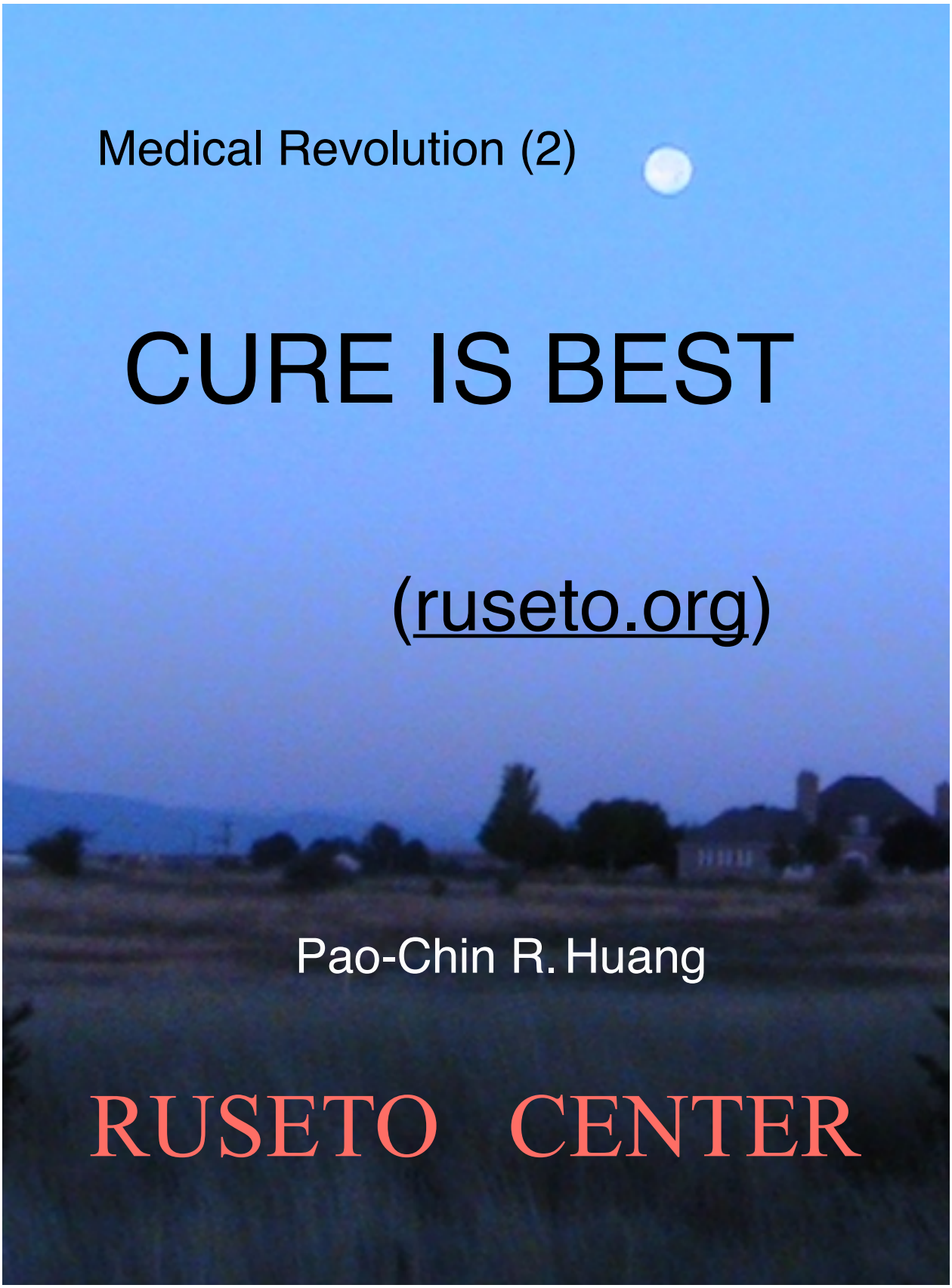

Medical Revolution (2)
CURE IS BEST
(ruseto.org)
Pao-Chin R. Huang
RUSETO CENTER


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March 29, 2017

U.S.A.

Preface

A) It's a Big Surprise!

I have been practicing the Traditional Chinese Medicine for over 60 years and saved many people's lives after they were abandoned by the physicians. According to my experience, to keep people in good health we need to apply a "Multiple-Balance Theory (MBT)" for diagnoses and treatments, includes putting the factors of the physical, mental. spiritual, cultural, educational, social, and financial conditions into consideration. We should put those information into a 3 x 3 block, 4 x 4 block, 5 x 5 block, and so on, and try to balance them. For example, we have to put the findings of our diagnosis (望、聞、問、切), medicinal formula (君、臣、佐、使), etc. into one or more of the blocks to see if they were balanced perfectly. Please refer to the Block A of (Table 5-3) in Chapter 5, which may be a big surprise to you. However, to keep Americans, as well as the people around the world, in good health and enjoy a better life is what this book is for.

Next, let's see what had happened - - - After my family and I immigrated to America in 1984, for about 32 years, I had my patients, students, and customers tried to solve a puzzle --- to put the numbers, "1, 2, 3, 4, 5, 6, 7, 8, and 9", into a 3 x 3 blocks as shown in (Tables 0-1) below; each number must be used once and only once, and the sum of each row, each column, and each diagonal should be all equally, such as A + B + C = A + O + X = A + P + Z. Odd enough, among those who had tried to solve the puzzle, there were over 100 doctors, PhDs', and professors, none of them was able to solve the puzzle within 30 minutes, if I didn't give them one or more extra hints at the end. It was a big surprise to me!

You might ask, "Why should people try to solve the puzzle?" The answer is --- It's all about balance including, but is not limited to, health, wealth, happiness, business, family, love, and so on, especially for health - - physically, mentally and spiritually. It is said, "Health is wealth." Don't you think so? Generally speaking, health should include physical, mental, and spiritual at least. Therefore, it is worth to try to solve the puzzle before you read the answers in (Table 0-1).

A	B	C		**4**	**9**	**2**		8	3	4		6	1	8		2	7	6
O	P	Q		**3**	**5**	**7**		1	5	9		7	5	3		9	5	1
X	Y	Z		**8**	**1**	**6**		6	7	2		2	9	4		4	3	8
(A)				(B)				(C)				(D)				(E)		
				8	1	6		6	7	2		2	9	4		4	3	8
	5			3	5	7		1	5	9		7	5	3		9	5	1
				4	9	2		8	3	4		6	1	8		2	7	6
(F)				(G)				(H)				(I)				(J)		

(Table 0-1) A Complete Balance of 1 to 9 in a 3 x 3 blocks

Theoretically, you can put any of the nine numbers in any of the A, B, C, O, P, Q, X, Y, or Z block, and to put the first number in those blocks you have 9 blocks to choose from, and the next number you have 8 blocks left over, and then 7, 6, 5, 4, 3, 2, and 1. In other words, there is a total of 9 x 8 x 7 x 6 x 5 x 4 x 3 x 2 x 1= 362,880 kinds of different combinations for you to try them out. It could take you hours, days, or even months to come up with all of those 362,880 different combinations, and then sort out the 8 correct answers as shown in (Table 0-1) --- the B, C, D, E, G, H, I, and J Blocks. No doubt, in over three decades those doctors, PhDs, and professors who had tried to solve the puzzle before me, none of them was able to come up with any correct answer in 30 minutes without any extra hint(s). Now, you know all of the 8 correct answers in minutes without attending any medical school.

On the other hand, around the year of 2009, in the spring time I was invited to give a lecture of Chinese Medicine and acupuncture to the graduates of Golden High School in Golden, Colorado. The time for the lecture was one class-hour only, so I gave the students five minutes to solve the same puzzle, which was mentioned above. No one made it. Let's see, 1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 = 45, and if you divided it by 3 rows (or columns), the result is 15 each; 15 is one of the major key for solving the puzzle. So I gave them a hint --- the sum is 15 for each row, each column, and each diagonal. Then I gave them another five minutes to try it again. This time there were three students, each one came up with one of the eight correct answers.

If you divided 362,880 by 8, the result is 45,360. In other words, if you had tried 45,360 times of different combinations, average it would come up with one of the eight correct answers, as shown in Block B. And you can turn the Block B 90°, 180°, and 270° clockwise and get another three correct answers as shown in Blocks C, D, and E. In addition, if you turned

Blocks B, C, D, and E upside down, then you got four more correct answers as shown in Blocks G, H, I, and J.

Now you know that a correct answer must follow two rules --- 1) each number must be used once and only once, and 2) the sum of each row, each column, and each diagonal should be all equally, such as A + B + C = A + O + X = A + P + Z = 15. But if you have paid close attention to those correct answers in (Table 0-1), you know not only the sum of each row, each column, and each diagonal is equal to 15, but also all the even numbers are located on the four corners. What's more, the number 5 is always in the center. If you don't put the number 5 in the center of the blocks, you won't be able to come up with any correct answer at all. Similarly, if you don't put the even numbers on the four corners, you won't be able to make it, either. In fact, to keep yourself in good health is as complicate as to solve a 3 x 3 blocks.

Do you know why in about 32 years those doctors, PhDs, and professors were unable to find out any of the correct answers in 30 minutes without any extra hint(s) at the end? The answer is --- most of them didn't put the number 5 in the center of the blocks, which is similar to people who do not act as primary healthcare providers for themselves, even though they might be under their doctors' direct-care for 15 minutes weekly or monthly. So as to say, they are either 99.85% or 99.97% under their own direct-care, but they do not know the secret of the Multiple-Balance Theory for self-care.

You might aware of holding an auto-insurance policy can't assure that you won't have any car accident, and having a health-insurance policy can't promise that you won't be sick. Besides, you might hear of a saying, "One ounce of prevention worth one pound of cure." Therefore, if you would like to take more responsibility for your own health, you should learn how to balance not only all of your organs (such as the liver, heart, spleen, lungs, kidneys, etc.), but also your systems (such as the cardiovascular, digestive, respiratory, and reproductive system). How?

First of all I would suggest you to go through this book as soon as you can, as if it is a novel. Next, if you found out something of your interest in the book, you can read them more thoroughly, then try to learn more from different experts, to be able to keep yourself in good health from time to time, to save numerous of medical expenses, as well as to enjoy life throughout your time.

B) # 1 Doctor-Killers

The less appropriate healthcare knowledge the patients had learned, the more healthcare professionals might be sued innocently. After being sued three times in America, recently I realized that the Number-1 Doctor-Killers are the patients. First of all. if the patients would not take good care of themselves, sooner or later they could get into troubles. They might think that it was their healthcare givers's faults and then tried to sue them. On one hand if a doctor or acupuncturist had been sued it would be a problem for him to get malpractice insurance. Without malpractice insurance it might cause him unable to practice for years, and if it had caused him to commit suicide I won't be surprised.

You might not agree with my point of view because it needed attorneys to support the patients to sue their doctors, so attorneys should be the #1 doctor-killers. A civil lawsuit could last for years, and if your attorney are not interest to prove you are innocent by collecting and analyzing the patient's medical records and filing a counter-suit against your patient (the plaintiff) as soon as needed, it could kill you financially especially if your malpractice insurance company had denied your claim, not to mention how hard your mind and spirit might be hurt. It would also hurt your family members, friends, and the rest of your patients who need your help.

Once there was a patient whose doctor would amputate his finger(s) so he came to me for help. He begged me to do my best for him by saying, "My doctor want to amputate my finger(s) …. I would not sue you for this." I had done my best for him, and I needed him to see his doctor while he was also under my care. Unfortunately, he didn't have a chance to see me again. His doctor had amputated his finger as he deemed necessary, which was quite different from my point of view.

Since the lawsuit started, he neither answered my phone calls or responded to my letters. In the first place, I had found out that his signature on the form of "Authorization for Release Medical Records" was quite different from his real signature. In that lawsuit I had hired two attorneys, neither the first one nor the second would help me to collect his medical records and then take his deposition as soon as possible. I feel sorry for him, he daren't show up to tell the true. Therefore on top of losing his finger, he might feel sorry, for hurting me, the rest of his life - - - especially the lawsuit had caused a couple of deaths unexpected as a result, for I was unable to get malpractice insurance for my acupuncture practice.

To be able to protect both the patients and the doctors, in reality any attorney for medical malpractice offense/ defense should be a medical doctor, acupuncturist, or herbologist, otherwise they might encourage the patients to sue their healthcare professionals unreasonably. For instance, one of my attorney who had broken his leg and was on cast when I visited him for the first time. I was his client, which sounded like I was his patient; therefore I could not dig into his medical case. Six weeks later, on the mediation date his leg was still supported with a special boot, and he brought two bananas and one energy bar for lunch. Bananas contain high level of potassium, which is a taboo for people who have arthritis or broken bone. If your attorney didn't know how to take well care of his own health, you are the one to pay more for his life expense.

For example, someone's leg was amputated and one day he fell on ice at Safeway, so he sued the Safeway. Someday he might sue the Safeway again, or he might suit Target, a restaurant, or department store due to the condition of his leg. Now, back to my attorney, what could I tell him? Should I embarrass him, at the moment, as his client? In fact, in the first visit I had suggested him not to eat whatsoever is high in potassium. He might forget it or didn't believe me. What he had focused on was to suggest me to accept the plaintiff 's settlement, rather then to win the case at the court. It's sad. The lawsuit had caused two of my patients passed away due to I was unable to practice acupuncture to help them in time; also I have to stop practicing my best, the acupuncture, to save more people's lives.

Mr. T, in Chapter 2 of this book, who was put in hospice and was expected to die within two weeks due to stage-4 pancreas cancer. He had come to me for acupuncture and so far he is on his 34th month of hospice - - - I only done acupuncture for him for the first three-months due to the lawsuit; and to continue to save his life, what I can do now, is depending on massage and herbs.

If you would go through this book you should be able to figure out why patients are the number one Doctor-killers. And you can predict that in the near future the number one of doctors who may commit suicide in America are the surgeons for they might perform surgeries either too soon or too late, especially if they had ignored the values of Oriental medicines; even if their patients had signed the consent forms and well informed of the risks of the surgeries.

C) Quicksand & YOU

According to “Wikipedia”, to remove a foot from quicksand at a speed of 0.01 m/s would require the same amount of force to life a medium-size car, that’s why once a person stepped onto a quicksand, he died…….. on the other hand, it also mentioned, “the quicksand has a density of about 2 grams per milliliter, whereas the density of the human body is only about 1 gram per milliliter, therefore, at that level of density, sinking in quicksand is impossible. Well, if you had stepped onto a Medical-Quicksand, and your doctors had told you that you have only 6 months or 2 weeks to live, you are welcome to read through this book - - - Medical Revolution (2) - - Cure is Best.

D) Hospice

In general, hospice is only for patients who are close to death or actively dying, and if you were admitted for hospice care, which meant - - - 1) you have cancer(s) and your doctor(s) had given you no hope and expected you to die, 2) currently the average length of stay on hospice is only two to three weeks, and 3) you had to sign a DNR (Do Not Resuscitated) order. In fact, about 50% of patients were admitted to hospice due to chronic and non-cancer related illnesses. Probably you might wonder why those 50% chronic and non-cancer related patients were admitted to hospice. Well, do you want to know how to graduate from the hospice? Here is a letter for your reference as shown below.

NAMASTE

HOME HEALTH + HOSPICE

January 14, 2016

Department of Veteran Affairs
xx xxx

To Whom It May Concern:

Thomas Lane is a patient of Namaste Hospice. He has pancreatic cancer but may graduate from our program as he is not declining at this time.

He lives in the mountains of Blackhawk, Colorado. He lives in an area where he is on well water and electric heat. Due to the unpredictable weather he can often lose his electricity. When this happens he no longer has heat or water and his safety can become compromised.

We are requiring this grant to purchase a generator in order to provide backup should his electricity go out, as it often can. If you have further questions for me you can reach me at (303)730-3578. Thank you for your consideration.

Sincerely,
Dr. xxx xxx, MD
Hospice Medical Director
Namaste Hospice

6000 E. Evans Ave. Suite 3-111, Denver, CO 80222
Phone: 303-730-3578 Fax: 303-730-3657

* * * As you can see this letter was dated "January 14, 2016", which is about 19 months after Mr. Thomas Lane was admitted to hospice. How could he survive for such a long time? The topmost secret was he wants to live, he knows that pain is a sign of vital energy, and he would rather manage his vital energy (the pain) to be able to survive than to kill it by taking morphine his doctor had prescribed for him.

Besides, he has wonderful hospice care. As I could remember he had a HHA (hospice health aide) came two to three times every week to provide him with personal care in his home environment for at least one year; in addition, from the letter showed above you can tell how much his doctor cares about him.

On March 11, 2016 Mr. Thomas Lane gave me a copy of the above letter, which was written by his doctor, the Hospice Medical Director of Namaste Hospice. Also, he gave me a certificate notarized by Mr. Clint Pflugrad of Wells Fargo Bank as shown below.

Welcome to contact Master Pao at
(303) 449-1686
USA

CERTIFICATE

I, Thomas Lane (64 years old) who has been suffering from stage four pancreas cancer, give my acupuncturist, herbologist and massage therapist (Mr. Pao-Chin Ruseto Huang of Ruseto Center) the rights to use my medical records for educational purposes, in any form, anyway, anywhere, and at anytime. There is also no charge whatsoever for him to use my medical records.

_____
(Signature)

State of Colorado
County of Boulder

On this, the 11th day of March, 2016, before me a rotary public, the undersigned officer, personally appeared Thomas Lane, known to me whose name in subscribed to the within instrument in witness hereof, I set my hand and official seal.

_____ (seal)
Notary Public

Clint Pflugrad
Notary Public
State of Colorado
Notary ID 20154016099

E) Genius, Archaeology, and Healthcare

"Genius is one percent of inspiration and ninety nine percents of perspiration," said Thomas Alva Edison, the great American inventor; and archaeology is a scientific study of the life and customs of people of ancient times. How about healthcare? Pao said, "Healthcare requires 1% of genius and 99% of archaeology. Why?

On one hand, today we can go to Wal-Mart, K-Mart, Target, etc. to buy a light ball, instead of spending lots of time and money to create one, for Mr. Edison had down the 99% of perspiration for us, so all we needed is 1% of inspiration to figure it out where to buy one from. On the other hand, in China, there were billions of people and hundreds of thousands of traditional Chinese doctors who had created numerous, wonderful, and useful healing arts and natural medical formulas for self-healthcare within a period of thousands of years. They had already down the 99% of perspiration for us, and we need the 1% of inspiration to find out which doctor(s), healing technique(s), and natural medicines may fit each person's medical condition.

As you know the archaeologists study human history and prehistory, from the present time back to the development of the first stone tools in eastern Africa over three million years ago. Their studies including survey, excavation and analysis of data collected to know more about the past. Similarly, my masters they had learned Traditional Chinese Medicine from their masters, such as examining and analyzing human's bones excavated from the tombs. They compared those patients' broken bones, both they had and haven't treated, before and after the patients had past away.

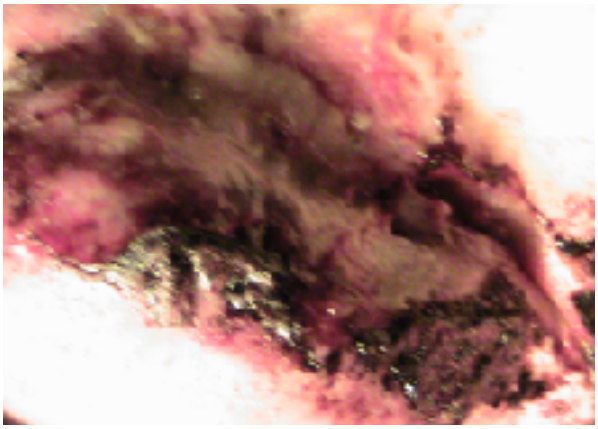
They discovered that whoever had been treated with Chinese medical formulas their broken bones had healed well years or decades after they had passed away. Their broken bones were still stuck together. But those who hadn't been treated with Chinese medical formulas their broken bones usually were separated when they were excavated from the tombs. Why?

In most of the Traditional Chinese medical formulas for treating broken bones consisted of Gu-Sui-Bu and Zi-Ran-Tong, which could heal the broken bones and made them stronger than those regular ones. Besides, those masters had practiced the so-called "Multiple-Balance Theory" in healing, and remind their patients of what to eat, and what not to, during the healing processes. It made a big difference comparing to the conventional medical practice.

My masters, their masters and I, care about our patients while they were alive and after they passed away, because even those patients had passed away their bones could prove our reputations. We care about our reputations, we care about having a peaceful and grateful life for both ourselves and the patients. And I hope that someday the archaeologists could tell honest people from those dishonest ones, by examining their bones and their belongings.

In general, modern medical approach is intend to treat the symptoms when the patients come to see the doctors, and the traditional Chinese medicine is focus on treating the causes or even to prevent the illnesses from happening, which needs the patients to take a lot of responsibility on their own in the first place. In fact, in Taiwan, as a boy I have noticed that most parents had taught their children Chinese medicines as well as native language on daily basis. They had done the 99% of perspiration for the children, and what their children have to do for themselves is the 1% of inspiration - - - is as simple as to buy a light ball from the Wal-Mart.

* * * Guess what! Once there were two people who saw the (Photo 192). Mr. A said, "Wow, it looks awful! It sounds like a part of World War III happened somewhere on earth." But Mr. B said, "Don't be silly! Let's go and search for the secrets of wonderful healing arts through out this book. Then you may be able to figure out the mystery in the photo."



(Photo 192) Please compare to (Photo 39) throughout (Photo 43)

Well, life is medicine and I hope that those photos and case histories in this book can awake your mind and soul, and help you to live a long, healthy and happy life.

Photos of Case Histories

The photos on the billboard have been posted at Ruseto Center since 1986, some of them were replaced by new photos, from which I have taken in the past three decades. I would like to add some more in this book for your reference.

Among those photos there were some people who were told by the doctors that s/he needed a skin grafting, mastectomy, only had two weeks to live, and so on. They came to me for help because they either could not afford the expensive cost of those procedures, or abandoned by their doctors. Fortunately they were able to take more responsibilities on their part of the healing processes, which not only saved them lots of money but also gave their own bodies a chance to reorganize and strengthen their natural immunities and live a healthier and longer life.



(Photo 0-1) From Head to Foot, since 1986



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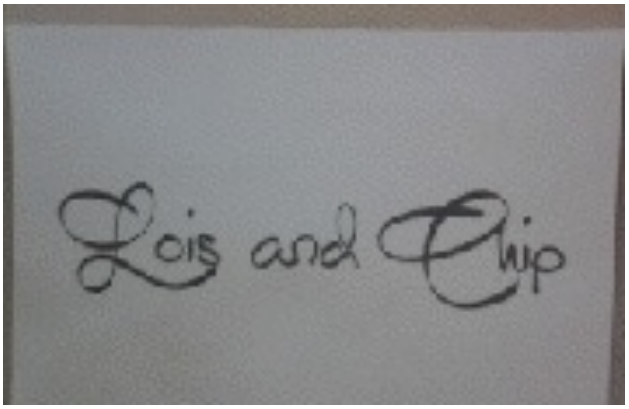
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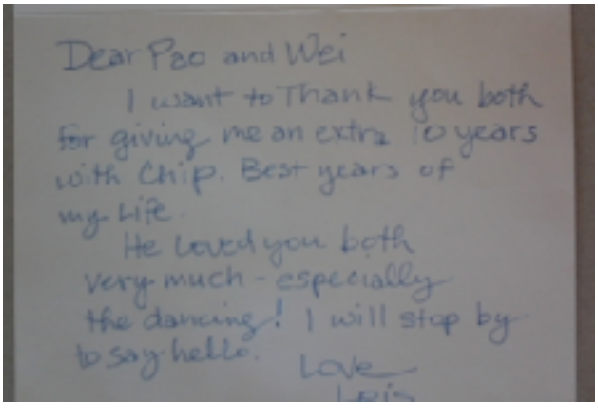
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Lois and Chip

5


Dear Pao and Wei
I want to Thank you both for giving me an extra 10 years with Chip. Best years of my life.
He loved you both very much - especially the dancing! I will stop by to say hello.
Love
Lois

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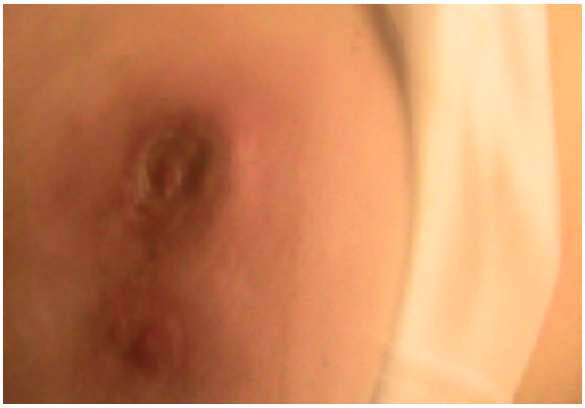
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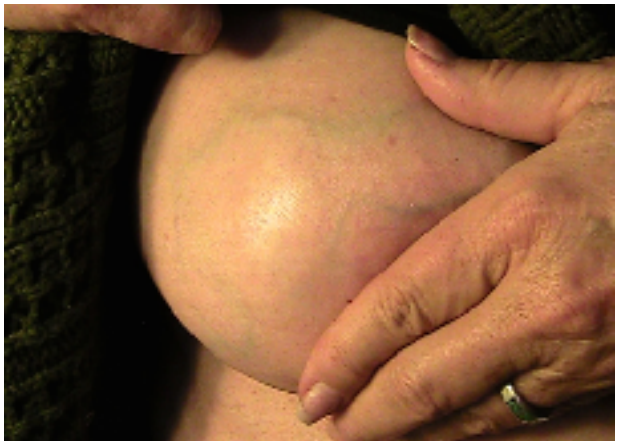
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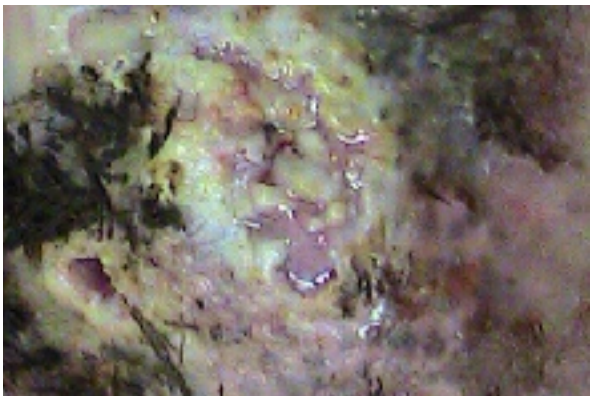
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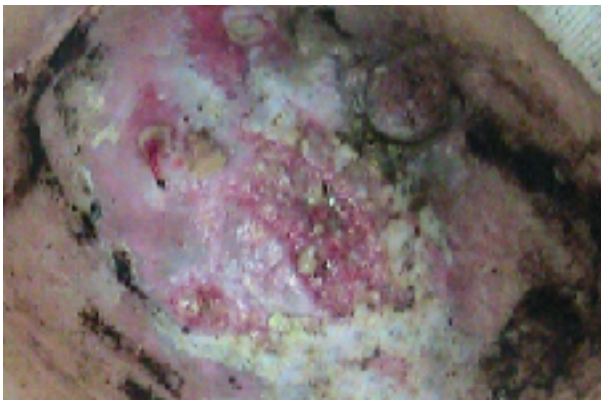
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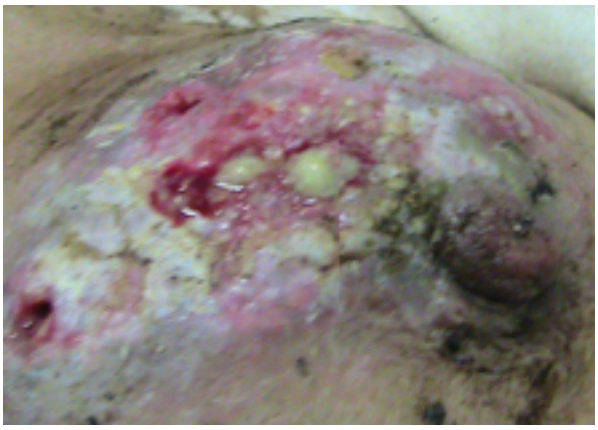
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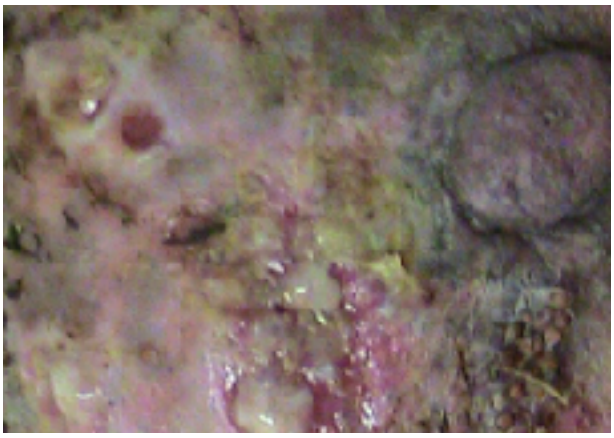
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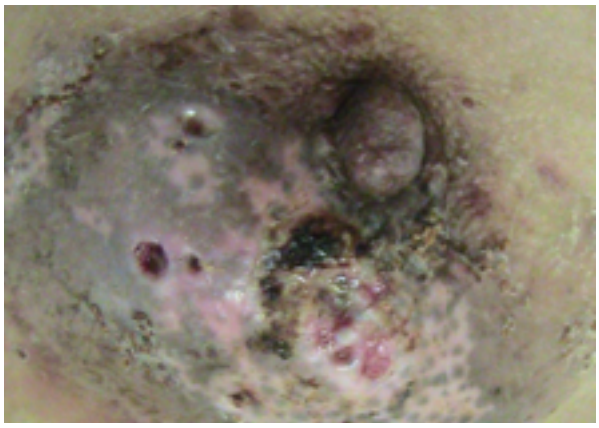
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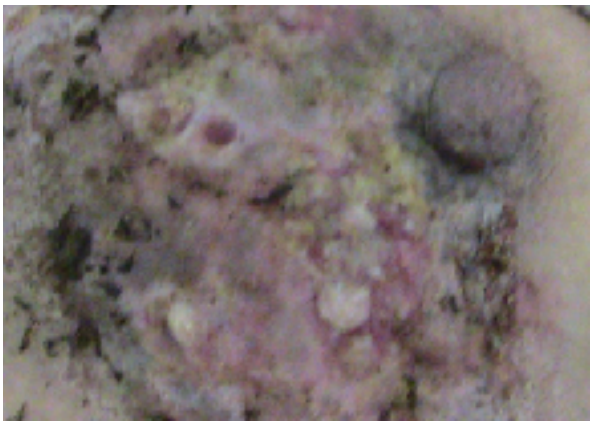
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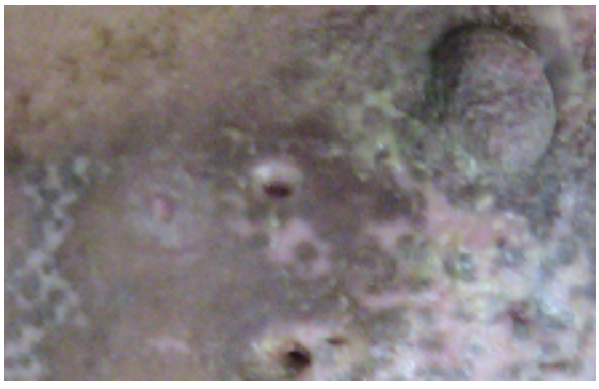
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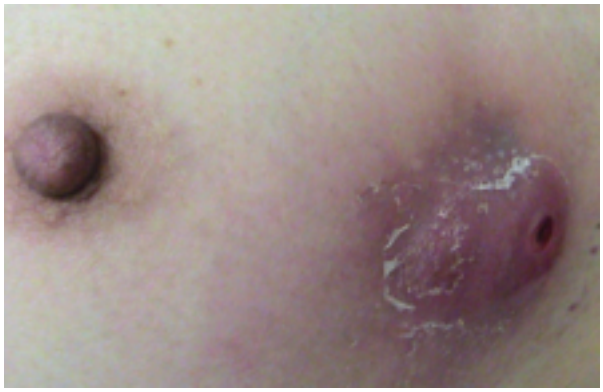
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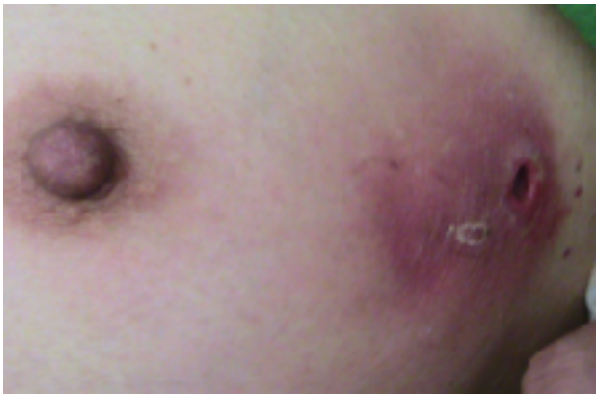
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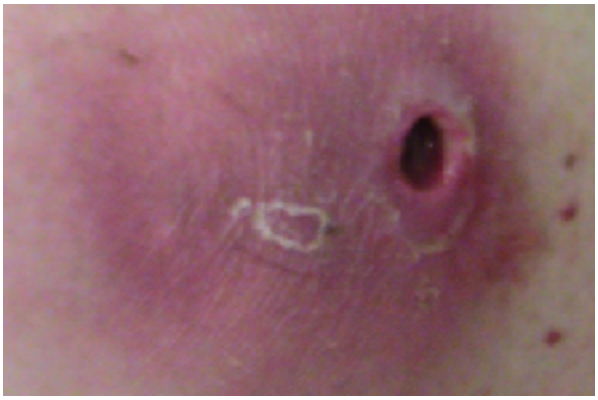
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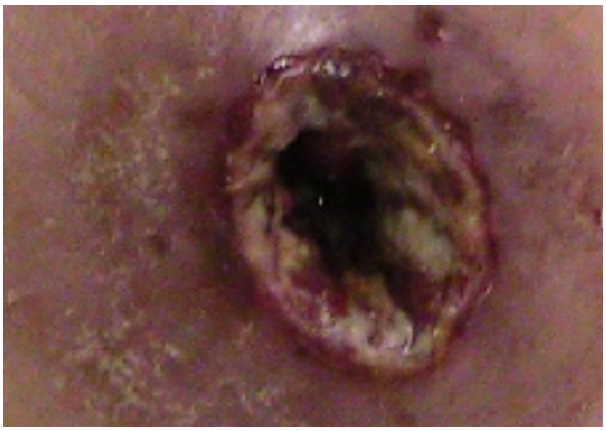
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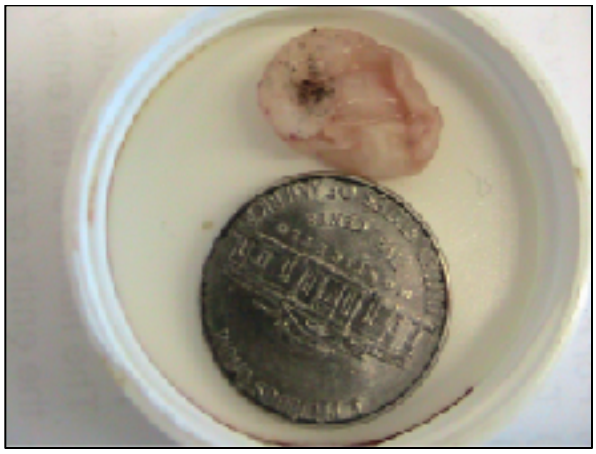
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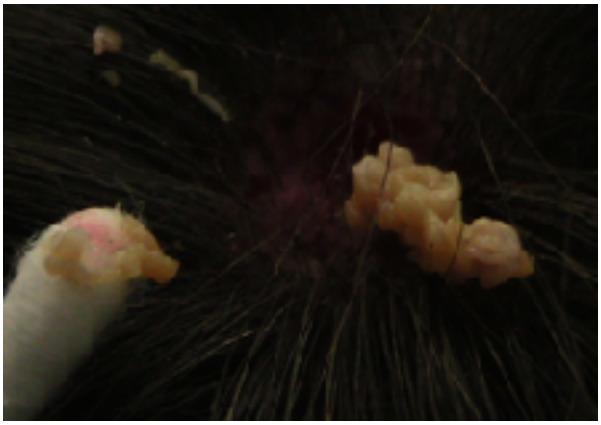
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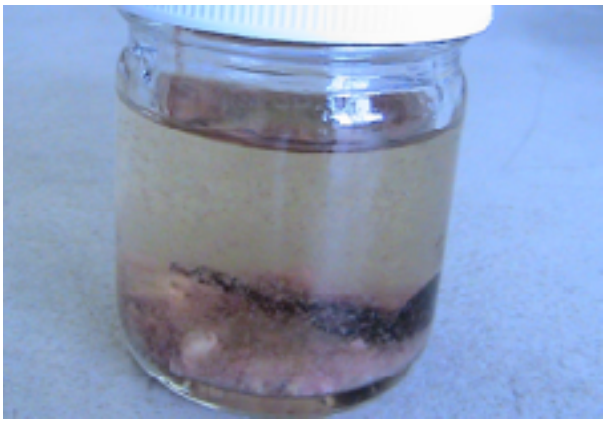
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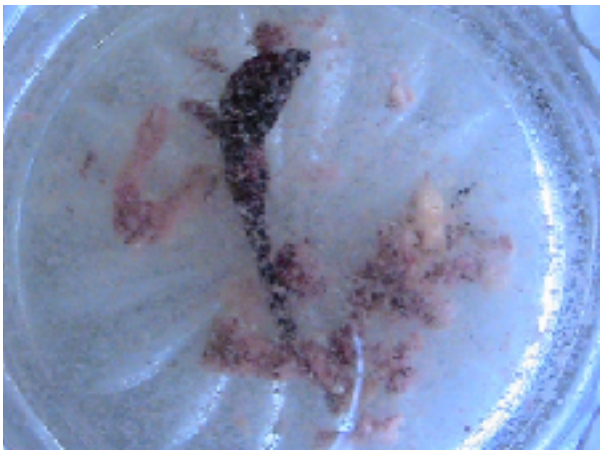
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