

A loose transcript of Dr. Shu's interview (1)

By Aris Tanone, Ph.D. EE on May 18, 2010

In the past, I have translated from Chinese, [Dr. Shu's letter to cancer patients](#), and [some of his works](#) in my old blog. A few days ago, my friend Teresa sent me the link to youtube, showing Dr. Shu being interviewed by Ms. Gao Wenying of Taiwan's Era News TV Focus 360 Program (聚焦360度).

The interview has been divided into 3-part videos of 9:50, 8:55 and 5:34 minutes long, respectively, when someone posted it in youtube.

I have emailed Dr. Shu, telling him I am translating these video subtitles, and he was very happy. More people with cancer may learn from his experience in fighting cancer. I have tried to contact Ms. Gao via her Facebook page too, but she only added me to her FB friends list. 😊

Since I'm neither a medical doctor, nor a native English or Chinese speaker, please correct me by leaving a comment in my blog, if you find any mistranslation below.

Standard disclaimer applied.

Transcript of the subtitle of Dr. David Shu's Interview:

**G for Ms. Gao Wenying, the interviewer,
D for Dr. Shu, the neurosurgeon.**

G: Good evening and welcome to Focus 360 degree program. I'm Gao Wenying, your host.

G: Today we will have a famous neurosurgeon as our guest. He has helped many thousands patients by performing brain surgeries for them, and then he got cancer!

G: At that time, his medical doctor colleagues told him that he would not live longer than 3 years, but until now, he is very, very healthy. Now let's meet Dr. David Shu.

G: Welcome Dr. Shu! Dr. Shu, Ni hao! Glad to have you here.

D: Ni hao, I'm Dr. Shu.

G: Dr. Shu, you've been a doctor for 30 years. Is that correct?

D: That's right.

G: Just looking at the number of operations you have performed, the total number is really amazing. More than ten thousand brain surgeries.

D: That's right, more than ten thousand.

G: Ten thousand. This number is hard to imagine. Ten thousand brain surgeries.

D: That's right. In the beginning, some 20 years ago, here in Taiwan, there was no helmet requirement for motorcyclists. So each night I could operate 10 people from motor cycle accidents alone.

G: I one night?

D: That is right. It was very scary, but it's getting better now due to the use of protecting helmet. Anyway this experience meant that I had an enormous amount of practice.

G: Dr. Shu, now you're a famous doctor yourself, and you have helped so many people. Just for the brain surgery alone, you have performed more than 10,000 operations.

D: Correct!

G: At that time, when you saw a doctor and your doctor colleague told you that you had cancer; at that time could you accept that?

D: Of course not! But my whole body was shivering. I was in a cold sweat all over my body. I was in my clinic with patients, when this colleague told me that I had cancer. There were patients in front of me and beside me and I didn't know what to say. I was speechless. I then hurried my patients away and sat there alone, shivering, I could not leave.

Now I recall my situation at that time, which was 6 or 7 years ago. But when I think about it I am still terrified, very scared!

That was the journey every cancer patient has to go through. That's why I fully understand their minds. Being a doctor and a patient at the same time, my feeling was so deep.

G: At that time did you ever think that you had rescued so many people, but why did you get cancer? Did you ever wonder why did you get this result from a causality point of view?

D: Of course at that time I didn't think about it. I always thought I was a renowned doctor, and that was how I behaved, even showing up in the way I walked. I had a lot of patients, and I was busy with my works. But let me tell you this. I forgot that in this doctor profession, **doctor was the worst example for practicing a healthy lifestyle. Usually during their busy schedules, they forgot to take care of themselves. So they could preach but they did not practice.**

I used to eat big portion of fish and meat, and I was very busy. I even performed a marathon operation, staying in the operating room for a total of 72 hours, never seeing the sunlight, never taking a proper break.

During operations, I could continue for 10 to 20 hours without even going to the rest room. My diet was very poor too.

I had been an ardent athlete. I was a former rugby player, that's why I believed I would not get sick.

But the accumulation of this unhealthy lifestyle would finally bring me down one day.

That's why on that fateful day in 2002, I remembered clearly when the doctor told me that I had cancer, I realized I was finally broken.

For that reason when I got sick, I had a different situation compared to other patients. When they got sick they became terrified and didn't know what to do. I was terrified for two days, but then I pulled myself together.

I asked myself why me and not others and I started to reflect on what had actually happened in my life. Then I came in contact with others and read a lot of books.

After reading these books, I started to make changes, and I quickly experienced some results.

Previously I loved to eat meat and fish, I was always busy at works, stressed, had constipation, and didn't have good temperament. I was often fighting with others. All these conditions seemed to point to the reasons of my sickness.

That's why after I got sick, in the first week, before I received treatment, I made a decision. With all my heart, I wrote my last will. Once I made this strong decision to change, I then started to receive treatment in the hospital.

That was the route I took, and the more I walked the better I became. That was how I came all the way to this stage. That was what I felt. That was the reason my book was called, Thanks God. [The first book](#) was giving thanks for having got cancer.

This was a 360 degrees change in my lifestyle, like your 360 degree Focus Program.

Now I feel very comfortable. **Actually we doctors are the people that don't understand cancer.** Because as doctor we came from medical colleges, many of us were the top notch students. When we were accepted into medical schools we had to spend 7 years to study and learn. During these 7 years what did they teach us?

They taught us only the details of the disease. For example, what is cancer? What is a bacterium? What is virus? How to kill these, how to cut, and how to block? They never taught us what is healthy.

As doctors we don't understand the wellness concept. Also we did not learn about the immune system and the important of nutrition. That is why, when you get sick, you realize that doctor can get sick too. For that reason I started to follow this naturopathy route, and **I realized that as a doctor, if we can help our patients this is only part of the story. The other part is to become healthy ourselves, we have to be diligent ourselves, to reach the goal. We become much more effective if we practice ourselves.** We the doctors know that **statistically speaking, that in all the professions, doctors have the shortest lifespan.**

G: Because you are too busy.

D: **As the group with shortest lifespan, we doctors show no respect for our own life.** Also in my second book - [Thanks God, I Survived!](#) - I wrote about the fragility of doctors.

Many times the doctor's lifestyle is very poor. Firstly, we are very busy, stress is high, and we can become very numb and rigid. You look at their faces, some doctors seldom smile. When I saw patients, I often had a distressed expression in my face. Then the air we inhale is full of bacteria and viruses. What we touch with our hand are disinfectants. Under these conditions, doctors can easily get sick.

The reaction after getting sick is dependent on the characters. I have seen many doctors with very poor health because they are under constant stress. They think why I should get sick, I'm a doctor. That's why they cannot accept these realities. But my character is a bit different, maybe different from others. I admitted I was wrong and changed immediately.

G: That means you also are grateful for contracting your sickness, without that you would not have had a way to contemplate the reasons why you get sick.

D: That's correct!

G: Now we move forward. In 2002, at the beginning you only started with blood in the stool.

D: That's right, that's right.

G: Then you thought it was hemorrhoids.

D: Correct. Hemorrhoids.

G: You thought it was hemorrhoids.

D: There was a delay for three months before it was diagnosed.

G: At that time you thought,...

D: I didn't realize. I thought it was hemorrhoids, just a small problem. Hemorrhoids surgery to me in comparison to the brain surgery really means nothing at all. It was only a small procedure. I really never thought that it was colorectal cancer.

G: Then the next year the doctor told you that you had the third stage colorectal cancer.

D: Correct!

G: Then of course you would never forget the fear that terrified you. You accepted chemotherapy, but refused to have operation. At that time the doctor told you that you would never live longer than 3 years. So doctor Shu, at that time you refused operation.

D: Correct.

G: You accepted chemotherapy, but you refused surgery.

D: Correct.

G: Why?

D: I have a clear recollection about it. At that time when I received the chemotherapy, I could take a rest for a few weeks. The doctor told me to go to the hospital for surgery.

When I was inside the hospital and I saw so many cancer patients walking back and forth in front of me. **Do you know how a cancer patient looks?**

Their hair has gone, they wear masks, and they sit there listless. Due to the chemotherapy, their faces were blackened. They couldn't even smile, they looked very timid. Even if they smiled, it was a bitter smile. Many of them walked around bend from the waist, hunchbacked. Their hands and feet were numb. Then there was this targeted therapy and patients' faces were full of pimples.

I saw the scary pictures of cancer. They were walking back and forth in front of me. I thought to myself,

- **Were these all the results of cancer?**
- **Did cancer cause the hair loss?**
- **Did cancer blacken you skin?**
- **Did cancer take away your smile?**
- **Did cancer make you so timid?**
- **Did cancer cause such a skin disease?**

No, NOT at all!

These patients were terrified, scared, worried, stressed, unable to sleep, unable to eat. Then the hospital treatment:, radiation therapy, chemotherapy, surgery and all these hardships added up to cause you to become like that.

That was the epiphany at the end of my office visit to the hospital. When the doctor advised me to go to get the operation, suddenly I realized the patient's reality.

At that time I was practicing the [ping shuai gong](#), (the level-arm qigong), practicing qigong, so suddenly I woke up and decided I would not get surgery!

Actually during that time after the radiation therapy, my tumor went away. That's why I refused surgery. I left the hospital.

At that time many doctors told me, I was setting a bad example. They told me that based on the hospital statistics, patients that didn't have the surgery could not live longer than 3 years. They said that I have escaped the first year, the second year I would see the recurrence of the cancer, and the third year would be dead. At that time I have decided to keep following my decision. I told them that their advice, staying at the hospital route and going through these treatments was unacceptable. In addition I had seen so many patients die in the hospital, not because of cancer, but died because of side effects. Died of infections, blood infections, poor nutrition, blocked intestine, high fever; these were all the side effects. Taking the route with so many people had died. No, I would not take this route.

Also at that time my tumor had gone down, it was that time that after I practice qigong, my health was getting better. I was feeling much better. Why should I, in that better health condition, with a good feeling after I just climbed out from the deep valley, why should I go back to suffer by having the surgery? Once I got the surgery, I was sure all of me would be destroyed so I insisted that I would not get the operation.

G: At that time you helped yourself by making this decision

D: correct

G: But in the next year you found that your abdominal lymph enlarged. Then the doctor thought this was due to the recurrence of your cancer and suggested to you to get chemotherapy, but at that time you still refused.

D: That's correct. At that time I thought it was a pivotal point. Cancer could have recurred. Once it recurred, actually what it meant was everybody could escape the first time because the treatment was still effective. But 6 months or a year, after the recurrence then actually it would have no cure. After the recurrence, all the cancerous cells will have mutated and become resistant to the medications.

At that time I found my lymph node swollen, the doctor said my cancer might be back and asked me to get chemotherapy. Once again I was really shocked, and I thought about what doctors had told me before: "You escaped in the first year, you got it back in the second year, and you died in the third year."

I started to panic. I practiced qigong very hard. I practiced until I could calm down then I opened my eyes and told myself. "I have practiced very little qigong in my life, I drank water but drunk too little. I needed to eat better anti cancer products. I believe in my body cells..." (to be continued in part 2 - drt)

Disclaimers:

This interview was translated to share the information with non-Chinese speaking people, particularly for those whose life or someone they love's life have been affected by cancer. The translation is provided for informational purposes only. Always seek the advice of a physician or other qualified healthcare provider with any questions you may have regarding a medical condition. If you want to redistribute this material, please don't forget to mention the source, [A.T. Wellness Blog](#) and a link back would be appreciated.