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康梭療法概說

The Introdution of the Consotherapy

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The Consotherapy 康梭療法

康梭療法的內容

The Content of Consotherapy

- 康梭健康法 Conso Health Care Therapy
- 康梭抗癌法 Consotherapy against Cancer



Consotherapy

- Consolidation
- Conso+Therapy



康梭療法的分類

The Category of Consotherapy

康梭健康法

Conso Health Care Therapy

康梭抗癌法

Consotherapy against Cancer



康梭健康法

Conso Health Care Therapy

康梭健康法是康梭療法的兩大內容之一。康梭健康法的核心內容，是健康的四大原則，簡稱為“四健康一目的”。四健康，即情緒健康法，飲食健康法，生活習慣健康法，環境健康法。一目的，即達到人體健康的目的。

Conso Health Care Therapy is one of the main categories of Consotherapy. The main idea of Conso Health Care Therapy is also the four principles of health care, which can be elaborated in the following aspects: emotion, diet, living habits, and the environment. In short, we call it “four aspects of health and one goal,” which means to take care of our health through these four aspects and reach the goal of being healthy.



康梭情緒健康法

Conso Emotional Health Method

健康的第一大原則是：情緒健康。無論是哪一國家和地區的人，無論是哪一個民族的人，在每一人的一生中，都會受到七種情緒的影響，分別是喜、怒、憂、思、悲、恐、驚。這七種情緒，分別會對人體的五內功能造成影響。

The first principle of health care is to have emotional health. Regardless of nationalities, races, and regions, human health will be affected by seven emotions: joy, anger, worry, over thinking, sadness, fear, and shock. Each of these emotions affects different human internal organs.

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- 喜入心，喜的情緒會影響心臟的功能；
Joy goes into the heart. The emotion of joy affects the function of the heart.
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- 怒入肝，怒的情緒會影響肝臟的功能；
Anger goes into the liver. The emotion of anger affects the function of the liver.

- 憂、思入脾，憂、思的情緒會影響脾臟的功能；
Worry and over thinking go into the spleen. The emotions of worry and over thinking affect the function of spleen.

- 悲入肺，悲的情緒會影響肺臟的功能；
Sadness does into the lung. The emotion of sadness affects the function of lung.

- 驚、恐入腎，驚、恐的情緒會影響腎臟的功能。
Shock and fear go into the kidney. The emotions of shock and fear affect the function of the kidney.



康梭飲食健康法

Conso Dietary Health Method

- 健康的第二大原則是：飲食健康。康梭飲食健康法包括兩大類，第一類是食品的運用。如果從菜蔬水果肉魚等的外觀，可以按顏色分為五類，也就是青、赤、黃、白、黑。這五種顏色，可以對五內的功能發生影響。

The second principle of health care is to eat healthily. There are two categories of Conso Diet method. First is the use of food. From the appearance of food, we can classify food to five colors: green, red, yellow, white, and black. Each color causes individual influence on human health.


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- 青綠色入肝，青綠色的食品可以營養肝臟；
Green does into liver; Green food benefits the liver.
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- 紅赤色入心，紅赤色的食品可以營養心臟；
Red goes into heart; Red food improves the heart function.

- 黃橙色入脾，黃橙色的食品可以營養脾臟；
Yellow goes into spleen; Yellow food nourishes the spleen


- 白色入肺，白色的食品可以營養肺臟；
White goes into lung; White food is good for the lung

- 黑紫色入腎，黑紫色色的食品可以營養腎臟。 Black/dark purple goes into kidney; Black/dark purple food makes the kidney work better




利用這個理論，我們應該知道一定要各種顏色的食品都要吃些，才會對人體五內發生均衡影響。康梭飲食健康法在這方面還提出了“自然五色排毒飲”，請參考在“生活習慣健康法”所附的配方示範。

According to this theory, we must take these five colors of food in all to have balanced influence of our inner organs. Conso Dietary Health Method proposes the “ Natural Five Color Detox Drink. ” Please refer to the recipe written in the chapter of Conso Living Habits Health Method.




第二類是保健中藥食品的運用。什麼是保健中藥食品呢？例如枸杞子，中醫用在中藥方子中補腎補肝，民眾則往往在煲或煮湯中，加入一些枸杞子調補身體。這類又可以用作中藥、又可以用作食品的東西，我們就叫做保健中藥食品，簡稱為“藥食”。

Second is the use of Chinese medicine supplement for health care. What is Chinese medicine supplement? Goqizi can be one of the examples. Chinese doctors use Gouqizi as medicine in their prescriptions, and people also use Gouqizi as an ingredient when making soup. Things like Gouqizi that can be used for both purposes is what we called Chinese medicine supplement. It ' s also called for short as Medical Food(藥食).



在2006年6月6日，美國世界道統醫學科學院和美國中醫腫瘤研究所，聯合頒佈了《美國藥食通用目錄》，對即可以作為中藥、又可以作為食品的中藥品種，根據美國民眾的實際需要作了具體規範。

On June 6th, 2006, the American Academy of World Traditional Medical Science and American Institute of Chinese Medicine against Cancer announced 《美國藥食通用目錄》 to clarify the criteria of Chinese medicine supplement according to the needs of Americans.



目錄有三個附件，一個是康梭飲食療法理論，第二是藥食品種之間的相互配合組方；第三是藥食品種與食品的組合應用。

There are three subtitles under the index: the theory of Consotherapy, the prescriptions of the permutation and combination of medical food, and the combination and the application of medical and regular food.




康梭生活習慣健康法

Conso Living Habits Health Method

- 健康的第三大原則是：生活習慣健康。所謂的生活習慣，是指我們日常已經習以為常的生活模式。康梭生活習慣健康法認為，應該建立好的生活習慣，屏除不良的生活習慣。康梭生活習慣健康法有四個方面的內容

The third principle of health care is to have healthy living habit. The healthy living habit refers to our daily routine. We suggest that people should establish good living habits. There are four things you need to do to maintain health.


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- 第一，是“起居有常”，也就是日常起居要養成良好的習慣。古人有句話，喚作“日出而作，日落而息”。就是說，當太陽升起的時候，世間萬物一派欣欣向榮

First, set up a regular schedule. An ancient Chinese slang said: " get up when the sun rises, and go to bed when the sun sets. " In other words, lives are active when the sun rises.




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- 人如果在此時起床，體內的陽氣，或者說是能量，頓時會被調動起來；當太陽落山的時候，世間萬物低沈潛藏，人如果在此時休息，體內的陽氣，會及時收斂、養精蓄銳。

If people get up when the sun rises, the positive energy in our body can also be active. When the sun sets, lives go slow and hide. If people rest at this time, we can save and restore the positive energy.




當然，這裡的休息，並非一定要早早上床睡大覺，而可以是做點同白天工作不一樣的事兒，漫步田野，欣賞夕陽，輕歌曼舞，吟詩茶聊，不一而足，總之是以休養生息為樂。那麼，什麼時候睡覺呢？正確的睡覺時間，叫做“子午覺”。

Of course, the rest doesn't mean that we have to go to bed and sleep right after the sky is dark. What I mean is that we can do something more relaxing than daytime activities such as walking in the country side, looking at the sunset, singing, dancing, or having a cup of tea and relax. You might want to ask “when will be the proper time to go to bed?” The time to go to bed is called “Zi Wu Jiao”




子時，是半夜12點時。晚上睡覺，一定要在11點左右洗浴完畢，上床，至子時12點已經進入夢鄉。因為子時，是自然界最寒冷的時候，人體的陽氣能量也下降到冰點，必須休息、不可再行耗散。

Zishi means the midnight. We must finish shower and lay on the bed around eleven o ' clock and fall in sleep around twelve o ' clock because the midnight is the coldest time in the nature. The positive energy in human body also goes down to the lowest point. So we must rest and stop consuming the positive energy.




午時，是指中午的時候，也要抽空睡個小覺，15分鐘至半個小時左右即可。因為忙碌了一上午，中間小修，充充電，為下午的工作打好體質基礎。

Wushi means the noon. Taking a fifteen to thirty minutes nap in the noon is good for us because we have consumed the positive energy for the whole morning. Therefore, taking a break in the noon will give our body a chance to restore some energy back for the work in the afternoon.




第二，是“飲食有度”，也就是日常飲食時間和進食量要有個限度。清晨，自然界太陽升起，人體需要精華的飲食供給，就能順勢促進人體能量的提升，這叫做“早吃好”

Second, eat appropriately. This refers to that we should dine at the regular time and in a proper amount. In the morning when the sun rises, human body needs quality food to promote the positive energy. This is called "Zao Chi Hao."




○ 中午，太陽當頭，大自然一派陽氣隆盛，人體此時消化機能最強，可以谷肉果菜放開來吃，就能順勢補充大量的能量，這叫做“中吃飽”

In the noon, the digest function of human body is the strongest. So we need to eat a bigger portion of food to produce a lot of energy for the afternoon. This is called " Zhueng Chi Bao. "




傍晚，太陽落山，自然界陽氣開始下降，人體消化機能也開始變弱，飲食上要注意清淡，而且不可過飽，以八分飽為原則，這叫做“晚吃少”。

In the afternoon when the sun sets, the positive energy of the nature declines. The digest function of human body is turning slow. Therefore, it is better that we eat some light food, and don't get over stuffed. Being 80% full is the best. This is called "Uan Chi Shao."




康梭生活習慣健康法還有一句格言，叫做“清晨進補，傍晚排毒”。這裡強調，男人從四十歲開始，女人從三十五歲開始，就要開始有計畫的保養了。

There is a motto in Conso living habits health method: " Take supplement in the morning, and detoxify in the evening. " To maintain health, men (starting at age forty) and women (starting at age thirty five) need to have a complete plan to maintain health.




當然，如果是不到這個年齡，但體質偏于虛弱，就要及早進入保養期。保養的原則，就是我們上面所說的清晨進補、傍晚排毒。

People who have not reached their age of maintenance but have weak body type will need to start early. The principle of maintaining health is what we mentioned earlier: " Take supplement in the morning, and detoxify in the evening. "




先談清晨進補。如果我們到了保養期，光是“早吃好”往往還不夠力，應該用些保健補品增效。順便我們告訴大家一個好消息，美國中醫腫瘤研究所現下榮譽推出“康梭養生伴侶”，非常適用於“清晨進補”的保健需要。

Let ' s talk about taking supplement in the morning first. When reaching the stage of maintenance, simply having quality breakfast in the morning is not enough anymore. It is necessary to take extra nutritional supplement. Here is good news. American Institute of Chinese Medicine against Cancer is now promoting PEA-1 and PEA-2. It is perfect for the nutritional needs in the morning.



至於“傍晚排毒”，大家想想看，我們活動了一天當中，從早到晚，吃了不少東西，吸了不少氣體，可能還有不少情緒上的波動起伏，這些都會使人體的健康受到不同程度的影響，產生不少毒素

As for the detoxifying in the evening, what we need is Natural Five Color Detoxifying Drink. After the whole day activity, we have eaten much food, breathed in much air, and probably had been through several emotional changes. All of these factors above will affect human body in certain degrees and cause the production of toxins.



剛好又趕上傍晚日落西山，人體消化機能等下降，毒素就更加難以排除了。所以，我們來個“傍晚排毒”，當然可以有效地在最佳時間累積但尚未成氣候的毒素排出去了。那如何傍晚排毒呢？七個字：自然五色排毒飲。

In addition, the metabolism of human body is slowing down in the evening. If we want to detoxify our body, we need a little help from Natural Five Color Detoxifying Drink. Let ' s explain what Natural Five Color Detoxifying Drink is.



自然五色排毒飲配方舉例


Sample recipe of Natural Five Color Detoxifying Drink

- 綠色: 黃瓜 ; 紅色: 西紅柿 ; 黃色: 橘子 ; 白色: 梨子 ; 黑色: 黑葡萄

Cucumber (stands for color green); Tomato (stands for color red); Orange (stands for color yellow); Pear (stands for color white); Purple grape (stands for color black/dark purple)

- 以上約等份, 打汁, 每晚飯後飲用半杯.


Prepare equal quantity of all the ingredients above. Put in a blender to make mixed juice. Drink half cup of the mixed juice a day after dinner.

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- 請大家注意，第一點，用的品種，可以根據五色原理自行改變；

Drink half cup of the mixed juice a day after dinner. You can choose your own ingredients according to the theory of five color food.


- 第二點，如果打汁不方便，可以退而居其次，將五色品種各取適量等份，切小碎塊混合服食；第三點，胃腸很寒的人，可以適當加熱服食。

If it ' s not convenient for you to make mixed juice, cut the ingredients into small chunks, mix, and eat. And, If having weak stomach, heat the ingredients a little bit and eat.




第三，是“不煙不酒”。煙酒都可以產生很強的刺激人體興奮作用。但是，長期的追蹤研究證實，煙酒中含的有害物質，對人體的健康，的確具有顯著的危害作用。

Third, no smoking and drinking. Both cigarettes and alcohol can excite human body. However, it ' s been proved from the long turn research that cigarettes and alcohol will cause serious damages to human body.


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- 吸煙，包括被動地吸入了二手煙，首先對人體的肺產生危害，所以80%的肺癌患者，發病原素與吸煙有關。

Cigarettes, including the second hand smoke, cause bad influence to the lung. 80% of lung cancer are caused by smoking.




心臟病，腦中風，消化性潰瘍，早衰，婦女提前閉經、早產、流產、骨骼變脆，胎兒智力障礙、體重不足，兒童支氣管炎、哮喘、中耳炎，等，都與香煙有關。

Heart disease, cerebral paralysis, digestive ulcer, progeria, amenorrhea, premature birth, miscarriage, fragile bones, mental handicap and low weight of fetus, children bronchitis, wheezing, and tympanitis are resulted from smoking cigarettes.




過度飲酒，則會傷害肝臟、胃腸、肺臟，以及引起肥胖症等。因此，避免嗜煙嗜酒的不良習慣，對保持健康非常重要。

Drinking too much will cause damages to liver, stomach and intestine and lung. It also results in obesity. Therefore, quitting smoking and drinking is very important to maintain health.


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- 第四，是“經常運動”。康梭生活習慣健康法，尤其強調要“動靜結合”。中醫學有個非常高明的說法，叫做“動則生陽”、“靜則生陰”。

Fourth, exercise regularly. The emphasis of Conso Living Habits Health Method is to combine exercise and quietness. There is a proverb says that “ exercise produces positive energy, quietness produces negative energy. ”




動則生陽：運動，就會促使人體產生陽氣，陽氣就是帶給人體溫暖、促進新陳代謝的熱能；過份運動，就會導致“久行傷筋”、“久立傷骨”。還有個有趣的情況，是過份的口腔運動，居然會傷害人體的中氣，叫做“久言傷氣”。

Exercise produces positive energy, however, excessive exercise will lead to “ Jiu Xing Shang Jin ” (long-time walking damages the tendons)and “ Jiu Li Shang Gu ” (long-time standing damages the bones). In addition, one unexpected and interesting circumstance is that excessive oral exercise damages the middle-warmer energy! (It ’ s called “ Jiu Yan Shang Qi ”).

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- 靜則生陰：安靜，就會促使人體產生陰氣，陰氣就是滋養人體、促進人體養分流通的物質。過份安靜，就會導致“久坐傷肉”（肌肉，如肌肉疲勞、酸痛、肥胖、或消瘦）、“久逸傷脈”（心腦血管）。

Quietness produces negative energy. The negative energy can nourish human body and deliver the nutrition. However, excessive quietness will lead to “Jiu Zuo Shang Rou” (long-time sitting damages the muscles) causing sore and tired muscle, fat or emaciated; and “Jiu Yi Shang Mai” (over relax damages the vessels) causing heart and brain problems.

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- 那麼，如何達到動靜結合呢？方法會有很多。康梭生活習慣健康法，特別向社會各界人士，推出了一個最簡便宜行的方法，叫做“康梭點穴養生功”。

How can we approach the combination of exercise and quietness appropriately? Here is one effective and convenient way that Conso Living Habit Health method would like to introduce to you, which is call “ Conso Dian Xue Yang Sheng Gong. ”




康梭環境健康法

Conso Environment health method


○ 康梭環境健康法，將環境分為內環境和外環境。這裡，我們主要來介紹外環境的問題。

- Conso healthy environment method classifies the environment into inner environment and external environment. We will mainly discuss the external environment.




外環境，就是人體外的自然環境、以及人類人為製造的生活和工作環境。康梭環境健康法，根據外環境對人體的影響，綜合概括為五個方面，分別是空氣原素、陽光原素、水質原素、地理原素和設備原素。

- External environment means the nature environment outside human body and artificial living and working environment. There are five factors of the external environment that can affect human body: climate, sun light, water quality, location, and equipment.




同我們日常生活最為密切的環境原素，莫過于空氣原素中的氣候原素了。因此，這裡就主要介紹，在一年四季中，如何針對不同季節的氣候特點，進行積極的養生。

- The factor that relates to our daily life the most is the climate, so we will mainly discuss how we can maintain health based on different seasons.




春季養生法：當春之時，氣候轉溫，寒帶則冰雪消融，陽氣生發，萬物複蘇，推陳出新，生機盎然，一派欣欣向榮。人在春天，當順應春天之氣，要生機勃勃，不要孤悶消沈，那樣會扼殺自身的陽氣；要胸懷寬大，多給與，不要爭奪；要多獎賞，不要處罰。

In the spring, the weather turns warm. Lives start to wake up, and the positive energy of the nature restores. We should follow the flow of the spring and be optimistic and active. Do not be depressed because being depressed will eliminate the positive energy in your body. We must be generous. Give more and fight less; reward more and punish less.




如是，則與家人親友和氣一團，晚睡早起，頭髮披散，形體舒展，漫步于庭院花草，踏青問柳，觀花賞景，使人體的意志與大自然的發展趨向融為一致。

- By doing this, we can get along with our family and friends well. To make our will accommodate with the development of the nature, we can sleep late and get up early, fall the hair down loosely, stretch the body more, and walk in the garden and appreciate the plants.




從飲食方面，因為春天是肝的季節，要順勢保肝，可以使飲食微微辣點，並適當多點甜品，有助於順應陽氣的生發。酸入肝，春天要盡量少食酸的東西，以免由於酸性的收斂作用，爾抑制了肝氣的生發。

- Spring is the season of maintaining the liver, so we can eat some spicy food and sweets in the spring to facilitate the positive energy of the liver. Please avoid the sour food. Sour food will restrain the development the positive energy of the liver.



夏季養生法：當夏之時，天陽下降，地熱上蒸，相互交合，導致氣候炎熱，萬物茂盛，百花齊放。人在夏天，要注意心平氣和，不要生氣發火，天熱與體火相合，必傷人體健康。工作學習要更加積極主動，順火之熱，做出赫赫成績。

- In the summer, the sunlight is strong, and temperature is high. Everything on the earth is flourishing. We need to be peaceful in the summer, and avoid being angry. The combination of the hot weather and over heat of the body will damage our health. Summer is a good time for enthusiastically working or studying.




睡眠上，也要晚睡早起，不要討厭夏天的晝長天熱，爾採取有傷健康的措施，如睡覺是用電風扇直吹，晝夜用過長時間空調，乘涼浸水時間過久等。

- As for the aspect of sleep, we can also sleep late and get up early. Please do not let the fans blow directly to you while sleeping, be under the air condition, or stay in the cold water for too long because of the hot weather of summer.




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- 在飲食方面，因為夏天是心的季節，要順勢保心，飲食原則是多辛溫、少苦寒、節寒涼。
 - Summer is the season of maintaining the heart, so we should eat more spicy and warm food instead of cold and bitter food.



秋季養生法：當秋之時，萬物成熟，斬獲季節，代表陽之天氣急切收斂，代表陰之地氣逐漸明朗，晝夜溫差加大。

- In the fall, everything on the earth turns mature. It ' s the season of harvest. At this time, the positive energy of the nature starts to decline, and the negative energy starts to increase. The temperature difference is big.




○ 由於氣候逐漸轉涼，花木凋零，草枯葉落，人的情緒也往往不穩定，容易觸景生情，產生蕭條冷落、垂暮淒涼、憂郁寡歡的感覺。

- Human emotion is also affected by the climate. People feel depressed and sad easily when they feel weather is turning cold and see the plants withering.




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- 因此，要格外注意保持情緒穩定，為人處事，以收斂為好，以便使心境和秋天保持平衡。更不要強力出頭，才能保持肺氣的清靜。
 - So, it ' s important to stay calm and peaceful in order to have balanced emotion and to keep the clearness of the lung.



在睡眠上，是早睡早起。在飲食方面，因為秋天是肺的季節，要注意順勢保肺。秋季氣候的最大特點是乾燥，人體也容易出現乾燥現象，所以飲食原則是“減辛、增酸、多潤”。

- As for the aspect of sleep, it ' s better to sleep early and get up early. Fall is the season of maintaining the lung. Human body turns hot easily because the weather tends to be dry in fall. We need to eat some more sour food, drink more water, and decrease spicy food.




冬季養生法：當冬之時，氣候寒冷，寒帶地氣則水結至冰，地凍至裂，萬物處于閉藏階段。人在冬天，也該順應自然，修生養息，以靜守為主，將已有的斬獲細細品賞玩味，避免情緒刺激，特別是恐懼、驚嚇、煩躁，固密心志，養精蓄銳。

- In the winter, the water is frozen, and everything on the earth enters the stage of hiding and sleeping. Human in the winter should also follow the nature and rest more. Avoid the excitement of emotions, especially the emotions of afraid, scared, and upset.




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- 換句話說，只有內心的世界和平，體內的陽氣才能閉藏，陰精才能蓄積，為來年的春旭升發作好準備。
 - In other words, only the inner peace can grow the positive energy in our body, so we will be ready for the challenges next year.

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- 在睡眠上，應該早睡，直到日光明媚才起床，以便有充分的時間養護人體的陽氣。在飲食方面，冬天是腎的季節，咸味入腎，所以飲食原則是“減咸、增苦”。
 - What we should do to maintain the health in the winter is that we should sleep early and don't have to wake up until the sun is up, so we have enough time to grow the positive energy. In addition, the winter is the season of maintaining kidney, and the salty taste goes into the kidney. So, we should eat more bitter food and avoid the salty food.



康梭抗癌法

Consotherapy against Cancer



康梭療法理論認為，癌症會產生兩大問題：一個是腫瘤自身的生長問題，另一個是腫瘤對人體的消耗性影響問題。請注意，康梭療法理論，是對中醫理論的悟解與昇華。

- In the theory of Consotherapy, there are two aspects concerned about cancer: One is the composition of a tumor, the other one is the exhausting effect of human body caused by the tumor. Please note that the theory of Consotherapy is the understanding and further development of the theory of Chinese medicine.



理論基礎

The Base of Consotherapy Theory



一、腫瘤生長的病理機製

The Composition of Tumor

- 如何攻克腫瘤？就首先要了解腫瘤的內部架構，然後進行分解擊破。康梭療法，從中醫學角度，分析腫瘤的內部架構，有四個方面的問題。
 - To deal with the tumor, we must know what a tumor is first. Consotherapy against cancer analyzes the tumor from the angle of Chinese medicine and announces that there are four factors causing cancer: Qi zhi, Xue Yu, Shui zu, Re Du.



1. 氣滯(Qi Zhi)


- 氣，是人體的功能基礎，它推展血液的營運。如果人體的氣流營運發生緩慢、遲澀，就屬於氣滯。氣滯形成後，人體的許多生理會發生變化，為腫瘤的形成埋下伏筆。這是腫瘤形成的第一階段。
- Qi(Air) is the base of the function of human body, and it pushes the blood circulation. If the Qi can not run through the body fluently , it is called Qi zhi. Once Qi Zhi is formatted, there will be many changes in the human body. And these changes will turn to the factors of formatting the tumor later. This is the first stage of the tumor formation.



2 .血瘀(Xue Yu)

血，是人體的物質基礎，它將新鮮氧氣和營養物質帶到全身的任何一個角落。當人體的氣流營運發生滯塞時，發展到一定的程度，血液的流通就會發生障礙，到了一定程度，就會發生血流瘀塞。

- Xue (Blood) is the basic material of human body, and it delivers the nutrition and fresh air to every ends of human body. When the airflow of human body is stuffy until certain degree, the difficulties of blood circulation will occur and finally turns out to be Xue Yu.

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- 在腫瘤形成的第一階段，人體內只是存在一個異常的氣團，並無實體腫瘤發生。發生了血瘀，就會出現一個實質的物體，也就是腫瘤會發生。這是腫瘤形成的第二階段。

- At the first stage of the tumor formation, what exists in the human body is only the abnormal air mass. It ' s yet a concrete tumor. However, the concrete mass will appear which is the tumor when Xue Yu is formatted. This is the second stage of the tumor formation.



3 .水阻(Shui Zu)

- 水，也是人體的物質基礎之一，它滋潤人體的各個組織器官。水液的流動，也是靠氣流的推展。
- Shui(water) is also one the basic material of human body, and it moistens the organs of human body. The flow of water depends on the flow of air.




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- 當氣滯血瘀形成腫瘤時，水液營運也必然受到阻塞，為腫瘤的內部架構增添的新的內容。這是腫瘤形成的第三階段。
 - When Qi zhi and Xue Yu are formatted, the flow of water will also stop and become a part of the tumor. This is the third stage of a tumor formation.



4 .熱毒(Re Du)

- 在上述第一、第二、第三階段，所形成的腫瘤，屬於良性腫瘤。當良性腫瘤內的氣滯、血瘀、水組演變到一定程度，就會如同沼澤地帶一樣，醞釀之久，產生溫熱氣體，在人體就是所謂的熱毒。
 - The tumor in the first three stages we have mentioned above is still a benign tumor. However, when Qi Zhi, Xue Yu, and Shui Zu stay in a tumor for a certain time, they will eventually produce hot and poisonous air like the gas in a swamp, which is so called Re Du.



○ 熱毒的發生，如同一個煙頭會使一個森林燃燒起來一樣，使腫瘤具備了蔓延轉移的功能，也就是腫瘤發展成為惡性了。這是腫瘤形成的第四個階段，也就是發展成癌症的階段。

- The occurrence of Re Du is like an end of cigarette can burn down the entire forest. Re Du will turn a benign tumor into malignant one, which is the cancer. And this is the forth stage of cancer development.



二、腫瘤對人體的消耗性影響

The exhausting effect of human body caused by a tumor


- 作為一組病理產物，引發腫瘤的氣滯、血瘀、水阻、熱毒，必然會對人體造成損傷。這種損傷，往往是漸進性加重的。分析損傷的結果，有四個方面的問題。
 - Because a tumor is developed gradually, the factors that cause the cancer, Qi Zhi, Xue Yu, Shui Zu, and Re Du, also affect the human body slowly during the progress of cancer formation. And the result of the effects can be analyzed in four aspects.



1. 氣虛

Qi Xu(Lack of air)

- 氣，如前所述是人體的功能基礎，或曰人體的能量系統，換句話說是人體的免疫系統，對人體的抗病力強弱起道至關重要的作用。
- Qi(air), as we stated above, is the base of the function of human body. You can also consider that it 's the energy system of human body. It controls the door of our immune system. After the tumor is formatted, human body will need the energy of air to against the sickness.


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- 腫瘤形成后，人體必然調動氣的能量去對抗，時間久了，氣就會不斷被消耗，出現疲乏無力的症狀。臨床表明，人體疲勞的進行性加重，表示癌症病情的不斷加重。
 - As the time goes by, the air will be consumed continuously. The most obvious symptom is the tiredness. The more air is exhausted, the tire human will feel. In other words, the more tire feeling human have, the serious the illness is.




2. 血虛

Xue Xu(Lack of blood)

- 血，如前所述是人體的物質基礎。腫瘤細胞具有自身製造血管的能力，而且是一個細胞同時製造許多血管，因此典型的腫瘤細胞在顯微鏡下形狀看起來就如同螃蟹一樣。
- Blood, as we stated above, is one of the basic materials of the composition of the human body. The cells of a tumor have the ability to develop their own vans. Furthermore, one cell can develop many vans at the same time. Therefore, the typical tumor cells look like crabs under the microscope.

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- 腫瘤快速生長的原因之一，就是透過血管，將人體血液中的營養成份源源不斷地掠奪走。
 - The reason that a tumor can grow very fast is that they can grab away the nutrition directly through the vans



○ 所以，癌症病患很容易出現血虛的情況，例如貧血。另外，手術的失血，特別是化療對骨髓造血機能的抑制，都會導致白細胞、紅細胞、血小板等的損失

- so cancer patients usually have the symptom of lacking of blood. In addition, cancer patients also lose blood from surgery, especially from chemical therapy. Chemical therapy will restrain the marrow from making fresh blood and eventually lead to the lack of leukocyte, erythrocyte, and thrombocyte.



3. 陰虛

Yin Xu(Lack of negative energy)

- 陰，是人體內水液的總稱。腫瘤在生長過程中，不僅消耗人體的氣、血，也同時消耗人體的水液部分，是人體出現水液不足，中醫稱為陰虛，當然陰虛的概念，有時往往還包括血虛在內。

Yin(negative energy), in other words, is the liquid inside the human body. In the process of a tumor 's growth, it consumes not only the air and blood of the human body, but also the liquid like water. The phenomenon of lacking of liquid is what we call “ Yin Xu. ” The concept of Yin Xu here usually includes Xue Xu.



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- 水占人體的約70%比例，水液的不足，在人體內是細胞缺水，表現下外，則是口咽乾燥，鼻干皮膚干，大便乾燥等。
 - 70% of human body is made of water. When lacking of water, we will feel the mouth, the nose, skin and even the feces are dry.



4. 陽虛

Yang Xu(Lack of positive energy)

- 陽，是人體的熱能，為人體保持溫度。腫瘤不斷消耗人體的氣、血、水（陰）後，人體的熱能最終也被消耗，出現身體怕冷的現象。
- Yang(positive energy), is the thermal energy of human body to keep our body heat. A tumor keeps consuming the air, blood, water, and eventually the thermal energy. In the beginning, people feel cold easily.




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- 嚴重則內藏陽氣也被消耗，出現心、肺、腎陽虛、甚至衰竭，引發生命危機。
 - More seriously, the positive energy inside the organs will also be exhausted. Then, the heart, the lung, and the kidney become weaker and weaker. And finally, a human ' s life is threatened.




治療模型


Models of therapy



從康梭療法理論上可知，腫瘤的內部構成，是氣滯、血瘀、水組、熱毒，這些病理產物，不是人體所需要，中醫術語叫做“病氣”或“邪氣”，應該清除出去，把病氣或邪氣清除的方法，叫做“祛邪”；


- From the theory of Consotherapy, we know that the compositions of a tumor, Qi zhi, Xue Yu, Shui Zu and Re Du are not what we need. We should expel those bad things from the body. In Chinese medicine, we call these bad things Bin Qi or Xie Qi. The method to expel Bin Qi or Xie Qi is called Qu Xie.

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- 腫瘤對人體氣、血、陰、陽的消耗，應該予以及時補充，以保持人體的抗病能力。把人體抗病力補充起來的方法，叫做“扶正”；合起來就是“扶正祛邪”。
 - To maintain the ability against cancer, we need to supply the air, blood, and negative and positive energy which are consumed by the tumor. The method to supply the ability against cancer is called Fu Zheng. Combining together will then become Qu Xie Fu Zheng.




祛邪，就是針對氣滯，進行破氣；針對瘀血，進行散瘀；針對水阻，進行利水；針對熱毒，進行解毒。

Qu Xie is to circulate the air when the air is stuck; to melt the blood stasis when the blood become a mass; to dredge the water when the water is obstructed; and to exhaust the poisonous gas when it is formed.



○ 扶正，就是針對氣虛，進行補氣；針對血虛，進行補血；針對陰虛，進行補陰；針對陽虛，進行補陽。病氣被驅逐了，正氣被充實了，癌症自然會被消滅。

- Fu Zheng is to supply the air, the blood, the negative energy, and the positive energy when either one of them are short. When Bing Qi is expelled and the Zheng Qi is supplied, the tumor will disappear.



如何達到扶正祛邪的目的呢？康梭療法設計了八種方法，力求最高程度地達到扶正祛邪的目的。這八種方法分別是：

- So, how to approach the goal of Qu Xie Fu Zheng? There are eight methods in Consotherapy that are designed to help people to get the best result of Qu Xie Fu Zheng:



康梭1號療法(Consotherapy number one)

康梭敷藥療法(Conso medicine compress therapy)

康梭複健湯療法(Conso herb medicine therapy)

康梭食療法(Conso dinning therapy)

康梭針療法(Conso acupuncture therapy)

康梭灸療法(Conso moxibustion therapy)

康梭心療法(Conso psychological therapy)

康梭點穴養生功療法(Conso 點穴養生功 therapy)



三、康梭八大抗癌療法


Eight Methods of Consotherapy against Cancer



康梭1號療法


Consotherapy Number One


- 康梭1號療法，是根據康梭療法有關扶正祛邪的抗癌理論，對數千種中藥材進行篩選和優化組合，所發明的一系列抗癌中藥產品。
 - Consotherapy number one is a series of Chinese medicine products. The ingredients are selected carefully from thousands of Chinese medicine basing on the theory of Qu Xie Fu Zheng.



之所以叫做康梭1號療法，是因為每個病人，都要用康梭1號，又叫做康梭消瘤至寶丹。康梭1號，完整地體現了康梭療法抗癌理論，以祛邪為主，兼顧扶正，將中藥抗癌精華提煉，達到廣譜抗癌的作用。


- The reason that it is called Consotherapy number one is because every cancer patient needs to use it. Consotherapy number one completely represents the theory of Consotherapy against cancer. It can be used mainly for Qu Xie , and also accomplish the function of Fu Zheng.

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- 那么，如何讓康梭1號能夠更有針對性地治療不同的癌症呢？例如肺癌，如何能夠讓康梭1號的火力集中到肺內呢？
 - How to use Consotherapy number one to cure different cancers? When treating the lung cancer, how to gather the power of Consotherapy number one to lung?




中藥學中，有個法寶，那就是引經藥。什麼是引經藥呢？我們知道，人體有十四經脈、奇經八脈，這些經脈，有規律地分佈于全身，並且都直接或間接地通向五內。

- In Chinese medicine, there is one important role called Ying Jing Yao. As you know, there are 14 meridians. These meridians spread all over human body and connect to every organ either directly or indirectly.




為了讓藥物有效地達到某一個特定的部位，中國古代的藥物學家們天才地發明了引經藥，也就是在一個處方中，加上特定的引導這張處方內的藥物能夠抵達特定部位、發生藥效的藥物。

- To help the medicine efficiently reach certain organ, the ancient Chinese pharmacists invented Ying Jing Yao. Ying Jing Yao is some kind of medicine that is added into a prescription to lead the medicine to become effective in certain spot of human body.





康梭療法便是利用這個理論，並進行深化研究，從而發明使康梭1號到達各個臟腑器官的方法。例如：

- Base on this theory, we have done a lot of researches and studies to invent the methods that can make Consotherapy number one approach all of the inner organs. For example,

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- 康梭301號，引藥入肝、膽、胰腺；Consomate 301 leads the medicine to the liver, the gall, and the pancreas.
 - 康梭302號，引藥入乳腺；Consomate 302 leads the medicine to the breast;
 - 康梭303號，引藥入肺；Consomate 303 leads the medicine to the lung

 - 康梭304號，引藥入胃；Consomate 304 leads the medicine to stomach
 - 康梭305號，引藥入前列腺；Consomate 305 leads the medicine to the prostate gland;
 - 康梭306號，引藥入鼻咽；Consomate 306 leads the medicine to the nose the throat;
 - 康梭307號，引藥入甲狀腺；Consomate 307 leads the medicine to the thyroid gland;
 - 康梭308號，引藥入大腸；Consomate 308 leads the medicine to the large intestine
 - 康梭309號，引藥入子宮、卵巢；Consomate 309 leads the medicine to the uterus and ovary
 - 康梭310號，引藥入腎、骨；Consomate 310 leads the medicine to the kidney and bones
 - 康梭311號，引藥入血；Consomate 311 leads the medicine to the blood
 - 康梭312號，引藥入淋巴；Consomate 312 leads the medicine to the lymph
 - 康梭313號，引藥入結締組織；Consomate 313 leads the medicine to the connective tissues

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- 這些引導藥，每一種產品在設計上，都又具有調正某個臟器組織的功能。例如301號，就有調正肝、膽、胰腺功能的作用。
 - These Ying Jing Yao not only have the function of leading medicine, but also have the function of adjusting certain inner organs. For instance, Consomate 301 can adjust the function of the liver, the gall, and the pancreas.



○ 康梭1號療法還根據放化療期間其過後，所發生的主要問題和症狀，設計有專用產品，例如：

- Consotherapy number one also designs products especially for the symptoms and problems after having the chemical therapy. For example,

○ 失眠焦慮，用康梭316號；

- Consomate 316 is for insomnia and anxiety

○ 口瘡上火，用康梭317號；

- Consomate 317 is for aphtha and high inner heat

○ 手足麻木，用康梭318號；

- Consomate 318 is for numbness of hands and feet

○ 噁心嘔吐、胃口不開，用319號；

- Consomate 319 is for poor appetites and nauseated



○ 大便不通，用320號；

- Consomate 320 is for constipation;
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○ 大便泄瀉，用321號；

- Consomate 321 is for diarrhea;

○ 康梭322號：用于血虛貧血

- Consomate 322 is for lacking of blood

○ 康梭323號：用于癌性疼痛

- Consomate 323 is for the pain caused by cancer;

○ 康梭324號，用于水腫，包括胸水、腹水、肢體水腫

- Consomate 324 is for edema, including water in the chest, stomach, and extremities;

○ 康梭325 號，用于疲倦嗜睡

- Consomate 325 is for tiredness and narcolepsy.



康梭敷藥療法

Conso Medicine Compress Therapy


- 康梭敷藥療法，是根據藥物的透皮吸收理論，將具有很強穿透力的中藥作為媒介，將抗癌中藥離子導入體內、特別是腫瘤表面，直接攻擊癌症病灶。
 - Conso medicine compress therapy is based on the theory of absorbing medicine from the skin. Use the medicine with strong ability of penetrating as the media to lead the ion of Chinese medicine against cancer into human body to attack the tumor.



康梭複健湯療法


Conso Herb Medicine Therapy

- 我們已經有了康梭1號療法和康梭敷藥療法。但是，癌症的具體病情，落實到每一個病患身上，往往又有所不同。康梭1號療法和康梭敷藥療法，屬於成型製劑。
 - Although we already have Consotherapy number one and Conso medicine compress therapy, what exactly different cancer patients need may still vary. Consotherapy number one and Conso medicine compress therapy are patent medicine.



○ 如果碰到有些病患的特殊情況，就需要有一定的變化，這就產生了康梭複健湯療法。

- When a patient is with specially conditions, it ' s the time to use Conso herb medicine therapy.



這個療法，也是根據康梭療法對癌症八大病理的認識為基礎，組建八大基本湯方，並可根據每一個病患的特殊病情，進行調整變化。如此一來，康梭療法就可以適應了任何一個癌症病患的各種需要。

- Conso herb medicine therapy creates eight basic prescriptions of Chinese herb medicine based on the knowledge of eight main pathologies of cancer. The prescriptions are adjustable according to the patients' special needs. Because of this special feature, Consotherapy will be able to be applied to any cancer patients.



康梭理氣湯

Conso Li Qi Tang

佛手 6 克 木香 6 克 陳皮 6 克 香緣皮 1 0 克
大腹皮 1 0 克 枳殼 6 克

foshou 6g muxiang 6g chenpi 6g xiangyuanpi 6g
dafupi 6g zhiqiao 6g



康梭散瘀湯

Conso San Yu Tang

川穹10g 紅花10g 郁金6g 三棱6g
莪術6g 丹參6g

chuanqiong 10g honghua 10g yujin 6g
Sanleng 6g ezhu6g danshen6g



康梭利水湯

Conso Li Shui Tang

豬苓10g 茯苓10g 澤瀉6g 木通6g
薏米15g 白術10g

zhuling10g fuling10g zexie10g mutong6g
yimi15g baizhu10g



康梭解毒湯

Conso Jie Du Tang

金銀花10g 連翹6g 赤芍10g
土茯苓15g 板藍根15g 丹皮6g

jinyinhua10g lianqiao6g chishao10g
tufuling15g banlangen15g danpi6g



康梭補氣湯

Conso Bu Qi Tang

黨參10g 白術10g 茯苓10g
山藥6g 黃精15g 大棗6枚

dangshen 10g baizhu 10g fuling10g
shanyao 6g huangqing 15g dazao 6pieces



康梭補陰湯

Conso Bu Yin Tang

天冬6g 麥冬6g 沙參10g

玉竹10g 天花粉6g 百合15g

tiandong 6g maidong 6g shashen 10g

yuzhu10g tanhuafen 6g baihe 15g



康梭補血湯

Conso Bu Xue Tang

熟地15g 當歸6g 白芍10g

何首烏6g 桂圓肉6g 阿膠6g

Shudi 15g danggui 6g baishao 10g

Heshouwu 6g guiyuanrou 6g ejiao 6g



康梭補陽湯

Conso Bu Yang Tang

仙靈脾10g鎖陽6g川斷10g

胡蘆巴6g小茴香3g菟絲子10g

xianlingpi 10g suoyang 6g chuanduan10g


huluba 6g xiaohuixiang 3g tusizi 10g



康梭食療法

Conso Diet Therapy

- 康梭療法基于3000余年的中國中醫藥學理論，創新性提出“五分癌病五分養”，就是是說，治療癌症，五分靠藥物，五分靠自身調養。五分調養的最主要一條，就是食物調養。
 - Based on 3000 years of Chinese medicine history, Conso diet therapy announced the “Wu Fen Ai Bin Wu Fen Yang” theory (50% of cancer can be treated by doctor, the other 50% rely on yourself), which means that we not only need to rely on medicine, but also depend on ourselves to cure the cancer.



康梭食療法對癌症病患應該應該吃什麼、不應該吃什麼、如何利用即有營養價值又有抗癌價值的食品，都提供了實用方法。康梭食療法還針對不同的癌症病種，設計了不同保健湯方，使得具有不同飲食習慣的東西方人士，都可以輕鬆享受融合中國古食療法為基礎的現代康梭食療法


- Conso Diet Therapy provides many advices of what we should and should not eat and how to use food with different nutrition to against cancer. Conso Diet Therapy designs different kinds of soup recipes so that people with eastern or western eating habits can both easily adopt the Conso Diet Therapy.



康梭針療法


Conso Acupuncture Therapy

- 針刺療法，早在1987年經美國國立衛生院（NIH）的研究報告，證實對一些疾病的有效性。其中，針刺用于化療引起的噁心嘔吐，被列為針刺治療的有效適應症之一。
 - It ' s been approved in the report of NIH in 1987 that acupuncture is actually effective on curing some diseases. One of the effects of acupuncture is to mitigate the feeling of vomiting caused by the chemical therapy.




康梭療法觀察表明，針刺對癌症相關或伴隨的疼痛、化療的胃腸道副作用，均由良好的治療作用。根據病情和病患需要，康梭針刺法有三種針刺方法：

- Other problems such as the pain caused by the cancer and side effects on intestines and stomach caused by chemical therapy, acupuncture is also helpful. According to patients ' conditions and needs, there are three kinds of acupuncture.




第一是康梭增效華佗夾脊針法。華佗夾脊法是中國針刺法中有名的針法，是在病患的脊柱兩旁用針。

- First is Conso Huatuo Jia Ji Zhen Fa. Huatuo Jia Ji Zhen Fa is very well-known as one of an acupuncture method. It is to prick the needles on both sides of a patient ' s spine.



○ 第二是康梭調養氣血針法，是對症病情相對穩定、或處于病后防癌狀態的特殊針法。

- Second is Conso Tiao Yang Qi Xue Zhen Fa. It is for the patients whose condition is more stable or who have already had cancer treatment and are trying to maintain health.



第三是康梭對症針法，是根據不同病患的具體症狀，進行對症選穴針刺。康梭針刺法的另外一個特點，是康梭耳針法，即在耳朵的特定穴位埋磁珠或中藥籽，適應于有些病患不願意針刺、以及一些特殊情況

- And third is Conso Dui Zheng Zhen Fa , which is to giving acupuncture on certain acupuncture points according to different symptoms. One special feature of Conso Dui Zheng Zhen Fa is Er Zhen Fa, which is to insert magnetic balls or Chinese herb medicine pills into certain acupuncture points on the ears. This is only for special cases or the patients who don ' t want to be acupunctured.



康梭灸療法

Conso Moxibustion Therapy

- 灸法也是中國中醫藥學的主要治療方法之一。康梭灸療法，是採用古代灸法原理，結合現代芳香療法，幫助癌症病患提升免疫力、以及一定程度的抗癌輔助。
 - Moxibustion is also one of the main curling methods in the Chinese medicine field. Conso moxibustion therapy adopts the theory of ancient moxibustion and combines the present aroma therapy to help cancer patients raise their immunity against cancer.



康梭心療法

Conso Mental Therapy

- 心理療法是對抗癌症的重要方法之一。康梭心療法，是根據中國古代中醫學對情緒于五內關係理論，創造出一套實用的情緒調整療法。
 - Mental therapy is one of the important methods against cancer. Based on the theory related to emotion and internal organs in ancient Chinese medicine, Conso mental therapy creates a set of practice for patients to adjust their emotions.



康梭點穴養生功療法

Conso Dian Xue Yang Sheng Gong

- 點穴是中國武術的重要特色之一。康梭點穴養生功，是將中國武術的點穴法、中醫穴位療法和中國氣功療法相結合，產生了一套適合各種癌症病患和病情的點穴養生法。
 - Pressing the acupuncture points is one of the important features of Chinese martial art. Conso Dian Xue Yang Sheng Gong integrates the skill of pressing the acupuncture points of martial art, acupuncture points treatment of Chinese medicine, and Chinese breathing exercise to create a set of Conso Dian Xue Yang Sheng Gong which is suitable for all cancer patients.



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- 康梭點穴養生功不僅適合于癌症患者促進康復，對廣大民眾也有良好的保健防病作用。
 - Conso Dian Xue Yang Sheng Gong is not only helpful for cancer patients' recovery, but also good for healthy people to maintain their health and resist the diseases.



總結

Conclusion

- 康梭療法包括康梭健康法和康梭抗癌法。康梭健康法包括“四健康一目的”。康梭抗癌法包括八大抗癌法。本次課程，介紹了相關概念，更詳細的內容，我們將於明年計畫開展培養訓練班。
 - Consotherapy includes Conso Health Care therapy and Constherapy against cancer. Conso Health Care Therapy contents “ Four aspects of Health and one goal ” . Consotherapy against cancer contents the eight methods against cancer. We have presented the general ideas of Consotherapy in this class, and we will open training classes for more details of Consotherapy next year.



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