

Subject: Cancer Prevention the Chinese way

Under weakly alkaline condition, cancerous cells will not be able to grow, or even to survive.

在弱鹼性體質的狀態下，癌細胞是無法生長、甚至是無法生存的。

Actual case studies, very important, please read patiently and pass this on.

實案例，很重要，請耐心看完，請轉寄哦！！

Even if you have read this before, you should reread this, especially the list of acidic and alkaline food stuff, best to read several time and remembered.

即使看過了還是要再看，尤其下面的酸鹼性食物最好多看幾次，就可以記住了

Please read this article in full patiently, it will be helpful to your health.

請耐心看完這篇文章，對自身健康很有幫助

More than 30 years ago, Mr Zhang who works in the public sale department of a Taipei Brewery, participated in the brewery overseas study selection examination, and passed with flying colours.

三十多年前有一位服務於公賣局台北啤酒廠的張先生，參加該啤酒場選派技術人員到國外深造的考試，以優異的成績及格。

Before going overseas during the physical examination at a public hospital, it was discovered that he has a tumour growth in his lung of the size of a child's fist, and therefore was not able to go overseas to study.

在出國前經某公立醫院體檢發現，罹患像小孩拳頭大小的肺部腫瘤，因而不能出國。

The greatly disappointed Mr Zhang has always been suspicious that the diagnosis was wrong. So he went to another hospital for a check-up, the result confirm that previous diagnosis was not in error.

張先生非常失望之餘，一直懷疑診斷有誤；於是再到另一家醫院檢查，結果還是證實原來的診斷並無錯誤。

For the youthful and healthy Mr Zhang to be stricken down with such terminal illness, in his despair, he rang his old class mate who at the time was Taidong County Government, Huangsun County Mayor's secretary, Mr Wei

時年輕力壯的張先生得到這樣的絕症，在人生絕望之餘，多次打電話給當時任職台東縣政府黃順興縣長機要秘書的魏姓同學。

Mr Weil rushed to Taipei during his rest day on a Sunday to see Mr Zhang.
魏姓同學便利用星期日趕到台北和張先生見面，

Mr Zhang discussed with Mr Wei in details his despair and pessimism, and entrusted his friend regarding his affairs after his death. Coincidentally, Mr Wei was a good friend of Dr Lu Geling, who was in charge of the Maijie Hospital, 1945-55, and specialised in the clinical research into cancer cases.

張先生向魏同學詳述相關絕望的詳情和悲觀感受，並請位同學協助其後事，恰逢魏同學與前任馬偕醫院院長1949—55年專精於癌症臨床研究的呂革令博士係知交好友。

He immediately suggested that Mr Zhang went and see Dr Lu for treatment. At first, Mr Zhang said he preferred not to see anymore doctors, so as to add further to his misery.

當即建議前往訪求呂博士醫治，起初張先生說不願再看醫生，以免徒增傷悲；

But Mr Wei told him that he had telephone Dr Lu before to seek his advice and arrange an appointment. Mr Zhang felt obligated and went with Mr Wei to meet Dr Lu.

但魏同學說先前已以電話請教過呂博士並安排好時間，張先生只好偕同前往呂博士住處造訪。

When Dr Lu met with Mr Zhang, Dr Lu said: ' Mr Wei is a friend and introduce you and I to get to know each other. This is destiny. Thank you. Let me ask you do you know why is cancer referred to as terminal illness?'

呂博士和張先生見面就說：「魏先生是我的好友，介紹你和我認識是我們緣份，感謝。我請教你：『癌為什麼叫絕症，你可知道嗎？』」

Both Mr Zhang and Mr Wei did not how to answer.

張先生和魏先生都不知道如何作答。

Dr Lu explained: 'There are only two approaches taken by human to treat cancer to date. The first is to destroy the source of the disease. The second is the increase the capability to fight the disease.

呂博士又說：「人類醫治癌症到目前為止只有兩條路，第一條路是消滅病源，第二條路是增加抵抗力。

But the strange thing is that, cancer whether we use Cobalt 60 or other drug to destroy the cancer cells, however, before the cancer cells are killed, the good cells are destroyed first.

但很奇怪的是，癌無論用鈷60或其他藥物去消滅癌細胞，可是癌細胞還沒被消滅，好的細胞卻先被殺死。

On the other hand, no matter we use what nutrients or supplements, before the good cells have a chance to absorb them, the cancer cells have taken them up and it simply speeds up the grow of cancer.

另無論用什麼營養、補藥，好的細胞還未吸收，癌細胞卻先吸收、讓癌長得更快；

Therefore both approaches are doomed to failure, that is why cancer is terminal.'

因此可說上述兩條路都行不通、所以叫絕症

Dr Lu continues: 'Human being is most clever, they have successfully landed on the moon. But why is it no one ever question the above two approaches for treating cancer are nothing but self defeating dead-ends, try to seek out a third avenue?

呂博士又說：「人類的聰明連登陸月球也都已經成功，但為什麼沒有人去懷疑上述兩條治癌的路是在鑽牛角尖，另外找第三條路？

When I was conducting clinical research in Majie Hospital, I had many opportunities to work with and being helped by many colleagues in the Hospital. I discovered that the blood tests of 100% of the cancer patients showed that the blood sample are acidic.

我以往在馬偕醫院做癌症臨床實驗，並得院內各部同仁協助的機會，我發現癌症病人血液檢查的結果百分之百都是酸性反應。

Those Buddhist monks and nuns who are long term vegetarians and live very close to Nature, their blood are prevalently weakly alkaline and amongst them, there has yet to discover any cancer cases

長期素食、且生活接近自然的佛寺僧尼，由於體質都偏屬優質弱鹼性，所以尚沒有發現罹患癌症的病例。

Therefore, I boldly concluded that under weakly alkaline condition, cancer cells are not able to grow, or even to survive.

因此我大膽的斷定在弱鹼性體質的狀態下癌細胞是無法生長、甚至是無法生存的。

Mr Zhang, I would suggest that starting from now you reduce your intake of the acidic meaty dishes.

張先生我建議你從現在起少吃酸性的葷食類，

Take more of the alkaline food. In addition you can take green algae and soup made from water chestnuts with shell,

多吃鹼性食物，另外可吃綠藻和帶殼菱角湯，

Modify your physical condition, and try seriously to have a regular life style which is close to Nature;

改變你的體質，並勵行接近自然的良好生活規律；

If you can manage to stay alive for five years, you should have no further problem. I wish you the best of luck.'

如果五年內不死、你就沒問題，祝福你。」

Mr Zhang follow Dr Lu's suggestion and seriously alter his eating habits.

張先生依照呂博士的建議，認真改變吃的習慣，

Every day, he ate green algae, drank chestnut soup, be optimistic and doing appropriate amount of exercise, and went back to the same public hospital for a check up. It was discovered that not only that the tumour did not increase in size, on the contrary it showed signs of shrinking, and surprised the hospital staff conducting the check-up as a miracle. Five years later, the tumour s shrunk to such a state as to be almost disappear.

天天吃綠藻、喝菱角湯，樂觀加上每天適當的運動，一年後再到同一公立醫院檢查，發現腫瘤不但沒有長大、反而已呈現萎縮狀態，遂令醫院檢查人員驚為奇五年後竟完全處於萎縮、至近於消失狀態。

After almost 40 years, presently Mr Zhang's health is totally normal, and living a very pleasant life.

經過了將近四十年歲月，現在張先生的健康情況完全正常，生活起居甚為愉快。

Following Mr Zhang, a Mr Chen Tianshou, who was previously Head of the General Administration of the Taidong Provincial Hospital, was similarly diagnosed with lung cancer.

繼張先生之後，有位前台東省立醫院總務課長陳添壽先生，同樣得到肺癌；

When Mr Wei heard of this, he told Mr Chen of the experience of Mr Zhang, and Mr Chen started to follow the instructions of Dr Lu to change his physical

condition. The outcome was that he was able to recover fully from the cancer, just like Mr Zhang.

魏先生得知後將張先生的經過轉告陳添壽先生，陳先生乃依照呂博士的建議進行改變體質，結果與張先生同樣癒癌症。

At that time, Mr Lu and his family have emigrated to the United States. After the two cases, he returned to Taiwan and met up with Mr Wei.

那時呂博士全家已移民美國，事後呂博士回來台灣再與魏先生見面時，

Mr Wei told Dr Lu about the experiences of Mr Zhang and Mr Chen, and suggested that let the two of them detailed their experiences to Dr Lu in person, so that Dr Lu could publish a report on his self cure body conditioning method.

魏先生將張先生和陳先生的經過告訴呂博士，並提議由他們兩位親自向呂博士陳述請呂博士發表其改變體質之自療成果報告。

Dr Lu very humbly replied:

呂博士謙虛地回答說：

I am too old, besides, I do not have any clinical records of the outcomes. I would ask that you tell your friends and relatives, if they are agreeable, then please continue this experience and spread the words... ..

我年事已大，且沒有臨床紀錄不能做為成果。請魏先生轉告親如果友人認同的話，請他們繼續做體驗並廣為宣導.....。」

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One should take care of oneself but should also be caring about others, 85% of cancer patients have acidic in their physical condition

關心自己也要關心別人，85% 癌症病患屬於酸性體質

Blood of healthy persons is weakly alkaline in nature, with a pH of about 7.35 to 7.45 \*

健康人的血液是成弱鹼性的，約是pH7.35~7.45左右

Babies' blood is also weakly acidic \*

嬰兒也是屬於弱鹼性的體質

As adults mature their blood becomes more acidic in nature \*

成長期的成人有體質酸化的現象

According to a study of 600 cancer patients, of their bodily fluid, 85% of the patients are acidic .

根據一項六百位癌症病人體液分佈的研究，顯示85% 癌症病患屬於酸性體質。

Therefore, how to maintain the weakly acidic nature of our body is the first step for moving far away from diseases.

因此，如何使體質維持在弱鹼性就是遠離疾病的第一步。

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Acidic physical conditions manifest itself in:

酸性體質的生理表徵

1. Skin without lustre

1.皮膚無光澤。

2. Athlete's foot

2.香港腳。

3. Feeling tire even with very little exercise, and feeling sleepy the moment one gets on to public buses

3.稍做運動即感疲勞，一上公車便想睡覺。

4. Easily out of breath going up and down stair

4.上下樓梯容易氣喘。

5. Fat and with lower stomach protruding,

5.肥胖、下腹突出。

6. Move slowly and movement lethargic

6.步伐緩慢、動作遲緩。

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**Why does the body physical condition turn acidic?**

為什麼會形成酸性體質？

**1. Excessive intake of dairy acidic food**

## 1.過度攝取乳酸性食品

a) meat, dairy products, eggs, beef, ham, etc are acidic food

a) 肉類 乳酪製品與蛋 牛肉、火腿等皆屬於酸性食品。

b) taking too much acidic food will cause the blood to become acidic and viscous, difficult to flow to the end of blood vessels, leading to cold feet or knee, stiff shoulders and insomnia.

b) 攝取過量的酸性食品血液會傾向酸性而變黏稠，不易流到細血管的末梢，而易造成手腳或膝蓋的冷寒症，以及肩膀僵硬和失眠等。

c) When one is young and strong, taking suitable quantity of meat is appropriate, but older people it more suitable to have a diet which are primarily vegetables or small fish.

c) 年輕力壯時吃適量的肉類是對的，但老年人則以蔬菜或小魚為宜。

## 2. Irregularity in the pace of life will cause the body physical condition to become acidic

### 2.生活步調失常會造成酸性體質

a) Irregular pace in life will lead to mental and physical stress

a) 生活步調失常會造成精神與肉體的壓力。

b) According to statistics, people who sleep late are more likely to have cancer than normal persons, by as much as 5 times.

b) 據統計，晚睡者罹患癌症的機率比正常人高出五倍。

c) Human beings originally lead a life with regular tempo in this world, it is not possible to store up sleep or food and not possible to change the order of living by mixing up days and nights.

c) 人類本來就活在節奏的世界裡，無法事先儲備睡眠或飲食，也不能日夜顛倒。

d) Human organs are controlled by the autonomic nerves, and during day time it is mainly sympathetic nerves activities, and at night it is mainly the parasympathetic nerves which are functioning, If this order is disturbed and reversed, then diseases will result.

d) 人體內臟受自律神經控制，白天主要是交感神經活動，晚上則由副交感神經工作，若使其錯亂及倒置，就亦百病滋生。

### 3. Emotion over tensed

3. 情緒過於緊張

#### a) Civilised society brings stresses

a) 文明社會會造成的壓力。

#### b) Job related or mental stresses

b) 工作上或精神上的壓力。

c) A person suffers mental stress, when the stress is removed and the person relaxes, sometimes this may lead to death, referred to as the syndrome of imperfect adrenal cortex function.

c) 當一個人承受精神壓力後，一旦緊張鬆弛，時會造成猝死，稱為潛在性副腎皮機能不全症。

### 4. Physical Stress

4. 肉體的緊張

a) Before any operation it would be necessary to check to see if the renal cortex does function normally. If the adrenal cortex is lacking, or if the stress imposed by the operation exceeded the ability of adrenal cortex to cope, it could lead to death or other undesirable impacts.

a) 動手術之前應先檢查腎上腺皮質機能是否正常。如果副腎皮質機能較差，或手術壓力遠超過副腎調整功能，則可能造成病人死亡或其他不良影響。

b) If it noted that patient's face is puffy, it would be necessary to inquire in detail the patient's medical history and medication status, for patients taking adrenal cortical hormone, extra care should be exercise when administering acupuncture.

b) 若發現病患臉部浮腫，需詳加詢問病史及服藥狀況，為長期服用腎上腺皮質賀爾蒙，施以針灸要特別注意反應。

c) Stress due to physical labour or exercise in excess, whole night card games, driving etc should be avoided as much as possible

c) 勞動或運動過度，通宵打牌、開車等壓力都應盡量避免。

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Appendix: Acidity/alkalinity of Common food stuff

附錄：常見食物的酸鹼性

1. Strongly acidic food: egg yolk, cheese, cake make with white sugar or persimmon, mullet fish roe, dried cod.

1. 強酸性食品：蛋黃、乳酪、白糖做的西點或柿子、烏魚子、柴魚等。

2. Mildly acidic food: ham, bacon, chicken meat, squid, pork, eel, beef, bread, wheat, butter, horse meat etc

2. 中酸性食品：火腿、培根、雞肉、鮭魚、豬肉、鰻魚、牛肉、麵包、小麥、奶油、馬肉等。

3. Weakly acidic food: white rice, peanut, beer, alcohol, oil fried tofu, sea weed, clam, octopus, catfish

3. 弱酸性食品：白米、落花生、啤酒、酒、油炸豆腐、海苔、文蛤、章魚、泥鰍。

4. Weakly alkaline food: red bean, radish, apple, cabbage, onion, tofu etc.

4. 弱鹼性食品：紅豆、蘿蔔、蘋果、甘藍菜、洋蔥、豆腐等。

5. Mildly alkaline food: dried radish, soya bean, carrot, tomato, banana, orange, pumpkin strawberry, egg white, dried plum, lemon, spinach, etc.

5. 中鹼性食品：蘿蔔乾、大豆、紅蘿蔔、蕃茄、香蕉、橘子、南瓜、草莓、蛋白、梅乾、檸檬、菠菜等。

6. Strongly alkaline food: grape, tea leaves, grape wine, kelp sprout, kelp, etc.

Especially natural green algae which contain rich quantity of chlorophyll are very good alkaline health food, but tea should not be drunk in excess, and best to drink in the morning.

6. 強鹼性食品：葡萄、茶葉、葡萄酒、海帶芽、海帶等。尤其是天然綠藻富含葉綠

素，是不錯的鹼性健康食品，而茶類不宜過量，最佳飲用時間為早上。轉寄亦是一種福報

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