

A loose transcript of Dr. Shu's interview (2)

By: Aris Tanone. May 28, 2010

D for Dr. David Shu, the neurosurgeon.

G for Ms. Gao Wenying, the interviewer.

...continue from [part \(1\)](#)

D: I drank too little water. I needed to take more anticancer products. I put my trust in the power of my own cells. This is not the usual approach. For most people, when the fear arises after hearing they have cancer, they seek refuge in their doctor who may tell them just how frightening their condition will likely become. On the basis of this assessment, their first thought is to go to the hospital to destroy the cancer cells as quickly as possible.

Your cancer cells, if you kill them, they may easily kill you too. The reason is simple. Both you and your cancer cells share the same life.

In my case, I trusted my own cells, because we have 60 billion of them. They would never have a labor strike or lose their jobs. They cooperate nicely without interruption, their life power is very strong. They are like suicide squads. They sacrifice their life to protect your life. They provide your immune system. They would give you everything they own simply to protect you. Thus with all these excellent cells protecting you, what do you fear? That was another reason, I encouraged myself to keep going on this track.

G: Yes.

D: Therefore at that time once again I could get away and here we are.

G: Yes. But in the following year, you then started a Taiwan First Hope Clinic and you specially accepted cancer patients. You combined both the Chinese and the Western Naturopathy Treatments, and you also started the Cancer Support Fellowship. You started to give back.

D: That's correct.

At that time I started to get in touch with cancer patients. I got to know their painful experiences, including how they got cancers, the treatment process, the refusal of surgery, the recurrence. I learned that these phases are common to almost every cancer patient.

And I also went through all these phases even though I'm a doctor. At the time my [first book](#) was published, people started to come to see me. That gave me the chances to serve these Cancer Support Fellowship members.

Gradually I then built the Hope Clinic. I'm a western doctor, and I am not against western medicine. Certainly I need help from western medicine. But in addition to western medicine, I also had to consider the Chinese medicine and naturopathy treatments. In this way, we can combine the power of all these disciplines. As long as we made the patients feel comfortable, free from pain, and let them be coexistent with cancer, then I thought this was the best option we could have.

That was the reason I only administered a Naturopathy cocktail treatment. Unfortunately, currently in medical community here in Taiwan, it is hard for people to accept this approach.

That's why this clinic didn't last that long. In only a short 3-month, it collapsed. Everybody had their own opinions. That's why I then resigned from this hospital system. I then opened my own Naturopathy Treatment Center.

In these 7 years, I have come into contact with almost 3 to 4 thousand cancer patients that came to see me. From these thousands of cancer patients, I gained more experience.

Recently I wrote another book, [Thank God, I survived](#). I think this is the gospel of cancer. In it I wrote many "of out of the box" opinions that brought me to this stage.

G: Doctor, let me ask you a question. When we see your life story, the process of anticancer treatment that you went through, such as not wanting to have surgery, not wanting chemotherapy, all these were part of your strategy. But would you suggest now that other cancer patients may use the same strategy? Is your strategy really working? Can it be applied to every type of cancer?

D: Of course I hope they would accept my concept. But at this moment it is very difficult. In our society, this concept is a bit hard for people to accept.

One of the reasons for these difficulties is the fact that our western medicine is orthodox. It is so orthodox that it has made everyone see only the path of western medicine.

Of course I am not against western medicine. I'm simply doing something here to complement western medicine.

As I explained earlier, western medicine works on destroying the cancerous cells. In the doctors' eyes we are only concentrating on the diseased cells. We are not concentrating on the protection of all the other healthy cells.

In naturopathy and Chinese medicine, our first duty is to protect the patients.

These two approaches are totally different. If they could work together rather than battle with each other, we would have the best system, a holistic system.

In our western medicine concept, we treat the disease not the person. In contrast, in naturopathy, we treat person rather than the disease.

That's why I always told my patients in our naturopathy treatment, I have these 4 mottos:

- **First, we have to respect life.**

Our cancer cells are life. Our toxins are life. Patients have lives. This is the chance for all to be alive. Let's coexist in peace, don't kill them all. If you exterminate them, like you force a dog into a corner, it bites you back and both suffer. That's why we need to respect life.

- **Second, we need to protect cells.**

What they have learned in Western medicine is to destroy the cells while we protect the cells.

- **Third, we need to increase your immune system.**
- **Fourth, we need to let your body expand its self healing power.**

How long you can live nobody knows. As of now, I know only very few patients would agree with my idea and take a journey like mine. But if you do it diligently, it would be easy to pass the 5-year mark (after you get cancer). **In western medicine, to live past a 5-year mark life is very difficult and it would be a very painful 5 years, not an easy one. But if we add the naturopathy treatment on to it, then it would be a more relaxed 5-years.**

G: So doctor, if people ask you, “Dr. Shu, **you chased the cancer away, you're alive now, and you recovered your health, then what is the most important factor? Is it diet?**”

D: **No. The most important is to change your mind.**

G: Change the mindset?

D: Change your mind. First you need to **eliminate fear**. This is the most difficult part.

When I counseled the cancer patients the most difficult part was how to remove their fear. Because fear is very difficult to deal with, and to change fear is dependent on the character of the person.

Some people have a clear mind and are very optimistic. Some people are introvert and don't want to socialize. This second type of person is harder to deal with. When faced with difficulty, they will look at the negative side, causing them to become afraid and fearful. We encourage them to get up, and I consider this as the most difficult part, the most difficult.

Once we passed all these difficulties, we want them to **get rid of the stress**. Stress in our life is the source of all the illness.

Then, of course diet has to be changed too. We should avoid as much as possible the contaminated food. **Eat vegetarian food** as much as possible. **Drink a lot of water**. Like me I drink the antioxidant water.

Next, we **need to exercise, practice [Qi-gong](#)** (Chi kung).

Then we need to have **regular bowel activity**.

Then we also need to have a **good night's sleep**.

The environment has to be good. We need to **avoid contamination**, including secondhand smoke. In this way, we talk about normal living. As a human being, living without pressure, sleeping well, relax, cheerful, then the immune system will be increased. By using this method to fight the illness, no matter what kind of illness, you're going to gradually become healthier.

G: Thus this is the way you help yourself. The most important part was the fact that you gained a new perspective on health and disease.

D: That's correct. You have to come to grapple with all these ideas right there and then. But this is very difficult. Most of the people could not reach this part. They're afraid all the time.

G: You just mentioned that you walked slowly out of the cancer, and during this process you started to practice qigong. That was **[Ping Shuai Gong \(level-arm qigong\)](#)**.

D: Correct.

G: Then would you suggest to people to make it a habit to exercise everyday.

D: Correct.

G: No matter what you do, you need to move.

D: That's right. Need to be active and move around.

D: About moving, let me tell you my story. Previously I was an ardent athlete. But I also found that many people like to be active. However, previously my exercise was very bad.

Let's say we have office hours for our patients, we worked until late in the evening to 7 or 8 o'clock. Then we hurried to go playing tennis. I was a rugby player then switched to become a tennis player. Every time I came home with sports injuries.

There are other people, they are very busy from Monday to Friday at work, then they climb the mountain on Saturday and come home with an injured knee.

This kind of sudden exercise is very bad. We thought that everyday we need to move. Half an hour, everyday. But even 30 minutes is hard. Because if you play tennis then you need a tennis court, your environment will limit your choice. That's why qigong is the best. Qigong doesn't have any restriction.

There is no restriction on age, nothing limiting it. Besides no limitation, qigong also makes you feel calm and peaceful. Exercise makes you become excited, sweating, using force, qigong gives you peace of mind and the whole body becomes relaxed. This is what I have learned from Master Li Feng Shan for 3 years, which has pulled me out from all my fear and given me a peaceful mind. Previously if something didn't suit my way then I got into a confrontation. Now even if people scold me, I don't care. My mind is peaceful. Because I have to consider, let's say if I get angry, what is the benefit? Getting angry would only hurt my body. I'm a cancer patient myself; I need to have a peaceful mind.

G: Dr. Shu, would you please show us your qigong, the ping shuai gong.

D: Ok. Thanks.

D: This ping shuai gong is the teaching of Master [Li Feng Shan](#). He has made a wish to popularize it to the world.

Let's have our feet at shoulder width. Usually before the exercise we need to do meditation or at least close our eyes. Once you feel calm, you can start to do the movement. Once you have your feet at shoulder width, then you need to level your arms at the shoulder height. Then you need to relax and do the following movement. Moving like this. There is no need to use any force in this movement. Just swing it naturally. With the movement, the energy needs to be imported into your whole body. Your feet need to be straight, your arms need to be straight. Then your backbone will become straight too. Next to the straight backbone, lie all our sympathetic nerves. Then when you swing your arms, it readjusts all your internal organs.

Every 5 swings you need to flex twice. Please don't force it, but relax when you flex your knees. This is actually what differentiates us humans from the animals. We stand out from animals because our knees have elasticity. We evolved from four legged animals into two legged human being.

Thus if you learn how to practice ping shuai gong correctly, you are going to find out soon that your body becomes healthy.

Also you can practice it any time. 1 minute, 5 minutes, 10 minutes, 1 hour is ok. It will relax your whole body.

This is the ping shuai gong of Master Li Feng Shan.

G: Good. Thank you Dr. Shu.

D: Thank you.

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.