The Role of Fingernail and Tongue Analysis and Herbal Practice
PREVENTIVE METHODS DEVELOPED FROM OVER 10,000 PATIENTS’ RECORDS
November 18, 2012 – Mt. Pleasant, MI
Tsu-Tsair Chi, PhD

TONGUE DIAGNOSIS

• COLOR
• VITALITY
• MOISTURE
• SHAPE
• COATING

Tongue Color

1. Pink tongue
2. Pale tongue
3. Red tongue
4. Dark red/Purple

Pink Tongue: Normal
Light coating on root of the tongue

Pale Tongue: Anemia
Shiny areas on tongue: Anemia

Red Tongue: Fever, Heart, Infection
Spiky tongue: Real fever

Dark Red or Purple Tongue: Blood stasis, Serious
TONGUE DIAGNOSIS

HEART
- Elongated Tongue

STOMACH ULCER
- Cracks on tongue

TONGUE DISEASE

FEVER
- Spikes

STOMACH DISEASE

Inflammation
- Tongue Ulcer

Hypoglycemia
- Teeth Marks
- Lung
- White Coating

SPIKY TONGUE
- Tip – Heart/Lung
- Side – Liver/Gallbladder
- Center – Stomach/Intestine

Roadmap-like Tongue
- Younger People: Deficiency of Blood, Hormone and Chi
- Older People: Digestion, Lack of stomach acid

Purple Dots: Blood Stasis
Tongue Movement vs. Diseases

• Stiff tongue and movement not easy
  – Stroke or cognition
• Deviated tongue
  – Whiplash, heavy metals, and stroke
• Tongue shrinks and is difficult to stick out
  – Very serious condition
• Unable to control tongue, slow movements and/or tongue hangs out:
  – Low IQ (since childhood) or stroke

Tongue Coating

• Light white: Normal
• White: Lung
• Yellow: Stomach
• Black: Digestion, Kidney, etc.

Distribution of Coating

• Root / No Root
• Wet / Dry
• Greasy / Not Greasy
• Grow / Reduce
• Thick / Thin

Black Coating

• High fever
• Dehydrated
• Chronic infection
• Black/brown keratosis cell
• Digestion and Kidney

FEVER or LOCAL INFLAMMATION:
Stomach
Yellowish/White Coating

Black Coating

DIGESTION KIDNEY

LIVER
Black, Dry, Spiky Coating
**KIDNEYS**

Green/Grey Coating

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**GALLBLADDER**

Red, dry, cracking tongue

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**STOMACH**

- No coating
- Red color (thirsty, heavy chest, nauseous)
  - Stomach and gallbladder condition
- Serum albumin low
- Tongue cell metabolism retarded
  - Digestion stopped
- Electrolyte imbalance
- Serious health condition

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**Coating Location**

- Whole tongue: Stomach and Liver.
- Tip (outside): Stomach initiative.
- Roots (inside): Stomach and Intestine accumulation
- Left side: Inner Organs (difficult to treat)
- Right side: Outside Organs (muscles)
- No root: Stomach, kidney, spleen (serious)

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**Mirror-Like Tongue**

- No coating
- Red color (thirsty, heavy chest, nauseous)
  - Stomach and gallbladder condition
- Serum albumin low
- Tongue cell metabolism retarded
  - Digestion stopped
- Electrolyte imbalance
- Serious health condition

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**SNOW-LIKE COATING**

Low serum albumin

Autoimmune Disease, etc.

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**Coating with No Root**

Serious Condition

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**Peeling Coating**

Illness becomes serious

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**Coating in Center**

Inner organs problem

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**Mirror-Like Tongue (Slippery)**

Low serum albumin

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**SNOW-LIKE COATING**

Autoimmune Disease, etc.
Coating on Left Side
Dangerous condition

**NAIL DIAGNOSIS**

**SHAPE OR GROWTH CHANGE**

**KOILONYCHIA** (spoon nails)

Anemia

**BEAU’S LINES**
Horizontal indentations across the nails

Nail growth is interrupted by severe illness (heart attack) or malnutrition

**PITTING**

- Psoriasis
- Chronic Dermatitis
- Alopecia areata (hair loss)

**ONYCHOLYSIS**
Nail separates from nail bed

Psoriasis
Injury
Thyroid disease
Fungal disease
Drug reactions

**NAIL CLUBBING**

Sign of:
- Heart problem
- Lung disease
- Cancer
- Parasites
- Digestive problem

Caused by low oxygen levels in the blood

**TERRY’S NAILS** (White nails)

Opaque nails with a dark band on tip

Cancer
Congestive Heart failure
Diabetes
Liver disease (cirrhosis)
Auto-immune disease

**COLOR CHANGE**

**COLOR CHANGE**

**TERRY’S NAILS** (White nails)

Opaque nails with a dark band on tip

Cancer
Congestive Heart failure
Diabetes
Liver disease (cirrhosis)
Auto-immune disease
**MUEHRCKE’S LINES**

Kidney Disease

**Dark longitudinal streak(s)**
- Melanoma
- Benign nevus

**HALF and HALF NAILS**

Renal Failure

**RED LUNULA**

Heart Disease
- Systemic Lupus Erythematosus (SLE)
- Rheumatoid Arthritis

**AZURE LUNULA**

Silver poisoning, Wilson’s disease, quinacrine therapy

**Cardiovascular Markers**

Nail Clubbing
- Ear Crease

**Earlobe crease and cardiovascular risk**

Chronic circulatory problems allow the vascular bed in the earlobe to collapse, causing the crease.

**1982 study:** An earlobe crease plus chest pain, etc. predicts a heart attack 89% of the time. Cardiac symptoms without an earlobe crease only predicts 10% of heart attack cases.

**1991 study:** patients with diagonal earlobe creases had higher cardiac mortality rate and higher number of cardiac events.

**Cardiovascular Symptoms**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>Tip of tongue is red, ear crease, nail clubbing, lunulae on pinky</td>
</tr>
<tr>
<td>Poor Circulation</td>
<td>Lack of lunulae, cold hands &amp; feet, numbness of the limbs (If the condition improves, the lunulae should reappear)</td>
</tr>
<tr>
<td>Atherosclerosis</td>
<td>Vertical ridges</td>
</tr>
<tr>
<td>Peripheral Artery Disease</td>
<td>Central nail canal (“fir tree” abnormality)</td>
</tr>
<tr>
<td>Stroke/Aneurysm</td>
<td>Cherry angiomas on forehead</td>
</tr>
<tr>
<td>Heavy Metals</td>
<td>Protruding blue veins and/or red/black spots underneath the tongue. Sometimes there is a metallic taste.</td>
</tr>
</tbody>
</table>
Nail Clubbing – Lung/Heart

Hemiplegia
• Paralysis of half of body
• Of 87 patients, 13.8% had clubbing on the affected side

Infective Endocarditis
• Inflammation of heart lining
• Of 60 patients, 50% had bilateral clubbing


Peripheral Artery Disease
Central Nail Canal

“Fir Tree” abnormality

Stroke/Aneurysm
Cherry Angiomas on Forehead

• Cherry angiomas on forehead,
• Family history of stroke/aneurysm, and
• Hypertension
Risk is 2^3 = 8x higher than average people

Salvia, Carthamus, Paeonia, and Ligusticum Extracts on Cardiovascular Patients (30 days)

Blood viscosity
Fibrinogen
Red blood cell aggregation
Index of microcirculation
Microcirculation

Aging cells may lead to arterial damage and plaque

• Study from Washington University in St. Louis, MO
• Mitochondrial function decreases in aging cells, allowing a reactive form of oxygen to leak
• Reactive oxygen causes damage to blood vessel walls
• The body mounts an immune response to repair this damage
• Immune cells attract a form of cholesterol that sticks to arterial walls, causing plaque and eventually atherosclerosis


Hippophae and Rhodiola Extracts for Heart, Lungs, Energy

• ↑ Mitochondrial efficacy to utilize oxygen and glucose for the production of energy (ATP)
• Repairs/Protects vascular endothelial cells from free radical damage (vascular cell damage contributes to cardiovascular disease)

LD50 > 40 ml/kg

Hippophae and Rhodiola Extracts

Trilinolein
Active constituent of Hippophae and Rhodiola Extracts

EPA
Eicosapentaenoic Acid (20:5)

DHA
Docosahexaenoic Acid (22:6)

Hippophae and Rhodiola Extracts vs. CoQ10 on Heart, Lung and Energy function

<table>
<thead>
<tr>
<th>Action</th>
<th>Extracts</th>
<th>CoQ10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Increases energy within 30 minutes</td>
<td>+++</td>
<td>+++</td>
</tr>
<tr>
<td>Protects vascular endothelial cells from damage</td>
<td>+++</td>
<td>+</td>
</tr>
<tr>
<td>Repairs and protects DNA-damaged cells</td>
<td>+++</td>
<td>+++</td>
</tr>
<tr>
<td>Eliminates shortness of breath</td>
<td>+++</td>
<td></td>
</tr>
<tr>
<td>Relieves choking-like symptoms</td>
<td>+++</td>
<td></td>
</tr>
<tr>
<td>Reduces palpitations</td>
<td>+++</td>
<td></td>
</tr>
<tr>
<td>Reduces chest pounding</td>
<td>+++</td>
<td></td>
</tr>
</tbody>
</table>

Action Extracts CoQ10

Improves mitochondrial efficiency +++ +++
Reduces lactic acid +++ +++
Lowers lactate dehydrogenase (LDH) +++ +++
Reduces malondialdehyde (MDA) +++ ++
Increases superoxide dismutase (SOD), glutathione (GSH) +++ +++
Anti-hypoxia +++
Reduces cholesterol +++ ++
Reduces triglycerides +++ +

Asparagusic Extract contains:

- ORGANIC FOLATE
  (9 capsules or 3 bags contains > 400 μg of organic folic acid)
- ASPARAGINASE
- ASPARAGOSIDE
- GLUTATHIONE
- VITAMIN B, C, E
- ORGANIC SELENIUM
- ORGANIC ZINC

Asparagus Extract reduces Cardiovascular Disease Risk by Reducing Homocysteine Levels

- 48% higher chance of myocardial infarction
- If present in those under 30 years old, signals arterial plaque


Wine Extract reduces cholesterol in 155 patients (3 months)

Heavy metal toxicity

- Black- or blue-colored nails
- Dark, protruding veins under the tongue with red/black spots
- Gum shows dark/blue lines
- Metallic taste in mouth

Silver and Copper Poisoning

Heavy metal deposits
**Smilax, Sargassum, Rheum and Allium Extracts**

- Oral chelating herbal supplement
- No Side Effects
- Does not strip essential trace elements.
- Safe for children (3 years and older) to take.
- Kidney patients can take with Asparagus Extract and use with Bathdetox
- Removes heavy metals through urination and fecal excretion
- Inexpensive

**Children with Lead Toxicity**

↑ Risk of ADHD

- Loss of appetite
- Hyperactivity
- Irregular sleeping habits
- Temper tantrums
- Lack of concentration

Smilax, Sargassum, Rheum and Allium Extracts chelate lead in children safely and reduces/eliminates associated symptoms.

**Advantages of Smilax, Sargassum, Rheum and Allium Extracts**

- Easy administration
- Inexpensive
- No side effects
- Does not strip essential elements
- Children (ages 3 and above) can take
- Kidney patients can take with Asparagus Extract and use with Bathdetox

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**Smilax, Sargassum, Rheum and Allium Extracts on Lead Toxicity**

Usage: 3-4 capsules, 3 times a day.

- Zinc level increased from 4.58 to 4.87 μg/ml
- Associated symptoms reduced

- Earlobe crease
- Blue Veins under Tongue with Red / Black Spots

Smilax, Sargassum, Rheum, and Allium Extracts remove Mercury

- Normal mercury in urine is < 0.250 μmol/L
- Metal Flush does not remove essential trace elements and has no side effects

**Smilax, Sargassum, Rheum and Allium Extracts vs. EDTA: Chelating Power**

<table>
<thead>
<tr>
<th>Pb²⁺</th>
<th>Cd²⁺</th>
<th>Hg²⁺</th>
<th>Zn²⁺</th>
</tr>
</thead>
<tbody>
<tr>
<td>++++</td>
<td>++++</td>
<td>—</td>
<td>++++</td>
</tr>
<tr>
<td>Extracts</td>
<td>++++</td>
<td>+++</td>
<td>—</td>
</tr>
</tbody>
</table>

EDTA cannot recover liver damage caused by lead toxicity. The herbal extracts recover liver damage and do not inhibit hemoglobin biosynthesis.

Your kidneys must be in good condition before undergoing intravenous chelation.

When bubbles are present in the urine or edema is present in the legs, this indicates a kidney problem.

**Protocol:**

- Asparagus Extract
- Extracts of Rosa and Lygodium
- Extracts of Smilax, Sargassum, Rheum and Allium
- Extracts of Eupatorium, Cinnamomum, and Atractylodes

Has a high chance for bypass surgery.

**Protocol:** Excerpts of Salvia, Carthamus, Paenia and Ligusticum + Asparagus Extract + Excerpts of Smilax, Sargassum, Rheum and Allium

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ANEMIA

Concave or "spoon-like" nails

DEFICIENCY of BLOOD, HORMONE and CHI

Roadmap-like Tongue in Younger People

Functions of Angelica, Cyperus, Astragalus, Salvia Extracts

• Improves anemia and malnutrition
  – ↑ WBC, especially after chemotherapy
  – ↑ RBC, ↑ Hemoglobin
• ↑ Platelets (ITP) by 81%

Angelica, Cyperus, Astragalus, Salvia Extracts

Hormone Balance, Menopause, PMS

Recommended for pre- and postmenopausal women as well as men

• Balances estrogen, testosterone, progesterone
• ↓ 90% PMS PAIN
• ↓ Irregular menstruation (75%)
• ↓ Abnormal uterine bleeding (93%)
• ↑ Menopausal Syndrome (NHRT)
• Promotes fertility in both women and men

Angelica, Cyperus, Astragalus and Salvia on 280 Women with Dysmenorrhea (3 months)

Approximately 80% of women over 50 years old will benefit from the hormone-balancing effect of Chi-F

Angelica, Cyperus, Astragalus and Salvia on 60 Menopausal Women (3 months)

• In Women: Cysts, Fibroids, Endometriosis, Fibrocystic breasts, Female organ cancer, etc.
• In Men: BPH, Prostate Cancer, Testicle Cancer, etc.
• In Both Men and Women: Diabetes, Insulin Resistance, Cardiovascular risk, Dementia, Autoimmune conditions, Abdominal fat, etc.
Physical Markers of Estrogen Dominance

- Red dots on the tongue
- Cherry angiomas on the abdomen
- White spots on the nail
- Facial Hyperpigmentation

Cherry Angiomas on Abdomen

- If > 10 to 15 large ones
  - Men: Prostate Cancer risk
  - Women: Breast Cancer risk
  - Or Liver Cirrhosis in both men and women

Facial Hyperpigmentation: Estrogen dominance

Cyperus, Curcuma and Astragalus Extracts

- Aromatase inhibitor for women and men (↓ Estradiol, ↓ Estrone, ↑ Testosterone)
- Competes with estradiol at estrogen receptors
- ↓ Belly Fat
- Also for Type II Diabetes patients (with Diabend and OxyPower)

Extracts of Cyperus, Curcuma, Astragalus reduces Estradiol

Postmenopausal Women with Fibroids/Cysts

60 patients

Postmenopausal women: Estradiol level < 35 pg/ml

88
80
72
64
56
48
40
32
24
16
8
0

Before
10 Days After

74.52
38.84

38.84

11

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Extracts of Cyperus, Curcuma and Astragalus: Aromatase Reducer

- Recommended for pre- and postmenopausal women
- Recommended for men
- Multiple applications for estrogen-dominant and hyperaromatization conditions

Factors influencing risk of Breast/Ovarian Cysts/Cancer in women

I. Long-term Hormone Stimulation
   - Among women with fibrocystic breasts for over 20 years, 17% developed breast cancer
   - Obesity/Belly Fat
   - Xenoestrogens
   - Hyperaromatization

Breast Abnormalities

- 40% women of childbearing age already develop fibrocystic breasts
- 42%: First time breast cancer diagnosis at 65 years old
- 1 in 6 American women who reach 80 years old develop breast cancer
## Dense Breast Tissue: Risk for Breast Cancer

- More than half of all women have dense breast tissue
- Risk for breast cancer is 5x greater in women with dense breast tissue
- Senate Bill 791 (CA) – effective 4/1/2012
  - Requires that patients be informed of their breast cancer risk if dense breast tissue is found in mammogram

### Breast Calcification: Precancer

- Small clusters of breast calcification is an early warning sign of breast cancer
- Should be treated immediately


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## Progesterone

- Listed as “Carcinogenic” under California’s Prop 65 since 1988
- A listed substance may be natural, synthetic or even naturally produced in the body
- Progesterone products should have a warning label

Source: *NNFA Today*. Sep 2004; 18(9)

Even bio-identical hormones may pose a risk

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## HRT Increases Breast Cancer Risk

- England Study: If Estrogen + Progesterone are used together
  - 66% increase in breast cancer incidence
  - ~15,000 more cases per year
- If only progesterone is used
  - 22% increase in breast cancer incidence
- Total of 20,000 more breast cancer cases every year


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## II. Obesity and Cancer

Obese persons have high estradiol, low testosterone levels

- Breast cancer
  - Larger tumor size
  - Advanced grade
  - Increased nodal involvement
  - Higher mortality
- Prostate Cancer
  - More aggressive tumors
  - Higher recurrence rate

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## Extracts of Cyperus, Curcuma and Astragalus for Belly Fat

Aromatase converts testosterone into estrogen. More estrogen means more fat accumulation, especially in the belly, which has the highest amount of aromatase. The herbal extracts reduce aromatase and consequently reduces belly fat.

For weight loss, take with
Extracts of Raphanus, Crataegus, Alisma, Garcinia, Paeonia and Tyrosine.

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## III. Xenoestrogens

(Environmental Hormones)

- Substances that mimic the effects of estrogen
- Attach to estrogen receptors and disrupt endocrine functions
- Common xenoestrogens: clouding agents, pesticides, phthalates in plastics, dyes

Underdeveloped white seeds in watermelons signify presence of xenoestrogens

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## Plasticizers: Xenoestrogens

DEHP, DINP, BBP, DBP

- Plasticizers as clouding agents found in sports drinks, juices, tea drinks, fruit jams or syrups, and tablets or powders
- Causes cancer and damage to the reproductive system, heart, kidneys and liver
- Men: Has feminizing qualities, reduces sperm
- Women: Early puberty, ↑ breast cancer risk

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## Effect of Xenoestrogens on Men

- Reduces sperm count
  - Only ~46 million/ml for men around 20 years old
  - 1940s: avg was 60 million/ml. Now avg is 20 million/ml
- Lowers ejaculation
- Doubles testicular cancer risk
  - rate has doubled in the last 40 years
- Increases male breast cancer
  - 1973: 86 per 100,000 were twice at risk
  - 1998: risk increased 1.08 times
  - 2004: 1,600 cases of breast cancer diagnosed

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Hugo Rodier, MD, from Utah recommends the herbal extracts for his patients who are exposed to xenoestrogens

These herbal extracts counteract the effects of xenoestrogens by competing with estrogen and binding to estrogen receptors.
People at risk for Hyperaromatization have the following conditions:
(High estradiol, Lower Testosterone)
- Overweight (or difficult to lose weight)
- Type 2 Diabetes
- Insulin Resistance
- Hypertension
- Cholesterol ↑
- Triglyceride ↑
- Family history of Diabetes


Symptoms of Hyperaromatization
(High estradiol, Lower Testosterone)
- Overweight
- Low libido
- Reduced muscle tone
- Gynecomastia


Any type of Hormone Therapy Increases Breast Cancer Risk

<table>
<thead>
<tr>
<th>Years of use</th>
<th>Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 – 15</td>
<td>88% higher than non-users</td>
</tr>
<tr>
<td>15 – 20</td>
<td>Double than those using for 10-15 years</td>
</tr>
</tbody>
</table>

Risk keeps increasing with longer durations of use and never tapers off

Source: American Association for Cancer Research. April 1, 2012.

When on Hormone Replacement Therapy, including Bio-identical hormones, and birth control pills, add Extracts of Cyperus, Curcuma and Astragalus to avoid hormone-related side effects


Women were more likely to be long-term breast cancer survivors...if they had more estriol (E3) than estrone (E1) and estradiol (E2)

E3 > E1 + E2

Suzanne Somers’ Interview with Dr. Jonathan Wright
In any situation, make sure

Estrogen and the Prostate

Red Dots on the Tongue: Prostate Problems

Cherry Angiomas on Abdomen: Prostate Problems
Causes of Abnormal Increase of Estradiol Levels in Men

- Hyperaromatization of testosterone
- Impaired liver function
- Obesity – increases aromatase expression

Biopsy recommended for men with PSA > 2.5

- 82% missed cases without biopsy:
  - men < 60 years old
- 65% missed cases without biopsy:
  - men > 60 years old


Ovarian Cysts, Ovarian Cancer Odds Ratio in the US

- 1:500 women develop ovarian cysts within 5 years after menopause
- 0.2% develop into ovarian cancer

Breast Cancer Odds Ratio in the US

- 1:22 women 50 years ago
- 1:6 women over 80 years old (year 2000)
- Among newborn girls in 2010, 1:3 will get breast cancer within their lifetime

Prostate Cancer Odds Ratio in the US

- 1:6 men

Normal Testosterone Level

- Decreased depression
- Improved memory
- Adequate levels of DHT correlated with:
  - Improved sexual function
  - Less aggressive prostate cancer risk


Extracts of Melia, Citrus, Phellodendron, Salvia + Extracts of Cyperus, Curcuma and Astragalus for best effects for men

Add Extracts of Cyperus, Curcuma and Astragalus for best effects for men

Extracts of Melia, Citrus, Phellodendron and Salvia

- Benign Prostatic Hyperplasia (BPH)
- Prostatitis
- Hair Loss in men

Disadvantages of Biopsies

- Definite risk of spreading the cancer
- Painful and uncomfortable procedure

Instead watch for these physical signs indicating high estrogen and possibly a high PSA level:

- Red dots on the root of the tongue
- Cherry angiomas on the abdominal area

Extracts of Melia, Citrus, Phellodendron, Salvia

FUNCTIONS

- Fibrocystic breast
- Endometriosis
- Ovarian cyst/PCOS
- Uterine fibroid
- Thyroid cyst
- Kidney cyst
- Liver cyst
- Neurofibromatosis
- Type II Diabetes
- Acne

- Colon polyps
- Cervical cancer
- Breast cancer
- Ovarian cancer
- Uterine cancer
- Prostate cancer
- Testicle cancer
- Lung cancer
- Reduces belly fat
- Competes with xenoestrogens, reducing their effects

Estrogen related to Diabetes and Insulin Resistance

- Extracts of Gymnema, Morus, Coptis, Astragalus
- Extracts of Hippophae, Rhodiola
- Extracts of Cyperus, Curcuma, Astragalus
Hypoglycemia

- Tongue is red and has teeth marks
- Since hypoglycemia is a precursor to Diabetes, and vice versa, it is important to regulate blood glucose levels

Those who have high iron levels in the blood are not only likely to develop cancer but are 3 times more likely to develop diabetes.

Extracts of Gymnema, Morus, Coptis, Astragalus Functions

- ♦ Blood glucose
- ▲ Glucose tolerance
- ▲ Insulin receptor sensitivity
- ▲ Beta cells of pancreas to produce more insulin
- Antioxidant
- Regulates lipoprotein metabolism

Extracts of Gymnema, Morus, Coptis, Astragalus for Type II Diabetes (6 months)

<table>
<thead>
<tr>
<th>Group</th>
<th>Total Cases</th>
<th>Effective Cases</th>
<th>Effective Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabend</td>
<td>195</td>
<td>133</td>
<td>68.2%</td>
</tr>
<tr>
<td>Control</td>
<td>30</td>
<td>2</td>
<td>7.0%</td>
</tr>
</tbody>
</table>


Insulin Resistance, Diabetes, PCOS

- Dark, wrinkly pigmentation
- Acanthosis nigricans
- Children: Fatty liver

Skin tags
- 80% Type 2 Diabetes risk
- May also be a colon problem
- 50% chance colon polyps

Insulin Resistance

- Present in at least 1 in 3 men with below-median serum testosterone
- Associated with hyperaromatization and estrogen excess
- If low or below-median testosterone (hyperaromatization, test for insulin resistance!

- Signs and Symptoms
  - Sugar or carbohydrate craving
  - Shaky without food
  - Obesity, especially belly fat
  - Skin tags
    - 80% risk of Type 2 Diabetes
  - Osteoarthritis
    - ~80% have metabolic syndrome

Dangers of Excess Estrogen in Aging Males

- Double the stroke risk
- ↑ Heart Attack, Myocardial infarction risk
- ↑ Atherosclerosis chance
- ↑ Thrombus (blood clot) incidence
- ↑ Prostate cancer, BPH risk

Sources:
- Int J Cancer. 2006; 118(9):2123-31
- Annals of the NY Acad Sci. 2006; 1089: 77-193
- J Cell Biochem. 2007; 102(4):899-911
- Reprod Toxicol. 2007; 23(3): 374-82
- FASEB J. 2007 Nov 30 [Epub]
- Basic Clin Pharmacol Toxicol. 2008 Feb; 102(2):134-8

Estrogen and Cardiovascular Disease

- Cherry Angiomas on Forehead
- Stroke or Aneurysm

Stomach Ulcer

- Cracks on tongue
### Yellow Coating
Digestive problems

### Stomach or Esophageal Problem

#### Auricle cyst
If GERD is present

\[ 2^2 = 4x \] chance

### Roadmap-like Tongue

**Older People:**
- Digestion, Lack of stomach acid

### Black lines on the fingernails and a crack on the center of the tongue often indicate stomach bleeding.

The stool will not often show if you have minor bleeding. Stomach bleeding is caused by acid and pepsin secretion. If you have this condition, digestive enzymes should not be used.

### Case Study: R.S., 67 y/o/m, esophageal and stomach issues

- **Pale and shiny tongue**
- **Deep crack**
- **Yellow coating**

### Extracts of Paeonia, Atractylodes, and Poria on Digestive Problems

<table>
<thead>
<tr>
<th>Condition</th>
<th>Rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective</td>
<td>Improved</td>
</tr>
<tr>
<td>Gastritis</td>
<td>65.7</td>
</tr>
<tr>
<td>Chronic Atrophic Gastritis</td>
<td>47.7</td>
</tr>
<tr>
<td>Gastric Ulcer</td>
<td>79.7</td>
</tr>
<tr>
<td>Duodenal Ulcer</td>
<td>69.5</td>
</tr>
<tr>
<td>Irritable Bowel Syndrome*</td>
<td>50.5</td>
</tr>
<tr>
<td>Diverticulitis/Colitis*</td>
<td>40.3</td>
</tr>
</tbody>
</table>

*GI Chi + Psoricaid + Digestron for IBS and Diverticulitis/Colitis
For GERD, take Digestron + Debile

### Extracts of Paeonia, Atractylodes, and Poria for Digestive Disorders

- **39-year-old male with Stomach Cancer**
  - 30% Stomach Cancer is Stage IV
  - 16% metastasized stomach cancer is HER2 +
  - Need Angiostop (EGFR inhibitor)
    - 35% prolongs life
Cancer patients:
Tongue has greasy coating

Stomach Cancer

Markers/Symptoms of Liver Problems

- Dark, branching veins under the tongue
- Red or dark spots on the sides of the tongue (blood stasis spots)
- Thick and wide tongue
- Large cherry angiomas on the chest and abdominal area
- Spider veins on the chest and abdomen
- Dark or red bands on the tips of the nails
- Red palm
- Bloating, dry mouth, bitter taste, fatigue
- “Panda eye” (dark circle around eye)

4 or more veins under the tongue
- Liver cirrhosis
- Liver cancer

Characteristic of Veins under the Tongue and Liver Conditions

<table>
<thead>
<tr>
<th>Liver condition (N)</th>
<th>2 veins</th>
<th>&gt;2 veins</th>
<th>Thickness</th>
<th>Width</th>
<th>Length</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hepatitis (60)</td>
<td>90%</td>
<td>10%</td>
<td>5.21±0.31</td>
<td>3.34±0.21</td>
<td>5.45±0.30</td>
</tr>
<tr>
<td>Liver Cirrhosis (50)</td>
<td>26%</td>
<td>74%</td>
<td>3.08±0.27</td>
<td>3.78±0.30</td>
<td>5.62±0.1</td>
</tr>
<tr>
<td>Liver Cancer (40)</td>
<td>45%</td>
<td>55%</td>
<td>3.10±0.4</td>
<td>4.34±0.21</td>
<td>5.63±0.1</td>
</tr>
<tr>
<td>Fatty Liver (60)</td>
<td>n/a</td>
<td>n/a</td>
<td>3.18±0.27</td>
<td>3.34±0.31</td>
<td>5.7±0.42</td>
</tr>
</tbody>
</table>

Alcohol-induced Fatty Liver: SGOT (AST) level is two times higher than SGPT (ALT) level. Both levels are moderate-high.

Cherry Angiomas on Abdomen

- If > 10 to 15 large ones
  - Men: Prostate Cancer risk
  - Women: Breast Cancer risk
  - Or Liver condition in both men and women

Cherry Angioma

- An indication that estrogen attacks peripheral blood vessels, causing an aneurysm
- Metabolism of too much estrogen causes liver problems

Cherry angiomas and spider veins
Yellow skin (Jaundice)

Red Palm and Hot

Spider Veins/Skin itching

Extracts of Schisandra, Bupleurum, Smilax
Fatty Liver, Hepatitis, Liver Cirrhosis

↓ AST (SGOT) ↓ ALT (SGPT)
↓ HEPATITIS VIRUS TITER
↓ JAUNDICE ↓ BITTER TASTE

The herbal extracts stop Hepatitis C RNA virus replication and expression in 6 days

LD_{50}: 12.50 g/kg

Hepatitis A and B, Fatty Liver Studies

• Hepatitis A and B patients: ↓ALT (SGPT) levels in 47 cases by 73% in 3 months
• Fatty Liver: 100% effective in 7 cases
• Excellent for bloating, bitter and dry mouth, cherry angiomas, fatigue

In vitro study (2002):
Extracts of Schisandra, Bupleurum, Smilax on Hepatitis C

• The herbal extracts have been proven to inhibit Hepatitis C RNA virus replication and expression in 6 days
• The herbal extracts do not have a toxic effect on normal liver cells

Frenula Cyst (Lower)

Frenula Cyst (Upper)

Colon/rectum condition

Intestine/upper colon condition

Liver Cirrhosis
Multiple Frenula Cysts

Serious condition

3 Factors of Colon Polyps

<table>
<thead>
<tr>
<th>Factor</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowel irregularity</td>
<td>Amorphophallus, Angelica, Lycii Extracts</td>
</tr>
<tr>
<td>Excess bile from liver</td>
<td>Schisandra, Smilax, Bupleurum Extracts</td>
</tr>
<tr>
<td>Excess estrogen</td>
<td>Cyporus, Curcuma, Astragalus Extracts</td>
</tr>
</tbody>
</table>

Those without gallbladder → high chance of colon cancer

CHERRY ANGIOMA, FRENULA CYST

Symptoms suggest estrogen affects liver and colon

3 Factors of Colon Polyps

Those without gallbladder → high chance of colon cancer

Extracts of Amorphophallus, Angelica, Lycii

• Colon, Intestine Detoxifier
• Regular Bowel Movements
• Balances pH of intestines and promotes good bacterial growth
• Cholesterol, Weight Control
• Blood Glucose Regulation
• Healthier, Blemish-Free Skin

LD₅₀: 45 g/kg

Internal Bleeding

Inflammatory Bowel Disease related to Autoimmune Disorders

Studies show that the incidence of autoimmune problems in people with Crohn’s disease and Ulcerative Colitis is greater than those without these diseases.

For best results, take Extracts of Paeonia, Atractylodes, Poria with Extracts of Euphorbia, Sanguisorba, Phellodendron for Crohn’s disease and Ulcerative Colitis

Geographic Tongue

• IBS
• Crohn’s disease
• Lung
• Sinus/allergy

Extracts of Euphorbia, Phellodendron and Sanguisorba

Colitis, IBS, Diverticulitis
For gastrointestinal infections,
Use immediately

KIDNEYS

For gastrointestinal infections,
Use immediately
KIDNEY PROBLEM - Black Tongue

- Horizontal white line(s) across the fingernail
- Kidney problem

- Horizontal white line
- 30-year-old Male with Proteinuria

Proteinuria

- Half-and-Half nails
- Horizontal white line or strips on nails
- Yellow or black coating on root of tongue

Signs of Kidney Problems
- Puffy face when waking up
- Foamy urine
- Teeth marks on tongue
- Edema in legs/ankles
- Dark color/puffy under eyes
- Half-and-half nails
- Proteinuria

KIDNEY PROGRAM

- Asparagus Extract
  - ↓ Creatinine, Diuretic
- Cordyceps Extract
  - ↓ BUN
- Extracts of Rosa, Lygodium, Smilax, Centella
  - ↓ Proteinuria
- Extracts of Eupatorium, Cinnamomum, Atractylodes
  - ↓ Edema, ↓ BUN, ↓ Creatinine, ↓ Skin Itching
**ASPARAGUS EXTRACT**

- Diuretic Agent
- Creatinine levels
- Renal glomerulus re-absorption
- Kidney function

**Extracts of Rosa, Lygodium, Smilax and Centella on Genitourinary Conditions**

<table>
<thead>
<tr>
<th>Condition</th>
<th>N</th>
<th>Effective Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frequent urination</td>
<td>172</td>
<td>82.71%</td>
</tr>
<tr>
<td>Acute cystitis</td>
<td>984</td>
<td>71.95%</td>
</tr>
<tr>
<td>Vaginitis (Trichomoniasis and Candidiasis)</td>
<td>243</td>
<td>65.84%</td>
</tr>
<tr>
<td>Kidney stones</td>
<td>221</td>
<td>62.44%</td>
</tr>
<tr>
<td>Proteinuria</td>
<td>478</td>
<td>59.41%</td>
</tr>
<tr>
<td>UTI</td>
<td>1057</td>
<td>42.48%</td>
</tr>
<tr>
<td>Priostasis</td>
<td>288</td>
<td>21.53%</td>
</tr>
</tbody>
</table>

**Extracts of Eupatorium, Cinnamomum, Atractylodes**

Skin Dialysis Formula

Detoxifies through the skin without hurting the kidneys and liver

The herbal extracts can remove these biowastes through the skin: urea, creatinine, uric Acid, cAMP, purine compounds, aromatic compounds, polyamines, indoles, phenols, myoinositol, sorbitol, oxalic acid, etc.

**Skin Dialysis Mechanism**

- No. 1. CT
- Increase Electrolyte Balance
- Urea
- Cystatin
- Urea Excretion
- Monooxidase
- Norepinephrine
- No suffix
- Body Balance
- Lig Function
- Norepinephrine
- Kidney Real Excretion
- Urea
- Medium-sized Biowaste

**Cordyceps Extract on Kidney Function of 349 Patients**

<table>
<thead>
<tr>
<th>Condition</th>
<th>N</th>
<th>Effective Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before</td>
<td></td>
<td></td>
</tr>
<tr>
<td>After</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Extracts of Rosa, Lygodium, Smilax, Centella**

- Urinary Tract Infection
- Frequent Urination
- Difficulty urinating
- Kidney Stones
- Prostate
- Gout

**Toxicity Study**: 480 times of the regular dose, in mice shows no toxicity

**In vivo Antibacterial Study**: Extracts of Rosa, Lygodium, Smilax, Centella vs. Cephalexin

<table>
<thead>
<tr>
<th>Rat #</th>
<th>Dose kg/d</th>
<th>Number of rat survivors</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>20 20md x 7</td>
<td>2 1 1 2</td>
</tr>
<tr>
<td></td>
<td>20 1mg x 7</td>
<td>14 13 12 14</td>
</tr>
<tr>
<td></td>
<td>20 54mg x 7</td>
<td>12 11 7 10</td>
</tr>
<tr>
<td></td>
<td>20 18mg x 7</td>
<td>10 10 7 7</td>
</tr>
<tr>
<td></td>
<td>20 6mg x 7</td>
<td>7 5 5 5</td>
</tr>
</tbody>
</table>

*Due to the nature of biowastes, the accumulation of biowastes can be transferred through the bloodstream to prevent sexual disease. Make it part of your first aid regimen.*
**Extracts of Eupatorium, Cinnamomum, Atractylodes**

- 41% BUN
- 26% Creatinine
- 83% Proteinuria
- 87% Edema/Skin itching
- 77% Pain/Fibromyalgia

**Case study:** 36 y/o/m with Focal segmental glomerulosclerosis (Autoimmune disease)

**Lyme Disease**

- Caused by tick-borne bacteria *Borrelia burgdorferi*
- Regular treatment is through antibiotics

- *Erythema migrans*
  - Circular/spiral skin rash associated with Lyme disease

- Deer tick

- Rash becomes bigger

**Lyme Disease Symptoms**

- Categories
  - Skin
  - Respiratory
  - Musculoskeletal
  - Gastrointestinal

- Skin itches on the bitten area
- Nearby joint pain, then limb numbness and blurred vision
- Then the infection goes to the blood and the nervous system

**Lyme Disease Protocol**

- **Recommendation**
  - For infection in the...
  - Bamboo Extract
  - Respiratory system
  - Extracts of Rosa, Lygodium, Smilax, Centella
  - Urinary system
  - Extracts of Eupatorium, Cinnamomum, Atractylodes
  - To remove toxins

**Bilateral Nail clubbing and Lung Diseases**

<table>
<thead>
<tr>
<th>Pulmonary Diseases</th>
<th>Total cases</th>
<th>Cases w/ clubbing</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cystic Fibrosis</td>
<td>73</td>
<td>73</td>
<td>100</td>
</tr>
<tr>
<td>Cirrhosis (Hepatopulmonary syndrome)</td>
<td>14</td>
<td>9</td>
<td>64.3</td>
</tr>
<tr>
<td>Hypersensitivity pneumonitis</td>
<td>82</td>
<td>44</td>
<td>53.7</td>
</tr>
<tr>
<td>Interstitial Pulmonary Fibrosis</td>
<td>588</td>
<td>289</td>
<td>49.2</td>
</tr>
<tr>
<td>Asbestosis</td>
<td>167</td>
<td>72</td>
<td>43.1</td>
</tr>
<tr>
<td>Mesothelioma</td>
<td>77</td>
<td>23</td>
<td>29.9</td>
</tr>
<tr>
<td>Bronchogenic carcinoma</td>
<td>111</td>
<td>32</td>
<td>28.9</td>
</tr>
<tr>
<td>Pulmonary arteriovenous malformation</td>
<td>93</td>
<td>18</td>
<td>19.4</td>
</tr>
<tr>
<td>Sarcoidosis</td>
<td>90</td>
<td>11</td>
<td>12.2</td>
</tr>
<tr>
<td>Tuberculosis</td>
<td>426</td>
<td>72</td>
<td>16.9</td>
</tr>
</tbody>
</table>

Geographic Tongue

Sinus allergy, Lung Problem

White Coating

Extracts of Hippophae and Rhodiola for the Lungs

- Lung congestion (as quickly as 20 mins)
- Anti-Hypoxia
- Energy, Anti-Fatigue
- ↓ Throat clearing
- ↓ Pulmonary and Brain edema

Anti-Hypoxia Effect: Herbal Extracts vs Rhodiola alone in mice

Survival time (mins)

Bamboo Extract + Cephalexin more effective than Cephalexin alone

<table>
<thead>
<tr>
<th>Age</th>
<th>Effective Rate</th>
<th>Duration of Disease</th>
<th>Effective Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 40 years old</td>
<td>100%</td>
<td>≥ 10 years</td>
<td>81.94%</td>
</tr>
<tr>
<td>41-60 years old</td>
<td>81.2%</td>
<td>&lt; 10 years</td>
<td>78.1%</td>
</tr>
<tr>
<td>&gt; 60 years old</td>
<td>32.8%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Cephalexin alone is only 6.1% effective

Overall, Bamboo Extract + Cephalexin is 81.2% effective for all age groups and duration of disease

Bamboo Extract for Oral Candida

- People with low immunity such as diabetes patients, children, the elderly, HIV patients, long-term steroid users, and cancer patients - More prone to candida in the mouth and throat
- Antibiotics and/or pain medication are often unnecessary.
- Instead they should take Bamboo Extract for candida.

BAMBOO EXTRACT

- Acute and chronic throat and lung conditions
- Cough with phlegm
- Sore throat
- Runny nose
- Asthma
- Ear irritation in Children

LD50 > 20g/kg

FIRST AID for upper respiratory conditions
**Extracts of Astragalus, Xanthium, Saposhnikovia**

- **ALLERGIC RHINITIS**
- **SINUSITIS**

*Take before the allergy season starts*

---

**CANCER**

- **Only thumbs have lunulae (80%)**
- **Physical signs**

Especially if 8 lunulae were present and then disappear → feel cold

---

<table>
<thead>
<tr>
<th>Physical Signs to Determine Early Signs of Cancer</th>
<th>Physical Signs to Determine Early Signs of Cancer</th>
<th>Physical Signs to Determine Early Signs of Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of Cancer</strong></td>
<td><strong>Symptoms</strong></td>
<td><strong>Type of Cancer</strong></td>
</tr>
<tr>
<td>Colorectal Cancer</td>
<td>- Frenula cyst</td>
<td>Breast and Prostate Cancer</td>
</tr>
<tr>
<td></td>
<td>- Shape of stool changes, sometimes with blood</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Soft, light-colored hair on the cheeks on adults</td>
<td>Cervical Cancer</td>
</tr>
<tr>
<td>Stomach Cancer</td>
<td>If the digestive symptoms suddenly change with severe pain</td>
<td>Ovarian/ Uterine Cancer</td>
</tr>
<tr>
<td>Esophageal Cancer</td>
<td>GERD patients who feel like food is stuck in the throat or it goes down very slowly</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Nasopharyngeal Brain Cancer</td>
</tr>
</tbody>
</table>

---

**Conclusions and Recommendations**

- Always consult a healthcare professional for accurate diagnosis and treatment.
- Early detection is crucial for better outcomes.
- Regular medical check-ups can help in identifying potential signs of cancer.

---

**Supplementary Information**

- **Bronchitis**
- **Pneumonia**

---

**Emphysema**

- Only thumbs have lunulae

---

**Additional Notes**

- **Effective**
- **Improved**
- **No Change**

---

**Statistical Data**

- 367 cases analyzed

---

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Sea Cucumber Extract

**Neo-Angiogenesis and RTK Inhibitor**

LD$_{50}$ = 4.3g/kg orally in mice

---

### Sea Cucumber Extract inhibits 4 RTKs, associated cancer types

<table>
<thead>
<tr>
<th>Type of Cancer</th>
<th>VEGFR (Avastin, Nexavar, Sunitinib, Sorafenib, Zactima)</th>
<th>PDGFR (Gleevec, Nexavar, Sprycel, Sutent, Vorinostat)</th>
<th>EGFR (Tarceva, Erlotinib, Erbitux, Iressa, Tykerb, Zactima)</th>
<th>FGFR (Votrient)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Lymphoma</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melanoma</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meninogoma</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Myeloma</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nasopharyngeal</td>
<td>✓</td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Ovarian</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancreatic</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prostate</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thyroid</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

### Sea Cucumber Extract inhibits angiogenesis as illustrated by thermal imaging

- 4/11/2005
- 6/28/2005
- 8/24/2005

Between 4/11/05 and 6/28/05, this 42-year-old female patient took no herbs and had a positive mammogram and ultrasound. Beginning 6/28/05, patient took Sea Cucumber Extract and results have been remarkable. It appears angiogenesis has receded, which is the best possible outcome. Source: *Med-Therm Imaging*

---

### Sea cucumber Extract can inhibit all 4 RTKs and Associated Cancer Processes

<table>
<thead>
<tr>
<th>Type of Cancer</th>
<th>VEGFR (Avastin, Nexavar, Sunitinib, Sorafenib, Zactima)</th>
<th>PDGFR (Gleevec, Nexavar, Sprycel, Sutent, Vorinostat)</th>
<th>EGFR (Tarceva, Erlotinib, Erbitux, Iressa, Tykerb, Zactima)</th>
<th>FGFR (Votrient)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angiogenesis</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Proliferation</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Invasion</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Metastasis</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Proliferation</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Inhibition of apoptosis</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

### Cancer recurrence rate increases after surgery

**Breast Cancer**

- Study: 1,173 breast cancer patients treated with surgery, 520 had relapsed (20% of premenopausal women relapsed within 10 months after surgery). Source: *Int J Surgery, 2005.*

**Colon and Lung Cancer**

- Lung and colon cancer surgery linked to cancer recurrence.
- Colon cancer patients who had surgery had higher relapse rate than invasive laparoscopy. Source: *Lancet, 2002.*

**Chance of recurrence and metastasis after surgery:**

- Within 2 years – 50%.
- After 5 years – 5%.

**Recommendation:** Use an angiogenesis inhibitor like Angiostop before and after surgery to help minimize recurrence.
**Sea Cucumber Extract**

- Multiple RTK targets (VEGFR, EGFR, PDGFR, FGFR): more effective
- Also Topoisomerase2α inhibitor
- Used before and after surgery and biopsy to reduce recurrence
- As a multiple RTK inhibitor, it can be first-line treatment for better results
- Can be used by itself or with chemo for better and faster results
- Reasonable cost compared to cancer drugs

---

**NAIL CLUBBING**

**Cancer**
- Lung cancer (opaque nails)
- Lymphoma
- Leukemia
- Breast cancer
- Colon cancer, etc.

---

**Extracts of Hippophae and Rhodiola**

- DNA repair for cancer cells
- †Oxygen (Cancer cells cannot grow in aerobic environments)
- Mitochondrial DNA repair
- More energy for cancer patients

---

**Bolbostemma/Fritillaria Extract**

Inhibits G1-S transition in Cell Cycle

A disruption in the cell cycle can cause the cell to multiply uncontrollably, forming a tumor.

Uncontrolled cell replication is inhibited

Ensures that damaged or mutated DNA does not get passed on to daughter cells

LD₅₀: 10.0g/kg

---

**AGING**

- Extracts of Hippophae, Rhodiola (DNA repair)
- Extracts of Salvia, Carthamus, Paeonia, Ligusticum (For cardiovascular conditions)
- Extracts of Cyperus, Curcuma, Astragalus (For estrogen-related problems)
- Lutein, Bilberry, Alisma, Cornus Extracts (Eye health, hearing, bones, hair)
- Asparagus Extract (Kidneys, †immunity, heart)

Consumers believe genes and lifestyle affect aging more than external products

69% of consumers reported the earlier one starts using age prevention remedies, the better


---

**Vertical ridges on nails**

- Aging
- Adrenals
- Kidneys
- Vitamin deficiency
- Peripheral blood vessel disease
- Neurasthenia

---

**Aging**

- Extracts of Hippophae, Rhodiola (DNA repair)
- Extracts of Salvia, Carthamus, Paeonia, Ligusticum (For cardiovascular conditions)
- Extracts of Cyperus, Curcuma, Astragalus (For estrogen-related problems)
- Lutein, Bilberry, Alisma, Cornus Extracts (Eye health, hearing, bones, hair)
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Consumers believe genes and lifestyle affect aging more than external products

69% of consumers reported the earlier one starts using age prevention remedies, the better


---

**Nail clubbing and Cancer**

<table>
<thead>
<tr>
<th>Neoplastic Diseases</th>
<th>Total # of cases</th>
<th># cases w/ clubbing</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mesothelioma (from asbestosis)</td>
<td>77</td>
<td>23</td>
<td>29.9</td>
</tr>
<tr>
<td>Bronchogenic carcinoma</td>
<td>111</td>
<td>32</td>
<td>28.9</td>
</tr>
<tr>
<td>Pleural Tumors</td>
<td>21</td>
<td>3</td>
<td>14.3</td>
</tr>
<tr>
<td>Lymphoma</td>
<td>40</td>
<td>6</td>
<td>15</td>
</tr>
<tr>
<td>Intrathoracic Hodgkin’s in children</td>
<td>5</td>
<td>5</td>
<td>100</td>
</tr>
<tr>
<td>Nasopharyngeal carcinoma</td>
<td>90</td>
<td>6</td>
<td>6.7</td>
</tr>
</tbody>
</table>

### Mitochondrial Dysfunction

- When mitochondrial function is low, lactic acid cannot be converted to energy, causing acidosis
- Not enough cell energy supply leads to:
  - ↓ Muscle strength - Liver disease
  - Retarded growth - Kidney failure
  - Induced epilepsy/seizures - Sudden stroke
  - Heart enlargement - Kidney failure
  - Heart failure - Diabetes

### Extracts of Hippophae and Rhodiola promotes DNA Repair for Anti-Aging, Healing

- Deficiencies in DNA repair show
  - premature onset of neurodegenerative age-related diseases
  - shortening of lifespan
- OxyPower prevents DNA damage and repairs damaged DNA

### Fingernail easily splits

- Adrenals
  - Chi Energy
- Lack of stomach acid
  - Digestron

### Osteoporosis/Osteopenia

**OSTEOPOROSIS**

**ARTHITIS**

- Vertical ridges like beads on a string

### Extracts of Rehmannia, Corydalis, Dioscorea, Lycium for Osteoporosis

- Improves bone density
- Enhances bone calcium content
- Inhibits calcium loss from bones
- Does not affect estrogen levels
- Recommended for osteoporosis patients who have or are at risk for estrogen-related conditions such as cysts, fibroids, breast cancer, etc

### Extracts of Rehmannia, Corydalis, Dioscorea, Lycium on Osteoporosis

<table>
<thead>
<tr>
<th>Effect</th>
<th>Frequency</th>
<th>Total</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effective</td>
<td>54.17%</td>
<td>96</td>
<td></td>
</tr>
<tr>
<td>Improved</td>
<td>44.79%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Change</td>
<td>1.5%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Extracts of Gastrodia, Angelica, Ligusticum Functions

- Pain, Migraine
- Dizziness
- Numbness
- Arthritis
- ↓ Blood Pressure Fibromyalgia
- Nervous System
- Muscle Ache
- Paralysis
- Intervertebral Disc Herniation
- Calming effect
Extracts of Gastrodia, Angelica, and Ligusticum on 1,137 patients with Neurological Conditions

<table>
<thead>
<tr>
<th>Condition</th>
<th>Effective Rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>76.2</td>
</tr>
<tr>
<td>Dizziness</td>
<td>73.9</td>
</tr>
<tr>
<td>Fibromyalgia</td>
<td>66.7</td>
</tr>
<tr>
<td>Tinnitus</td>
<td>67.7</td>
</tr>
<tr>
<td>Lumbar Disease</td>
<td>70.6</td>
</tr>
<tr>
<td>Sciatica</td>
<td>68.8</td>
</tr>
<tr>
<td>Cervical Lumbar Disc Herniation</td>
<td>69.4</td>
</tr>
</tbody>
</table>

Source: Beijing Medical University. 1997.

Aloe, Coptis, Phellodendron Ointment

“Endorsed by Jonathan Wright, MD”

Make this ointment part of the FIRST AID regimen in your home and workplace.

Aloe, Coptis, Phellodendron Extracts (Scar-Free Ointment)

MELANOMA

“Amelanotic melanoma occurs more often in the nail than in the skin.”
Richard Scher, MD from the Dermatology Times, Feb 2003, p. 30.

Missed Nail Diagnosis could actually be Squamous Cell Carcinoma, Melanoma

“Fungal Masquerades”

Black mole on the palm or sole of the foot: High chance of melanoma

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Elevated estrogen levels may be implicated in melanoma etiology. Risk of melanoma was higher for patients who did not receive anti-estrogens.


Prevent Skin Cancer
- Avoid sun exposure
- Extracts of Aloe, Coptis, Phellodendron
- Asparagus Extract (organic folic acid)
- AGG (Antioxidant)

Skin Cancer Protocol
- Sea Cucumber Ext
- Bolbostemma Ext
- Asparagus Extract
- Reishi Spore Extract

Extracts of Raphanus, Crataegus, Alisma, Garcinia
- Removes ADP, Promotes the fat-burning process to control weight

Tyrosine and Paeonia Extracts
- Increases metabolic rate
- Increases serotonin and norepinephrine levels
- Induces a happy feeling, reducing cravings for foods and promoting faster fat burning

Extracts of Cyperus, Curcuma, Astragalus for belly fat
- Reduces abdominal fat by inhibiting aromatase
- The belly has the highest amount of aromatase

Extracts of Raphanus, Crataegus, Alisma, and Garcinia
- Removes fat by 51%
  - If taken before meals
- Burns fat faster
  - If taken before exercise

Thank you!