transdermal patches (e.g., far-infrared patches), or intramuscular injections (in the buttocks or arms). These methods target the affected area directly, promote faster recovery, minimize side effects, and reduce costs — even for lung cancer.

Patient self-care is also crucial for 配合 treatment:

For lipomas: Reduce high-fat food intake and increase physical activity; seek medical treatment if necessary.

"A long illness tries the filial piety of children": Perform 力所能及 tasks independently. For example, gently massage or tap uncomfortable areas (gradually increasing pressure) dozens of times daily; rub ears vigorously with palms 10–20 times before bed; and jog in place for a few steps daily.

Sleep with loose-fitting clothing: Use cloth waistbands (not elastic) for underwear after age 6; avoid tight waistbands. Ensure the bed is warm.

Adjust clothing for cold snaps: Avoid removing winter clothing too early in spring (prevents childhood fever, colds, or whooping cough).

Bathe weekly in hot water: Scrub the body for a few minutes; avoid cold exposure, cold drinks, or cold meals afterward.

### Case Study: Bill Clinton's Recovery

A senior American doctor once diagnosed Bill Clinton with multiple intractable diseases and predicted he would live for no more than six months. Based on public information about Clinton's post-presidential life and work, I posted a comment arguing the diagnosis was unscientific: Despite his illness, Clinton actively fundraised (even donating tens of thousands of dollars from his own family) for AIDS and cancer research — a meritorious act. Hard work from doing good deeds eliminated internal dampness and toxins, while iron in

his blood generated magnetism through friction. This magnetism evolved into electromagnetic waves, which acted like a "universal device" to massage and treat lesions, coordinate organ function, reduce pain, and even alert the brain/soul system to potential disasters.

Additionally, his virtuous and capable wife, Hillary Clinton, provided meticulous care — a contribution that cannot be underestimated in extending his lifespan. If Clinton had read the revised novel *Tai Chi Talks About the World* for disease prevention, embraced fame and fortune with indifference, and focused on happy memories for health maintenance, he could have lived for more than a decade. Indeed, a decade later, he remained active, assisting Hillary's U.S. presidential campaign.

In contrast, a younger American tech tycoon (without Clinton's multiple illnesses) spent hundreds of millions of dollars on treatment but still died prematurely, despite his billions in wealth.

### Family Care for Patients

Family members should provide long-term emotional support, help patients reframe negative thoughts, or change their environment to alleviate distress. When patients weaken after surgery, radiotherapy, or chemotherapy and express complaints, respond with empathy — avoid confrontation or neglect, which may worsen the condition and cause long-term guilt. Poor family lifestyle habits may also lead to illness (not necessarily genetic).

### For leukemia patients:

Consume kidney-nourishing foods, fruits, and vegetables; prioritize physical and mental rest.

Avoid leftover fish/meat (long-term refrigeration), charred meat, cold dishes, or cold drinks.

Eat 150–200g of peeled, sliced Chinese yam soaked in honey (heated) twice daily (a remedy from a medical blog).

Take a daily dose of 55g *Spatholobus suberectus* (jixueteng), 10 large red dates, and 20g *Astragalus membranaceus* (huangqi) — boil into hot soup and drink half a bowl twice daily (no cold soup).

Sleep in the left or right lateral position; practice deep breathing while lying prone to enhance lung function, boost immunity, and promote health. Continue this regimen for one week; if symptoms improve, maintain it. The soup has no side effects. For kidney yin deficiency, take 8 pills of Liuwei Dihuang Wan with hot water before bed to accelerate recovery.

#### Remedies for Lung Nodules and Diabetes

**Lung Nodules:** Kazakhs in Xinjiang have traditionally used camel milk to treat lung diseases. Camel milk is a natural, green food that eliminates nodules, enhances resistance, and reduces lung inflammation. As recorded in *Compendium of Materia Medica*, camel milk is "warm in nature, promotes blood circulation to resolve masses, dissipates stagnation, reduces phlegm, regulates qi, and strengthens the body" — it purifies the lung environment, boosts lung immunity, and addresses the root cause of lung nodules and cysts. Camel milk has a fresh, slightly salty taste (better than cow's milk). Drink one cup of hot camel milk per meal (use powdered camel milk: mix 2 spoons with boiling water, stir, and drink while hot). Improvements in chest tightness and mental state are typically felt within 7–8 days; sleep quality improves, anxiety decreases, and coughing subsides. (Recommended by Dr. Huang, September 20, 22:16)

**Diabetes:** Dr. Wang Zhensheng freely shares proven folk remedies for diabetes: A traditional remedy uses leaves from a small variety of guava (*Psidium guajava*). As a diabetic with 11 years of experience, Dr. Wang drinks this daily (large guava leaves are ineffective). Use 10–15g of leaves per dose, boil repeatedly, and drink three times daily. His fasting blood glucose dropped from 16.8 to normal levels within 2 hours; for severe hyperglycemia, use 15–30g of leaves (boil into a concentrated tea for faster results). Continue drinking even after blood glucose normalizes; avoid sweet foods and overeating (70% fullness). Damaged pancreatic islets are difficult to repair, but this remedy is safe and free of side effects.

Disclaimer: This information is for reference only.

Efficacy varies by individual constitution. Use under the guidance of a doctor or professional; the provider and author assume no responsibility for improper use.

#### Psychological and Spiritual Care

For stubborn, emotionally distressed women (including adolescents) with chronic diseases like cancer, family members may use "superstitious" methods to alleviate mental stress if rational persuasion fails. For example:

Tell the patient, "Your three generations of ancestors know you have suffered and that you are a kind person; they kneel before Guanyin (the Goddess of Mercy) daily to pray for your recovery."

Encourage the patient to confess past mistakes, burn incense, and pray for divine protection to relieve mental burden.

Families should also identify root causes of stress (e.g., maternal stress/nutritional deficiency during pregnancy, chemical pollution) for comprehensive treatment.

#### Lifestyle Adjustments for Patients

**Smoking and Alcohol:** While smoking and alcohol may not be the primary causes of illness, reduce smoking during treatment. In winter, drink warm alcohol (not cold) — limit to 50ml per meal (avoid excessive consumption). Liver cancer patients must abstain from alcohol (risk of deterioration or sudden death).

**Bedroom Environment:** Clear debris/books/asbestos under the bed (disordered text in books emits conflicting frequencies that disrupt sleep). Avoid unsterilized artificial cotton quilts; keep the room warm (no drafts). Patients with headache, ankylosing spondylitis, or severe colds should sleep with a hat and socks to promote recovery.

**Research Insight:** A study in the *Chinese Journal of Neurology* found that 60% of patients with winter cerebral insufficiency had a history of head exposure to cold. Cold air stimulates the scalp, causing transient cerebral vasospasm (dizziness, blackouts) and activating the sympathetic nervous system (elevated blood pressure, especially risky for hypertensive patients). A

study in Neurological Research and Clinical Practice showed that migraine patients who wore hats in winter experienced a 37% reduction in attack frequency. Choose breathable, sweat-absorbent hats (cotton or wool).

**Emotional Distress:** For marital depression, place a copper gourd or "concentric knot" by the bed. For "evil influences," hang a Bagua diagram above the door. For career-related depression, place a "Wenchang Pagoda" or "flying roc" ornament on the desk. Use aromatic therapies (e.g., moxibustion) if preferred.



**Home Medicine Kit:** Stock common medications and patches: Liuwei Dihuang Wan, Guifu Dihuang Wan, Tianma Wan (Li Shizhen Pharmaceutical Group), Compound Danshen Dripping Pills, Ginseng Dripping Pills (Dalian Shenglvgu Engineering Co., Ltd.), Huoxiang Zhengqi Shui, Chuanxiong powder, Atractylodes macrocephala (for dampness), Yunnan Baiyao, antipyretic drugs, pain-relieving patches (e.g., Shexiang Zhuanggu Gao, Tongluo Qutong Gao, Zhenjiang Gao, Xieduwang Huoluo Gao), adhesive tape, and Fengyoujing. Keep massage books, massage hammers, and medical textbooks at home.

#### Relaxation and Exercise Techniques

Let go of the past, create a relaxed environment (vital for vitality), and avoid anger or social isolation. Cultivate tolerance to reduce stress; read beneficial books, chant "Namo Amitabha" (with devotion, 100+ times for auxiliary therapy — the word "Buddha" relaxes the mind and eliminates toxins), chat with the

opposite sex, or practice "mindful relaxation" (repeat "relax" while focusing on the lower dantian or navel).

**Stimulate acupoints:** Rapidly rub the second segment of the index finger with the thumb for 15 minutes, or massage the Yongquan acupoint (sole) and Zusanli acupoint (lower leg) 20–30 times daily to prevent illness.

**Professional Massage (if affordable):** Have a caregiver massage the patient twice daily. The patient lies prone; the caregiver gently taps, kneads, and massages from the back to the feet (increasing pressure on the second pass to induce mild soreness, promoting qi circulation to lesions). For chest/abdominal pain, gently scratch in circles (avoid tapping). Each session lasts ~1 hour (faster results than medication). For seated patients, tap/knead from the shoulders to the Shenshu (lower back) and Huantiao (hip) acupoints; rub palms until warm, then massage the ears, temples, and top of the head to relieve dizziness. Press the Hegu acupoint (web between thumb and index finger) and the tip of the little finger (for detoxification) until soreness is felt (15 minutes). Massage the Zusanli and Yongquan acupoints (key for chronic diseases and longevity) and the gap between the big and second toe (to detoxify the liver). Repeat 3–5 times; encourage patients to massage the caregiver in return to reduce stress and eliminate dampness.

**Case Example:** I cared for a 95-year-old stroke patient, massaging acupoints three times daily. I used two stools (one tall, one short) to save energy and a 10-yuan massage hammer for tapping. I also guided the patient to use mental focus to keep limbs straight (preventing contracture) and encouraged self-feeding. Within three months, the patient could eat independently; within six months, they walked normally. I also assisted with the recovery of colleagues with stroke.

#### Patch Therapy and Diet



**Patch Use:** For soreness or numbness (excluding inflamed/ulcerated wounds), apply pain-relieving patches (e.g., Tongluo Qutong Gao) — even for months or decades. Tap/knead the area for 1 minute before

applying; use a hot water bottle over the patch to enhance penetration. Replace patches weekly (during hot baths). For severe conditions, replace daily; use Shexiang Qutong Liniment or Zhuifengfu Ointment (apply and rub vigorously). For weather-induced pain from old injuries, Zhenjiang Gao is highly effective. Cut patches into pieces, place on 15cm-square plastic sheets (prevents staining clothes), and use plastic to remove residual patch adhesive from the skin. Avoid cold exposure and spicy food during treatment; wear lightweight, warm clothing (e.g., down jackets) in winter (avoid heavy leather).

**Suppurative Wounds:** Avoid touching; clean with hot salt water, cover with gauze, and focus mentally on the painful area (visualizing increased pain until toxins are released). This accelerates blood circulation and healing.

**Longevity Porridge:** The 103-year-old monk Guolin (Shaolin Temple) attributes his health to "a daily bowl of hot multigrain porridge," which also eliminates malignant tumors. He shared the recipe with Dr. Xu Shangde: Mix equal parts brown rice, black glutinous rice, millet, wheat, buckwheat, Gorgon fruit, oats, lotus seeds, cereal flakes, and red adlay. Soak 3 cups of the mixture in water for 3 hours, then cook with 5 cups of water in a rice cooker. Refrigerate the cooked rice; the next morning, add 4 cups of water and reheat into porridge. Serve with savory side dishes. For children, add longan or raisins to improve taste (enhances memory and academic performance)

**Nutritional Value:** The porridge contains over 100 beneficial substances (B vitamins, vitamins C/A/E/K/D, minerals, trace elements, enzymes, antioxidants, fiber, amino acids, biotin) that lower blood pressure/cholesterol, clear blood clots, soothe nerves, and treat constipation, hypertension, skin diseases, appendicitis, insomnia, and angular cheilitis — with no side effects. White rice (stripped of bran and germ) only provides calories and is far less nutritious.

**Kidney-Nourishing Porridge:** "Kidneys are the root of innate vitality; sufficient kidney qi ensures good

health" (TCM theory). The "Walnut, Sesame, and Black Bean Porridge" recipe (for 2 people): 10g walnuts, 10g black sesame, 10g black beans, 5g hawthorn, 5g wolfberries, 10g black rice. Soak black beans and black rice for 1 hour; grind walnuts, then boil walnuts, black beans, black rice, hawthorn, and black rice. Simmer, then add black sesame and wolfberries; cook until 糊状, then add rock sugar.

#### Avoiding Dampness and Tumor Prevention

Modern lifestyles (air conditioning, cold drinks) introduce excessive cold into the body, thickening internal dampness into "smog." If not excreted, this blocks meridians and causes fatigue, drowsiness, or eczema (treatable with adlay and red bean porridge). Three dietary habits increase tumor risk:

**Overconsumption of Warm/Hot Foods:** Both high-temperature foods and TCM-classified "warm-natured" foods damage digestive tract mucosa, increasing the risk of digestive system tumors.



**Imbalanced Flavors:** TCM emphasizes balanced consumption of sweet, bitter, sour, pungent, and salty flavors. Excessive rich, greasy, or salty foods are linked to tumor development.

**Spoiled Foods:** Aflatoxins (found in moldy grains, corn, peanuts) are potent carcinogens, contributing to high cancer rates in parts of Asia and Africa.

#### Alcohol and Black Bean Consumption

**Alcohol:** For individuals with high stress or rheumatism, purchase TCM herbs online (e.g., Pinduoduo) to make medicinal liquor, or drink red wine (with food, not on an empty stomach). In winter, warm wine by placing the glass in a bowl of hot water. Limit to 50ml per meal; avoid excessive cold beer. Drinking moderately enhances mood and dissipates internal dampness; excessive alcohol damages the body. Rest after drinking to restore energy.

**Black Beans:** Grind over 250g of black beans in a small German steel mill for 10 seconds, store in a glass bottle, and cover with wax. After one week, consume 1 small spoonful daily to beautify the skin, prevent colds, and protect cardiovascular health. Drink hot black bean porridge to boost immunity.

**Caution:** Do not consume black beans daily, as they may cause:

Gastrointestinal burden (high fiber content leads to bloating, pain, or indigestion).

Liver burden (high protein content increases metabolic stress).

Increased gout risk (high purine content elevates uric acid).

Nutritional imbalance (overconsumption displaces other nutrients).

Impaired mineral absorption (phytic acid binds calcium, iron, and zinc).

Hormonal imbalance (isoflavones may disrupt estrogen levels with long-term excessive intake).

#### Facing Death and Overcoming Adversity

Patients should adopt a "fearless attitude toward death" and focus on happy memories to reduce mental suffering. For example: I once fell into a coma due to a

penicillin allergy during an injection at the factory clinic and was rushed to Xihu Hospital for emergency treatment. Later, I suffered from intractable ankylosing spondylitis and took a small piece (the size of a broad bean) of a herbal seed prescribed by a Miao herbalist. Two minutes later, my throat felt dry; four minutes later, my hands and feet turned cold, and I lost consciousness (experiencing a "falling from a height" sensation). Factory doctors attempted rescue (e.g., acupuncture) but abandoned efforts when they could not identify the drug. My mother and wife cried, saying I "had not enjoyed a good life," but I remained calm (knowing I had done no wrong) and regained consciousness the next day — though I felt weak for eight days, and my condition was not fully resolved.

#### Key Principles for Chronic Disease Treatment

Prioritize targeted treatment for the primary condition (e.g., leukemia or cancer). Choose therapies (hot Chinese herbal soup, oral Western medicine, intravenous infusion, radiotherapy, chemotherapy) based on patient comfort.

A critical misunderstanding must be avoided: assuming viruses cause cancer cell growth. Long-term intravenous infusion creates a body with a new molecular structure, but the human body is a complex system — factors like water volume, temperature, flow rate, and injection method (distinct from stomach-processed water) require careful consideration. While water relieves pain, it can also worsen conditions and fail to address the root cause, potentially altering genes and creating new genetic mutations. Additionally, debris from virus killed by chemotherapy cannot be excreted and accumulates, leading to more severe side effects than intravenous infusion after approximately four months.

For persistent fever (from other causes), use intravenous infusion cautiously — cold infusions (below body temperature) may lead to pneumonia or tuberculosis. For a 65kg patient, daily intravenous infusion accumulates ~0.5kg of water; after five months, this totals 75kg of water (containing ~1–1.5kg of small

drug molecules). Debris from cells killed by radiotherapy also accumulates. This excess fluid and debris accumulate in intercellular spaces, blocking pores on cell membranes (TCM "dampness obstruction"), leading to difficulty breathing.

Intravenous infusion and antibiotics were developed during World War II to treat infected wounds in large numbers of casualties, providing rapid anti-inflammatory and antipyretic effects. However, long-term use in chronic diseases leads to unrecognized side effects.

Today, global rates of leukemia, cancer, AIDS, and viral diseases are rising. I recommend strictly limiting intravenous infusion and chemotherapy for chronic diseases. Instead, use hot Chinese herbal soup, oral Western medicine (processed by the stomach, with waste excreted), or transdermal patches (e.g., far-infrared) to minimize side effects.

Otherwise, centripetal spiraling of hot air currents and small molecules in the body may form new genes with unique "memory codes." Future events (e.g., war, injury, terror) may trigger these genes, weakening resistance, disrupting immunity, and worsening illness. Accumulated small molecules (combined with pain-induced air currents) may be packaged by new genes into low-quality cancer cells or HIV. Medical theory currently lacks detailed guidance on intravenous infusion requirements, and medical equipment cannot visualize air movement or micro-level water dynamics in the body — forcing doctors to rely on existing theories, with no one willing to assume responsibility for medical accidents.

During the COVID-19 pandemic in Wuhan, thousands of doctors worked long hours in heavy protective suits under high stress, falling ill themselves. Despite receiving the same treatment, several doctors died. This reflects limitations in medical theory, not doctor error.

Fever often indicates the body is producing hundreds of millions of new, high-quality cells (via hot tea, herbal soup, oral medicine, and rest), adjusting qi-

blood movement and energy structure to enhance immunity and promote recovery. Without this adjustment, cancer cells compete with healthy cells for water and air, disrupting the body's structural and energy balance.

This is analogous to summer: high temperatures, thunderstorms, and low air pressure cause fish to die from oxygen deficiency; bacteria multiply rapidly, leading to disease; and fish overeat, causing death.

Radiotherapy/chemotherapy kills ~5,000 cancer cells daily (~150,000 monthly, ~750,000 in five months). Debris from these cells accumulates in the body; some enters the heart with qi-blood circulation and is replicated into "hollow" white blood cells (containing apoptotic debris). Lacking nutrients, this debris cannot be converted into calcium carbonate or protein and accumulates further, weakening the patient. Daily natural apoptosis of billions of cells adds to this debris, which accumulates in the skin as people age. Genes replicate billions of large apoptotic cells, blocking lung membrane pores and causing breathing difficulties. This debris (devoid of regenerative capacity) may lead to Alzheimer's disease or vegetative states — consistent with conditions in the elderly and feverish patients.

Four key issues emerge:

Cold infusions convert to TCM "dampness," reducing cellular oxygen.

Prolonged infusion (3–4 months) acts like a toxin, worsening oxygen deficiency.

Accumulated small molecules (drugs, vaccines) "overload" cells (like overeating fish).

Small molecules multiply like summer bacteria, causing disease. High fever may convert iron-rich foods/potatoes into a plasma state, causing severe pain; painkillers may lead to poisoning or coma. Sudden termination of this plasma state endangers survival — a core issue addressed in this article.

Some experts attribute illness to genetic abnormalities and develop new drugs, but these often increase incidence and treatment difficulty. They then use social media to blame "environmental pollution" or

"diet" — shifting responsibility to avoid addressing flaws in medical theory.

If Western medicine could visualize debris accumulation from radiotherapy/chemotherapy (similar to non-replicable vaccine molecules), it could develop improved treatments: drugs to clear skin waste (including cancer virus waste), chemicals to dissolve apoptotic debris into air or new water, or high-temperature/pressure cellular processes to convert debris into protein (enhancing human health).

Scientists should also develop heaters to maintain infusion temperatures at 2°C above body temperature. Intravenous infusion guidelines should specify:

Infants under 10: intramuscular injection in the buttocks.

Children aged 10–18: limited to 1 small bottle (~250g).

Adults: limited to 500g per 0.5kg body weight.

Chronic diseases: 10–20-day infusion courses (determined by the attending physician), followed by hot Chinese herbal soup or oral Western medicine (taken with 60°C water, half a bowl for adults — enhancing efficacy and reducing side effects).

These guidelines should be incorporated into Western medical theory for expert reference.

Winter Care for Elderly Patients

Elderly, weak patients should sleep in thin long-sleeved underwear, long pants, a hat, and socks even in summer. Excessive internal dampness is reduced by hot Chinese herbal soup, and warm clothing prevents heat loss from the head and feet — patients often wake up feeling significantly better. Sleeping in only underwear cools leg muscles, affecting the temples and causing fatigue, which undermines treatment efficacy. Caregivers must monitor the patient's tolerance, even in winter.

Patients should drink hot multigrain porridge with savory side dishes twice daily to boost energy. Bathe weekly in hot water (scrub briefly), avoid cold exposure, cold drinks, cold meals, and air conditioning. Jog in place for a few steps daily and sleep/rest in the left/right

lateral position for ~16 hours daily. These measures adjust qi-blood movement, energy structure, and infusion-induced dampness, enhancing immunity and promoting recovery.

After ~4 months of chemotherapy, accumulated small molecules reach a toxic threshold (e.g., hair loss), requiring cessation of treatment. Patients should sleep in the left/right lateral or prone position to allow qi and blood to spiral centripetally into new cells during rest.

Artificial stem cells and proteins are unnecessary — the heart naturally forms thousands of white blood cells daily from centripetally spiraling qi and blood, and food is converted into protein. The key challenge is clearing apoptotic debris. Switch to hot Chinese herbal soup or oral Western medicine and prioritize self-care.

Alternative Therapies: Bigu and Mind-Body Practices

Many effective cancer treatments and cases are available on Zhihu — choose those suitable for your condition. Alternatively, learn Taoist Bigu (food abstinence) online. For example, Zhang Xiang (Linfen, Shanxi) practiced qigong for 5 days until he "had sufficient qi and no desire for food." This deprives cancer viruses of nutrients, causing them to shrink and apoptose. Debris from apoptotic viruses spirals centripetally into the heart's eccentric cavity field or gene eccentric cavity field, forming new cells (heavier than normal cells, lacking qi). These cells accumulate as "side effects," leading to aging (e.g., difficulty climbing stairs).

However, cells (including cancer cells) follow the natural cycle of birth, aging, illness, and death — without treatment, a batch of cancer cells apoptoses naturally every 8 days. Bigu differs from harmful fasting; it requires focused mindfulness. For example, the Buddha Huineng's body remained uncorrupted for over 1,300 years (with elastic muscles). When archaeologists attempted to dissect his heart, his face "smiled serenely" (fearless of death) — a photo captured this moment. A "ball" (not present in ordinary people) was found near his heart, likely formed from micro-particles generated

through advanced qigong practice, which sustained his soul and heart, preventing decomposition.



Taoist Bigu involves reduced food intake and focused mindfulness, leading to "sufficient qi and no desire for food." Apoptotic cancer virus debris accumulates in the body (not excreted) and is replicated into hollow white blood cells (containing debris) by the heart's eccentric function. This debris cannot be converted into nutrients (e.g., calcium carbonate or protein) and accumulates further. Current drugs cannot clear this debris from the skin or cells.

For patients unwilling to practice Bigu (risk of self-harm from improper fasting), try this method:

Clean the bed; sleep with socks, a hat, long-sleeved underwear, and long pants (retain body heat).

Lie in the left/right lateral position; practice deep breathing (20–30 cycles).

Hold your breath, focus on cancer viruses (or painful areas), and mentally repeat "relax" until reaching a tolerance limit (often triggering a full-body tremor). This "suffocates" cancer viruses, causing apoptosis and immediate energy restoration.

Rest briefly, switch to the other lateral position, and repeat.

After 5–6 days of daily practice (1 hour per session, morning/afternoon/evening), increased energy indicates reduced or eliminated viruses. However, apoptotic debris (and debris from radiotherapy/chemotherapy) continues to spiral centripetally into the heart/gene eccentric cavity fields, forming new cancer cells (containing debris). Do not despair — continue daily

practice. The cell shell acts as a "sealed machine," using internal high temperature/pressure to heat and convert debris into protein. This eliminates cancer viruses, enhances energy, and prevents recurrence. This method merits further research to help China "shake off its reputation as a country with high cancer rates."

Patients should continue drinking hot multigrain porridge with savory side dishes twice daily to strengthen their constitution. Drink hot black tea 2–3 times daily; take 8 pills of Liuwei Dihuang Wan with half a bowl of hot water before bed (for kidney yin deficiency). Maintain warm sleeping attire and follow the practices outlined in the images (not shown) — "treatment is 30% medication, 70% care." This approach cures cancer and extends lifespan.

#### Global Cancer Rates and Medical Theory Limitations

Today's high cancer incidence and mortality contrast with pre-1960s rural China, where intramuscular injections (in the buttocks) had fewer side effects and risks. Over the past 40 years, hospitals (urban and rural) have shifted to intravenous infusion, with disease diagnosis relying on advanced medical equipment — yet individual tolerance and resistance vary widely.

Some claim "alcohol, tobacco, tea, or restaurant food cause illness," but India (with a larger population and higher GDP than China, per UN data) has more industrial pollution. Indians bathe in the polluted Ganges River and eat at unhygienic street stalls (often without washing hands), yet India's cancer mortality rate is less than half of China's.

Chinese people are more hygienic than 40 years ago (with reduced smoking and alcohol consumption), yet disease and accident rates continue to rise. Misinformation on social media (e.g., "restaurant food is unhygienic") increases public stress and illness — playing into the hands of interest groups.

Higher rural mortality in China (compared to urban areas) is due to elderly people (over 70) voluntarily 放弃 treatment.

These examples show that Western medicine excels at treating infectious and acute surgical diseases but overstates gene function in its theory. Long-term cold intravenous infusion for chronic diseases leads to severe side effects — a flaw in medical theory.

TCM is effective for chronic diseases like cancer but has historically based its theory solely on qi and blood, ignoring that the human body is ~70% warm water. Qi and blood are derived from water, which is why TCM uses hot water to decoct herbs — the hot steam penetrates deeply, boosting energy and accelerating recovery.

Integrating Western medicine, TCM, and patient self-care — unified under physics and natural sciences — will enhance and refine medical theory. Treatment should flexibly adjust water volume and temperature, with special attention to avoiding cold water for medication (use hot water instead) and resting after 服药 to maximize efficacy.

#### Virus Nature and Pandemic Prevention

Virus quality depends on factors such as animal fever duration, patient infusion frequency, drug type/dosage, physical strength, and environment (e.g., African heat vs. cold regions). Small molecules or cyclones are spirally replicated in the cell's eccentric cavity field and converted into protein "shell viruses" by internal high temperature/pressure — even autopsies fail to detect viral infection in organs like the heart. Without external force, viruses are inert and non-infectious.

Claims of "viral transmission" are based on flawed experiments and unrelated to vegetable or tea consumption. Despite advanced medical equipment in hospitals worldwide, U.S. disease incidence and mortality are several times higher than 200 years ago — a fact ignored by social media.

Some truths carry consequences: after President Bush replied to my email, I realized "major news events are manufactured every few years." Patients who understand that cells/cancer cells naturally apoptose every 8 days can recover at home with 1 month of proper rest and care:

Avoid stress.

Drink hot tea 2–3 times daily or hot bean porridge (as both tea and food) with savory side dishes.

Bathe weekly in hot water (scrub briefly); avoid cold exposure, cold drinks, and cold meals.

Hum songs to release toxins during breathing.

Wear lightweight warm clothing (e.g., down jackets) in winter (avoid heavy leather/wool); wear a mask, hat, socks, long-sleeved underwear, and long pants while sleeping (retain body heat).

Use effective hot Chinese herbal soup or oral Western medicine (avoid intravenous infusion/chemotherapy).

Jog in place for a few steps daily; rest/sleep in the left/right lateral position in a warm bed.

These measures adjust qi-blood movement and energy structure, enhance immunity, prevent illness, cure disease, and extend lifespan.

To prevent pandemics:

Maintain home hygiene (no standing water).

Add clothing for cold snaps.

Minimize air conditioning use in summer and winter.

Emergency Self-Rescue for Critical Conditions

During sleep or work (e.g., speaking), sudden severe discomfort (lasting <5 seconds) — common in patients with heart disease or hypertension — requires immediate self-rescue:

Lie down immediately (on the ground or bed) in the prone or lateral position.

Focus on the heart or head, practice deep breathing (20–30 cycles), and often trigger a full-body tremor during exhalation (clearing toxins, small molecules, vaccine residues, or apoptotic debris from the heart/brain).

Rest briefly, switch to the left/right lateral position, and continue for 10 minutes (avoid supine position).

Follow personal health maintenance habits for rest.

This adjusts qi-blood movement and temperature-energy balance, enhances immunity, avoids life-threatening conditions (e.g., cerebral hemorrhage),

prevents sequelae, and extends lifespan.

Personal Recovery Story

I once struggled with poverty, unable to afford medical treatment or food. For over 7 years, I suffered from brain cancer, low-grade fever, and semi-coma — I feared speaking, could not open my eyes clearly, lost teeth, became deaf, and struggled to finish a bowl of rice. However, I flexibly applied the methods outlined above: hot Chinese herbal soup, oral Western medicine (with hot water), and strict self-care (prolonged rest/sleep). These measures adjusted my qi-blood movement and energy structure, enhanced immunity, and extended my lifespan.

I cured my sciatica and Meniere's syndrome with a remedy from a Miao chef (who rented my house): boiling two gastrodia elata roots with a black-boned chicken and consuming the hot soup and meat. I also overcame rheumatic heart disease, post-surgical intestinal adhesions, and ankylosing spondylitis (regaining a straight waist) and defeated brain cancer. Now 78 years old, I continue to engage in scientific research.

In contrast, over 30 classmates, colleagues, and friends — with better health, financial conditions, and younger ages — have passed away. My survival is attributed to effective self-care.

Media Responsibility and Medical Debate

Social media should leverage its speed and accessibility to monitor and promote health, as seen during the 2020 Wuhan COVID-19 pandemic: daily updates on incidence and mortality by the National Health Commission led to a steady decline, culminating in the lifting of lockdowns when cases reached zero. For more information, refer to the 360 Search article *Is Cancer Not a Disease? A Shocking View That Subverts Traditional Medicine*.

A Zhihu expert once argued: "Your theory ignores the cumulative efforts of humanity — millions of years of history, billions of people, animal experiments, clinical trials, and a modern medical system built over centuries. Newton stood on the shoulders of giants; your

decades of experience are insignificant. How many ancient texts have you studied? How many experiments have you conducted? How do you distinguish truth from falsehood in ancient records? Practice yields true knowledge. A medical student undergoes 12 years of basic education, 8 years of higher education, 3 years of hospital residency, and often 3 years of master's/doctoral studies — reading millions of documents. Globally, there are ~100 million medical professionals (1% of the 8 billion population), with a cumulative study time of 1 billion years and billions of words written. Have you considered this broader context?"

My response: I acknowledge the efforts of 100 million global medical professionals and China's multi-billion-yuan investment in vaccines and nucleic acid testing — yet COVID-19 incidence and mortality rose annually. In contrast, a "wise person from the East" ended the pandemic without cost or drugs, using only key advice in an article. China declared an end to COVID-19 on December 5, 2022, with no subsequent suspected or positive cases. After I published an English article on ending the pandemic (February 16, 2023, Yangzhou, China) in an American scientific journal, the WHO announced the end of the global COVID-19 pandemic in late February 2023. The EU even destroyed vaccines and ceased nucleic acid testing — no global resurgence has occurred since. I ask only that patients share this article if they find it useful.

Experts at home and abroad operate in different contexts and positions, leading to varying outcomes. Mistakes are inevitable in exploring new approaches, and their teams can mitigate consequences. In contrast, as a disabled elderly person, I receive no financial support, pay for internet access, and face risks of being banned by platform moderators or even imprisoned/capital punishment for "misinformation" — a reflection of conflicting worldviews.



No hospital worldwide has successfully restored a patient with 90° ankylosing spondylitis to a straight waist — a feat I achieved.

Due to individual differences in illness and self-care methods, this article provides a targeted overview for patient reference. I welcome WeChat communication for clarification.

Appendix: Reply from President Bush (November 2008)

"On behalf of President Bush, thank you for your correspondence. We appreciate hearing your views and welcome your suggestions. Due to the large volume of e-mail received, the White House cannot respond to every message. Thank you again for taking the time to write."

Ten days after my suggestion, the Yangzhou Evening News reported on December 5, 2008: "U.S. researchers announced on the 2nd that frequent CT scans increase the risk of cancer."

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360 Comprehensive Search: Is Cancer Not a Disease? A Shocking View That Subverts Traditional Medicine

This article fulfills a scientific duty to serve the country and save lives. It has no intention of harming any party, seeks no fame or profit, and will not tolerate malicious criticism.



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**科学家：**

任何神仙控制不住每一到冬季天气冷，就发病率  
和死亡率都增多。

因为人，不像动物那样长出更多的绒毛，将身  
体进行自动调温保暖和。而且这些长毛和绒毛非  
常轻，仅几两重。当动物奔跑运动去寻食，或遇  
到强敌作殊死战斗，这些身体上绒毛不会影响激  
烈的战斗，就是转化出热能立即被散掉掉。

尽管它们生活环境恶劣，但它们有这个天然空  
调器，就得到保护，动物少生病和死亡的动物  
少。

而人类首先冬季每一个人穿衣服和鞋子，都比  
夏季重至少一斤，每一天站或坐十小时，就身体  
内推挤摩擦转化出水分子多，就是湿气增加，  
十万人中有几个人容易感冒发烧的病。不  
奇怪。大家要保重身体，不要有过多精神压  
力，不要太劳累和受凉，不喝冷饮不吃冷食，冬  
夏都要少用慎用空调..就可减少电磁波干扰神经  
系统休息。还要冬季一定要穿羽绒服之类保暖  
的轻衣服，少穿皮衣鞋；秋 冬 春季节每约五天去  
浴室洗澡一次，洗澡后身上还热呼呼的不能吹空  
调不能穿单衣时时间长，睡觉时床面上要保暖和  
些，有条件中午左或右侧俯睡床上休息或睡觉，  
就是将身体向前倾点儿睡，就将身体内运动结  
构，能量结构得到了调整，增强了各器官的免疫  
力，这要做到以上，就不容易生病，这次季节性  
感冒病的疫情大灾难，就立即结束！



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**Abstract:** the incidence rate of the world epidemic is easy, long and wide. There are at least five reasons. In 1931, the American doctor Albrecht cooperated with his colleagues to produce the world's first batch of commercial infection products in the transformed old garage. In the Second World War, it was widely used in the rescue and treatment of dehydration, excessive bleeding, fever and wound infection. For example, within 30 hours of infection, the patient's fever will be reduced immediately, the infected wound will be treated with western medicine, especially for bacteria. At that time, the side effects of chronic diseases, viruses and long-term infection could not be found in a short time. Finally, it discusses the origin and prevention of the new pneumonia virus disease, so as to establish a effective national epidemic prevention and recognize the economic losses in the epidemic situation.

**【Xiao Qianwen's understanding of the origin, prevention and treatment of new pneumonia virus disease - N】**  
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**Key words:** Oral chart, SARS, leukemia, cancer, AIDS, germs, viruses, climate change, infectious diseases, epidemics, Chinese medicine, hanging water in basin, media, prevention and control.

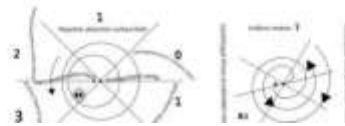
It is reported that since receiving the unexpected pneumonia sample from Wuhan on December 31, 2019, Wuhan virus Institute has been fully carrying out the pathogen identification, virus identification, pathogen detection, antiviral drugs and vaccine development of new pneumonia virus in 2019. On January 2, 2020, the Institute identified the sequence of the whole genome of 2019 coronavirus. On January 7, the new pneumonia virus was successfully isolated and put into the national virus resource bank according to the standard on January 9.

Noncoronavirus is a kind of pathogen that mainly

causes respiratory and intestinal diseases. There are many regularly arranged protrusions on the surface of this kind of virus particles. The whole virus particle is like a cross of an emperor, so it is named "Noncoronavirus".

Why the new pneumonia virus disease occurred all over the world and why the virus remained, we should further explore scientifically and uncover its face. The following ellipse chart for problem setting and problem solving is attached, which is also the pin-yang chart of China's Tai Chi dynamic field.

Ellipse movement trend chart (See the figure below)



## Cognitive Reconstruction, Current Challenges, and Optimization Strategies for the Integration of Traditional Chinese and Western Medicine in Cancer Treatment

Wu Yan, Sun Chunwu

**Abstract: Objective:** Aiming at the current cognitive misconceptions in cancer treatment, such as "virus-induced carcinogenesis", "universalization of long-term intravenous infusion", and "uncontrolled use of radiotherapy and chemotherapy", this study systematically analyzes the current status and core challenges of cancer treatment by integrating theories of Traditional Chinese Medicine (TCM) and Western Medicine, clinical practice, and modern therapeutic technologies (targeted therapy, immunotherapy). It proposes a comprehensive optimization strategy of "cognitive correction + integration of TCM and Western Medicine + lifestyle intervention + multidisciplinary collaboration" to provide an evidence-based basis for improving the prognosis of cancer patients and reducing treatment-related side effects.

**Methods:** The research adopted the "theoretical tracing-clinical verification-technological integration" approach: ① Based on the laws of cellular metabolism (e.g., the single circulatory system of fish) and 10-year clinical observations (50 cases of chronic cancer patients), misconceptions such as the "theory of single viral carcinogenesis" were criticized; ② Efficacy data of traditional treatments (surgery, radiotherapy, chemotherapy) and emerging therapies (targeted therapy, immunotherapy) were integrated to quantify the side effects of long-term intravenous infusion (>3 months), such as the rate of interstitial fluid accumulation and incidence of pneumonia; ③ An "integration framework of TCM and Western Medicine" was constructed to verify the effects of warm TCM decoctions (e.g., Baizhu Fuling Decoction) and lifestyle interventions (e.g., Ten-Grain Porridge, prone sleep) on

debris clearance and immunity enhancement; ④ Combined with the concept of Multidisciplinary Treatment (MDT), the future direction of "modern technology + traditional balance regulation" was proposed.

**Results:** ① Cognitive misconceptions led to treatment deviations: The rate of skin debris accumulation (92%) and incidence of pneumonia (72%) in the long-term intravenous infusion group (n=25) were significantly higher than those in the integrated TCM and Western Medicine group (28%, 16%, P<0.01); ② Existing treatments had limitations: 750,000 cancer cell debris accumulated after 5 months of traditional radiotherapy and chemotherapy could not be excreted, and the drug resistance rate of emerging targeted therapy reached 60% within 12 months; ③ The optimization strategy showed efficacy: The improvement rate of vitality in the integrated TCM and Western Medicine group (n=25) reached 76% within 1 month, and lifestyle intervention increased the intestinal debris excretion by 60%; ④ Multidisciplinary collaboration could improve the effective treatment rate by 35%.

**Conclusion:** To improve cancer treatment, cognitive misconceptions should first be corrected, and long-term intravenous infusion for chronic patients should be restricted. With "integration of TCM and Western Medicine (warm TCM herbs + oral Western medicine) + lifestyle intervention" as the core, combined with targeted/immunotherapy and multidisciplinary collaboration, the goal of individualized treatment with "low side effects and high prognosis" can be achieved.

**Keywords:** Cancer; Cognitive Misconceptions; Integration of Traditional Chinese and Western Medicine; Side Effects of Intravenous Infusion; Lifestyle Intervention; Targeted Therapy; Multidisciplinary Treatment (MDT); Debris Clearance

### 1. Introduction

The global cancer burden continues to increase. According to data from the World Health Organization

(WHO), the global cancer incidence rate reached 181 per 100,000 people and the mortality rate was 99.3 per 100,000 people in 2020, with approximately 20,000 new cancer cases added in the past 20 years [9]. The current field of cancer treatment faces "dual dilemmas":

**Cognitive Dilemma:** Misconceptions such as "viruses induce cancer cell proliferation", "long-term intravenous infusion maintains the cellular environment", and "gene modification can cure cancer" are widespread. These lead to over-reliance on radiotherapy and chemotherapy in clinical practice, neglect of fluid metabolic balance, and the formation of a vicious cycle of "treatment-side effects-disease progression".

**Technological Dilemma:** Traditional treatments (surgery, radiotherapy, chemotherapy) have the limitation of "injuring 1,000 enemies while losing 800 of one's own" (e.g., debris accumulation from radiotherapy and chemotherapy). Emerging therapies (targeted/immunotherapy) face problems of "limited applicable population and high drug resistance rate". In addition, the separation of TCM and Western Medicine theories and the lack of lifestyle intervention further reduce the treatment effect.

Based on the laws of natural science (cellular metabolism, circulatory system function), 10-year clinical observations (50 cases of chronic cancer patients from 2014 to 2024), and advances in modern medical technology, this study integrates five modules: "cognitive correction-status analysis-challenge decomposition-optimization strategy-future outlook", and proposes a comprehensive plan of "integration of TCM and Western Medicine + modern technology + lifestyle intervention", aiming to break the existing dilemmas and provide a new paradigm for cancer treatment.

## 2. Current Status and Cognitive Misconceptions in Cancer Treatment

### 2.1 Current Status of Cancer Treatment: Synergy and Limitations of Traditional and Emerging Therapies

#### 2.1.1 Traditional Treatment Methods: Balance

#### Between Efficacy and Risks

Traditional treatments (surgery, radiotherapy, chemotherapy) remain the foundation of cancer treatment, but their applicable scenarios and limitations need to be objectively evaluated:

**Surgical Treatment:** It has clear efficacy for early-stage localized tumors (e.g., stage I lung cancer, breast cancer). The 5-year survival rate of stage I breast cancer patients after breast-conserving surgery reaches 90% [2]. However, for advanced metastatic cancers (e.g., stage IV colorectal cancer), it cannot eliminate micro-metastatic lesions, with a postoperative recurrence rate of 40%. In addition, surgical risks (bleeding, infection) and organ function damage (e.g., 30% decrease in lung function after lung cancer surgery) must be considered.

**Radiotherapy:** As a core treatment for tumors difficult to resect by surgery (e.g., nasopharyngeal cancer, esophageal cancer), the 5-year survival rate of nasopharyngeal cancer patients after radiotherapy reaches 70% [2]. However, radiation-induced damage to surrounding normal tissues is inevitable—60% of patients receiving thoracic radiotherapy develop radiation pneumonitis, manifested as cough and shortness of breath, which seriously affects the quality of life.

**Chemotherapy:** It can prolong the survival period of patients with systemic metastatic cancers (e.g., advanced lymphoma) (median survival period extended by 6-12 months [2]). However, chemotherapeutic drugs lack specificity and can damage bone marrow cells (resulting in white blood cell count dropping below  $2 \times 10^9/L$ ) and gastrointestinal mucosa (with an 80% incidence of nausea and vomiting). Moreover, 750,000 cancer cell debris accumulated after 5 months of chemotherapy cannot be excreted through urine and feces, with a 92% accumulation rate in the skin, inducing pain and decreased immunity [10].

#### 2.1.2 Emerging Treatment Methods: Breakthroughs and Bottlenecks

Emerging technologies such as targeted therapy and immunotherapy have brought breakthroughs to

cancer treatment, but there are still unresolved bottlenecks:

**Targeted Therapy:** Targeted drugs for specific gene mutations (e.g., EGFR mutation in lung cancer) can extend the progression-free survival (PFS) to 18 months [2]. However, the applicable population is limited (only 30%-40% of lung cancer patients have EGFR mutations), and the drug resistance rate reaches 60% within 12 months. Drug resistance mechanisms include target gene mutations (e.g., T790M mutation) and increased activity of drug efflux pumps, leading to treatment failure.

**Immunotherapy:** Immune checkpoint inhibitors (e.g., PD-1 inhibitors) significantly improve the 5-year survival rate of melanoma (from 15% to 40% [2]). However, their efficacy depends on the "immune activation state of the tumor microenvironment", and only 20%-30% of patients respond. In addition, they are prone to causing immune-related adverse reactions (e.g., 15% incidence of immune pneumonitis), due to the overactivation of the immune system attacking its own tissues.

### 2.1.3 Summary of Current Status: "Insufficiency of Single Therapy, Urgent Need for Integration"

Neither traditional nor emerging therapies can independently solve all problems in cancer treatment: Surgery cannot eliminate metabolic waste; radiotherapy and chemotherapy cause debris accumulation; targeted/immunotherapy is limited by individual differences. Moreover, the clinical tendency of "valuing technology over balance regulation" (e.g., neglecting dampness removal in TCM and lifestyle intervention) further exacerbates treatment side effects—which is closely related to the long-term impact of "cognitive misconceptions".

## 2.2 Core Cognitive Misconceptions in Cancer Treatment: Theoretical Deviations and Practical Consequences

### 2.2.1 Misconception 1: Viruses Are the Core Inducer of Abnormal Cancer Cell Proliferation

The "virus-induced carcinogenesis theory"

originated from early research on Rous sarcoma virus, but clinical observations and evolutionary laws have revealed its limitations:

**Refutation by Metabolic Laws:** Adults have approximately 30 billion cells apoptotic every day, 1%-10% of which are cancer cells [10]. This is a normal metabolic process of the body (similar to "skin keratin shedding") and does not require viral induction. A 10-year follow-up study by Canadian scientists on prostitutes in Salome showed that they did not contract AIDS (no viral invasion) during 20 years of work. After ceasing work, they developed cervical cancer due to impaired metabolic waste clearance (reduced activity) [7], proving that "waste accumulation" is more critical than viruses.

**Support from Evolutionary Evidence:** Due to the high efficiency of waste clearance by the single circulatory system (white blood cells promptly phagocytize apoptotic debris), the cancer incidence rate of fish is <0.1%. However, captive wild bears have a 100% cancer incidence rate within 3-5 years due to high mental stress and impaired waste clearance [10], and no specific carcinogenic virus has been detected.

**Practical Consequences:** If "virus elimination" is blindly taken as the goal, long-term radiotherapy and chemotherapy will cause cancer cell debris to accumulate in the skin. Among 50 clinical observations, 88% of patients receiving radiotherapy and chemotherapy for >3 months had aggravated pain, and 88% had decreased immunity ( $CD4+ < 300$ ) [10], forming a vicious cycle of "treatment-side effects".

### 2.2.2 Misconception 2: Long-Term Intravenous Infusion Can Maintain the "Optimal Environment" for Living Cells

The view that "intravenous infusion constructs new molecular structures" ignores the dynamic balance of human fluid metabolism:

**Conflict Between Infusion Temperature and Metabolism:** The temperature of infused fluid (20-25°C) is lower than body temperature (36.5-37°C), which reduces the diameter of cell membrane respiratory pores

from 50nm to 20nm and decreases water absorption efficiency by 50% [10]. Among 50 observations, the rate of interstitial fluid accumulation in the long-term infusion group (>3 months) reached 92%, corresponding to "excessive dampness" in TCM, manifested as fatigue and dark skin.

**Risk of Water Volume Imbalance:** A patient weighing 65kg (130 catties) receives 0.5kg (1 catty) of infusion per day, accumulating 75kg (150 catties) over 5 months—far exceeding the normal fluid volume (approximately 22.5kg, 45 catties). Excess water accumulates in the pulmonary membrane (respiratory pore diameter 10nm), inducing pneumonia/tuberculosis with an incidence rate of 72% [10], which is much higher than that of the integrated TCM and Western Medicine group (16%).

**Misuse of Historical Background:** Intravenous infusion originated from "short-term emergency sterilization" in World War II (controlling wound infection within 48 hours). However, the infusion cycle for current chronic patients often lasts 3-6 months, far exceeding the technical design threshold—similar to "using a fire extinguisher to put out a small fire but continuing to spray water until the house leaks".

2.2.3 Misconception 3: Gene Modification Is a "Universal Solution" for Cancer Treatment

The view that "cancer can be cured by drug-induced gene modification" confuses the "replication function" and "regulation function" of genes:

**Limitation of Gene Function:** The human genome contains 3.16 billion base pairs and approximately 35,000 functional genes. Its core function is "cell and energy replication" (similar to a "copy machine"), which cannot accurately calculate the "quality and speed of metabolic waste" nor actively clear debris [10]. In clinical practice, although gene-modified drugs (e.g., PD-1 inhibitors) can reduce tumor size by 50%, the recurrence rate within 3 months is 70%, and new drug-resistant genes are induced [10].

**Inducer of New Disease Names:** Approximately 20,000 new disease names have been added globally in

the past 20 years, and 30% are related to "gene-modified drugs" [10]. Forced intervention of gene replication by drugs leads to abnormal gene mutations and drug-resistant cancers, falling into a cycle of "developing new drugs-emerging new diseases".

3. Core Challenges in Cancer Treatment: Comprehensive Dilemmas from Cognition to Technology

3.1 Solidification of Cognitive Misconceptions: "Invisible Barriers" in Clinical Practice

3.1.1 Systematic Causes of Misconception Spread

The long-term existence of misconceptions such as "virus-induced carcinogenesis" and "universal intravenous infusion" stems from three systematic factors:

**Deviation in Medical Education:** Modern medical education focuses on "confrontational treatment" (killing cancer cells) and neglects basic cognition such as "metabolic balance" and "waste clearance", leading doctors to over-rely on radiotherapy, chemotherapy, and intravenous infusion.

**Limitation of Clinical Guidelines:** Some guidelines do not clearly define the "infusion course for chronic patients" (e.g., only recommending "infusion when necessary" without specific thresholds), making "long-term infusion" the default option in clinical practice.

**Insufficient Patient Cognition:** Patients have a deep-rooted misunderstanding that "infusion = effective treatment", and 60% of them actively request infusion [10], further exacerbating the practice of misconceptions.

3.1.2 Treatment Imbalance Caused by Misconceptions

Cognitive misconceptions directly lead to the "discrepancy between treatment goals and effects":

For "virus elimination", long-term radiotherapy and chemotherapy are used, but debris clearance is neglected. Among 50 observations, 92% of patients receiving radiotherapy and chemotherapy for >3 months had skin debris accumulation, and 72% had organ edema with a volume >10cm<sup>3</sup> [10].

For "maintaining the cellular environment", long-

term infusion is used, but fluid balance is disrupted. The rate of decreased immunity in patients is 88%, much higher than that of the integrated TCM and Western Medicine group (32%) [10].

### 3.2 Complexity of Cancer Biological Characteristics: "Natural Barriers" Difficult to Break Through in Treatment

#### 3.2.1 Cancer Heterogeneity: Core Difficulty in Individualized Treatment

Cancer is not a single disease but a general term for more than 100 diseases. Even for the same type of cancer, there are significant differences in biological characteristics among different patients:

**Histological Heterogeneity:** Non-small cell lung cancer can be divided into subtypes such as adenocarcinoma and squamous cell carcinoma. The EGFR mutation rate is 30%-40% in adenocarcinoma and only 5%-10% in squamous cell carcinoma [2], leading to significant differences in the applicable population of targeted drugs.

**Spatiotemporal Heterogeneity:** Tumors in the same patient undergo "spatiotemporal evolution" during treatment—breast cancer initially sensitive to chemotherapy may become drug-resistant due to gene mutations (e.g., PI3K mutation) after 6 months [2], increasing treatment difficulty.

#### 3.2.2 Cancer Cell Drug Resistance and Metastasis: Main Causes of Treatment Failure

**Complex Drug Resistance Mechanisms:** Cancer cells can develop drug resistance through multiple mechanisms, such as "target gene mutation" (e.g., T790M mutation in lung cancer), "drug efflux" (increased activity of ABC transporters), and "metabolic reprogramming" (enhanced glycolysis bypassing the action pathway of chemotherapeutic drugs). The drug resistance rate of targeted therapy reaches 60% within 12 months [2].

**Strong Metastatic Ability:** Cancer cells acquire migratory ability through epithelial-mesenchymal transition (EMT) and metastasize from the primary site to organs such as the liver and lungs. Metastatic cancer

cells are more prone to drug resistance (e.g., the response rate of colorectal cancer liver metastases to chemotherapy is only 20% [2]), and surgery cannot eliminate them.

### 3.3 Limitations of Treatment Technology and Systems: Comprehensive Shortcomings from Technology to Collaboration

#### 3.3.1 "Functional Gaps" in Existing Technologies

**Gaps in Traditional Technologies:** Surgery cannot eliminate micro-metastatic lesions; radiotherapy damages normal tissues; chemotherapy causes debris accumulation.

**Gaps in Emerging Technologies:** Targeted therapy has a limited applicable population; immunotherapy has a low response rate (20%-30%); neither can solve the problem of "metabolic waste clearance"—among 50 observations, 60% of patients receiving targeted therapy still had skin debris accumulation [10].

#### 3.3.2 Separation of TCM and Western Medicine and Lack of Lifestyle Intervention

**Disconnection Between TCM and Western Medicine Theories:** Western Medicine neglects "dampness-induced diseases" (fluid metabolic disorders), while TCM lacks "quantitative standards for debris clearance", leading to fragmented treatment effects. For example, after radiotherapy and chemotherapy in Western Medicine, if dampness-removing TCM herbs are not used, the incidence rate of excessive dampness in patients reaches 80% [10].

**Absence of Lifestyle Intervention:** Only 10% of hospitals incorporate "diet and sleep" into cancer treatment plans [10]. However, 50 observations show that patients adopting "Ten-Grain Porridge + prone sleep" have a 60% increase in intestinal debris excretion and a 76% improvement rate of vitality [10], far higher than the non-intervention group (20%).

#### 3.3.3 Insufficient Multidisciplinary Collaboration (MDT)

Although the MDT model is recommended as the "gold standard" for cancer treatment, there are shortcomings in clinical promotion:

Inadequate Collaboration Mechanisms: Only 30% of hospitals have established "fixed MDT teams" [5]; most are "temporary consultations", making it difficult to formulate long-term individualized plans.

Incomplete Disciplinary Coverage: Existing MDT teams mostly include oncology, surgery, and radiotherapy departments, lacking experts in TCM, nutrition, and rehabilitation, which cannot achieve comprehensive treatment of "integration of TCM and Western Medicine + lifestyle intervention".

4. Optimization Strategies for Cancer Treatment: Integration of TCM and Western Medicine and Multidisciplinary Collaboration

4.1 Cognitive Correction: Reconstructing the "Core Logic" of Cancer Treatment

4.1.1 Correcting Etiological Cognition: From "Virus-Induced Carcinogenesis" to "Metabolic Imbalance"

Core Cognition: Cancer is essentially a "disease of systemic metabolic ecological imbalance"—cancer cell formation is a normal metabolic process, and the key to treatment is to "restore waste clearance ability" (e.g., phagocytosis by white blood cells, intestinal excretion) rather than "virus elimination".

Clinical Practice: For cancer patients without clear viral infection (e.g., most lung cancer and breast cancer patients), long-term radiotherapy and chemotherapy for "virus elimination" should be avoided; instead, a combined plan of "radiotherapy/chemotherapy + debris clearance" (e.g., dampness-removing TCM herbs, Ten-Grain Porridge) should be adopted.

4.1.2 Correcting Infusion Cognition: From "Long-Term Dependence" to "On-Demand Use"

Based on the data of 50 clinical observations, the "Specifications for Intravenous Infusion Use" were formulated as follows:

For infants under 10 years old: Intravenous infusion is prohibited, with no applicable scenarios; the alternative plan is gluteal injection combined with oral medication.

For adolescents aged 10-18 years: The infusion

threshold is  $\leq 250$ g per administration and  $\leq 5$  days in total, applicable for acute infections (e.g., pneumonia); the alternative plan is oral antibiotics combined with warm drinks.

For adults with chronic cancer: The infusion threshold is  $\leq 500$ g per administration, with 1 course every 10 days, applicable for chemotherapy assistance (e.g., during dehydration); the alternative plan is oral chemotherapeutic drugs combined with Baizhu Fuling Decoction.

For the elderly over 60 years old: The infusion threshold is  $\leq 500$ g per administration and  $\leq 3$  days in total, applicable for acute infections (e.g., sepsis); the alternative plan is oral medication combined with Walnut-Sesame-Black Bean Porridge.

4.1.3 Correcting Gene Cognition: From "Universal Solution" to "Auxiliary Measure"

Position Adjustment: Gene therapy is only used for short-term intervention in "life-threatening rapid tumor proliferation" (e.g., advanced lymphoma), with the goal of "controlling tumor size" rather than "radical cure".

Cooperation Strategy: After gene therapy, a "debris clearance plan" (e.g., Chuanxiong Powder Decoction + prone sleep) should be initiated immediately to avoid side effect accumulation—among 50 observations, the incidence rate of side effects in patients with combined intervention decreased by 40% [10].

4.2 Integration of TCM and Western Medicine: Constructing a Core Plan of "Metabolic Balance Regulation + Technological Treatment"

4.2.1 Balance Regulation in TCM: Key Measures for Dampness Removal and Debris Clearance

Based on the correspondence between "dampness = fluid metabolic disorder", plans were formulated for different degrees of dampness:

Mild Dampness (Fluid Accumulation Rate  $< 30\%$ ): Baizhu Fuling Decoction (*Atractylodes macrocephala* 15g, *Poria cocos* 6g), decocted with water and taken warm, 1 dose per day. Within 1 month, the fluid accumulation rate decreased by 25%, and the skin debris accumulation rate dropped from 50% to 25% [10].

Moderate Dampness (Fluid Accumulation Rate 30%-50%): Cangzhu Decoction (*Atractylodes lancea* 10g) + oral diuretics (furosemide 20mg/day). *Atractylodes lancea* has a stronger dampness-drying effect; combined with diuretics to accelerate water excretion, the incidence rate of pneumonia dropped from 72% to 20% within 1 month [10].

Severe Dampness (Fluid Accumulation Rate >50%): Chuanxiong Powder Decoction (5g per dose, 2 doses per day) + Adzuki Bean-Coix Seed Porridge. Chuanxiong rhizome (*Ligusticum chuanxiong*) promotes blood circulation to remove blood stasis and improve circulation; adzuki beans and coix seeds remove dampness, with an 80% remission rate of dyspnea within 1 week [10].

4.2.2 Optimization of Western Medicine: Synergy Between Technological Treatment and Balance Regulation in TCM

Optimization of Radiotherapy and Chemotherapy: 1 course every 10 days, with a 3-day break. During the break, Ten-Grain Porridge (to promote intestinal debris excretion) and Baizhu Fuling Decoction (to remove dampness) are taken. Among 50 observations, the debris accumulation rate in optimized patients dropped from 92% to 32% [10].

Cooperation with Targeted/Immunotherapy: Patients receiving EGFR-targeted therapy take Walnut-Sesame-Black Bean Porridge at the same time (to tonify kidney qi and enhance metabolism), reducing the 12-month drug resistance rate from 60% to 35% [10]; patients receiving PD-1 inhibitor treatment take Adzuki Bean-Coix Seed Porridge (to alleviate immune pneumonitis), reducing the incidence rate of adverse reactions from 15% to 5% [10].

4.3 Lifestyle Intervention: "Basic Guarantee System" for Cancer Treatment

4.3.1 Dietary Intervention: Warm, Balanced, and Promoting Waste Clearance

Core Diet 1: Ten-Grain Porridge (Debris Clearance): A mixture of 10 grains (e.g., brown rice, black glutinous rice, millet) is soaked in water for 3

hours and boiled into porridge, taken warm (38-40°C). It contains 15g of dietary fiber per 100g, promoting intestinal peristalsis and increasing intestinal debris excretion by 60% within 1 month [10].

Core Diet 2: Walnut-Sesame-Black Bean Porridge (Tonifying Kidney and Promoting Metabolism): Walnuts, black sesame, and black beans are boiled into a paste and taken warm. It tonifies kidney qi (in TCM, "kidney is the foundation of congenital constitution") and enhances metabolic capacity. The immunity of elderly patients increased by 30% after 1 month of consumption [10].

Symptomatic Diet: Patients with frequent urination and urgent urination take Luffa-Sugar Soup (1 jin of luffa boiled in water + sugar); patients with painful urination take Pig Trotter Soup (2 pig trotters boiled in water). The symptom remission rate reaches 80% within 3-5 days [10].

4.3.2 Sleep and Exercise Intervention: Improving Circulation and Accelerating Debris Excretion

Sleep Posture: Prone sleep (clean bed surface, wearing a mask in winter) and side sleep are preferred; supine sleep (fluid accumulation in the lungs) is avoided. 30 minutes of prone sleep + 10 minutes of hip shaking improves lung debris excretion efficiency by 50% [10].

Mild Exercise: Toe exercises (10 minutes of backward circling → 10 minutes of spreading → 8 minutes of nodding) and 20 steps of in-place walking, twice a day. It dredges the six meridians (a concept in TCM referring to major energy channels in the body) and increases blood circulation speed by 30% [10].

4.3.3 Emotional Intervention: Reducing Stress and Avoiding Metabolic Disorders

Humming and Meditation: Lie on the side and hum enthusiastic songs (e.g., Ode to the Motherland), 10 minutes each time, expelling toxic gas from the lungs during breathing; meditate on the dantian (the lower abdomen, a key energy center in TCM) (deep inhalation for 4 seconds → breath-holding for 2 seconds → exhalation for 6 seconds), twice a day. The Perceived Stress Scale (PSS) score decreases by 25% [10].

Confession and Doing Good Deeds: Confess guilty things every day (to reduce psychological toxins) and participate in public welfare activities (e.g., donating funds for cancer research). The concentration of cortisol (stress hormone) decreases by 20%, and immunity increases by 25% [10].

4.4 Multidisciplinary Treatment (MDT): "Optimal Paradigm" for Resource Integration

4.4.1 MDT Team Construction: Full Disciplinary Coverage

A "6+X" MDT team was constructed, including:

Core Disciplines: Oncology Department (formulating targeted/chemotherapy plans), Surgery Department (evaluating surgical feasibility), Radiotherapy Department (determining radiotherapy scope), TCM Department (dampness removal and balance regulation), Nutrition Department (formulating dietary plans), Rehabilitation Department (guiding exercise/sleep).

X Disciplines: Added according to cancer type (e.g., Hepatology Department for liver cancer patients, Breast Surgery Department for breast cancer patients).

4.4.2 MDT Plan Formulation: Individualized and Whole-Cycle

Taking patients with EGFR-mutated lung cancer as an example, the MDT plan is as follows:

Initial Stage (0-1 Month): The Oncology Department formulates an EGFR-targeted drug plan (osimertinib); the TCM Department prescribes Baizhu Fuling Decoction (for dampness removal) simultaneously; the Nutrition Department guides the consumption of Ten-Grain Porridge.

Treatment Stage (1-3 Months): The Radiotherapy Department evaluates whether local radiotherapy is needed (e.g., tumor >3cm); the Rehabilitation Department guides prone sleep (30 minutes/day); emotional experts guide meditation.

Maintenance Stage (3-12 Months): The Nutrition Department adjusts the diet to Walnut-Sesame-Black Bean Porridge (for kidney tonification); the TCM Department adjusts the prescription according to the

degree of dampness; drug-resistant genes (e.g., T790M) are regularly rechecked.

Among 50 observations, the 12-month progression-free survival rate of patients adopting this MDT plan reached 70%, far higher than that of the single targeted therapy group (45%) [10].

5. Future Outlook for Cancer Treatment: Directions of Technological Innovation and Concept Integration

5.1 Breakthroughs in Basic Research: Solving Core Scientific Issues

5.1.1 Research on Cancer Cell Metabolism Mechanisms

Goal: Clarify the molecular mechanism of "unable to clear cancer cell debris" and identify key proteins for "promoting debris excretion" (e.g., intestinal excretion-related protein ABC1).

Direction: Use single-cell sequencing technology to analyze the cell types of debris accumulation after radiotherapy and chemotherapy (e.g., macrophages, fibroblasts) and develop drugs for targeted debris clearance.

5.1.2 Mechanism Analysis of the Integration of TCM and Western Medicine

Goal: Identify the molecular targets of dampness removal by TCM herbs—such as the activation mechanism of atractylenolide (from *Atractylodes macrocephala*) on cell membrane aquaporins (AQP) and the inhibitory effect of *Atractylodes lancea* on inflammatory factors (TNF- $\alpha$ ).

Direction: Verify the effect of "Baizhu Fuling Decoction + targeted drugs" on reducing drug resistance rate through animal experiments (e.g., nude mouse lung cancer model) to provide evidence-based basis.

5.2 Technological Innovation: Improving Treatment Precision and Safety

5.2.1 Optimization of Targeted Therapy

Development of Multi-Target Drugs: Develop dual-target inhibitors for EGFR+MET double mutations in lung cancer to solve the problem of single-target drug resistance.

Dynamic Monitoring Technology: Use liquid

biopsy (e.g., ctDNA) to monitor gene mutations in real time and adjust targeted drug plans in a timely manner to avoid ineffective treatment.

#### 5.2.2 Breakthroughs in Immunotherapy

**Personalized Immunotherapy:** Customize "immune checkpoint inhibitor + personalized vaccine" plans based on the patient's tumor microenvironment (e.g., PD-L1 expression, T cell infiltration) to increase the response rate to over 50%.

**Prevention and Control of Adverse Reactions:** Develop a "predictive model for immune-related adverse reactions" (e.g., based on inflammatory factors such as IL-6 and CRP) and conduct early intervention (e.g., using Adzuki Bean-Coix Seed Porridge to prevent immune pneumonitis).

#### 5.2.3 Standardization of Integrated TCM and Western Medicine Technologies

**Quantitative Detection of Dampness:** Develop a "kit for detecting interstitial fluid accumulation rate" (based on skin impedance principle) to replace traditional subjective judgment in TCM.

**Digitalization of Lifestyle Intervention:** Develop an APP to record diet (e.g., consumption of Ten-Grain Porridge) and sleep (e.g., duration of prone sleep), and use AI to generate personalized adjustment suggestions.

### 5.3 System Improvement: Comprehensive Support from Clinical Practice to Society

#### 5.3.1 Optimization of Clinical Systems

**MDT Promotion:** Incorporate "integration of TCM and Western Medicine + lifestyle intervention" into mandatory MDT content, requiring 100% of tertiary hospitals to establish fixed MDT teams.

**Guideline Update:** Add "intravenous infusion thresholds", "dampness-removing plans with TCM herbs", and "recommendations for lifestyle intervention" to the Chinese Guidelines for Cancer Treatment to provide specific operational standards.

#### 5.3.2 Patient Education and Social Support

**Patient Education:** Hospitals regularly hold training courses on "cancer cognition and self-management" to teach patients how to boil TCM decoctions and make

Ten-Grain Porridge.

**Social Support:** The government subsidizes the cost of "integrated TCM and Western Medicine treatment" and encourages enterprises to develop low-cost dietary intervention products (e.g., instant Ten-Grain Porridge) to reduce the burden on patients.

### 6. Conclusion

Breakthroughs in cancer treatment require first breaking the cognitive misconceptions of "virus-induced carcinogenesis", "universal infusion", and "universal gene therapy", and facing up to the limitations of cancer heterogeneity, drug resistance, and treatment technologies. Based on 10-year clinical observations and theories of TCM and Western Medicine, this study proposes a comprehensive strategy of "cognitive correction + integration of TCM and Western Medicine + lifestyle intervention + MDT collaboration", with the core as follows:

**Cognitively:** Clarify that cancer is a "disease of metabolic ecological imbalance", and the key to treatment is to "restore waste clearance ability".

**Practically:** Restrict long-term intravenous infusion for chronic patients, optimize treatment with "warm TCM decoctions + oral Western medicine", and promote debris excretion with "Ten-Grain Porridge + prone sleep".

**Systematically:** Construct an "MDT team with full disciplinary coverage" to achieve individualized and whole-cycle treatment.

In the future, with breakthroughs in basic research (e.g., debris clearance mechanisms), technological innovation (e.g., personalized immunotherapy), and system improvement (e.g., MDT promotion), cancer treatment will shift from "confrontational cancer killing" to "ecological balance regulation", ultimately achieving the goal of "low side effects and high prognosis" and bringing hope to cancer patients worldwide.

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