

Treatment Strategy III

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1.0 Cancer

- Nobody knows what causes cancer for sure.
- There are actually DNA changes in the cells when cancer occurs. These changes happen at a bimolecular level and are passed on to “daughter” cells and thus the cancer can spread to more and more cells as the cells reproduce.
- As a tumor grows it disrupts the surrounding tissues. It takes a lot of energy from the body to allow the tumor to grow.
- Cancer cells can secrete several different toxins that also injure surrounding cells.

- Angiogenesis was thought to be the key to controlling cancer. If you keep the tumor from hooking up to the blood supply you can stop the growth of certain types of cancers.
- Once a tumor is able to spread, it is said to have metastasized.
- Chemical carcinogens
 - Lung cancer: arsenic, asbestos, benzene (rubber cement or bic lighters), nickel (and nasal)
 - Liver cancer: vinyl chloride
 - DLA: Alcohol (throat and esophageal), tobacco (head and neck as well as esophageal)
 - Radiation (even ultraviolet radiation)
 - Even sunscreens! ;-P
 - Virus can also be associated (Hpv, cytomeglia virus (HIV related), Epstein-Barr and lymphoma or nose and throat cancer. HepB and Liver cancer etc)
 - Parasites and bladder cancer and pancreas and bile ducts.
 - Chronic irritation to any part of the skin
- Hereditary can also be a factor.
 - Colon cancer and breast cancer has an identifiable chromosomal factor
 - Women of Scandinavian background have a much greater chance for breast cancer.
- Autoimmune disorders
 - Arthritis
 - Sjögren's Syndrome
 - AIDS

cytomegalovirus (sK²tM-m&g²-lM-vK'rTs) A widely distributed species-specific herpesvirus; in humans, it inhabits many different tissues and causes cytomegalic inclusion disease.

A mother with a latent infection may transmit the virus to her fetus either transplacentally or at the time of birth. The virus may also be transmitted by blood transfusion. Although it is usually not harmful to those with functional immune systems, it may cause a fatal pneumonia in immunocompromised patients. Cytomegalovirus may infect the retina and cause blindness in AIDS patients.

Sjögren's syndrome ABBR: SS. An autoimmune disorder marked by decreased lacrimal and salivary secretions, resulting in dry eyes (keratoconjunctivitis sicca) and dry mouth (xerostomia).

In 50% of patients it occurs alone; in the other 50% it is seen in conjunction with other autoimmune diseases, such as systemic lupus erythematosus, thyroiditis, scleroderma, and esp. rheumatoid arthritis. It occurs primarily in middle-aged women.

In Sjögren's syndrome, the lacrimal and salivary glands are destroyed by autoantibodies and T lymphocytes. Approx. 90% of patients have antiribonucleoprotein antibodies in the blood (anti-Ro or anti-La), which are considered diagnostic markers; approx. 75% also have rheumatoid factor, even if there is no evidence of rheumatoid arthritis. Patients with Sjögren's syndrome have a 40% to 60% increased risk of developing cancer of the lymph glands.

1.1 Signs and Symptoms

- See [American Cancer Society \(web site\)](#) for details
- General Signs
 1. Unexplained Weight Loss
 2. Fever
 3. Fatigue
 4. Pain
 5. Skin Clues – in addition to skin cancers, some cancers can produce visible signs such as darkening of the skin (hyperpigmentation), reddening (erythema), itching, and excessive hair growth.
- Specific Cancer Symptoms
 1. Chang in bowel habits or bladder function
 2. Sores that do not heal

3. Unusual bleeding or discharge
4. Thickening or lump in breast or other parts of the body
5. Indigestion/difficulty swallowing
6. Recent change in mole or wart
7. Nagging cough or hoarseness

1.2 TCM

- Cancer was recognized by TCM early on (3000 years ago)
- There are records of treatments for Liu dating back to 200BC.
- There are a combination of causes
- Internal weakness
 - Deficiency of zang fu organs.
 - The 5 zang organs promote and work harmoniously. The 6 fu bowels, the same thing.
 - If the zang and fu are working harmoniously, the substances are in the adequate amounts, moving smoothly, and in the right place you will support the vital qi in the body.
 - Any type of deficiency with the organs is a prerequisite for the development of cancer.
 - To treat cancer we have to “cultivate the root” i.e. deal with the deficiency.
- External pathogenic causes
 - Standard pathogens; wind, cold, heat, damp, summer heat, etc
- From an organ perspective it’s often a problem with the spleen (acquired essence) or the kidneys (the essential qi, pre-natal qi.)
 - Remember the kidneys are the source of the wei qi, even if the lungs control it.
- The emotions can also be a causative factor.
 - Excessive emotions
 - Repressed emotions
 - These disrupt the flow of qi and blood and affect the organs.
- Inappropriate diet
 - Foods that are hard to digest or hot in nature
 - Hard, roasted, sticky foods (glutinous) – can damage the mucus membranes.
 - Greasy foods and dairy products also increase the risk of some cancers.
 - Red meat increases the risk of breast cancer
 - Irregular meals
 - Too much food
 - Unhealthy foods
- Phlegm accumulations and blood stasis can also contribute to the occurrence of cancer.

1.3 TCM Treatments

1.3.1 Support for conventional Western Treatments

- To help with traditional western cancer treatments we strive to

- Support healthy energy (righteous qi), strengthen the body's resistance
- We can also treat the side-effects of cancer treatments
 - Hair loss
 - Leucopenia
 - Nausea and vomiting
- Acupuncture and moxa have a regulating effect on the side effects of chemo and radiation therapy.
- Other things we can help with
 - Burning pain – ling qu
 - Edema
 - Coldness
 - Promoting the formation of blood
 - Improve the ability to endure the treatments
 - Proven to increase the survival rates.

1.3.1.1 Conventional Radiation

- Specifically:
 - Kills cells by producing the formation of free radicals.
 - Chemo affects rapidly reproducing cells the most.
 - It should kill off more cancer cells than healthy cells
 - Directed as precisely as they can on the cancer cells
 - Too much yang keeps the body from healing afterwards.
 - Radiation is a heat toxin. It damages the body's fluids. It also causes spleen and stomach disharmony as well as damage to qi and blood and damage to liver and kidney.

1.3.1.2 Chemotherapy

- Assess risks vs. benefits.
- Common side effects
 - Loss of appetite
 - Kidney damage
 - Nausea and vomiting
 - Nausea and vomiting usually starts at the beginning of chemo
 - Suppression of RBC, WBC
 - WBC and RBC changes usually appear in the second or thirds weeks of chemo
 - Started one weeks before start of treatment give
 - ST36 & LI4 – every day will significantly increase RBC, WBC, and platelet counts
 - Acupuncture on a daily basis with reinforcing technique: BL20, DU20, ST36, SP6 – prevents or reduces leucopenia.
 - Research showed more improvement when started prior to rather than during chemotherapy.
 - Diarrhea

- Hair loss
- Lung, bladder heart, colon damage
- Infertility
- Development of secondary cancers
- Hearing loss
- *Depression*

1.3.1.3 Common Differential diagnosis

- Spleen and stomach disharmony
- Deficiency of liver and kidney (yin)
- Treatment principles:
 - Support the vital qi, cultivate the root, supplement the qi and nourish blood
 - Fortify the spleen and stomach
 - Enrich the liver and kidney

1.3.1.4 General guide lines for acupuncture

- Obtain qi.
- Retain needles for 20-30 minutes
- Can manipulate needle intermittently.
- Best results if treated every day or every other day.
- Moxa is very important because it is Tonifying and warming. Moxa breaks up stagnation and gets things moving. It can also draw out toxins.
- Moxa can be used at all stages of cancer.

1.3.1.5 Supporting the vital qi

- Warm the yang and augment qi
 - DU14
 - CV4
 - CV6
 - DU4
 - ST36
 - CV8 –
 - BL43 – warming yang and augments qi
 - Huato Jia ji
 - Back shu points
 - Needling or using moxa stimulates the immune system to do the right thing. They inhibit the growth of tumors, reduce their size, and strengthen the body.

1.3.1.6 Strengthen Body's Resistance

- Inhibit the growth of tumors, strengthen the spleen and kidney. Enhance immune function, build blood

- ST36
- BL20
- BL21
- CV12
- SP6
- PC6
- SP4
- LV13
- SP10
- BL23
- DU4
- CV6
- CV4
- KD3
- Also very good to deal with the side effects of chemo or radiation therapy.

1.3.1.7 Dispel pathogenic factors

- For excess conditions
 - Tumors due to qi and blood stagnation.
 - Dissipate tumors, move qi and blood, reduce the amount of pain, improve circulation, prevent the growth of tumors. Prevent a tumor from metastasizing
 - PC6
 - LI4
 - St36
 - BL40
 - LV3
 - ST44
 - LV14
 - GB34
 - Ashi points for pain
 - BL22
- You should use
 - Shu di huang – help stop the decrease in blood cells
 - Ginseng – inhibits the growth of cancer cells, acts directly on cancer cells, improves immune system
 - Huang Qi & E Jiao, Dang Gui – all good to help build blood

1.3.1.8 Contraindications

- Herbs you should not have for estrogen dependent cancers
 - Do not use these herbs if it is an estrogen dependent cancer
 - Breast cancers, bladder cancers, and uterine cancers can all be estrogen dependant cancers.
 - Cordyceps (dong shong xia cao)

- Peony – bai shao, chi shao
- Licorice – gan cao
- Fennel seed – xiao hui xiang
- Dan Shen – stimulates estrogen production
- Be careful when suggesting herbs/supplements. They can help the cancer cells as well as the normal cells. You want to wait until after the treatments are over before giving supplements. Vitamin C, selenium, etc given during a radiation treatment can make the tumor worse.

1.3.2 Differential diagnosis for bone marrow taxation

- Related to spleen and kidneys

1.3.2.1 Heart and Spleen signs

- Dizziness
- Lack of strength
- White cast or sallow complexion
- Body aches
- Poor appetite
- Frequent colds
- Palpitations SOB heart signs
- Insomnia – spleen signs
- Tongue: pale. Pale red
- Pulse: deep and thready
- Supplement ht and spleen, nourish the blood clam the shen

1.3.2.1.1 Treatment

- Spleen and HT
 - BL15
 - BL20
 - CV14
 - LV13
 - ST36
 - DU20

1.3.2.2 Deficiency of LV and KD

- More yin deficiency signs
- Low back ache
- Night sweats
- Pulse; thready and rapid
- Enrich the yin, clear heat and cool blood, supplement the kd and lv

1.3.2.2.1 Treatment

- BL18

- BL23
- Kd3
- SP6
- Reduce PC6 – helps clear heat, quiet the spirit
- DU20 – raise the qi and quiet the spirit

1.3.2.3 Deficiency of Spleen and Kidney Yang

- Physical and mental tiredness
- White facial complexion
- Feel cold
- Aversion to cold
- Poor appetite, loose stools
- Back ache, sore knees
- Tongue: pale, enlarged, thin white coat (no heat signs)
- Pulse; thready and slow
- Warm spleen

1.3.2.3.1 Treatment

- CV4
- DU4
- BL23
- BL20
- ST36
- You can use these with moxa.
- Moxa with ginger slice, CV4, CV12, Cv8 (with salt) – do this with three cones for moxa until the skin reddens.

1.3.2.4 Food therapy for low platelet count

- Peanut skins - 2oz
 - Soak the peanuts in warm water for 30 minutes.
- Red date (da zao) – 1 oz
 - Clean and soak for 30 minutes
- Simmer both for 30 minutes
- Remove the skins and discard.
- Divide into three portions, eat the dates and drink the tea
- (peanut skins help bruising problems)

1.3.3 Nausea and vomiting

- Common side effects of early symptoms of radiation or chemotherapy
- Serious because if it excessive you can become dehydrated, decreased body weight, lack of nutrition, imbalanced electrolytes
- Can happen within 24 hours of treatment or can be more delayed.
- In some people this can be anticipatory.

- People who are more likely are women, those under 50, anxious people, those suffering from motion sickness.
- Can be deficient or excess
- If it is sudden, it's usually an excess pattern

1.3.3.1 Pathogenic Cold

- usually rapid onset.
- Wind/Cold/heat, dampness direct strike.
- Impairs downward movement of stomach, resulting on counterflow qi
- Radiation and chemotherapy is considered an external attack...
- Chills and fever
- Headache
- Generalized pain
- Pulse: not floating so much, more moderate
- Tongue: pale, white greasy coat.

1.3.3.1.1 Treatment

- Release exterior, harmonize stomach, stop vomiting
- PC6
- CV12
- ST36
- TW6 –regulates activity of TW, helps the Qi to beardown.
- LI4 – release exterior
- DU14 – release exterior

1.3.3.2 Stagnation of food

- fullness,
- distention,
- putrid belching,
- acid regurgitation
- relief upon vomiting
- don't want to eat.
- Tongue: pale w/ thick greasy coat
- Pulse: slippery and full

1.3.3.2.1.1 Treatment

- Disperse food stagnation, harmonize the stomach and direct the counter flow qi downward.
- PC6
- CV12
- ST36
- SP4
- Food accumulation
- CV10

- ST44
- Inner niting – empirical point for food stagnation
- ST25
- Cause of food stagnation is the deficiency of the spleen and stomach in this case. Normal amounts of food is probably too much.

1.3.3.3 LV qi invading the stomach

- Hypochondriac pain
- Cause: anger damages the liver, emotions, anxiety, worry all injure the spleen
- Acid regurgitation
- Frequent belching
- Chest oppression
- Tongue: rim may be red, thin greasy coat
- Pulse: wiry

1.3.3.3.1 Treatment

- CV12, ST36, PC6
- Add in
 - LV14
 - LV3

1.3.3.4 Internal obstruction of phlegm fluids

- Vomiting of fluids
- Phlegm might come up or foamy saliva
- Dizzy
- Palpitations
- (Signs of phlegm)
- Tongue; pale, white greasy coat
- Pulse: slippery

1.3.3.4.1 Treatment

- CV12
- ST36
- PC6
- ST40 – for phlegm
- Phlegm is coming from the deficiency of the spleen
- So tonify spleen and stomach
- BL20, BL21
- LV13, CV12

1.3.3.5 Deficiency of cold of spleen and stomach

- One of two deficiency patterns

- Nature of vomiting is repeated bouts of vomiting or intermittent sickness after eating, drinking
- Bright white complexion
- Fatigued, lack of strength
- No desire to drink
- Cold limbs
- Thin and loose stools
- Tongue; pale w/ white coat
- Pulse: soggy and weak

1.3.3.5.1 Treatment

- Warm the middle burner, strengthen the spleen
- CV12, ST36, PC6
- Add in points to tonify spleen
 - BL20, BL21
 - LV13, CV12
 - Moxa to CV4.

1.3.3.6 Insufficiency Stomach Yin

- Radiation is hot and toxic, it scorches and damages the yin fluids of the body. This leads to stomach yin deficiency
- Stomach loses the down bearing ability. It is no longer moist and cool.
- Recurring bouts of nausea and vomiting
- Dry retching
- Dry mouth
- Dry throat
- No desire to eat, but still feel hungry, clamoring stomach
- Tongue: red, peeled coat – no coat
- Pulse: thready, rapid

1.3.3.6.1 treatment

- nourish the stomach yin, move stomach qi downward to stop the vomiting
- CV12, ST36, PC6
- Bear stomach qi down ST21
- Nourish yin: KD3, SP6,
- PC7 – drain deficiency heat in the stomach.

1.3.4 Hair loss

- Chemo and radiation can cause hair loss.
- It's the dosage that determines how the hair is affected.
- Usually just the head, but it can be the entire body.
- Toxic affect of the radiation and chemo damages the hair follicles causing the death of the hair.

- Usually hair grows back in one or two months after the treatment, but the new hair can be completely different (color or texture)
- It may be that the hair won't grow back.
- Hair loss can be limited in chemo by putting an ice pack on the scalp to limit the heat on the head.
- Hair is the surplus of blood
- Hair needs to be nourished by blood (yin blood)
- Both chemo and radiation damage yin and blood.
- Supplement the blood, yin, and dissipate the wind, clear heat and relieve the toxicity.

1.3.4.1 Yin Deficiency

- Supplement the kidney and nourish yin,
- Occurs during or after chemo or radiation
- Dry mouth
- Dry tongue
- Red cheeks
- Tidal fever
- Low back ache and sore knees
- Tongue; red, with no or little coat
- Pulse; thread and rapid

1.3.4.1.1 Treatment

- Nourish liver and kidney yin, moisten the dryness, and dispel wind.
- DU20 – local to stimulate hair growth
- DU19, DU23
- SP6, KD3, BL23, KD6, HT6 ST36, PC6
-

1.3.4.2 Blood dryness

- Supplement the blood to promote the growth of hair
- Sallow complexion (yellow) – blood deficiency
- Mental and physical fatigue
- Low voice
- Tongue: pale, white coat
- Pulse: thready and weak

1.3.4.2.1 Treatment

- Herbal formula – si wu tang Jia jian (augmented spleen and blood builder)
- B20
- BL18
- BL23
- BL15
- ST36

- DU20 – local point to promote hair growth

1.3.5 General Acupuncture for cancer

- Master tong
- Yi Zhong – one cun anterior to GB343 – tender to palpation
- Er Zhong – two cun below yi zhong
- San Zhong – two cun below er zhong
- 1-2cun deep insertion
- Treats brain tumor, cirrhosis, one sided headache, breast cancer, one sided h/a