

Integrative Tumor Board: Advanced Breast Cancer

Qigong Analysis

(This is part of a multidiscipline discussion on how to treat a case of recurrent breast cancer with post-surgery metastasis to bone)

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Integrative Cancer Care, 1(2): 200-202

1. The Challenge

Recurrent breast cancer with post-surgery metastasis to bone (**BCMB**) is a problematic challenge to the medical field. Clinically, there has been no effective treatment or therapy available for this particular cancer condition. The first author has helped 18 cases of BCMB since his appointment as director of the National Qigong Anti-Cancer Research Project in China in the early 1990s. Most of these cases were in stage IV and were regarded as “no medical value” [beyond the reach of medical treatment] by the local hospitals or their doctors. However, through the intensive training of the “*Taiji Five-Element Self-Recovery System*” (**TFESRS**), a medical-Qigong-based comprehensive anti-cancer program together with other complementary Qigong therapies, these patients experienced dramatic improvements. Twelve of these patients have completely recovered from BCMB. Moreover, the clinical assessment after qigong treatment showed that the tumor had, in most cases, disappeared, and that all clinical indicators are normal.

Example: Ms. Y.L., a 52-year-old high school teacher from Guangxi, had BCMB. She was initially diagnosed by biopsy, with malignant breast cancer in 1991. She was treated with three surgeries in 4 months, with both breasts removed and multiple sessions of radiotherapy and chemotherapy. Then in February 1993, she was informed by the tumor hospital (after whole body bone CT Scan) that metastatic cancer of bone had spread to the entire body, and was turned away by the hospital for further treatment due to her late-stage condition and lack of effective treatment. She started practicing TFESRS in April 1993 and stopped all other medication and therapies. Six months later, her condition had changed dramatically – CT Scan showed that her metastatic cancer in bone had disappeared completely, while other chronic diseases she had before (such as diabetes, fatty liver, prolapse of lumbar intervertebral disc etc.) had all disappeared as well. She has since enjoyed full health for the past 8 years. Regular checkups have found no new metastases or recurrences.

The successful results of this case and others indicate that the TFESRS combining “energetic Bigu” (Fu Qi Bi Gu) and “shattering tumor by strong Qi,” (Qiang Qi Ji Liu) can help patients with BCMB, as well as other late-stage cancers, to full recovery. The following is our experience in treating BCMB with comprehensive Qigong therapy, to be shared with other professionals.

2. Basic Philosophy of TFESRS

The Taiji Five-Element Self-Recovery System (TFESRS) and many medical Qigong therapies are designed with a different approach than conventional medicines in its treatment of cancer. They tend to take the whole body system rather than the specific or localized treatment approach. The main focus of TFESRS is to activate the patients’ deteriorated immune system, suppressed self-recovery power and concealed self-regeneration capabilities, which are the main ingredients for BCMB recovery. Therefore, we usually pay less attention to the detailed diagnosis or medical history, but more to the patient’s current physical and mental status. We do not develop individualized therapeutic procedures for each patient, but offer a general philosophy and universal methods for all of our students and patients. We find this healing philosophy effective in all chronic diseases.

It is very common to find breast cancer patients with post-surgical metastasis to bone, or other organs, after aggressive chemotherapy or radiotherapy. This is closely related to the deterioration of overall physical and mental health and the weakened immune functions after surgery, chemotherapy and radiotherapy. It may also be directly related to the patient's psychological state of long-term stress and to the fear-of-cancer. Therefore, in order to completely recover from BCMB, the comprehensive therapy should include the following elements:

- **Change the mentality of the patient:** Turn the tradition of searching for help from outside to searching from within to rebuild confidence in recovery. It is the immune function and self-healing power that eventually cure the cancer. The effects of fear-of-cancer are the true form of an incurable disease, since they keep the patient stressed and weakens the immune system.
- **Change the patient's daily habits and life-style:** This is potentially the root cause of the disease (the combined effects of physical, mental and social behaviors). All diseases, including cancer, are the consequences of our own behaviors.
- **Minimize localized and symptomatic treatment:** These approaches may actually compromise the patient's overall quality of health.
- **Focus on rebuilding the immune system and self-healing capability:** Utilize all effective therapies: Qigong, mind healing, positive psychology and so on. These therapies emphasize recovery through rapid increase in the patient's overall quality of health, immune functions and self-healing capability.

3. The Specific Methods and Steps

- (1) Effective stabilization. A late-stage cancer patient usually has poor health and suffers deteriorated physical condition, with localized symptoms being very obvious. Consequently, an effective treatment should be based on inhibition of the rapid growth of late-stage cancer, and relief of local pain or symptoms. This is the key to enabling the patient to reestablish confidence in defeating cancer and to regain the strength for normal Qigong cultivation and practice. At this stage, external Qi healing is considered an ideal method to help the patient relieve some local pain, and regain some physical strength, since external Qi can produce some immediate healing results without any side effects. Other medical methods with little or no side effect, such as acupuncture for pain relief and herbal medicine for external application, may also be useful.
- (2) Intensive training of TFESRS and the anti-cancer Qigong program. Intensive practice helps to accelerate the circulation and accumulation of true Qi (vital energy) within body. In addition, the use of purification Qigong quickly discharges the toxins and harmful residuals of chemotherapy. The patient should practice Qigong for 5 hours or more every day.
- (3) Training of consciousness power. The patient learns to use mind power to communicate with disease and control tumor growth. Multiple sessions of self-adjustment over the affected areas every day.
- (4) After 10 days of intensive Qigong practice, patient may feel the symptoms have subsided and become more energetic. At this time, the patient can begin learning the "Fuqi" Qigong – the ingesting of Qi (vital energy) through the mouth by visualization. Ingest 12+ mouthful of Qi in the morning, and in the evening every day while continuing intensive Qigong practice.
- (5) After 15 days of "Fuqi" Qigong, the patient can enter the "Bigu" stage -- energetic fasting with Fuqi. During Bigu, only natural water is allowed, not any other liquid or solid food. The number of days in Bigu depends on the patient's quality of Qigong practice and their physical response to Bigu, such as pulse, body temperature and strength. Usually it lasts 5 to 7 days for the first Bigu. Since tumor growth requires a lot of nutrition, the Bigu can effectively inhibit the tumor growth and quickly activate patient's suppressed immune function and self-healing capabilities.

- (6) On day 4 of Bigu, a Qigong healer can start external Qi adjustment for the patient once a day, or shatter the tumor by strong Qi if the metastasized cancer is a solid tumor. (Note: The Qigong healer needs special training to accurately locate the tumor and shatter it with strong Qi, otherwise, shattering the wrong site may result in patients' physical suffering).
- (7) After ending Bigu, the patient needs to take the same number of days as the length of Bigu to gradually resume a regular diet. The patient needs to continue 5+ hours of daily intensive Qigong practice during and after Bigu. On the 15th day after resuming a regular diet, continue Fuqi by ingesting 15+ mouthful of Qi in the morning and in the evening every day.
- (8) The timing for the second Bigu depends upon the patient's quality of Qigong practice and general physical strength. Usually the second Bigu is 12 days or more. It should be combined with external Qi adjustment by an experienced Qigong healer.
- (9) After the first Bigu cycle, the metastasis situation should be under control, and the patient will gradually gain more strength. After the second Bigu cycle, the patient will feel significant improvement. After continued intensive Qigong practice for 5 to 6 months most patients will find that they are able to achieve full recovery and cancer remission.

4. A Word of Caution

- (1) One must follow the laws of Qigong cultivation when applying Qigong anti-cancer therapy. Hence, the patient must really change their mentality and healing philosophy, and understand the basic mechanism of Qigong anti-cancer therapy in order to fully experience high quality Qigong cultivation with optimal results.
- (2) Bigu with Fuqi is a significant component of TFESRS and the anti-cancer Qigong program. It is a very special technique, and the first cycle of Bigu must be conducted under the guidance and close supervision of an experienced Qigong instructor or Qigong master.
- (3) The intensive Qigong training which accelerates the circulation and accumulation of the true Qi (vital energy) may lead to the phenomena of strong Qi striking against the site of illness, manifested as increased pain or worsened symptoms. This healing crisis is an inevitable process during Qigong healing since most pains or cancers are the result of Qi blockage within the body. It is only when strong Qi is able to strike through these spots, and break the Qi blockage that can the pain or cancer be eliminated. Therefore, when the patient experiences increased pain or symptoms during Qigong healing, he or she must be confident in the healing method; accept the healing crisis with a positive attitude; and actively adjust to the situation, which helps to reduce the symptoms and pain.
- (4) Not all forms of Qigong are useful with cancer. Most popular forms of Qigong are of the preventive-health type, which provide certain health benefits if one is persistent with practice. However, they may not be effective in medical healing or treating cancer in particular.

The above is an outline of our Qigong comprehensive therapy for BCMB, which is mainly based on our anti-cancer experience. The same method can be applied to any form of cancer. This system – a different healing philosophy with operational techniques -- has been used by thousands of cancer patients in China, and most of them have achieved complete recovery and have been cancer-free for years. We are looking forward to placing this system in clinical trials and then making its benefits available to cancer patients in North America.

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