



CANCER, DIABETES, & HEART DISEASE CAN BE OVERCOME THROUGH DIET

An Interview with Dr. Tom Wu N.M.D.

Cancer, Diabetes, & Heart Disease can be overcome through diet. Dr. Tom Wu's breakthroughs with Cancer & Diabetes have earned him the "Remarkable Contribution Award" from the American Cancer Society and the "World Famous Doctor Award" from The United Nations. Jeff: Dr. Wu, you have helped many thousands of people use "Readily Available Foods" to help win the battle against cancer, various forms of heart disease, and even helping people with type 1 & 2 diabetes to stabilize their blood sugar naturally. You use many tools, but mostly it is about Simple Foods. Often times you give seminars to Western Doctors in Europe in groups of over 1000. Do you find that these European Western Doctors are receptive to your methods given you have achieved such phenomenal results? Is there any resistance?

Dr. Tom Wu: Most of the time doctors are receptive to what we are saying. We don't force them to believe, but we show them the results we've been having. I tell them to try the program for 3 months and provide them a scientific presentation, which proves that all of these diseases come from the wrong food. Fried food causes blockage in the arteries, bad circulation, cholesterol, and then Heart disease. They realize these things. Instead of giving a cholesterol lowering drug, we stop them from eating greasy foods. Many of the Doctors find a good result. We use cleansing foods, which are very high in phytochemicals. These are good for cleansing out the cholesterol and homocysteine, which are the main risk factors for heart disease. Phytochemicals are nature's cleansing agents for ridding the body of arterial plaque. They must come from the food that God has provided us within its natural state, complete with its co-factors and co-enzymes.

Jeff: Lets talk about helping to win the battle against Cancer. You've consulted a significant number of people in using "Readily Available Foods" to help win the fight against: Lung cancer, Breast cancer, and even Pancreatic cancer, which is known as being a certain death sentence. Your dietary guidelines have achieved success where most have failed. America spends over 200 Billion dollars annually on Cancer treatment and over 50 billion annually into researching a cure, but you seem to

understand the root cause. What is the most important factor for humanity to conquer this epidemic disease Cancer?

Dr. Tom Wu: Cancer is usually caused by a bad lifestyle. Smoking, drinking, going to bed at a late hour, not getting enough exercise, living in a stressful environment, and above all else - eating the wrong foods. All of these things add to the risk factors for cancer.

In my medical practice people come from all over the world to see me for cancer. I tell them I don't "treat" any kind of Cancer. I don't treat any kind of disease. I only change the food they eat. It depends on what kind of cancer to say what kind of foods will work. They need to blend certain foods to break open the phytochemicals in the fiber of fruits and veggies. Then I will also give them **Qigong** and **Breathing exercises to help relieve the stress**. Cancer is also an emotional disease. So the Qigong really helps. Conventional treatment uses 3 invasive methods, which are surgery, radiation, and drugs. These often damage the body so much that the patient suffers beyond repair, but I never advise the patient to refuse western medicine. It is a personal choice. In my practice often times a special high dose of Phytochemicals, from natural foods, can often relieve the problem.

Let's take breast cancer for instance. Usually if you supply the body with enough phytochemicals that contain Indole-3-Carbinol (I3C), which is plentiful in the cabbage, broccoli, cauliflower, & spinach the body will take this and fight the cancer. It is a fierce fighter of breast cancer. If they eat this food everyday as much as they can in a semi-raw state of 108 degrees Fahrenheit, it will be a fierce fighter against the cancer. This temperature will increase the absorption and can be achieved by blending the ingredients in a high powered blender. **Most important is to use a high powered, 3 horse power blenders, to break out the phytochemicals which are binded to the fibers.** This abundance of phytochemicals allows the blood to be cleansed and stimulate the enzyme phase 2 inside each cell. A detoxification enzyme inside each cell, which is called enzyme phase 2. These enzymes need phytochemicals to stimulate their function. Most of the time the diet we eat of cooked and refined foods does not possess them... and for this reason the immune system does not function well. That's the main reason why people get cancer.

Our dietary methods of guiding patients with cancer has been successful in a significant number of cases. The patient goes on a specialized smoothie diet with various vegetables, fruits and their accompanying seeds, and common garden herbs which are known to be rich in phytochemicals. It all gets thrown in the blender. The type of cancer the person has will dictate which foods are chosen.

Jeff: Food cures have been known about since the time of Hippocrates. How can a simple household food reverse an epidemic like Children's Autism? Also please talk about what foods will actually stabilize blood sugar naturally for people who were born with Type 1 Diabetes?

Dr. Tom Wu: To heal the body we need to eat a variety of foods. Not just one. We need every variety, because each food has nutrients that other foods do not have. For example, people that have Autism, and this one is easy to prevent. Many times... Autism is caused by vaccinations or flu shots, which contain mercury. When these old age people get the flu shot they also get the mercury. Surely this mercury can cause Autism and cause Alzheimer's disease too. But in the food Cilantro, lays the solution. The Chinese use Cilantro as a chelating agent to help bring out the Mercury from the body and take care for the problem. But it's not only the Cilantro that is needed, you need to have a total lifestyle change and a high powered blender to extract all the phytochemicals from the vegetables.

For Type 1 Diabetes, I will use Swiss chard. It is also called red chard and green chard. These are very common vegetables. If people eat these kinds of vegetables everyday they will improve their diabetes naturally. Swiss Chard and other specific vegetables contain a high amount of phytochemicals that are "Insulin-like". With type 1 diabetes, the pancreas does not function, but you can use certain vegetables to regenerate the pancreas and help it secrete insulin again. You can also use certain Indian Herbs like Gymnema Sylvestre and Cumin seed, as these herbs can help rejuvenate the pancreas function to normal. If a high powered blender is used to make a smoothie including these foods then there is a good chance the Pancreas will eventually produce a normal supply of insulin and take care of type 1 naturally. Type 2 diabetes is what we call a metabolic syndrome because it is usually accompanied by high blood pressure, overweight, insomnia, and cardiovascular disease. Sometimes it is called X-syndrome because it comes with so many problems. Type 2 diabetics have enough insulin, but it doesn't work. This is called "insulin resistance", and it too has a natural solution. What you have to do is add 3 or 4 cucumbers to the diet per day and then the insulin function will begin to improve. When the insulin function is restored, then the weight will naturally come down and the sugar will naturally come down. Jeff: Most people are shocked when you tell them you're 67 years old. I've never seen anyone your age with such a radiant shine to their skin and no wrinkles. [You have said that "Juicing" fruits and vegetables actually accelerates the aging process. Why does juicing not prevent, and what makes BLENDING the superior option for any nutrition program?](#)

Dr. Tom Wu: That's a good question. [The juicer is excellent if you want more vitamins, minerals, and enzymes. But, this doesn't prevent the body from getting older. To prevent aging and chronic disease we need the phytochemicals. When you use the juicer you do not get the anti-aging nutrients at all. Nearly all phytochemicals exist in the skin, fibre, and seeds. When you juice you throw these parts away. Some people use a blender which is less than 3 horsepower and the results have not been the same. A regular blender tastes good, but you don't break out all the phytochemicals.](#)

Jeff: You also put the seeds in the blender right? Even the avocado seed!

Dr. Tom Wu: Yes I do! When I eat the avocado I always eat the seed. It is packed



with very good nutrients. It has the life force. It is a very high Qi food! It's also the highest in soluble fibre. This soluble fibre binds to the fat and excess cholesterol. Then we can lower cholesterol and improve heart function naturally. We can improve the blood

circulation by pulling out all the fatty deposits in our circulatory system with the soluble fibre of the avocado seed. Soluble fibre is very difficult to get in our diet. Oatmeal has some, but it cannot compare with the avocado seed. **Any heart disease patient must eat the avocado including the seed.**

To view the flyer for the next **Green Smoothies demo class** in London, ON, please use this link: <http://www.waytgonutrition.com/liveenzyme.htm>

An Interview with Dr. Tom Wu N.M.D. Part 2 QiGong

Jeff: Longevity at 120 years old can be found in many of the poorest countries in the world. You have personally talked with many people who have reached this age trying to find a common link between them. Have you noticed a trend or something that all of these people did?

Dr. Tom Wu: The most important thing is that they come back to nature. Live naturally. These people live in a totally stress free environment. They drink very clean water and they sip it very slowly. Not the way we drink. We drink here and gulp it down. They drink drop by drop. For breakfast they take a cup of water and quarter teaspoon of honey. They eat peacefully.

I enjoyed the company of one man who was over 120. After he finished his breakfast I looked at the clock. It took him 3 hours. And what did his breakfast consist of? Apples and a little cup of water with a quarter teaspoon of honey. That's it! And it took 3 hours! Now we go and have it in 5 minutes. When we eat very slowly chewing every mouthful of the food, the digestion works better. 40 times for each mouthful; and not a big mouthful, a little tiny mouthful. So we can cleave out all the phytochemicals in the fibers. That is why they live long. And not just long, but without disease. Rarely do they get colds, and when they do it heals overnight. I have used this knowledge on myself. Immediately when I get a cold I stop eating and only drink water and rest a lot. Then the next day I get well right away.

Jeff: **Reflexology involves massaging specific points on the feet to stimulate internal organs.** It has been practiced for several thousand years. **You have developed your own reflexology chart,** which lists points to massage for carpal tunnel syndrome, prostate dysfunction, and lower back pain. You give numerous biblical references such as Jesus anointing the feet of his disciples the night before his death. What is it about our feet that make massaging them such a powerful self-healing exercise?

Dr. Tom Wu: When God created man he is so intelligent that he put the reflex points for all the organs on the bottom of the feet. Universal Energy flows down into your Bui Hai acupuncture point from the source. **When this energy moves down through your body, it shines a negative imprint of your organs on the bottom of your feet. We can not massage our heart, but we can massage the point for the heart and it is the same!** Only God could create such a device. Reflexology was not created by man, it was created by God. This is important to say. Also, the points on top of the feet, these are not known or taught by many people. They are for helping with pain.

Aside from consulting your health care professional, when you have a heart problem you massage the reflex area on the upper center of the left foot. This connects to the heart. All the pain like lower back pain, sciatica, carpal tunnel - is all on the top of the foot. That is why the people come to me for the carpal tunnel syndrome. Usually in 2 minutes the carpal tunnel just goes away by itself, but it's not healed. It is only relieved. You have to do it twice daily on the reflex area, or the switch or the trigger point area, until there is no more pain at all. This is possible within 10 days to a month. It depends how severe the carpal tunnel is. But you don't need to get an operation. The surgery will not heal you because the switch is still turned off.

Jeff: What is the difference between the Reflex points on the bottom of the feet and the "switches" on the top of the feet?

Dr. Tom Wu: On the bottom we are referring to the reflex area to the organs. The top is the trigger point used to relieve pain. All kinds of pain can be healed on the top of the foot. The bottom is for adjusting organ function.

Jeff: You have practiced **Meditation and Qigong Healing** since you were a child. This includes breathing techniques, specialized movements, and visualizations to influence the acupuncture meridians & electro-magnetic field. For the last few years you have been a **keynote speaker at the International Qigong Congress**, which is held annually in San Francisco. This is where I met with you for the first time. There was a panel of scientists and doctors present offering conclusive evidence for Qigong's health benefits. **Please tell us about the mechanisms by which Qigong accomplishes healing from a scientific perspective?**

Dr. Tom Wu: The Qigong is very easy to practice. For western medicine it is a phenomenon, but for me it's nothing but normal exercise. Qigong is exercise combined with the mind. You can use any exercise like yoga and combine it with the mind and it becomes Qigong. For example the yoga for helping back pain when you combined with Qigong becomes far more powerful. Most of the yoga exercises to relieve pain are very physical, but when you use Qigong exercises to relieve the pain you add in another dimension. All exercise, even brisk walking, can become Qigong too. That's why you have to use your mind. Use the visualization. Then it will heal. When this visualization is used during a Qigong Healing emission in a Qi healing it is

very powerful. There is the emitter of Qi and a receiver of Qi. When they synchronize mind intention at the same time you often have instant relief. Sometimes you have what is called spontaneous healing. Immediate remission.

During one of the workshops I did in Taiwan we witnessed such an event. A lady in the audience had breast cancer and she was supposed to go and get an operation. Her friend had insisted that she come to join the workshop, which was 5 days. After much convincing the woman finally agreed to attend. During the workshop we had 1 hour of Qigong exercise every morning. On the 4th day during the Qigong this lady suddenly felt a heat and she said it came from my hand. There were about 200 people there and she was sitting in the back of the room very far away from me. She started to feel very hot and she began shouting "I'm healed!" And then shouted it 3 more times. Everyone asked her why she had shouted. Then I walked over to her... She said, "Yes, I feel total relief in my breast. I don't feel pain anymore." I was curious so I touched her and did not feel any lumps at all. That's what happened. Many people quickly asked "Who healed her?" I told them that I never heal anyone. Then I said, "That is the Qi. God has healed you."

Jeff: Wow! That is an incredible story! Thank you for sharing that. Let's move to our next question: Diagnosing hidden health problems, later verified by tests, seems to be a specialty of yours. I spoke with an old patient of yours named Clarence, who has given me permission to use his name. Clarence told me you "knew" he just had a stroke and that it was on the left side of his body. You told him that shortly he was going to have a much bigger stroke, but that it would occur on his right side. Then you told Clarence that if he followed your diet exactly to the letter- that he would live. 15 years later he is alive and he tells me he is stronger than ever before in his life. How is it that you know what is happening inside a patient's body without performing any medical tests? What signs do you look at?

Dr. Tom Wu: Well, this is a special gift from God. I cannot tell you really. It won't happen to all the patients either. Sometimes there is a natural communication. This person before he became my patient was just passing through at the Health Expo. He said he felt terrible, like he was going to die. The energy tells me that he just has a stroke 2 months ago. This Qi or telepathic communication gives the message. Or maybe God, knowing that he is a very good man should live longer. It's so very hard to tell. A lot of my patients first come to me and say, "You see what problems I am having. Tell me what is wrong." I tell them, "No...you have to tell me. Why did you come to see me? You have to tell me and give some hint." It's like I am a computer and the software is the information they provide. So I need their information. I am not claiming to be psychic.

Jeff: Is your Food Healing Program easy for people to implement into their life? What does your system entail? How long does it take to work?

Dr. Tom Wu: It is not hard! The body requires around 4 months to totally rejuvenate itself. Our seminar is given all over the world. People have been able to learn and do

all this by themselves in the past, so certainly anyone has a good reason to make the effort. It is a lifestyle change. Not a quick fix. I will only visit each city once per lifetime. I never return to the same city twice, because it is simple. Once you hear it, you must do it. It is easy and it is entirely up to you! After the lectures Dr. Janet Wu, my wife, shows you how to blend and prepare all the Qi-rich foods. For the reflexology we show you how to massage the points. We'll also show you some very simple Qigong exercises to increase your Qi. Everybody can do this if they are motivated to change their lifestyle. It comes from your own desire to improve.

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For information re QiGong classes in London, please visit the Phoenix Tai Chi Centre's website using this link: <http://www.phoenixtaichi.ca>

For information re a special **QiGong workshop** which I am currently enrolled in this weekend and it's fantastic!! please visit: www.soletosoulholistics.com or reply to this email asking for more information, eg. having Ottawa flyer forwarded to you. Workshop Faciliator and QiGong teacher **Deborah Cameron** is repeating the **Emotional Mastery** workshop in Ottawa next weekend and returning to London in September.

MORE INFO ON QIGONG

Information below originates from: http://www.qigong.com/press_pages/healing.html

Qigong is the father of Traditional Chinese Medicine, which is over 5000 years old. When the Yellow Emperor spoke about his secrets of longevity, his students listened and wrote them down. He fathered 25 children and was vital and powerful even at the age of 100. Aside from the use of high energy foods and herbs, the Yellow Emperor's main secret was Qigong.

Many Qigong practitioners show profound anti-aging effects, often looking decades younger than their actual age. Some also possess an incredible ability to heal other people. Most notably Qigong is used to for improving digestion (bigger bowel movements/enhanced detoxification), strengthening blood circulation, keeping a strong immune system and overall - extending lifespan.

How does Qigong accomplish this? Simple... Qi moves the blood. It improves microcirculation to the brain, vital organs, intestines, endocrine glands and moves blood to avenues of microcirculation that most people are not realizing. This increased Qi or Blood flow leads to the accumulation of what Chinese Medicine calls "Jing" or special fluids (hormones). And although this may sound like a Qigong commercial, this leads to an increased sex drive, higher levels of secretion of growth hormone and extraordinary muscular endurance. It is quite possibly the most powerful form of exercise on Earth.

Its recent surge in popularity has been a result of Qigong's fun and dynamic movements of practice. Magnetic energy fields are formed and created in a slow graceful manner. The Qi literally throbs and pulsates in your hands. Some say it's the most tangible experience of the spiritual life force energy. Our particular style of Qigong yields a strong

“Qi Feeling” in minutes, even for the sceptical non believer.

In closing, the best schools of Qigong give precise instruction. A clear understanding is required in order to increase the Qi and blood flow enough to get the benefits described above. Our Qigong DVD's show the “edges of the energy field” and this allows for a higher comprehension of what exactly needs to be done in Qigong for it to actually be effective. Clear language, precise teaching technology and the best techniques have come together.

For testimonials from medical and health professionals, please use this link:

http://www.qigong.com/press_pages/testimonials.html

http://www.qigong.com/press_pages/healing.html

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