

## **Text from a conference given on 27 April 2019 in Lyon by Mr DO Trong Lê, Oriental doctor:**

### **In Oriental Medicine:**

**1 - How and why is it possible to significantly reduce the side effects of chemotherapy and radiotherapy?**

**2 - What are the advances in research in the field of neurodegenerative diseases?**

"Before I come to the above mentioned theme... I want to once again thank the French friends who have helped me since I arrived in France 40 years ago. Without them, I would not be here.

Before I came, I was trained in Vietnam in the traditional way in oriental medicine, i.e. acupuncture and herbal medicine. I graduated and practiced there for about eight years, then I had to leave my country because of the arrival of the communists. After 40 years of practice here, I have obtained interesting results, particularly in dealing with the side effects of chemotherapy, radiotherapy and with neurodegenerative diseases. That is the subject of this conference and I will tell you today how I came to attain these good results.

### **The fundamental elements of traditional oriental medicine:**

In this medicine, we always talk about energy in the body and about meridians. But what is energy? Indeed, what this word refers to may not be very clear to us.

Still, energy in our body can be perceived as something quite obvious. Let us take a look at the heart, for example. When it beats, it produces energy and this energy comes out of the heart, goes to the skin and runs on a line all the way to the little finger. Along this line, commonly known as a "meridian", are acupuncture points, which when they are stimulated by contact (with a needle or finger), cause an effect on the heart. By touching yet another point along the Heart meridian, we will cause yet another effect on the heart.

For the lungs, every time they "function", they produce energy, which also comes out on a "thread", on a meridian called the lung meridian. And here again, on the lung meridian, lined with acupuncture points, it is the same thing. If you stimulate a point on the lung meridian, it has an effect on the lungs. If, on the same lung meridian, you stimulate another point, it produces another effect in the lungs.

In our entire body, the kidneys, liver, stomach, gallbladder, large intestine... all organs, every time they function, produce energy that goes out to the skin.

Each meridian circulates on the skin and all meridians are linked to each other, creating a global energy network. This energy network controls the functioning of the whole body, on its superficial levels but also down in the depths of the body; it controls everything.

It is thanks to this knowledge that acupuncture was born. By needling points on the surface, we can correct and solve problems inside.

### **Yin and Yang:**

This energy network, from inside to outside, is managed by 2 forces, **Yin and Yang**.

Yang: The air is dry and the heat unbearable. There hasn't been a cloud in the sky for over a month, not a drop of water. The plants have withered, turned yellow, the animals are suffering and so are we, with throats, noses, bodies dry. We all are exhausted. These phenomena are the expression of an excess in Yang and a deficit in Yin energies.

Suddenly, unexpected rain pours down on the earth: a massive rainfall. Water is back, abundant, refreshing, cooling, and vegetation can come back to life. The earth becomes softer, the air pleasant to breathe. All feel alive again and the birds are back singing.

This rainfall, which has neutralized the scorching heat, reflects the beneficial presence of Yin energy. This return to an agreeable situation for plants and animals alike, for life, is in fact the restoration of the balanced and natural state between Yin and Yang in our bodies, minds and in Nature.

Let us now consider another scenario:

Yin: Over the past two weeks, the weather has been dreadful. The sky has been continuously grey, with no sun in sight. It is cold and all feel down and depressed. Psychologically and physically, we just don't feel fit.

When the Sun finally reappears, radiant in the clear blue sky, it feels so good again. It feels so good and it does so much good to our bodies, to Nature around us, to the plants and to the animals. The birds again start to sing relentlessly.

The return of the Sun gives us heat, light, in other words the Yang energy Nature has been lacking so much. This Yang energy from the Sun, which brings heat to Nature, brings heat to our organisms as well and restores the Yin/Yang balance in the body. Symptoms, such as nervousness, anxiety, stress, leave the body giving way to a natural gaiety.

### **Imitating nature:**

This medicine aims to **imitate this phenomenon of restoring the Yin/Yang balance in nature** to treat the various diseases of the human body with efficacy and precision.

One needs to know Yin/Yang in the body to do the same thing, to restore the balance as in nature, to achieve a perfect balance and make the symptoms disappear quickly. All my patients at the conference can attest to how well they feel every time they leave the practice after an acupuncture session. And this is simply because I restore the Yin/Yang balance; I do not do any symptomatic treatment and yet the result is very good.

But to achieve the results you have become accustomed to in my practice, to reach a perfect balance, to imitate the perfect balance of nature and thus achieve a perfect balance in the body, I have spent almost 30 years of work.

Whenever we manage to restore a good balance in this way, everything works well and symptoms disappear everywhere. You can feel it right away. These are my words, but I know that my patients can all confirm this.

As I mentioned earlier, I was trained as an acupuncturist and herbal therapist from Vietnam. When I came to France, 40 years ago, at the time, acupuncture was not very well known, much less than it is now. It was essential that the treatment work well to draw patients. At first, I collaborated with a doctor who had just graduated from medical school. He did general medicine with an orientation towards acupuncture. He had bought a practice but, after 6 months, he no longer had enough

money to pay the rent. We worked together. I had to work well and do well to help my colleague. I was working with the old method and the patients felt better; they were satisfied and, of course, my colleague was happy. And I was happy too. Now, what I call "the old method" is the one you probably know, it is the old method, which has always been taught in Vietnam and China.

This method works well but, when you encounter a difficult case, for example a major nervous breakdown, you can bring relief for 24 hours and the next day, if you call the patient, the problem is back as before.

For me, I work conscientiously and it was a hard blow, it hurt me.

At the time, in Vietnam when I was treating patients in acupuncture, every time I encountered a difficult case, I always completed my treatment with plants, the plants helped me and it worked well.

Here, 40 years ago, there were no Chinese plants and I had to look for all the means to improve my treatment one way or another.

In the course of my training in Vietnam, I had been very impressed by a doctor, my ancestor now, an 18th century Vietnamese therapist: Hải Thuong Lê Hữu Trác. But he was first and foremost an herbal therapist, he was not an acupuncturist.

He explained to his students that in order to treat patients, one must not be impressed by the symptoms. The symptoms, the patient states them and you write them down, but you have to look through the symptoms to find out why these symptoms are there: these symptoms are the manifestation of a Yin or Yang imbalance. You have to touch the pulses to measure the degree of the imbalance and its origins. You must aim for that.

When you manage to solve the problem of the Yin/Yang disruption, the symptoms disappear, they leave automatically. You don't have to run after them! And it is true, Hai Thuong treated his patients with incredible efficacy.

And the basis of his treatment was plants that acted as fortifiers, very few plants to "attack" or counter symptoms. With these fortifiers, he was able to recreate a good Yin/Yang balance.

I was very impressed; I thought it was very beautiful and since then I have been trying to continue and complete this method, to use this idea by applying it in acupuncture.

I had the old method, which already assured me some results. In my treatments, I would use the old method but I added **something new to balance** Yin/Yang in depth.

### **The Yin and Yang keys:**

When you train in acupuncture, everyone learns about certain special points, which are "**key points**" of the 8 extraordinary vessels: 4 key points for Yang and 4 key points for Yin.

For the 4 key points of Yin, every time they are stimulated, they attract all the energy and transform it into Yin energy. So, whenever a person was lacking Yin, I would of course do the classic acupuncture treatment and add that. If a person lacked Yang, I would do as usual and add the Yang key points. And I found that the treatment was getting better, the result was really better.

All I am saying here, of course, describes an evolution, which took place over time, very slowly, day after day. My results were good and promising but still, a perfect balance such as what I observed in nature, I was still not reaching yet. Such a perfect balance as the one my ancestor Hai Thuong would restore, I could not yet achieve... Every time he prescribed herbal tea, the patients would drink it and just 2 hours later, they got better, they were fine!

As an herbal therapist, we must learn Yin/Yang by heart. We must observe and know Yin/Yang in nature as well as in the body so as to be able to restore its natural Yin/Yang balance. I was working in this way with sometimes happy moments and also sad ones. Yet through these impermanent moments, these ups and downs of life, I was striving to make progress. I was trying to apply this insight of Yin, of Yang from my 18<sup>th</sup> century ancestor and, yes, I can say that I was halfway achieving it. Yet, there was something missing.

### **The three roots of the human tree:**

When you train in acupuncture, you learn that in the body, the upper part, starting from the navel up, is Yang. The part below is Yin.

I had this idea that, indeed, this Yin part should be fortified. In the legs, there are 3 very important meridians: the Kidneys meridian (linked with the kidneys), the Liver meridian linked with the liver, the Spleen-Pancreas meridian linked with the spleen-pancreas.

In ancient books, it is said that the Yin energy in our body is always insufficient; it must always be tonified... This corresponded exactly to the implementation of the phytotherapy (herbal medicine) theory my ancestor very successfully applied.

So I was doing a classical method, adding the Yin/Yang key points to balance, and at that time I applied this new idea but now in a more precise way. I decided to *systematically* add the tonification of the 3 Yin meridians in the legs.

Now, this story I am telling you is taking place over the past 30 years. I have been advancing step by step and this progress developed little by little, day after day.

Working in this way, I noticed that a person who was very nervous, stressed and full of anxiety... all of a sudden, that person closed her eyes and became relaxed. I saw that and I knew it was because I had done something new.

The person didn't say anything but she was feeling good. She had closed her eyes and, on her face, I could see she was enjoying this relaxation.

When the treatment ended, the patient got up and smiled. It was wonderful, she was very, very happy... But in fact, I was even happier than she was because I had looked for something and, there, I had the confirmation I had found it.

And ever since I have been working this way, repeating the treatment like this, I have had very positive results. Of course, it is not simple; each person's balance is different from that of the next person. We must measure, we must find the right balance for each case... we must evaluate each unique imbalance, measure the Yin, the Yang, and restore the right balance for each individual. Each case is different.

This is why every time a person receives a treatment in my practice, every time I ask questions, I write down the symptoms and then the patient lies on the bed, under the sheet, and I feel the pulses. Why? To measure Yin and Yang.

And I must verify everything the person says, for example, "I have a sore shoulder". I write down "shoulder" but there are several cases of shoulder pain and I have to

measure from the pulses. I must feel and find out exactly. The person mentions the shoulder but I need to know which meridian(s) is/are causing this problem. Then I restore a proper balance and also work on the meridian(s) responsible for the pain. I do this and then the patient gets up, feeling calm, nervously fine, it is perfect... And I ask the person to raise his/her arm and (s)he says, "It is much less painful.". He, or she, is happy, but I am even happier. We looked for a solution and found it. That is to say that we managed to restore a perfect Yin/Yang balance in the human body. Just as with the image of a very hot and dry environment in nature, when a massive rainfall comes and brings lots of water and freshness, all things become perfectly and naturally balanced again.

This all is about a truly **new method of acupuncture**, a method by which we treat patients and have immediate results, even in cases of very serious diseases such as cancer or neurodegenerative diseases.

**"How and why is it possible to significantly reduce the side effects of chemotherapy and radiotherapy?":**

I treat all kinds of patients, but for a patient who suffers from cancer and who is treated with chemotherapy or radiotherapy, for this person, these treatments will cause a remarkable difference in the body from its normal state... Particularly with chemotherapy treatments, people are given drugs, and these drugs, which are brought into the body to kill cancer cells, are also, and we know it, toxins for the body. And every time a substance enters the body, the blood brings it directly to the liver. These are very aggressive substances. And these toxins are all stored in the liver... One effect is that this "attacks" the liver and "blocks" the liver. The liver becomes exhausted and eventually paralyzed. When that stage is reached, the liver can no longer function and that causes vomiting, nausea, sometimes diarrhoea... and with this blockage of the liver and its energy come depression, nervousness, stress, anxiety, everything... and the patient becomes globally very weak.

What can I do for such patients? First, I apply the method I found to balance Yin/Yang in the patient. But for a patient who suffers from the side effects of chemotherapy, with symptoms like that, I know that all these symptoms come from a blockage of the Liver. It is the Liver, which is causing all these symptoms. I know that it is no longer functioning and that this is where all these symptoms come from. So, in addition to the global balance, I must energetically unblock the Liver.

But the liver, blocked, has also become exhausted; it is blocked but it no longer has any strength, it can no longer work. I must unblock its energy but also stimulate it, give it back some strength.

When the liver is blocked, this also makes you feel depressed, you are sad, you are very nervous and the energy in the whole body circulates very slowly, and it causes joint pains everywhere, headaches, palpitations...

But all this, by unblocking and stimulating the liver, we enable it to fully function again and do its job correctly. With the techniques I developed, we help the chemotherapy treatment do *its* job. With the liver unblocked and the restoration of balance that I do, symptoms, diarrhoea, fatigue, palpitations and all the other symptoms, with our balance, one feels better right away.

In my practice now, you are all aware that I treat many cases of cancer, but the people who come know that in this practice, we do parallel treatments and this helps to improve, to relieve many side effects, that is to say that people receive chemotherapy treatments but can continue to live correctly, in comfort, continue to sleep, continue to eat, continue to digest... Patients live in comfort and chemotherapy works, and my treatment here also works, that is to say one can live a normal life. As a patient, people are happy, but as a researcher, I am more than happy... We found a solution to a very difficult problem. Now, with our method, we can offer a real solution.

### **The swollen arm:**

Let us consider another example: after a breast cancer operation, it is quite common that the sentinel lymph nodes are also removed... But this can unfortunately cause certain problems. Often the arm becomes swollen and of course, in acupuncture we cannot needle this side (so, of course, I do not use needles).

This swelling of the arm, I would like to point out that it is actually rather difficult to treat. In my view, it is simply due to the fact that energy is unable to flow well locally. Energy in the three meridians passing in this area has become blocked following the operation (sometimes in just one of these meridians but also sometimes in all three). When we use my method, the patient can feel her arm lighter right away, and often 1 or 2 weeks later, she calls me and tells me the swelling has really come down. It's a new thing I discovered and would like to share it with oncologists today.

### **Damaged nails, insensitive hands or feet:**

If you have painful, black nails, which are about to come off, what can you do? The way I see it is that this is because the energy cannot circulate freely in that area. Therefore, the blood supply does not pass through freely and, thus, the nail does not receive nutrients and it will come off, "fall"; this is also quite painful.

When we restore the balance, we enable the energy to circulate on the meridian that is responsible for this area and, as a result, the pains in the finger are improved right away.

Even for the symptoms of hands or feet which have become insensitive or, as people say "stiff as cardboard", we follow this same principle and just enable the energy to flow along this particular meridian with the *Ting* point, the *Luo* point, the seasonal reduction point and the seasonal tonification point.

### **Hair (and eyebrows) loss :**

I mentioned that we are able to solve various types of problems related to the side effects of chemotherapy, quickly and in a way that everyone can understand. But often, when the liver is blocked, especially in the case of chemotherapy, people lose their hair. It is a big problem, especially for women. And now, for 6 months now, I have started a method, with my Yin/Yang balance, to get the blood flowing well in the brain, in the head, and it can bring nourishment all the way to the root of the hair... Hair can be seen just like leaves on the tree; they need food, sap, and this time with the blood flowing better, a correct blood supply, they hold, they do not have to fall. Some patients tell me: Mr. Do, this time my hair is not falling as much. Oh yes, it's really great! I laugh and they laugh too, but deep down I know that this is the result of something important in my research, and this I would like to share with oncologists.

I work with this medicine but above all, here, I work in collaboration with classical western medicine here. And we have succeeded in a number of surprising cases.

**The side effects of radiotherapy:**

Of course, I also take care of patients treated with **radiotherapy**. In fact, whether they are treated with chemotherapy or radiotherapy, my treatment is done in almost the same way, meaning fundamentally via Yin/Yang balancing. In the case of radiotherapy, there is a difference in the sense that in this case, the part of the body treated is, in a way, "burnt". This treatment causes excessive heat and, particularly with radiotherapy treatments on the breast for example, the area can become very red; it can be very painful and sometimes so much that people cannot sleep.

I restore the balance and, depending on the area where the radiotherapy is done and on which meridian passes through that area, I enable the energy to circulate again correctly there. Another thing I do, on that meridian, is to stimulate a point related to the *Water* element: this will provide freshness, fluids, Yin factors. It is quite impressive! I work this way and immediately the person feels much less heat in the area treated with radiotherapy.

When a person has, for example, a radiotherapy session for cancer in the throat area, it leaves the mouth dry, the mucous membranes swollen and it is quite painful inside... I restore the balance according to the pulses and also, in this case I work to give more freshness overall and a balanced situation. Depending on the area, I enable energy on the relevant meridian(s) to circulate, and in addition I stimulate a point that brings freshness, Yin factors... and that rapidly neutralizes the heat et soothes the pain. It is impressive.

**A new acupuncture with precise and rapid results:**

After thirty years working to restore a perfect Yin/Yang balance in the human body, I have found a new method of acupuncture where patients can be treated with definite and rapid results, even in severe cases.

This method, applied in the treatment of cancer, not only perfectly relieves the side effects of chemotherapy and radiotherapy treatments, but also, as I have seen with most of my cancer patients, after 2 or 3 treatments, they sleep better, eat better, are less tired and have a better morale. I have also observed that the cancer markers usually go down and that the results of the CT checks indicate significant improvements with a decrease in the volume or even disappearance of cancerous tumours

**A critical case of cancer with a positive outcome:**

This is the case of a lady from Paris. When she came to see me, she had stage 4 breast cancer. In addition to this tumour in her breast, the cancer had invaded many parts of her body. It had gone down into the liver, there were cancerous lymph nodes here (upper chest), metastases in the spine, in the skull, everywhere. In the hospital, she had been told that it was already too late to save her; there was nothing they could do. She entered the practice with the help of her husband. She was very tired and spoke to me in tears.

Of course, in a case like this, I must do everything I can to help her. And, ladies and gentlemen, I did a session and the lady was breathing better, and she felt very relaxed. And five days later, she called me from Paris and said: "I am feeling much

better. The lump in my breast, one can see with the naked eye that it has deflated by 50%. Four months later, she wrote a letter of thanks, a letter of testimony:

"In May 2018, I was diagnosed with inflammatory breast cancer, metastases in the bones, liver, lungs, and lymph nodes everywhere. I started chemotherapy at the beginning of June and saw Mr Do for the first time at the end of June. From the first session, I regained my appetite, I had very few side effects from chemotherapy, my vitality returned, my anxiety was much less important, night hot flashes disappeared, I had less joint pains... In October, that is to say after four months, during the check-up, the radiologist was amazed and surprised by the results of the chemotherapy, the way this cancer had reduced. Now I see Mr. Do every month and I feel better and better. I thank him for his precious help. »

This is about working together with modern medicine. I am alone in my research but I see beautiful things like these and I would like to make this progress known to the world of researchers.

That is why, knowing that there are doctors among you, I ask you to come and help me, to come share this wonderful path with me. I am alone, do come and work with me, especially those of you trained to work with the scientific method, as I did not train in that way.

**Another case very serious case, quite impressive as well:**

This time, it will make you laugh. This letter of testimony, I put on my school's website and, of course, when we write a letter of testimony, we often remove the name, we leave only the person's first name, that's all. But this gentleman, when he gave me this letter of testimony, he particular mentioned that I should put his signature, his mobile phone number, his home number and even the address of the professor who took care of him... Because he was very happy.

"At the end of 2010, following a CT scan, oesophageal cancer was diagnosed. In January 2011, a surgical operation was performed showing, in addition to the oesophagus, numerous metastases on the stomach, and... the liver. Chemotherapy treatment began, but it was not successful. The oncologists told me that my life expectancy was of three months. They offered me the opportunity to participate in a new protocol for a new drug called RAMUCIRUMAP. In early 2012, I met Mr. Do. At the time, I was very tired, totally exhausted and with little hope. The Do method made me want to fight again. I was able to work despite the weekly chemo sessions and I even accepted several professional missions in China (he is a major industrialist.) Out of 600 people in the world who participated in this protocol, life expectancy has been extended by an average of two years. Today, it has been eight years already, I seem to be the only survivor. Scientific articles have been written on my atypical case." Signature!

He told me to put his signature and address so that people, if they need information, they can call him and he can help people. That's it!

In this medicine we work with energy, with meridians, and we do, as you have seen, beautiful things. It is something very understandable that everyone can learn. And in addition, with cases like this, we cooperate with oncologists.

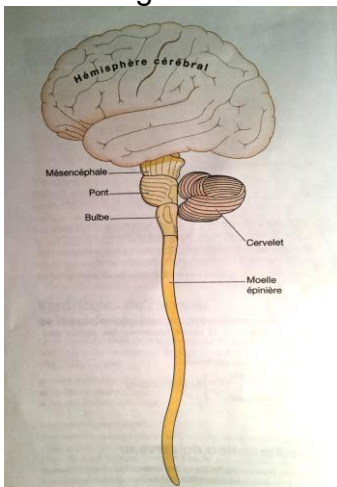
I see that it is working perfectly and that is why I must ask you again: Dear colleagues, come and help me. Dear scientists, come and help me, let us cooperate, let us work together. This research is already yielding good results and I would very much like to cooperate with you so that we can do good for everyone.



**We will now go on to the second part of this talk, on "What are the advances in research in the field of neurodegenerative diseases?"**

First of all, I would like to say that these words: "neurodegenerative diseases", for me, are new words.

In oriental medicine, this type of disease also exists; it is expressed through the loss of certain physical and mental faculties and has always existed. But the cause of this disease, the degeneration of the brain, the cerebellum, the spinal cord, all this, I learned here through modern western medicine. In our ancient medicine, we do not know about this vision of things. And it is thanks to this new vision, completed with my knowledge of Yin/Yang that, as I will tell you, I was able to achieve something interesting.



*Cervelet = cerebellum // Moelle épinière = spinal cord*

In oriental medicine, we consider that the brain is the mother of the marrow and that, if it is full of vitality, if the brain is in good condition, the patient's body is light, agile, life expectancy is good. If, on the contrary, it is empty, empty of energy inside, the individual suffers from vertigo, tinnitus, blurred vision, fatigue and a strong desire to stay in bed. In oriental medicine, we see and learn about the brain in this way.

And in oriental medicine, it is said that it is the energy of the Kidneys (Yang Kidneys and Yin Kidneys), which nourishes the marrow, that is to say that this essence is the energy of the marrow. And every time it flows well, it brings good blood circulation, meaning that the spinal cord receives food and oxygen, and that so does the brain.

**The essence of the Kidneys nourishes the marrow and the brain:**

The essence of the Kidneys nourishes the marrow, nourishes the spinal cord and also nourishes the bone marrow. And the healthy spinal cord also nourishes the brain. That is to say that, the essence of the Kidneys which passes there nourishes everything along the way, and thus the cerebellum too.

As I mentioned earlier, we know from modern western medicine that the cause of neurodegenerative diseases comes from there, from a disorder in the functioning (a "disease") of that part, from the spinal cord and the brain.

We know the cause of the problem but the question remains: how can we treat it? It is difficult, and yet, thanks to this knowledge, added to the knowledge of our oriental medicine and the balance I do, I have been treating diseases like Parkinson's for a

long time (for 20 or 30 years). With my balance and the whole of my method, I help people who cannot walk well, and overall, it works quite well.

I encountered cases where it worked very well, but there are also cases where the situation seems stalled. Things get better up to a certain point and then this improvement becomes stationary again... There are good results but there are also average ones for which improvement is limited.

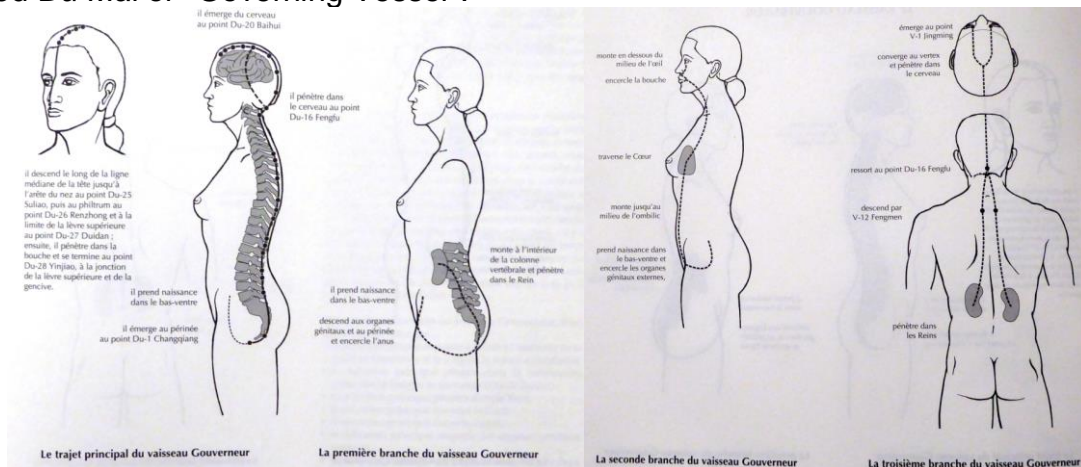
One manages to make the energy circulate in an area, i.e. to bring it better nourishment and as a result, the person trembles less, is less depressed, walks better. Yet it does not necessarily hold over time. I did not fully understand why; there were still some grey areas to be clarified.

As I told you, I am constantly searching for new solutions and my understanding is always becoming deeper, very slowly. Every time I discover something, I would like to share it with everyone.

And I recently put my finger on something very important to help nourish the brain through yet another meridian.

### **The "Governing Vessel" (Du Mai or Tou Mo) nourishes the brain:**

In reality, the meridian, which passes through there, through the spinal marrow, is called *Du Mai* or "Governing Vessel".



It starts from the lower abdomen and goes up along the spine (see diagrams), and there is a branch that enters directly into the brain.

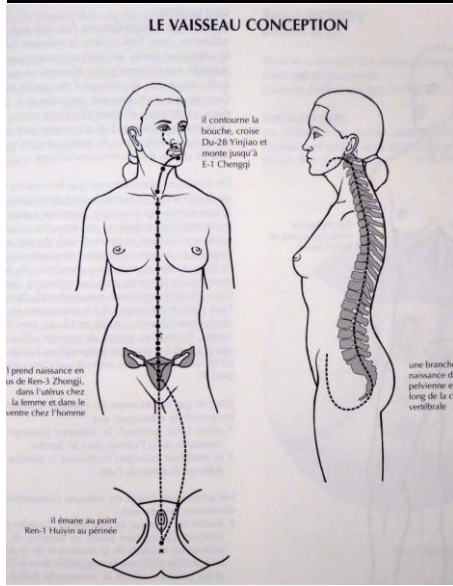
Of course, the energy, which passes brings along a good blood circulation; it nourishes the nerve cells. In the case of neurodegenerative diseases, nerve cells are sick because they are undernourished, they do not receive enough oxygen. With the blood supply bringing in nutriment, they are satisfied, they live better, eat better and become more active.

And in our oriental medicine, this controls the eyes, ears, nose, tongue... I work like that, with balance and patients tell me: "it's funny, I can see much more clearly."

In fact, in oriental medicine, this part of the energy is very complicated but very interesting. The brain is supplied in energy by this meridian, it is nourished by this meridian, another branch of which enters directly into the kidneys!

But this meridian, the Governing Vessel, in the back part of the body, has a special relationship of interdependence with (and in a way it is also "controlled") with another meridian called **Ren Mai** Meridian or "Conception Vessel".

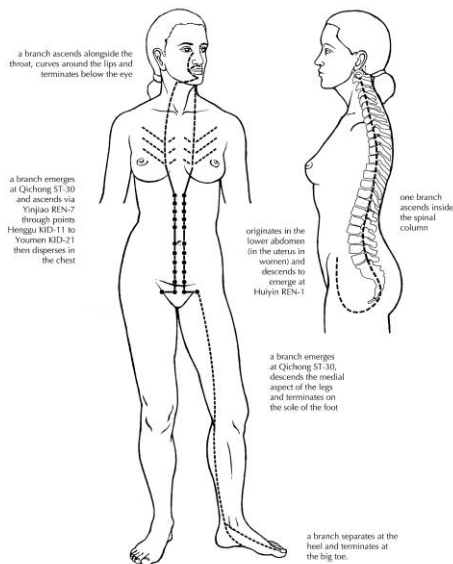
**The "Conception Vessel" (*Ren Mai* or *Jenn Mo*) nourishes the brain:**



As you can see, it passes in the front part of the body but through another branch, it also nourishes the spinal marrow and thus the brain.

**The "Penetrating Vessel" (*Chong Mai* or *Tchrong Mo*) provides blood irrigation to the brain:**

But I realised *Ren Mai* and *Du Mai* are not the only meridian that nourish the brain and marrow. There is a meridian, which runs along the same pathway as the Kidneys meridian, called *Chong Mai* meridian or "Penetrating Vessel".



It follows the pathway of the Kidneys meridian but a branch goes behind and also nourishes the spinal cord, and even the brain.

For a long time I had been stagnating in my research with that meridian. It is very important and I was always restoring its balance so that it would function well, but that was it.

But to make the blood circulate even better in the head, I didn't know what to do. I tried different ways and today I found a technique to stimulate it that works well. This meridian brings freshness and Yin energy that nourishes everything on its way, up to the head, the whole face and even in the brain. Since I started stimulating it like this, something else surprised me, about hot flashes, especially in menopausal women... By stimulating *Chong Mai* in this way, things are much better. If you do that, you can be sure that the ladies will call you and give you good news.

And for problems of breast cancer, pains, nodules in this area, we stimulate it and with the energy that passes better, the nodule becomes softer, less sensitive. Cancer nodules really become less active with this treatment.

It's unbelievable. And in addition... when the spinal cord and brain are better nourished, with that, the blood circulates even better in the head. It is thanks to this stimulation that, over the past 5-6 months, I have made significant progress in the treatment of neurodegenerative diseases.

How far will it go? I don't know, but it unlocked something important.

People who suffer from neurodegenerative diseases, when they come to you, they are already in a poor condition. They don't eat well, they don't sleep well either, they are weak and depressed too.

The first thing I do in the treatment, of course, is to restore the global balance, but I also take care of the digestive tract, of the liver, of spleen-pancreas so as to create, in technical terms as we say, a balanced relation between the Liver and the Spleen. And it allows the patient to eat better, to recover a good appetite and have a better digestion. And when one eats better, one regains strength.

### **A well nourished brain :**

Now, when energy is back and flowing well, it can grow strong again, be more active, function faster and better, and if now the neurons are well nourished, the person can be globally healthy again and certainly recover all faculties he or she once had: first a better morale, faculties of movement, more strength, better vision, better balance, more confidence, in short: a clear improvement in all the symptoms associated with neurodegenerative disease.

These are the main lines of what I do to work on this disease. In my practice, when a person, for example with Parkinson's disease, comes, after this treatment, the person feels much better.

How far can we go? No one can say, but we already have a great hope that we will not return to the way things were before, that we will not "backslide". With a better digestion, we eat well, sleep well and with the balance restored, as we eat well and sleep well, the energy can grow and flow well, and everything gets better and better. As for using the word "healing", this may still be premature but can I tell you we have before us a great hope for neurodegenerative diseases. And it is not just a hope because I already have many spectacular cases in my practice.

It is very beautiful when you have someone in your practice who cannot concentrate, who is very depressed, then you do this treatment and that person feels better. And 24 hours later, the person calls you and tells you that he/she can think and concentrate better. It's very beautiful.

I treated an engineer, a fifty-year-old supermarket manager. Suddenly, he found he was no longer able to concentrate, and he was feeling weak, depressed. He could not concentrate and work to run the supermarket, with about 200 people on staff. He had been treated everywhere and finally came to my practice. He also wrote a letter of thanks.

After 5 sessions, he recovered all his faculties, and he was able to work just as before, in 5 sessions. Of course I did everything, which needed to be done for him.

Ladies and gentlemen, problems in the spinal cord, in the brain, in the past these were very difficult to comprehend, even if we knew what the cause of this disease was. But now with traditional oriental medicine, we have the means to stimulate, to nourish even nerve cells, neurons. And when they regain their strength, the neurons function again, return to their regular activities, recover their former faculties; with this, memory, concentration, skill, *joie de vivre*, everything becomes normal again.

The day before yesterday, I treated a very old lady and I did it like that... and the lady told me: "well, it seems I must have changed glasses or something because I can see much better, and my head feels lighter." She said that because the blood was already circulating better in her brain. She could see more clearly. It is a really wonderful phenomenon.

There are two cases of patients I am currently treating in my practice, which I would like to mention here.

The first case is that of a lady suffering from Alzheimer's disease. Right from the first session, immediately after, she was able to speak better, see better and walk better. After six months of treatment, she has recovered almost 70% of her faculties, intellectually, in speech, walking...

The second case is that of a patient suffering from Parkinson's disease with, among other symptoms, severe tremor in the right arm. Today, after two months, this arm tremor has decreased by 80% and the patient's morale has significantly improved.

### **As a conclusion:**

It is now **time to conclude** this conference, and I would like to briefly come back to the functioning of our method. The various cases mentioned, and there are many others, attest to its effectiveness as well as its simplicity.

Noting that any pathology is the result of an imbalance between Yin and Yang, both in the body as a whole and in the local manifestation of symptoms, our only work is to restore this lost balance.

We have simple and precise diagnostic tools for this purpose, and then a method that will allow the person to feel good again, psychologically, emotionally as well as in terms of their organic, respiratory, digestive functions, etc.

With this restored Yin/Yang balance, the person has a good appetite, eats and digests well, sleeps better, regains strength and recovers a better morale. We help the body return to its original healthy state so that everything can function correctly again. The body recovers the ability to fight diseases by its own means and to defeat

them. Through the examples we presented here, we have seen how it recovers the ability to manage the undesirable side effects of treatments such as chemotherapy or radiotherapy and thus to allow these treatments to be fully effective.

By restoring the general Yin/Yang balance, we work on all systems: respiratory, digestive, endocrine, nervous, emotional, muscular... In the whole body.

Our treatment method could be summed up by this simplicity because it is its foundation.

Working in this direction for many years and integrating certain discoveries of Western medicine into this vision of Yin/Yang, I have developed an understanding of the types of pathologies that affect the brain and the nervous system: neurodegenerative diseases. We have discovered ways to improve these organic functions in a concrete way and to see many of the symptoms of these diseases disappear. Over the years, the results have become more and more meaningful and our vision clearer.

It is now time for me to end, and I want to do so by again thanking you. It has been a pleasure, a real pleasure to share all this with you.

We have before us a great hope but I am still alone and I would like to ask for your help; I would like to share this research with you and let these very promising discoveries grow, so as to make this beauty more widely known and to offer it to more people, for the happiness of everyone.

Ladies and gentlemen, my friends, thank you!

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