

Committee 2
Holistic Medicine in Modern Health Care

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Two Cases of Cancer Patients Treated by Holistic Medicine

Tae-Soo Kim
Chairman
Korea Natural Health Research Association
Seoul, Korea

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Kim, Tae Soo
Chairman
Korea Natural Health Research Association
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1. Concept of holistic medicine

Originally the word "holistic medicine" had a quite different meaning from natural medicine and alternative medicine, but now these words are used as the same or having similar meaning. Since about 1910 the term natural medicine was used to have an opposite meaning to traditional therapy which depends mainly on operation, radiation and chemotherapy. But recently many Americans have been using the term alternative medicine instead of natural medicine and this word has been introduced to Koreans to cover natural medicine and now this word has become more popular. Now many Koreans use alternative medicine to cover even many traditional therapies which had been used as non-official but secret medicine since long ago. They don't know whether such therapies effectively cure or not.

Most of such traditional medicines are something to eat or drink. Of course there are some tools such as an empty cup to extract bad blood or fluid from body or acupuncture and moxibustion. (unfortunately these therapies are not accepted as normal therapies according to the law) They try to cure the body itself and don't deal with mental or soul problems. I am sure some therapies that cover both mental and soul problem can be mentioned as holistic medicine.

For this paper the term holistic medicine means the same as natural medicine or alternative medicine. This report will introduce two cases of cancer patients; one who is being cured by mainly drinking fresh vegetable juice and doing coffee enema under the control of a natural therapist, and a cured case treated mainly by herself.

2. Curing case

Name of therapist ; Mr. Oh Song Kum, Chiropractor, Manager of B.H Korea Zen Center.

Name of patient ; Sohn O. R Sex; female Age; 62 Job; Pharmacist and house keeper

Stayed period at center; 28 Aug. to 7 Oct. 1999

Previous history ; In 1998 diagnosed as lung cancer(right lobe) at Seoul National University Hospital

In Sept. 1998 received operation at H University Hospital

In six months(March 1999), clinical diagnosis; recurrence of cancer at same right lobe and lymph,

Re-operation recommended but patient and family declined and discussed with Mr. Oh Song Kum to depend on holistic medicine.

Curing course;

A) Resettling of structure by chiropractic for the first three days and then cranio therapy for two days.

B) No other food but 17 glasses of vegetable juices(8 oz per glass) every day. Coffee enema every two hours for the first three days and 6 times(every 4 hours) per day afterwards.

C) Contents of juices

He tried to supply the first juice for every day as carrot and apple juice, if it is possible and then fresh green vegetable juices.

Other raw materials for juices; lettuce, endive, spinach, dropwort, cabbage, celery, wormwood, garlic(used for every glass), and raw ginseng.

D) Example of drinking time of juice per day.

Time Name of materials.

8 o'clock; ginseng, carrot, green vegetables

9 tomato or orange

10 green vegetable juice

11 carrot and apple juice

13 carrot juice

13. 50 green vegetable juice

14 green vegetable juice

15 orange juice

16(or 15. 50 min) green vegetable juice

17 carrot juice

18 green vegetable juice

19 carrot juice

20 green vegetable juice

21 orange juice

22 green vegetable juice

23 carrot juice

24 green vegetable juice

Total 17 glasses per day.

Effect of curing.

within 6-7 days ; stopped gasping.

within 10 days ; vomiting started. felt nausea. also felt chilly.

Following symptoms have disappeared step by step.

1. vomiting
2. chilly feeling
3. herpes zoster
4. severe pains near shoulder blade

Special effect;

On 2nd and 3rd Oct., scarlet reddish mucous emerged from vaginal canal with heavy pains.

Other points of curing.

1. Massage; Mr. Oh massaged patient on body very often and used special liquid. Brown rice vinegar + alcohol + lavender oil + distilled water. And castor oil + olive oil(ratio 1:3)
2. He also used other materials for enema.
coffee(organic grown) + peppermint tea + green tea or wormwood juice + garlic juice + green tea.

Patient at present;

1. Natural food for meals; oatmeal for breakfast and dinner, potato and vegetable juice for lunch. White rice gruel(he can not digest brown rice well); once every week.
2. Coffee enema, two times per a day.
3. 8 glasses of juice(8oz per glass), made of green vegetables, apple, and carrot per day.
4. Blood pressure, pulse are normal. Looks very healthy. No pain and very comfortable. And she enjoys walking, bicycling as exercise. But no working at all.
5. She aims to continue this therapy for 12-18 months until hearing OK from her doctor.

3. Cured case

Name of patient : Lee C. J Sex; female Age; 51 Job; pharmacist and housekeeper

History of illness;

She felt a great headache on 18th Dec., 1990 and was sent to be leukemia nulocytic M3 on 19th at a Catholic Hospital.

Her white blood corpuscle was 1,000 ea (normal 6,000-10,000 ea), blood platelet 15,000 ea (normal 150,000-300,000), hemoglobin 5-6 ea (normal 12-15 ea).

She started to get blood transfusion and chemotherapy. She suffered from various side effects and after effects of chemotherapy, such as high fever, pneumonia, complete hair loss, etc.

Doctor asked her to get chemotherapy for four terms but she declined fourth stage and determined to depend on traditional civilian therapies. People recommended many kinds of therapies, eventually totaling more than 200. She bought a new juicing machine, Green Power, and started following certain methods. But she did not keep any standard rule.

1. Drinking of dandelion juice
2. Drinking of extract of boiled pumpkin, licorice root, honey, fresh water eel.(boiled together)
3. Extract of several kinds of dried mushroom(such as agarikus)
4. Extract of boiled terrapin, fresh water eel, garlic, Chinese date, ginger(boiled together)
5. Wild dropwort juice
6. Wormwood juice
7. Carrot juice
8. Fresh green vegetable juice

Result after full 5 years;
Doctor told her she had been completely cured.

At present;
She depends on natural food and vegetable juice and extract of terrapin, eel, fresh water horn shell. She enjoys normal life.

4. Comments

1). Introduction

I am personally studying holistic medicine and trying to circulate this method more widely in Korea. Mr. Oh, Song Kum and I have talked about holistic medicine often after he read *Cancer Therapy* written by medical doctor Max Gerson (translated into Korean by myself). In this book, Dr. Gerson insists all chronic diseases can be cured by mainly coffee enema and drinking juice. Mr. Oh has helped many other patients and Mrs. Sohn and her husband heard of such stories and asked him to help them. I only advised Mr. Oh and supplied organic coffee and oils.

Mrs. Lee C. J came to us through public subscription. Korea Natural Health Research Association and Green Powerten (maker of juice extracting machine) offered public subscription regarding effect of drinking juice for chronic disease. Mrs. Lee got the first prize at that time.

When I met her, I felt she had to follow coffee enema but she did not follow it. Because she accepted curing method from civilian traditional methods, she might do not give any special attention to modern theory.

2). Research.

In Korea there is not any legal or professional guideline for such holistic medicine. And there is no official authority to study this method but there are several experts who are trying to study but not yet openly.

3). Standards

I am sure the developed countries should go ahead and make rules and standard for holistic medicine as soon as possible. At this moment there are several hospitals where such methods are accepted in Mexico. They are hospitals Meridian and Oasis.

4). Medical education

All medical schools should teach their students about holistic medicine as soon as possible and we must teach citizens to apply holistic medicine to improve their lives by lecture, establishing health news letters etc.

5). Public awareness

Same as above.

6). Cost-effectiveness

Frankly saying end users can easily depend on holistic medicine to keep their health. There should be no reason for them to visit doctors so often as before. In this case humankind can earn

a lot of money which can be used for other productive things.

5. Proposal

To overcome dangerous medical situations the Korean Government should establish a special organization as soon as possible to investigate the following problems.

The problems are;

- 1) The reason why so many kind of diseases are occurring among Koreans.
- 2) The reasons why traditional medicine cannot cure these diseases so easily.
- 3) What holistic medicine is and it's benefits.

Such opinions are actually becoming very popular among new leaders especially in United States.

The United States government should study how to reorganize all the relative systems including medical education, insurance system etc.

I strongly recommend the establishment of a reliable worldwide institute to study this important problem in detail as soon as possible.

It is curious that the two patients introduced here are all ladies and pharmacists. This could mean that highly educated ladies can be leaders of a new culture in future and if this is true, we can enjoy a healthier culture more cheaply and hopefully, as soon as possible.