

The Eclectic Triphasic Medical System (ETMS)

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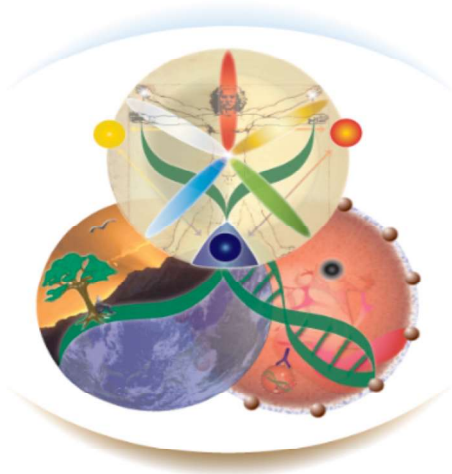
Whenever we treat a person with cancer, or any disease for that matter, we must first approach the root-base or source. Every stream on earth has a source, and every plant has a root, and every person has a 'vital force.' "If we water a root, it will grow and branches will sprout; these are the laws of nature. The experienced physician, therefore, will always consider the source." {Li Zhongzi, (Yizong Bidu), 1637}

The Eclectic Triphasic Medical System (ETMS) is an integrative and wholistic approach to significantly improving patient quality-of-life and lifespan. The ETMS model serves as a highly innovative practitioner's guide for developing personalized, patient centered treatment regimens for those with chronic illness and cancer. The innovation of the ETMS is based on a series of discoveries most of them a result of hard clinical work, scientific data, and deep introspection. The emergence of this model culminates from over twenty years of clinical practice, which I consider to be my healing quest. Throughout this pilgrimage, I have learned the importance of embracing the mystery in healing as much as applying scientific evidence-based medicine. This is the underlying truth of the ETMS. Thus there is no sharp distinction made between the mystical or philosophical contributions and the applicable discoveries of modern medicine, which are seamlessly united in the wholism of the ETMS. (Footnote 1)

In looking at the whole person, we come to understand that cancer is part of self, rather than seeing the cancer as an isolated entity. Cancer invariably involves a cascade of highly complex contributing factors that are, in part, hereditary genetic weaknesses. However, these factors vary widely from person to person. For instance, there are hundreds of different types of breast cancer, which are constantly undergoing change and mutation, and still underneath each type is a unique individual. It is our commitment to understand and positively affect what is endogenous, while at the same time understand what is exogenous and can be positively changed.

The ETMS integrates principles essential to the treatment of cancer from both traditional and modern medical systems and employs herbal medicine as its primary treatment modality. This immensely rich herbal foundation stems from the American Eclectic and Physiomedical western herbal traditions as well

as Eastern (Chinese or East Asian) Medicine, which is regarded as the world's most extensive traditional medical system. The methodology behind the ETMS is a complex interweaving of modern science with the constitutional energetics and spiritual philosophies of these traditional medical systems. The theoretical basis of these systems provides a framework for developing novel therapeutic strategies while incorporating the best of wholistic and conventional medicine supported by modern science. (Footnote 2) The ETMS is comprised of three interwoven branches.



The Three Branches of the ETMS

Branch I examines the personal energetic processes and core constitution of the individual (spirit, mind, body) evaluated from an individualized perspective, taking into account aspects such as the efficiency of the secreting endocrine organs and detoxification systems, dietary habits, and lifestyle factors such as

sleep patterns, stress, and the inner spirit. When assessing the constitutional energetics and physiology of the human being in Branch I, ETMS draws from traditional medical systems while adapting them to contemporary conditions. Thus the ETMS approach is always based upon the two essential and universal opposing but interpenetrating energetic forces - the inward/ anabolic /yin and the outward/catabolic /yang. The fundamental physical and psychic substances or dimensions of the individual we term Vital Force, Essence and Spirit, which in turn emanate through The Organ Network systems, (which, much like their counterparts in Chinese Medicine do not correspond directly to their biomedical or anatomic namesakes).

The Three Vital Energetic Influences ('Treasures') also represent different states on a continuum from the physical to the most subtle and non-material. The Vital Force relates to metabolism, cellular energy transfer, mitochondrial efficiency, and the use of proteins, fats, sugars, and oxygen. It involves the digestive system and lungs, immune system, blood, and bone marrow and emanates primarily through the Digestive-Spleen Organ Network. The Vital Essence relates to the neuroendocrine (or psychoneuroendocrine) system and emanates through the Kidney Organ Network. It involves the hypothalamic-pituitary endocrine systems and their hormones that contribute to adaptation, growth, reproduction, circadian rhythm and development whilst underlying many aspects of mind and emotion. The Vital Spirit relates to the spiritual everlasting energy, God living and dwelling within. It emanates primarily through the Heart Organ Network. Vital Essence and Vital Force thus both contribute to Vital Spirit, but in clinical practice, each component of this Vital triad must always be assessed in terms of their relative contribution to the state of the individual.

Branch II examines the human relationship with the external environment, which can be positive, negative or indifferent. This includes factors such as the space a person occupies and with which they interact; and their perceptions and influences including cultural, social, psychic and physical levels on the inhibition or promotion of disease. Branch II investigates how environmental factors (stressors), including chemicals, drugs, and diet, geographical location, emotion and socioeconomic relationships affect gene expression. These exogenous stressors impact directly and indirectly on the intricate network of molecular interactions that are associated with the genesis, development and progression of cancer. By systematically identifying these exogenous factors we can both reduce exposure to damaging influences while simultaneously implementing a treatment plan (dietary, nutritional and botanical) that provides specific and nonspecific protection and prevention (or chemoprevention) of cancer tumorigenesis and also epigenetically modify the cancer genome itself in individuals with a cancer diagnosis. Exogenous factors, such as being with and relating to Nature, eating a meal of super medicinal food, listening to healing music, getting modest sun exposure, can contribute to healthy gene expression in a positive way.

Branch III examines the intracellular and extracellular terrain, involving the energetic, physiological and molecular biology and genetics of cancer. Since cancer both responds to yet at the same time alters the molecular, metabolic and genomic terrain of the host, Branch III investigates not only the molecular and genetic profile of the tumor itself but its interaction with the individual host factors (those that comprise Branch I and might have been induced from aspects within Branch II). Thus in the ETMS, a thorough oncological investigation involves not only a complete molecular characterization of the tumor, but also a detailed interpretation of the blood chemistry and laboratory values and parameters of the patient not typically included in conventional assessments.

In this post-genomic era, modern medicine has begun to recognize the importance of identifying the molecular and genetic characteristics of cancer cells in each individual patient. Understanding these individual characteristics has opened many possibilities, including earlier detection of and more effective screening for cancer, as well as identifying the aggressiveness and metastatic potential of a diagnosed tumor, thereby improving prognostic assessment and appropriate treatment selection in terms of type and duration, and even enabling prediction of response to treatment. The emerging concept and practice of "targeted therapy" flows from the fact that many tumor mutations and polymorphisms provide specific targets for a new generation of drugs that are genetically engineered to uniquely attack, antagonize or inhibit such factors. However, the promise of targeted therapy has yet to be realized: the modern targeted drugs are few, prohibitively expensive, offering minimal benefits in survival, and have many, often serious, adverse effects.

For the ETMS practitioner however, the value of comprehensive tumor profiling and good laboratory testing in Branch III provides important clues that enable the preparation and selection of herbal medicines in ways that extend, refine and deepen the original herbal and dietary approaches to cancer treatment that evolved within traditional medical systems. In the last decade, enormous research interest and effort is creating an expanding knowledgebase of scientific data about the interaction of botanical and natural compounds with cancer biology at cellular, molecular and biochemical levels. When these insights are integrated with the Branch III assessments of the intracellular and extracellular terrain, individualized botanical /nutritional protocols can be designed to address the molecular targets and pathways revealed by the tumor profiling that have unprecedented therapeutic specificity and effectiveness as well as freedom from side effects.

Thus ETMS practitioners necessarily stay abreast of the most up-to-date scientific research, not only in oncology, but in botanical medicine and the molecular biology of natural compounds. This includes both the science at molecular, cellular, and genomic levels, as well as the wholistic view of the human being as the higher order generated through the unified functioning of the integrated human organ systems. The ETMS practitioner recognizes the innate intelligence of the human system and its ability to adapt and respond accordingly through allostasis in the face of challenges and disturbances, and to use all available means to regulate itself by appropriately adaptive biological, cellular, immunological and hormonal responses. This adaptive capability is compromised in people with chronic illness and cancer, and is the constant platform from which the ETMS practitioner seeks to build upon by offering foundational support through the use of botanical medicine in the form of tonics such as adaptogens, nutritives, and organ system enhancers, as well as nutritional and dietary therapeutics. The goal of the ETMS practitioner is to apply these therapies to enhance the health of the internal terrain and improve the ability to resist disease. To enhance response rather than dictate functionality is a fundamental core concept of the ETMS.

The ETMS emphasizes the practice of 'healthy medicine', which is aimed at the root source of ill-health, with the primary focus being to bring about harmony and balance throughout the body, together with target-specific, non-toxic, or low-toxicity cancer-suppressing agents. This is achieved through the application of synergistic multi-targeting herbal and nutritional formulations, dietary therapeutics, and

ETMS - Classifications of Botanical Medicine

- 1) **Adaptogens** (Primary, Secondary, and Companion)
- 2) **Tonics** to enhance and harmonize the Vital Essence, Vital Force (Qi), and/or Vital Spirit; the Five Organ Networks, Liver, Blood, Inward (Yin) and Outward (Yang) Energy, and Anabolic / Catabolic metabolism.
- 3) **Neuroendocrine/Immune system Activators / Modulators**, and/or other pathway regulators
- 4) **Organ system Enhancers / Protectors / Detoxifiers**
- 5) **Alteratives** to improve cellular nutrition and lymphatic drainage
- 6) **Cytotoxics** (anti-metabolites, apoptotic inducers)
- 7) **Specifics** based on presenting symptoms and/or constitutional evaluation

specific cancer-targeting therapies as indicated. While targeted chemotherapy may also be needed, low doses and metronomic administration are often more effective than “standard of care” guidelines. When approaching a disease such as cancer, it is important to formulate a balanced protocol that addresses both the characteristics of the disease (tumor) as well as the energetic weaknesses of the individual (host). It is when the energy of cancer overrides the internal healing ability of the person that it impacts on their health and causes serious damage. These two dynamic aspects, namely the ‘cancer energy’, and the internal healing energy of the individual, should be addressed with an understanding of the relationship, dynamics, and interplay that co-exist between them.

The ETMS provides a framework for mapping out a strategic plan that is adaptable to each individual and their unique circumstances. This plan acknowledges the multitude of disease-contributing factors, both internal and external environmental influences, as well as the internal environmental factors that have been altered by cancer. It addresses the molecular and cell-biological characteristics, as well as important energetic factors, while simultaneously encouraging the innate human capacity to heal - a concept foundational to traditional herbal medical models but largely ignored by conventional medicine. For example, specific agents, natural and/or pharmaceutical may conduct targeted activity against tumor angiogenesis and metastatic progression while ETMS therapies also work to build resistance and protect the person’s vital energy and immune system from the damaging effects of conventional cytotoxic treatments. The fundamental objective of the ETMS is to support the strength or vitality of the person, thereby providing the energy necessary to maintain the essential processes of cellular reproduction that enable the subject to thrive, while gaining control over the ‘cancer energy’, so that it becomes weak to the point that it can no longer invade and manipulate the internal environment for its own survival.

ETMS - Categories of Intervention /Treatment Modalities:

- 1) **Botanical Medicine**
- 2) **Nutritional Medicine**
- 3) **Dietary Medicine**
- 4) **Conventional Medicine**
- 5) **Traditional Medical Techniques and Practices**
- 6) **Lifestyle Counsel**
- 7) **Spiritual and Psychological Guidance**

ETMS cancer protocols are designed to work synergistically with standard conventional treatment plans but often may involve making changes to the “standard of care” treatments generally prescribed by oncologists. Again, within the ETMS model, the practitioner aims to employ the most appropriate treatment for the individual, as opposed to the generally accepted treatments based solely on statistical analyses (clinical trials) of heterogenous patient groups bearing the same diagnosis. At times, herbal and nutritional therapies alone can effectively target multiple disease pathways and are preferred when there is greater risk than benefit in using strong drug therapies, surgery, radiation, or chemotherapy. The coordinated team effort of patient, ETMS practitioner and oncologist is essential to ensure that the options, timing, and type of treatment are all taken into account at each stage to optimize outcomes.

My hope is that the ETMS will become the future of medicine, that which removes ego and fear, replacing it with compassion, humility, love, and wisdom. The ETMS is a unique synthesis of the spiritual and physical perspectives, being uncompromising in its quest for truth in both realms. My personal practice of the ETMS, like the improvisations of a jazz musician, is infused by a spiritual force that harmonizes rhythm, melody, and the artful expression of human science into the whole it was meant to be. Through analysis of the objective experience recorded by millions of doctors and billions of patients over the last five millennia, combined with the modern scientific facts, theories, and statistical findings used as the basis of our modern biomedical system, the ETMS represents the culmination of the human potential for achieving a truly integrated medical system. I firmly believe that applying this model in a specific, patient-centered format provides the best means to significantly improve patients’ quality-of-life and greatly contributes to increased longevity.