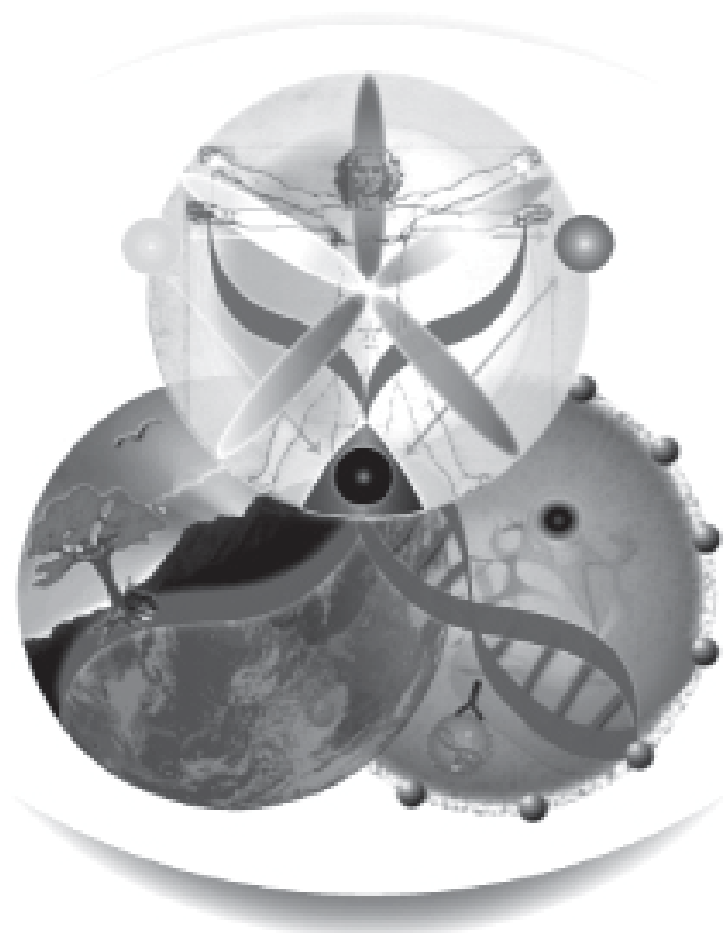


# The Eclectic Triphasic Medical System (ETMS)

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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 emergence of this model culminates nearly twenty years of clinical practice.

The ETMS integrates principles essential to the treatment of cancer from both traditional and modern medical systems and employs herbal medicine as the primary treatment modality. This immensely rich

## The three interwoven branches of ETMS

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 for these systems provides a framework for developing medical strategies while incorporating the best of wholistic and conventional medicine supported by modern science.

### The Three Branches of the ETMS

The ETMS is comprised of three interwoven branches (Figure 1.). 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 of the human being in Branch I, we take into account: the two opposing energetic forces (inward / yin or anabolic metabolism and outward / yang or catabolic metabolism; the ‘Three Treasures’ (vital essence, vital force and vital spirit); and the Five Organ Networks (kidney, spleen, heart, liver and lung). Branch II examines the external environment including factors such as the space a person occupies and with which they interact; and their perceptions and influences, both psychic and physical, on the inhibition or promotion of disease. Branch III examines the intracellular and extracellular terrain, involving the energetic and physiological processes of cancer, or processes manipulated by cancer, which both responds to and alters the chemical, molecular, biological and genomic makeup of the individual. In this branch, a thorough oncological investigation, analysis, and interpretation of pathology and blood chemistry provides important clues to identifying the characteristics involved in the specific cancer cell type from a molecular perspective: what activated it, what controls its growth, and what enables it to metastasize. The tissue the cancer originated in (such as the breast in breast cancer) becomes less relevant to this type of targeted therapy.

ETMS practitioners stay abreast of the most up to date scientific research and applications while taking into account information pertinent to all holonic levels of the scientific model, each part uniquely identified but part of a larger whole. These include the 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 adjusting biological,

cellular, immunological and hormonal responses. This ability is compromised in most people, and in particular those with cancer whereby the body maintains a continuous state of dysfunction. Charles Darwin, the father of evolutionary biology, said: “the fittest would survive”. The “fittest” are those that “fit” into their

### **“Botanical Medicine is the soul of the ETMS, permeating and integrating into all three branches”**

environment most perfectly and can adapt to change so as to assure their state of good health. This 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 medicine. The goal of the ETMS practitioner is to apply these therapies to enhance the health of the internal terrain and improve ones ability to resist disease. To enhance response rather than dictate functionality is a fundamental core concept of the ETMS.

The ETMS focuses on the practice of ‘healthy

#### **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

**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

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-toxic cancer-suppressing agents. This is achieved through the application of multi-targeting herbal and nutritional formulations, dietary medicine, and specific cancer-targeting therapies as indicated. Growth factor suppressing drugs and tumor assay driven cytotoxic therapies may also be needed, but most often at lower than standard (metronomic) doses. When approaching a disease such as cancer, it is important to formulate a balanced protocol that addresses both the biomechanics (characteristics) of the disease, as well as the energetic weaknesses of the person. It is when the energy of cancer overrides the internal healing ability of the person that it can impede on one's health and do serious damage. These two dynamic aspects, namely the 'cancer energy', and the person's own internal healing energy, 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 his or her unique circumstances. This plan addresses the multitude of disease contributing factors, both internal and external environmental influences, and internal environmental influences that have been altered by cancer. It addresses the cellular biological characteristics, as well as important energetic factors, while simultaneously encouraging the person's innate capacity to heal, a concept foundational to traditional herbal medical models but largely ignored by conventional medicine. For example, specific agents, natural and/or chemical, may invoke a targeted cytotoxic effect 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 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 one 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 protocols are designed to work synergistically with standard conventional treatment plans and in many cases, involve making unconventional changes to the "standard of care" treatments generally prescribed by allopathic physicians. Again, within the ETMS model, the practitioner aims to employ the most appropriate treatment for the individual, not the generally accepted treatments based solely on statistical analyses of heterogeneous patient groups bearing the same diagnosis. At times, herbal and nutritional therapies alone can effectively target multiple disease pathways and are thereby preferential when there is greater risk than benefit in using strong drug therapies, surgery, radiation, or chemotherapy. The coordinated effort of the patient, the ETMS practitioner, and the oncologist is critical to ensure that the options, timing, and type of treatment are all taken into consideration at each stage.

**ETMS as OS (Operating System)**

ETMS is a healing system developed from clinical experience that addresses the compelling need for a genuinely integral framework for creating comprehensive therapeutic strategies for people with cancer, primarily using herbal medicine and as its core modality. At this level the fundamental objectives of the ETMS are to: (1) strengthen the person, and (2) weaken the cancer. The goal is to promote wellness with a focus on increasing quality-of-life and increasing lifespan. However, as a multidimensional and wholistic system, ETMS is about the interwoven relationships and continuous process of decaying and becoming (the balance of yin and yang, inward and outward, anabolic, catabolic) that implies authentic healing and transformation of mind heart and spirit, not merely the body. The issues, needs and concerns of those touched by cancer, whether patients, family, friends, caregivers and physicians involve all levels and dimensions of being, not only the disease process or physical level in itself. Therefore the ETMS encompasses multiple levels, dimensions and stages, each of which

are interconnected, interpenetrating and mutually interacting. These elements of the “operating system” of ETMS are not static principles but can be seen more as dynamic streams rising one after another; they diverge, cross one another, meet, continue with each other, and ultimately harmonize and support each other.

The ETMS, as the name implies, is comprised of three main branches, represented graphically in terms of three overlapping circles or compartments. The term “phase” in Triphasic does not refer to a simple sequence of three states, but is better understood in the mathematical and or physical sciences sense of the term as “Phase Space” (ie the total number of possible states of a system). The phenomena delineated by each of the three branches are complex, but remain deterministic. In this sense they resemble the complexity of non-linear systems whose underlying order can only be established by looking beyond the chaotic surface. The purpose of the ETMS-OS, like any operating system, is a functioning map that enables many different applications to work together in an effective manner - in this case to guide clinical practice without either falling into reductionist oversimplification or becoming overwhelmed by the complexity of the whole.

The point of intersection of all three branches can be seen as the locus which uniquely describes the individual; thorough assessment of each of the branches generates a inclusive and multidimensional picture of the person (patient) at its center, and in turn provides both a strategic framework and clinical guidelines for the therapeutic approach specific and uniquely appropriate to the individual. The Triphasic branches may be broadly described as internal (the individual), external (the environment) and biological (molecular, cellular and genomic terrain). It might at first sight appear that the three branches are interchangeable with more conventional medical descriptors; for example from biomedical point of view for a person with cancer, the corresponding three divisions would be labeled the host, tumor and environment. However the host-tumor-environment model always remains one-dimensional, even as it attempts to additively describe a more complete picture than given by pathophysiology alone; its attempt to compile a more comprehensive picture merely results in a accumulating “heap” of information without structure or organization and which ultimately

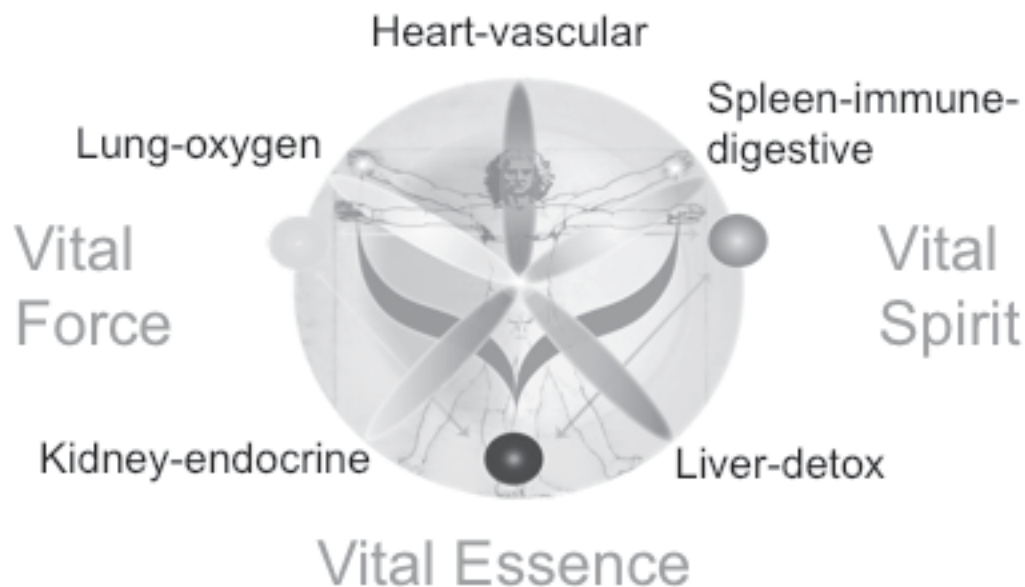
defies incorporation into a coherent therapeutic strategy. This tendency is increasingly common in the mainstream medicine and today constitutes what is popularly called “integrative” medicine – but that is integrative only in name.

In Branch 1, the individual is constitutionally defined in terms of the Life Force. All living organisms possess a spirit driven inner force; a cosmic intelligence that is the source of all biological phenomena, directing all internal healing response - the ‘Life Force’ The Life Force is made up of many contributing energetic elements; the two Energetic Influences (Inward-anabolic (‘yin’) and Outward-catabolic (‘yang’), the Three Vital Energies and the Five Organ Networks. This deep understanding of the human makeup, although residing in Branch1 also permeates all phases of ETMS. The Three Vital Energies are the Vital Force, Vital Essence and Vital Spirit.

**The Three Vital Energies are associated with different Organ System Networks.** The Vital Force relates to metabolism, cellular energy transfer, mitochondrial efficiency, and the use of proteins, fats, sugars, and oxygen. It thus involves the digestive system and lungs, immune system, blood, and bone marrow and is primarily associated with the Digestive-Spleen Organ Network. The Vital Essence relates to the neuroendocrine (or

### The 3 branches of ETMS





#### The Human Being's Three Vital Energies and Five Organ Networks

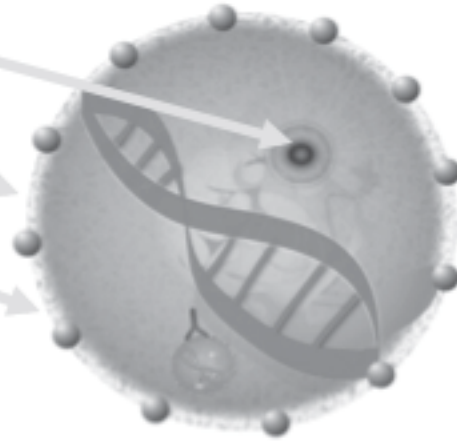
psychoneuroendocrine) system and is associated with the Kidney Organ Network. It involves the hypothalamic-pituitary endocrine systems and their hormones that contribute to adaptation, growth, reproduction, circadian rhythm and development whilst underlying many aspects of mind and emotion. The Vital Spirit relates to the spiritual everlasting energy, God living and dwelling within. It is primarily associated with 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 of ETMS examines the individual in relationship to their environment.** Once again, although “relationship to environment” includes not only environmental factors such as industrial toxins and chemical exposures, pesticides, pollution, endocrine disrupters, the degradation of food, water and air – but the ETMS emphasizes the “relationship” element of the equation. Relationship involves the identity of the individual in relation to life-partners, family, community or tribe, culture, religion and ultimately the entire human race, as well as the planetary environment (Gaia). Just as lack of balance in the endogenous phase

can cause disease, lack of harmony in relationship to the outside world (exogenous) also creates disease. Stress is the pervasive result of disharmony at all levels, and accumulated stress directly contributes to disease at every level from the molecular to the spiritual, from environmental carcinogens to the immunosuppressive effects of negative emotions described by disciplines such as psychoneuroimmunology.

**Branch III, the biological terrain, is framed in terms of modern scientific understanding of the molecular biology of cancer,** as well as the pharmacological influences of natural compounds on cancer at the molecular and genomic level. At the same time it recognizes that the cancer energy (tumor) interacts with and affects both the individual (Branch 1) and their relationship to their environment (Branch 2). This “hybrid” interactive characterization of Branch III as biological terrain is therefore much more than the interface of molecular biology of plants and of cancer at a molecular level, it is also simultaneously a redefinition of traditional herbal medicine and a methodology for refining the botanical elements in oncology protocols - in a sense the driving force of ETMS therapeutics in clinical practice. This re-visioning of herbal medicine is unique to the ETMS, and makes it possible to incorporate

- Molecular profiling
- Target-specific medicine
- Alter terrain **least** hospitable to cancer
- Strengthen terrain **most** conducive to health



### Branch III: "Sherlock's Corner" - The Endo/Exogenous Component

botanicals seamlessly and synergistically with modern oncology in precise, scientifically guided but until now unexplored ways.

The "operating system" of the ETMS provides a means of making sense of the multiplicity of factors, dimensions, levels and layers that are causally involved in both the genesis of disease and its treatment or cure, especially complex chronic disease such as cancer. For the practitioner, it is a means of assessment that generates more comprehensive and therefore effective treatments than can be provided by any conventional medicine, be it traditional healing systems or mainstream oncology. The plant remedies at the core of ETMS therapeutics comprise a clinical tool kit that intrinsically allow these multiple levels and dimensions of healing to be addressed. The ETMS practitioner understands the importance of all levels and dimensions in healing even although being informed does not necessarily imply being accomplished at applying all the levels of treatment that may be required. As truly integral system of medicine, ETMS recognizes that the transformation of the practitioner themselves is a pivotal part of the healing process, and both the ETMS practitioner and the physician or oncologist must free the mind from dogma and acquired perceptions as well as all other natural limitations due to culture as well as fear and ego all of which cloud the pursuit of truth in healing. For every cancer patient, their ETMS practitioner and

oncologist must be willing to respectfully forge ahead, acknowledging each others respective viewpoints in order to succeed in getting to know each other, genuinely communicating and creating a path towards unity and ultimately limitless success.

There are six (6) thematic elements underlying what could be described as the "operating system" (OS) of the ETMS. The 'traditional-classical' element, that implements the wisdom of Energetic healing systems including traditional Chinese medicine (TCM), and American Eclectic Medicine, that are suffused with a philosophical approach that seamlessly incorporates the Person's energetic makeup including the mental, emotional and spiritual into diagnosis and treatment. The 'modern scientific' element derives from the contemporary research into the pharmacology and molecular biology of individual herbs and their ingredients; along with the 'analytical-technical' element of analyzing the molecular biology of cancer as well as the technology of modern mainstream treatments inform the 'intellectual logical' element which generates a multidimensional framework for guiding the practitioner and patient. This intellectual logic and common sense approach is held in check by what might be called an 'intuitive-musical' element, whereby a non intellectual understanding of the unfolding flow of interconnectedness and relationship

is recognized as essential in the healing process (this is related to what is sometimes called the art as opposed to science of medicine). It is the ultimate collaboration of the left and right brain melodically, harmonically, in rhythm with each other. It is the structural framework of a beautiful musical piece, along with the soloist improvising within the melody and chord structure of the tune. Ultimately, the 'spiritual - mystical' element, a state of contemplative prayer at the core, overarches and underwrites all aspects of the system, providing meaning and purpose beyond the immediate issues of increasing life-span and quality of life.

### The Six General Objectives of the ETMS

- 1 Enhance Vitality (The Vital Force)
- 2 Increase Efficiency and restore Harmony and Rhythm
- 3 Increase Movement
- 4 Correct Nutritional Deficiencies and Excesses
- 5 Remove Toxins
- 6 Target the Cancer

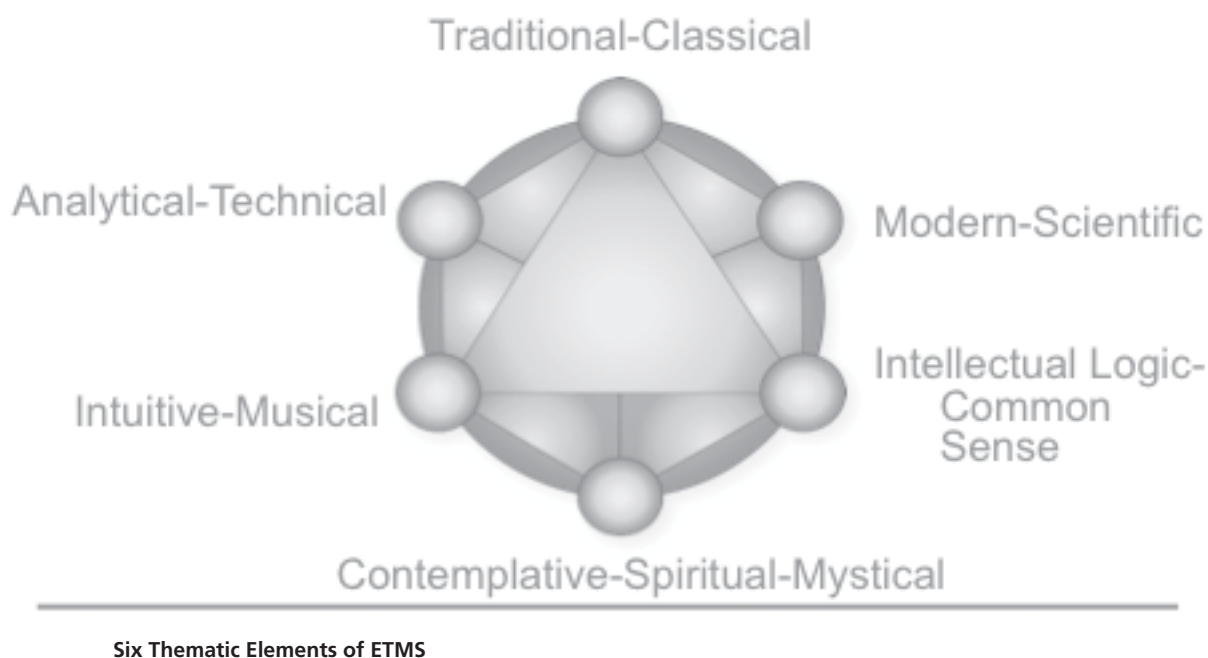
#### 1 Enhance Vitality (The Vital Force)

The Vital Force is principle-force innate to all living

things. It is the governing intelligence essential to 1

#### Energy, 2 Adaptation, and 3 Protection

The Vital Force is a directive force of duality, being composed of two complimentary opposites within the whole. These two energetic-currents oppose, yet balance each other: one being inward-anabolic (yin-like) and the other being (or even better stated as doing) is outward-catabolic (yang-like). Vitality is always seen as the balance between 'input' and 'output' energy. Although one of these elements will manifest more strongly than the other cancer patients will thrive with both with inward and outward supporting remedies. Botanicals can support either one of these elements more than the other, or both elements together. Under conditions of prolonged stress the Vital force often adapts to situation by directing an output of energy, putting the organism in a state of allostastic load, whereby less input energy is available. This cost the organism to the degree it weakens the Vital Force (Allostatic overload) and creates inward-anabolic deficiency. Botanical and Nutritional Medicine together with dietary modifications, rest and proper sleep is essential to restoring the Vital Force as an whole and particularly the inward-anabolic energetic current.



## 2 Increase Efficiency, Harmony and Rhythm

To be efficient means to be effective while producing the least amount of waste. Efficiency mostly relates to absorption, utilization, transportation, reception, and disposal at the cellular, tissue, and organ level.

The actions/effects of the ETMS tools on the human organism (Vital Force) can be broken down into four categories, which I refer to as the 4 R's:

### Recognition

### Response

### Recovery

### Restoration and regeneration

#### Recognition:

When we are faced with stress, recognition is the first step within us that gets activated. When something threatens us, our sensory system, including our senses (eyesight, smell, hearing, and/or touch), gets amplified. When we become in contact with a pathogen, such as influenza, in order to either prevent that pathogen from causing illness, or to mount an effective response to quickly eradicate the invader, we first need to recognize it. If our Vital Force is either depleted, or to busy with other stressors, this ability to recognize may be compromised, thus allowing a full blown infection to manifest. This recognition also applies to chronic pathological stress as well.

The immune can be viewed like a car and the ETMS toolbox helps to keep a car warmed up and ready to go, but they don't make the car go – we do. It's much easier to start moving if a car is on and warmed up than if it's engine is cold or as been turned off. Similarly, if the immune system is already warmed up, it can better cope with pathogenic invaders and chronic immune diseases such as cancer.

#### Response:

Once something (the stressor) as been recognized, the next step is response, and adaptogens soar in this area. Adaptogens don't stimulate the immune system, but rather enable cohesive network of the neuroendocrine, nervous, and immune systems, to more efficiently response. It is our Vital Force that activates the response. It is the adaptogens that insure an efficient and effective response occurs; even in the wake of stress, weakness, and in the elderly or immune compromised.

#### Recovery:

After adaptogens have enabled us to mount the appropriate and effective response, they then help us to recover restoring anabolic metabolism, removing waste better, and normalizing all the response pathways (mostly pro-inflammatory) that were up-regulated during the response phase.

#### Restoration:

Restoration is the final way in which adaptogens aid our health. When all is quiet, from the stress perspective, adaptogens now go to work on building up the reserve, storing energy away, building up the Vital Force, and reducing and/or delaying the effects of aging and the onset of chronic disease and conditions, optimizing our total health.

## 3 Increase Movement

Both general and specific Stagnation is a common characteristic of cancer. Stagnation most often manifest as blood, lymph, oxygen, and/or energy stagnation. A common feature of cancer is hypercoagulation (blood stasis), Hypoxia (Oxygen stagnation), Immune-lymphatic system stagnation (down-regulation of cancer fighting cells) and/or Organ System, including the Liver, Kidneys. Increasing the low of all moving parts is an essential objective. Actions of movement often include: Stimulate, Relax, and/or Warm or Heat.

## 4 Correct Nutritional Deficiencies and Excesses

Cancer patients often have nutritional deficiencies that hinder their ability to be well, heal, response, and attack cancer. Cancer, as an Energetic force, has the ability to alter nutrition in order for it's survival, growth, and invasive ability. Excess of certain nutrients, such as iron and copper, can assist the cancer in growth and in protection – the cancer protecting itself from anything that might be able to do it harm.

## 5 Remove Toxins

Removal of toxins by either up-regulation of the immune-lymphatic system, or Organ systems, or organs, tissue, or even cells is an essential objective of the ETMS toolbox.



## 6 Target the Cancer

Altering the terrain – making it the least conducive for cancer and the most conducive for health, first does targeting the cancer with the ETMS toolbox.

The pleiotropic (multitask) activities of many of the Botanical and Nutritional agents have an ability to influence multiple signaling pathways, including survival pathways such as those regulated by NF-kappa B, Akt, and growth factors; cytoprotective pathways; and metastatic and angiogenic pathways, including MMPs. These compounds are often cell-behavior and redox-regulating; being able to act on healthy cells as free radical scavenger and hydrogen donor, exhibiting both pro- and anti-oxidant activity. These agents can selectively act as pro-oxidants on cancer cells that need to undergo apoptosis. These compounds can also binds metals, particularly iron and copper, and can function as an iron chelator. These compounds can protect against drug toxicity, yet potentiate the antitumor effect of chemotherapy and targeted drug therapies as well. Finally, some of the compounds can act as mild chemotherapeutics – many of these plant extract are the source of presently used chemotherapeutic drugs.

## Conclusion

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.