

The Centre of
Integrative Natural Medicine

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Dear friend(s),

Thank you for choosing the Centre of Integrative Natural Medicine as one of your medical teams to help you strive for optimal health and well being. Our treatment protocol for cancer care is designed to support you whether you are undergoing western conventional treatment (such as chemotherapy, radiation, hormone therapy etc.) or not. We do encourage you to discuss our treatment protocol with your cancer specialist if it would help to facilitate your recovery.

In western medicine, most conventional cancer treatments are designed to target cancer cells. Chemotherapy and radiation are both like launching a nuclear attack – without discrimination, attacking both mutated cells (cancer cells) and healthy cells. Currently, conventional treatments utilize what they call a “targeting-effect”, or “multi-targeting-effect” cancer treatment. As the name implies, the treatment is like a gun shooting directly at cancer cells, minimizing the risk of hurting normal healthy cells. Despite single or multi targeting-effect treatments, the entire focus of the treatment is to target the cancer cells.

Cancer is a very complicated illness. Not only does cancer affect the body at the location of the tumor, but it also affects the entire human body as a whole. Therefore, any form of cancer would require more than a direct and/or multi-targeting-effect treatment. In order for a cancer patient to achieve the best results possible, they require a holistic approach, treating the entire person.

The basic concept of a holistic approach is simple: a healthy body is based on a healthy relationship between all of the internal organs, as well as the balance of the body, mind and spirit. Chinese medicine has been developed over thousands of years through the collective wisdom of the Chinese people. The medicine embodies this holistic approach and it can also provide a “multi-targeting-effect” treatment.

The definitions of ‘multi-targeting’ treatments in western and Chinese medicine are quite different. Western medicine mixes various chemotherapy drugs like a cocktail - such as combining a drug that kills cancer cells with one that has an anti-angiogenesis effect or one that interrupts the communication between cancer cells etc. Since Chinese medicine believes the overall health of a person depends on the harmony and balance of integrative functions of the internal organs and the mind, therefore a multi-targeting-effect treatment should not only focus on the cancer cells, but also on the entire human body and mind. Rather than conflict, Chinese and Western medicine are able to complement each other.

The core of Advanced Integrative Chinese Medicine (AICM) is treating cancer using a holistic multi-targeting approach. AICM is an integrative treatment system comprising not only traditional Chinese medicine but also functional food medicine, modern nutritional supplementation, diet, exercise and psychotherapy, which all combine to provide a complete treatment methodology for all cancer patients.

AICM's version of a multi-targeting approach refers to the ability of the treatments to target all of the health concerns caused by cancer. These health concerns include the following:

- Improper digestion
- Stressed nervous system
- Compromised circulatory system
- Depleted immune system
- The tumour(s) themselves
- Metastasis of the tumours
- Side effects of conventional treatments
- Cancer related symptoms such as pain, weakness, stress and anxiety
- Body's ability to detoxify

The benefits of the multi-targeting effect of AICM in cancer care include:

- Repairing and strengthening the immune system, including raising red and white blood cell count
- Optimizing the digestive system, therefore improving nutritional uptake in order to support the entire body as a whole, especially the immune system
- Removal of the fibrin (protein) coating that surrounds many tumours, therefore exposing it to the immune system and chemotherapy for attack
- Slowing and halting angiogenesis, the growth of blood vessels which feed the tumour and allow it to grow and spread
- Reducing the side effects of chemotherapy, such as nausea, fever, pain and fatigue
- Treating the actual symptoms of cancer, such as pain, fatigue, loss of appetite, insomnia, anxiety, and general debility
- Improve the body's ability to detoxify

Not only will you be treated with the utmost respect and care by our friendly and knowledgeable staff, you will have at your disposal a complete treatment package that can be fully integrated with any other treatment that you are currently undertaking.

Our Herbal Formulas for Cancer Care

The botanical formulas used are based on the AICM multi-targeting approach, made from traditional Chinese herbs. They are not used to replace western cancer treatments, but rather to complement them, as shown through years of clinical research.

Ai-Shin Plus™

Ai-Shin™ is designed primarily on the Traditional Chinese Medicine (TCM) theory of rebalancing the Qi (vital energy) and blood. In western terminology this means to strengthen the immune system and the entire functioning of the body. This formula's secondary role is to remove inflammation and toxicity which will help to reduce the pain associated with cancer. Ai-Shin™ is very beneficial for patients with weakness or those who are undergoing Chemotherapy.

According to the Centre of Integrative Chinese Medicine's clinical observational study, patients who were receiving both chemotherapy and Ai-Shin™ noted the following changes:

- An increase in white and red blood cells
- Better appetite
- Less pain
- Better quality of life
- Increased rate of cancer remission

Based on thousands of years of use, several ingredients in Ai-Shin™ have been shown to have the following functions:

Main Functions

- Balance the Qi and blood
- Improve the digestive system
- Strengthen the immune system
- Suppress cancer growth

Secondary Functions

- Anti-inflammation
- Detoxification

ABC™

ABC™ was designed based on the TCM theory for removing stagnant blood, breaking down the tumour (mass) and detoxification. The primary function of this formula is its anti-angiogenesis effect, helping to reduce the aggressiveness of the cancer, as well as, decrease its chance of spreading. Its secondary function is to remove toxicity from the body and to help boost the immune system in order to prevent infections. Upon greater levels of clinical data and with more understanding of its application, ABC™ has shown to be very beneficial in the treatment of cancer patients who have aggressive metastases.

Based on thousands of years of use, several ingredients in ABC™ have been shown to have the following functions:

Main Functions

- Improve blood circulation
- Prevent blood vessels from growing (anti-angiogenesis)
- Reduce inflammation and pain
- Break down the tumor

Secondary Functions

- Improve the immune system
- Improve detoxification
- Reduce inflammation

Ai-Detox™

Ai-Detox™ was designed based on the principles of TCM theory that specifically enhance liver cleansing ability (removing liver-Qi congestion and nourishing the liver), cleansing the bowels (removing dampness and heat), and gallbladder (removing dampness and heat), as well as, to flush out build up bile (in a sludge-like form). Ai-Detox™ will also enhance your body's detoxification process, thereby allowing your liver to properly metabolize the nutrients you ingest. Clinical observations show that people who have taken Ai-Detox™ have noted overall improved digestive health, specifically improved bowel movements, improved liver function while undergoing chemotherapy was also shown.

Based on thousands of years of use, several ingredients in Ai-Detox™ have been shown to have the following functions:

- Strengthens liver function
- Strengthens the detoxifying ability of the body
- Improves the digestive system

Happy Tea™

Happy Tea™ is an herbal formula that helps to balance the body and reduce emotions such as fear/anxiety, anger, lack of joy, pensiveness, and sadness/depression, and stress ultimately leading to improved overall wellbeing. When these emotions are balanced, people usually feel unburdened by life's shortcomings and free to face any problems that may arise. Clinical observational studies show that patients who take Happy Tea™ have a better quality sleep, less stress and less anxiety.

Based on thousands of years of use, several ingredients in Happy Tea™ have been shown to have the following functions:

- Help to reduce symptoms associated with mental fatigue – memory loss, difficulty concentrating, slurring speech, fogginess etc.

- Reduces anxiety
- Improves sleep quality
- Overall stress relief

Vital-Ai™

Vital-Ai™ is an herbal formula designed using TCM theories for the treatment of viral and bacterial infections. Vital-Ai™ works by clearing dampness and heat from the body and cleansing the body of toxic elements produced by the pathogens. Vital-Ai™ helps to boost the immune potential, thereby allowing the body to destroy invading pathogens and also provide a preventive level of immunity from viral and/or bacterial infections. Vital-Ai™ can also be used in conjunction with the anti cancer herbs for patients who are constantly fighting low-grade infections, compromising their ability to fight cancer.

Based on thousands of years of use, several ingredients in Vital-Ai™ have been shown to have the following functions:

- Expels heat and dampness
- Strengthens the immune system by enhancing detoxification
- Anti-infection properties
- Anti-inflammation properties

Clinical observations have shown an 85% success rate in the treatment of viral infections with Vital-Ai.

News release:

In October 2007, Oriental Healing Arts Research Inc. will publish recent cancer research report:

“Multi-targeting effects of Integrative Chinese Medicine as complementary treatment to western medical cancer treatment”

This clinical observational study was based on treatment comprising of western conventional medicine, as well as, Ai-Shin™ and ABC™.

The following is a brief look at some of the results noted in the clinical observational study:

Based on 74 cancer patients who have taken both Ai-Shin™ and ABC™ for a period of at least 4 months:

- 39% noted a reduction of tumor size
- 55% went into remission
- 79% found overall improvement in their life quality
- 80% noted a reduction in chemotherapy side effects

For more information, please go to: www.itsyourhealth.ca/cancer-care

What to expect at your initial visit

The Centre of Integrative Natural Medicine was established in 1984 to bring the full range of Traditional Chinese Medicine (TCM) to people who wish to achieve a better level of health and well being. The clinic is dedicated to the highest standard of care, safety, comfort and compassion in its practice.

With each case that presents itself at the Centre of Integrative Chinese Medicine, Sherman Lai and his research team will conduct a thorough consultation which also includes a bio-impedance analysis, a non invasive test that will give us a baseline assessment of your overall health. The initial consultation will address all avenues including: your health history, current symptoms, current treatments, nutrition/diet, and stress management. Once the initial consultation is finished, Lai and his team will form a comprehensive treatment plan designed specifically for each patient. Depending on the patient's current state of health, Lai will recommend a combination of traditional Chinese herbal remedies and/or acupuncture, in conjunction with nutritional supplements as well as dietary and lifestyle changes.

Acupuncture

While Chinese herbal medicine treats conditions by altering the body's internal energies, acupuncture works to balance the body's energies through an external force. Acupuncture to relieve the side effects of cancer has been used for thousands of years. This can also be expanded to treat the side effects of the cancer treatments such as chemotherapy and radiation. Acupuncture involves inserting very fine needles into specific points on the surface of the skin. This needle then stimulates your body's natural healing mechanisms, helping to restore physical, mental and spiritual balance. TCM explanations use the concept of restoring the normal flow of vital energy which circulates along special channels throughout the body, known as meridians. Modern research has shown that acupuncture elicits a complex set of responses in the peripheral, central and autonomic nervous systems, including the release of chemicals and hormones.

Modern Nutritional Science

While traditional Chinese herbs and acupuncture aid to balance the body's internal energy and increase their general well-being, modern nutritional science helps to decrease common nutrition related symptoms in cancer patients as well as to help fix any vitamin/nutrient deficiencies that may be detrimental in the treatment of cancer. Some of the most common nutrition-related symptoms in patients who suffer from cancer are as follows: cachexia (a wasting syndrome), weight loss, feeling too full to eat, digestive issues (including constipation, diarrhea, bloating), taste changes, dry mouth and an inability to swallow. However, with a combination of high quality nutritional supplements, diet/lifestyle changes and stress management will all aid in the overall health and well-being of cancer patients.

IgG Food Sensitivity Testing

The greatest challenge with food allergies/sensitivities is recognizing them. Everyone relates an allergy with an immediate response such as itchy eyes, runny nose, vomiting and/or hay fever. However, allergies can be much more extensive and can manifest in many different ways. Allergies are not the root cause of all ailments, but they can be a

predisposing factor in the development of a plethora of diseases, including all forms of cancer. Lai and his research team recommend the IgG food allergy test for every cancer patient that comes to the Centre of Integrative Natural Medicine. This test measures the amount of antibodies that your body produces towards specific foods. In general terms, any food that your body makes antibodies for are foods that your immune system is fighting every time the food is ingested. The more your immune system is fighting, the weaker it will become. Therefore, once the results of the test are back they will help guide the patient towards a diet that will not cause any further harm to their overall health.

Frequently Asked Questions

How long will it take for me to start feeling better?

It all depends on the type of cancer and the stage that you are at. Every person is different; patients usually begin to notice significant benefits within the first 6 weeks.

How much does this program cost?

The cost will vary from person to person depending on the type of cancer and the current state of health of the patient. However, on a monthly basis, the herbs will range from approximately \$600 - \$900, the acupuncture will be anywhere from \$0 - \$440, the nutritional supplements will cost approximately \$200 - \$400 and the IgG food sensitivity testing is \$280.

How long will someone be on this program for?

This question is hard to answer as it all depends on the type of cancer and the stage that it is at. For example, a patient that begins the program at the end stages of their cancer may not be on this program to cure the cancer itself, but to increase their quality of life for the time they have left. Where, on the other hand, patients that come to the clinic at the early stages of their cancer, the prognosis can be quite good. In saying that, some patients may be on the program for 4-6 months, whereas others may be on it for longer or will switch to a protocol for prevention, aimed at decreasing the likelihood of a reoccurrence.