



新世紀營養醫學健康講座

梅襄陽醫師主講(錄音摘要)

梅襄陽醫師畢業於台大醫學院、留德的牙科醫師。三十三歲時患肝癌，肝內腫瘤三公分，同時發現有嚴重的脂肪肝、腎臟抽痛、嚴重痛風。經過六年的努力，他沒有盲目地追隨走對抗療法之道。他檢視了生平所學，審查了個人的生活習慣，不斷的廣泛蒐集資料和整理。他拜讀了“新世紀飲食”(美)約翰羅賓斯著“如何飲食防癌”“別讓醫生殺了你”等世界名著。領悟到癌的真諦，他要為人人得而誅之的癌細胞辯護：“癌細胞其實是你自己的細胞，你現在割它、電它、殺死它、通通都不對，它是因為維護你，為了裹住體內過量的毒素，才變成癌細胞，才自我犧牲！”現代人的飲食實在太糟糕了，吃了太多素質欠佳的食物，肝臟是我們體內的排毒化工廠，所有脂肪類和脂溶性毒素，都要經由肝臟去過濾，毒素太多過濾不了就跑到血液裏，跑到全身各器官。六年來他摒棄了從小到大至愛的蛋、奶、肉，改吃地瓜湯、青菜、水果、素食營養粉等，每天只吃一頓正餐，經過兩次大排毒反應，硬是將嚴重的飲食不平衡校正過來了。當時咳了一個多月，咳到胸痛肚痛，伴隨感冒發燒，吐出來的都是黏黏的又臭又黃的痰。他認為這時千萬不能用藥去壓，要多喝水，休息三、五天就好了。不論得什麼癌，到最後總是咳嗽，因為毒素變成了黏液，要透過淋巴排出來。如果這時被醫生當成是急性肺炎，服了藥，毒素反而被迫滯留體內。所以有很多癌症病患最後並不一定死於癌症，這是死於醫療過失！

他自己不吃蛋、奶、肉，也告戒大家少吃或不吃。因為高脂肪高蛋白在體內經過新陳代謝後，使你變成酸性體質，從而降低免疫功能，毒素會積存在體內。再加上近幾十年畜牧、飼養業的商業化，對牲畜餵食或注射大量的抗生素及生長激素，毒素就跟着蛋、奶、肉被吃進了人體內，很多慢性病，癌症就產生了。

梅醫師根據自己多年經驗總結出一套“防癌四部曲”：

- 改變生活型態，不吃不該吃的東西(高鹽、高油、高蛋白質的素食也屬不該吃)
- 吃“四低、一高”食物(低鹽、低糖、低脂肪、低蛋白質和高纖維)。
- 了解生命的意義，啟動自身康復力。
- 邁向健康之路，坦然接受排毒。

他康復後，只診病三天，用另外三天時間做免費演講，宣傳健康飲食防癌之道。(陳慕筠整理 03/19/06)

身心靈健康讀書會每月進行一次，由陳慕筠女士主持，聯絡電話：206-328-5428。

“New Century Diet Therapy”

Summary of the lecture of Dr. Xiang Yang Mei

Dr. Xiang Yang Mei is a graduate of School of Dentistry, National Taiwan University, with further studies in Germany. At the age of thirty-three, he was diagnosed with liver cancer, with a tumor 3 cm in size. He was also suffering from fatty liver, kidney pain, and a serious case of gout. During six years of dealing with his ailments, Dr. Mei did not blindly follow the trend of aggressively fighting for cancer. He re-evaluated what he had learned throughout his life, re-examined his personal habits, and collected and organized materials on cancer extensively. He also read such popular books as “Diet for a New America” (J. Robbins), “The Macrobiotic Approach to Cancer” (M. Kushi and E. Esko), and “How to Stop your Doctor from Killing You” (Dr. V. Coleman). Eventually enlightened to the

Continue on Page 3

Mission Statement

The Washington State Chinese Cancer Network Association (WSCCNA) is a non-profit organization dedicated to serve cancer survivors and their families in the Chinese community. The WSCCNA provides activities and programs to support and enhance the quality of life for cancer survivors and their family and friends.

本會宗旨

華州華人防癌互助協會是一個非營利組織。本會的宗旨是希望能為華人癌友和家庭提供必要的協助，有關治療、康復、身心靈的諮詢。

目錄

新世紀營養	1
劫海度盡話餘生	2
保健教育	4
狗年癌友喜迎春	6
活動預告	7
Inside this issue:	
Diet Therapy	1
Health Maintenance	5
Chinese New Year	7
Exciting Events in 2006	8

劫海度盡話餘生

甘樹榜

我是一界文弱書生，除偶感風寒外，并無大病。平日起居有節、不抽煙、不涉賭博風月場所。好茶，案頭宜興茶壺長滿，日飲數斗。養生之道亦知一二。經絡穴位、太極氣功也天天操練。來美後，心儀高爾夫球，揮桿十八洞，步行十里，應是健身美事。治家有方，父慈子孝，夫妻相敬，待人也算厚道，雖不能捨己為人、大公無私，但決不損人利己，唯利是圖。三年多前，得了癌症，那是一種罕見的惡性淋巴瘤，實在造化弄人。平生第一次想到“死”！誠然有身入虎口之恐懼，當時能做的只有尊醫師所囑，接受手術、化療、放療。但副作用的厲害，可想而知，脫髮、嘔吐、高燒、虛脫，。一磨再磨，歷時半年。即使如此也未能克服頑疾。正是“道高一尺，魔高一丈”，所幸我所定居的西雅圖市，有哈金森癌症中心，是血液病的泰斗，且擁有三位諾貝爾獎得主。該醫院用了幹細胞移植治療法救了我一命。幹細胞移植是一種極端的治療法，對人體沖擊極大。我住院十七天後六尺身軀只剩一百零五磅，人像一張紙，弱不堪風！當時身上帶著十多根輸液管，其中一根是用來止痛的嗎啡，到痛不可忍時便按一下開關，有時連嗎啡也不能止痛，真有生不如死之感！與病魔鬥是短期的，真正要命的還是病後的生活：收入減少、體力不支、日常生活耗費加大，望著如山的賬單，困坐愁城，也反過來亦影響健康…。三年半後，我已基本康復。每當風和日麗，我便上高爾夫球場，一路追逐小白球，一場球四、五小時亦可應付自如。真是劫海渡盡，病後重生。下面是我安排病後餘生的秘訣：一、二、三、四、五，餘生瀟灑過。

一個中心是健康：“死”過一次又重生的我是理所當然的。

二常：常笑、常忍。人非草木，孰能無情。以“忍”克服“喜、怒、哀、樂”。要學彌勒佛，挺個大肚，笑口常開，大肚能忍常人難忍之事，我們常人達不到彌勒的水平，則多多衡量一己之力！

三量：量入為出，量力而行，量體裁衣。

四老：這是具體而言，衡量的是四老。老本：股票、公債券、現金賬戶，退休賬戶、公司退休賬戶、股票經紀賬戶。老家：房貸付款、提前房貸付款、房地產等。老妻：千金難買老來伴。老保：健康保險、殘障保險、人壽保險、社會保險。

五理：人生應該積極進取，不能老了病了而固步自封，這是健康大敵。所以第一要懂理財。不然坐吃山空。第二要理家，這非常重要，不要成為家裡的負擔。第三要理情：珍惜親情、友情，與人和睦相處。第四要理身：多運動，多做些自己喜愛的文娛活動。第五要學理論：活到老，學到老。



5/13/2006 American Cancer Society—
Relay for Life at University of Washing-
ton Survivor lap

二〇〇六年華大五月十三日
美國防癌協會 華大主持 抗癌接力



“New Century Diet Therapy”

(continued from Page 1)

“truth about cancer”, he turned around to argue for cancer, often viewed as humankind’s common enemy. “Cancerous cells are part of yourself. Cutting them out, electrocuting, or killing them, are all wrong approaches. In the interests of your well-being, normal cells sacrifice themselves to absorb excessive toxins in your body, and as a consequence become cancerous.” The diet of contemporary humankind is truly harmful, with excessive low-quality food intake. The liver functions as our toxin-cleansing powerhouse, filtering out lipids and fat-soluble toxins. Once the liver is overloaded, however, the excessive toxins will be out in the blood, circulating through the body organs. For six years, he traded his childhood favorites—eggs, milk, and meat— for sweet potatoes soup, green veggies, fruits, and vegetarian nutrients in powder form.

He ate only one main meal a day, and after overcoming two major reactions to detoxification, forcibly corrected his dietary imbalance. For over a month, he suffered from brutal coughing spells, fever, and flu-like symptoms. The violent cough induced chest and abdominal pains, and discharged a foul-smelling, yellowish thick mucus. He was strongly against suppressing the reaction symptoms with medication. Instead, he believed in taking plenty of water and allowing the body to rest for a few days. Regardless of the cancer type, he reasons, the patient will often end up with coughing. This is because the mucus generated by toxin wastes needs to be cleansed out through the lymphatic system. If the mucus discharge is wrongly diagnosed as a symptom of acute pneumonia and medically treated as such, the toxins will be trapped within the body instead of being cleansed out. For that reason, many cancer patients actually died of poor medical judgments rather than being killed by cancer !

Dr. Mei doesn’t eat eggs, milk and meat, and recommends that people reduce or stop consuming these types of food, because after being metabolized, a high-fat, high-protein diet acidifies the body and thus lowers the immunity defensive capability, leading to an accumulation of toxins inside the body. Additionally, over the past several decades, the meat industry has used high levels of antibiotics and growth hormones in the farming of birds and animals. Those chemicals are passed onto the human body system through the consumption of eggs, milk and meat, thus leading to a great number of chronic diseases and cancers.

Based upon years of personal experiences, Dr. Mei has come up with the “four key behaviors in Cancer Prevention.”

Change your life style by avoiding what you are not supposed to eat (including high-salt, high-fat and high-protein vegetarian food.)

Observe a 4-low, 1-high diet (Low salt, low sugar, low fat, low protein, and high fiber.)

Comprehend the purpose of life and activate the body’s self-recovering mechanism.

Move forward to recovery by willingly accepting detoxification therapy.

Upon Dr. Mei’s recovery, he only sees his patients three days a week. He devotes the rest of his workweek to promoting the Cancer Prevention Diet through free lectures.

(Summarized by MuYun Chen, 03/19/06)

The Reading Club meets once every month first Saturday at the Gilda’s Club 1:30 pm to 3:30 pm and is facilitated by Ms. MuYun Chen.

Contact phone number: (206) 328 – 5428.





保健理念

劉菲

我於1983年以優異成績畢業於首都醫學院，分配在北京友誼醫院做臨床醫生。1990年留學加拿大埃爾伯塔大學(University of Alberta)，獲取藥學系碩士學位。十多年來一直在加拿大及美國從事醫學研究，近年來，任美國華盛頓大學附屬毒理研究所(Research Institute of Toxicology) 研究員，從事研究人體肝細胞癌變機制(mechanism of liver carcinogenesis) 和食物中營養素抗癌，防衰老的機理。曾發表過數篇學術文章。基於多年來對臨床醫學的經驗和對基礎醫學理論知識的積累，我深深地認識到一種疾病在人體中一旦形成，所產生的器質性病變是很難逆轉的。積極自我保健，預防疾病才是最智慧的。我非常欣賞一位營養學家作的比喻：“如果把一個人的身體健康比喻為‘1’，地位，財富，事業，成就，家庭幸福及對人類的貢獻等等比喻為‘0’，只有前面存在著‘1’這一實數，後面的‘0’越多，它的實際數值才越大，沒有‘1’，再多的‘0’也毫無實際意義”。所以多年來即便是在北美學習和工作最忙的時期也沒有放鬆過自己及家人的保健。

在決定健康的各種因素中，均衡的營養膳食從長遠來看對身體的健康會產生深遠的影響。營養與適量的體育運動及良好的精神狀態相結合則是最有效的保健。我們的身體在持續不斷地進行著自身機構的更新，每天都會造出一些新的肌肉，骨骼，皮膚和血液，用以代替舊的組織(Tissue)。供給我們身體新陳代謝所需要的營養素包括：碳水化合物(來自糖,麵包等),脂質(來自脂肪,油等),蛋白質(來自肉,魚,蛋等),維生素(來自青菜,水果等),礦物質(來自青菜,水果等)。這些營養物質有下面三大方面功效:1)能量(碳水化合物,脂質,蛋白質)提供體能勞動和心,肺與其他器官運轉所需的能量(熱量).2)細胞建築材料(蛋白質,礦物質,等),提供製造血液,皮膚,骨骼,毛髮和體內器官再生所需要的原材料.3)生物酶(Biological enzyme)的調節因子(維生素,礦物質)幫助生物酶催化,調節機體內所有的生命過程,如食物消化,肌肉運動,廢物排泄,新生組織的生長,傷口癒合,以及糖類,脂肪,蛋白質在體內的能量轉換。如果食物中缺乏維生素,礦物質,即便攝取再多的蛋白質,脂質及碳水化合物,我們的健康都會出現問題。第一,因為身體內生物活性酶降低,所攝取的蛋白質,脂質,碳水化合物不能被有效的代謝,轉化,久而久之導致高血脂症(High cholesterol),肥胖(Obesity). 糖尿病(Diabetes),冠心病(Heart disease)和這一過程有密切關係.第二,體內催化免疫反應的生物酶和抗氧化酶的活性降低,可導致對傳染性疾病(Infectious disease)的抵抗力下降,癌症發病率升高.第三,各種生物酶活性下降還會使體內所有器官內的細胞新陳代謝下降,使衰老,死亡的細胞不能更新換代,導致器官衰老。兩次諾貝爾獎得主Dr Linus pauline 曾說過“你們可以追溯每一個疾病的起因是礦物質的缺乏”。哈佛大學的研究人員在2002年6月19日的JAMA(美國醫學聯合會期刊)發表的文章指出：大部分的人無法單純從飲食中獲得人體所需的最適量的維生素,所有的成年人都應該服用維生素營養品。

儘管美國是一個豐衣足食的國家，但美國的營養學家認為，在美國每一個人幾乎是生活在營養的饑餓中，更何況其他經濟水平較差的國家。現代飲食的普遍問題是蛋白質,脂肪和糖過多,缺乏維生素和礦物質,由於化學廢料的施用對土壤的破壞及土壤的反複耕用,植物在生長過程中很難吸收足夠的礦物質。維生素形成於水果,青菜的成熟期,而水果,青菜大多在其成熟期前已被採摘。況且維生素化學性質活潑,在食物的儲存,加工,洗滌,烹調等過程中,都有可能流失或破壞。所以要想單純從飲食中獲取足夠的維生素和礦物質是很難的。

目前可能很多人還不懂得自由基(Free radical)對健康長壽,防治疾病的重要性。自由基是指在最外層軌道含有未配對電子的原子或原子團。由於電子有成對的自然趨向,所以不成對的電子就有一種“張力”去尋找夥伴,即自由基總是竭力從遇到的其他任何物質分子裏搶來一個電子給自己配對。如氫自由基(H·), 氫氧自由基(OH·), 超氧離子自由基(O₂⁻)。被搶走電子的物質自身又變成了自由基,繼續從附近的一些分子“搶奪”電子。這種在身體裏發生的搶奪電子的鏈式反應叫氧化應急反應,可以導致身體大範圍的損傷。科學研究已經證實氧化應急大約與200多種疾病的發生有關。其中包括與年齡有關的失明(Blindness),關節炎(Arthritis),某些癌症,心血管疾病,白內障(cataract),糖尿病和腎臟疾病(Kidney disease)等。醫學界甚至認為生理老化也被認為是自由基長年積累的結果。

我們身體內自由基可以是內源性,產生於自身代謝反應,免疫反應,肥胖,疾病及精神壓力。也可以是外源性自由基,由空氣污染,香煙的煙霧,電離輻射,食物中的亞硝酸鹽污染及劇烈運動對身體的刺激所產生的。身體裏抵抗自由基損傷物質被稱為抗氧化劑包括體內的抗氧化酶和來自食物中的抗氧化營養素。在正常生理條件下,人體內雖有自由基不斷產

下接第6頁



The Concept and Understanding of Health Maintenance

By Fei Liu

I graduated with excellence in 1983 from Capital Medical College, assigned as a clinical physician at the Beijing Friendship Hospital. I went abroad to Canada and graduated from University of Alberta with a Masters in Pharmacology in 1990. I have been doing medical research in Canada and in the U.S. for more than 10 years. Recently, I was appointed as the associate researcher at the Research institute of Toxicology at the University of Washington. My research focuses on the mechanisms of liver carcinogenesis and the molecular basis of nutrients from food in anti-cancer. I have had several publications. With my years of clinical experience and understanding of basic science, I learned that a disease which manifests in the human body often results in almost irreversible pathophysiological changes. Thus, preventive care is a more rational and feasible measure to prevent diseases. I like very much the analogy made by a nutritionist: "If we symbolize a person's physical health as '1', and the social status, wealth, career, accomplishments, family and other contributions to humanity as '0', only with the presence of the preceding '1' can there be more of the following '0's, the greater the actual value could be. Without the preceding '1', even if you have an uncountable number of '0' components, it would be meaningless." Therefore, no matter how busy I am in my career in Beijing and in the USA, I have never been careless about the health and well being of my family members and myself.

Among the various contributing factors to health, a balanced and nutritious diet will have a profound impact on physical health in the long run. The most effective way of health maintenance is the combination of nutrition, an appropriate amount of exercise and a positive state of mind. Our bodies are continuously under going structural regenerations to produce each new muscular, skeletal, integumental, and blood tissue to replace the old ones. Nutrients that provide substrates for our bodies' normal metabolism include carbohydrates (from sugar, bread, etc.), lipids (from fat, oil, etc.), proteins (from fish, meat, eggs, etc.), vitamins (from vegetables, fruit, etc.) and minerals (from vegetables, fruit, etc.). These nutrients have 3 major functions:

- 1) energy (carbohydrates, fats, proteins): to provide what's needed for physical movement and the functions of heart, lung and other organs.
- 2) Building blocks (proteins, minerals, etc.): to provide needed materials for the production of blood, integumental, skeletal, hair and other organ reproductions.
- 3) Biological Enzymes and co-enzymes (vitamins and minerals): to help catalyze biological processes those are essential for life. For example, digestion, muscular contractions, excretion of waste, regeneration of tissue, wound healing, and other inter-conversions of energy related reactions among carbohydrates, fats and proteins in the body.

Without sufficient vitamins and minerals, health problems may manifest no matter how much protein, fat and carbohydrates we take in. First, due to the decrease of the active biological enzymes, proteins, fats and carbohydrates could not be effectively metabolized and converted. These conditions could result in high cholesterol, obesity, diabetes, and heart disease. Second, the decrease of the active reaction of biological and antioxidant enzymes results in high susceptibility to infectious diseases and the increased incidence rate of cancer. Third, reduction in the rate of metabolism, resulting from the decreased activities of biological enzymes, prevents dying and aging cells from regenerating. A two time Nobel Prize winner, Dr. Linus Pauline once said: "You can trace all causes of diseases to lack of minerals." An article, published in JAMA (Journal of the American Medical Association) by the researchers at the Harvard University in June 19 2002, pointed out that most of us are unable to obtain sufficient vitamins solely from our diet, and that all adults must take vitamin supplements.

Although the US is a developed country with an ample supply of food, US nutritionists felt that almost every person in the U.S. is living under nutrition deficiencies. This would be an even worse scenario in countries that have low economical conditions. The common problem of modern diets lies in the excessive intake of protein, fats, carbohydrates, with deficiencies in vitamins and minerals. Due to the damage caused by using chemical waste in the soil and excess cultivation, it is difficult for plants to obtain sufficient minerals during the growing process. Vitamins are formed in fruits and vegetables as they ripe. However, nowadays most of them have been picked before they have gotten a chance to ripen. Furthermore, vitamins are relatively active, and can be lost or destroyed during the storage, food processing, washing and/or cooking. Therefore, it is difficult to solely rely on dietary food for sufficient vitamins and minerals.

Not many people are currently aware of the role played by free radicals in human health and aging, as well as in illness prevention. Free radicals are molecules with an unpaired electron in its orbital. It is highly active as it would react with any compound so it could obtain another single electron to balance its orbital to restore electron paired state. Like, H[·], OH[·], and O₂^{·-}. Those molecules that lose the electrons become free radicals and continue to "rob" electrons

Continue on Page 7



保健理念

(上接第4頁)

劉菲

生，但又不斷被體內防禦系統清除，使身體內自由基的濃度始終維持在一種無害的低水平狀態，就可以保持健康，延緩衰老。

雖然很多食物含有抗氧化劑，但由於我們每天所能吃的食物的量和種類都有限，很難在身體組織中儲存大量額外的抗氧化劑，所以我們體內細胞隨時都受到氧化反應的威脅，導致細胞核內DNA突變，細胞癌變。適當的補充抗氧化劑，如抗氧化維生素(維生素C，維生素E)和抗氧化植物營養素(如B-胡蘿蔔素等)都有助於抵抗癌症和各種疾病。當然適量的運動，充足的睡眠和良好情緒永遠是最佳的配合。另外某些微量元素(礦物質)也具有抗氧化功能，例如硒能增加身體抗氧化酶的活性。這也是我們身體需要適量補充微量元素的另一個重要原因。

現代醫學科學家已不再將人體看作一台機器，當出現問題時只能用藥物和手術進行修理。而是更重視人體的適應能力和復原能力。我們體內的亞健康細胞，甚至慢性疾病狀況下的細胞，在獲取充足的營養素之後，可以進行自我結構重建，恢復其生理功能。

丙戌一狗年癌友喜迎春！

春節年年有，可是對癌友來說能和親友多過一個春節，都有深遠的意義！他們都不會忘記癌病給自己身心帶來的創傷；治療期間那苦不堪言的日日夜夜；家人奔波勞累、牽腸掛肚的錐心之痛；要無奈地面對隨時可能到來的生離死別、依依不捨……！好不容易在醫生、親人、好友的呵護、關懷下能康復，就更珍惜每天、每月、每年的到來，親情、友情的可貴。華州華人防癌互助協會從2002年籌建到2003年註冊正式成立，已渡過了四個春節。每年的聯歡會上，看到癌友携眷盛裝而來，精神奕奕，談笑風生，你會從心底發出陣陣喜悅之情。

今年的春節聯歡會仍然在 Safeco Jackson Street Center 的大廳舉行，經過理事和義工們的一翻佈置：橫額、春聯、燈籠……，頓時把大廳變成滿堂紅，還有癌友、義工們親手製作的美食、點心，滿滿地擺了兩大桌。大家一邊進餐一邊寒暄問好、拜年祝福、也有交流康復經驗，暢談重新安排自己生活的心得。



協會理事長為大家介紹了各位理事及她們的分工，並做了去年的工作總結：經過理事們的努力，去年的計劃都已完成；理事們在百忙中參加每月一次的理事會；建立了癌友、義工聯絡通訊網；每月的讀書會、談心會按時的在蓋魯達癌友俱樂部(Gilda's Club)舉行，為癌友、義工提供學習身心靈健康的方法和經驗交流的地方，去年並學習討論了“李豐教授與癌症和平共處卅年經驗”、“三一二經絡鍛煉法”；在華僑文教中心開設過三個健康講座；七月份在谷倫公園(Coulon

Park)舉辦了野餐會。展望新的一年，除了繼續按計劃進行各項活動外，還希望更多社區的熱心人士能來參加我們的義工行列；希望得到更多的資助，增設一些基本的聯絡通訊、復印資料的設備；及提高諮詢效果。聯歡會的餘慶節目很豐富，義工捐贈的禮物也不少。

經過抽獎、猜迷語等遊戲，大部份到會者都得到禮物。癌友趙女士說：“這次聯歡會開得好！我們就像回娘家團聚，是那麼溫馨、生氣勃勃，還得到那麼多人的關懷，我們並不孤獨，更不會被歧視和遺棄！”為此特向到會的義工、朋友們表示衷心的感謝！



春節聯歡會的餘慶節目



The Concept and Understanding of Health Maintenance

(continued from Page 5)

from any nearby molecules. This kind of chain reactions within the human body is known as an oxidation emergency response and could result in a wide range of damage to the human body. Scientific research has proven that oxidation emergency is related to more than 200 diseases. These include age-related blindness, arthritis, certain cancers, cardiovascular diseases, cataracts, diabetes, kidney diseases, and so on. Current medical communities even believe that biological aging is also due to the long term accumulation of free radicals.

Free radicals in our body can be endogenous origin, which originate from our normal metabolism, immune response, obesity, diseases and psychological stress. Free radicals can also be exogenous origin, resulted from polluted air, cigarette smoke, ionizing radiation, nitrite pollutant in food, and the stimulation to the body caused by rigorous exercise. Compounds in our body that defend against free radicals are known as anti-oxidants, which include the oxidation inhibitors enzymes in our bodies and other antioxidant nutrients obtained from food. In normal biological conditions, our bodies are constantly producing free radicals. At the same time, these free radicals are also counter checked by the defense systems to be removed, thereby constantly maintaining a low level of free radicals that is not harmful, in order to maintain good health and to slow the aging process.

Many foods contain antioxidants. However, because the amount and diversity of food we can eat are limited, it is very difficult for us to store a huge amount of extra antioxidants in our bodies. This causes cells in our body to be constantly under oxidation related threats, resulting in the DNA mutation and the cells canceration. Appropriately supplied antioxidant supplements, such as antioxidant vitamins (vitamin C and E) and plant extracted antioxidant (e.g., beta-carotene), can all help our body fight against cancer and other diseases. Of course, an appropriate amount of exercise, sufficient sleep, and positive emotional conditions are always the best combination. Furthermore, some trace elements (minerals) also possess anti-oxidation functions. For example, selenium can promote the activities of enzymes. This is another important reason why we need to appropriately supply our body with trace elements.

Modern medical scientists no longer view our body as a machine that could only be repaired with medication and surgeries when problems occur. Instead, scientists now emphasize more on the ability of our body to adopt and recuperate. Unhealthy cells in our bodies, even those in the state of chronic illness, could still reorganize and rebuild its components if given enough of nutrition, restoring normal biological functions.

WSCCNA Celebrates the Year of the Dog

There is a Spring Festival (also known as Chinese New Year) every year, but just being able to share one more such holiday with families and friends bears a deep significance for cancer patients. They will never forget the wounds that cancer has inflicted upon their bodies and minds. They will never forget the days and nights of excruciating pain undergoing therapy. They will never forget the fatigue, exhaustion, and deep anxiety that their families had to endure. And they will never forget helplessly facing the unpredictable possibility of forever parting with their loved ones. Those who have made it through to recovery owe it to the tender loving care of their doctors, families and friends. Because of that, cancer survivors particularly cherish sharing each day, each month, and each year with the significant people in their lives.

Since the WSCCNA's inception in 2002 and its registration in 2003, four Spring Festivals have come and gone. Each year, we feel great joy seeing cancer patients coming to the party. Along with their families, they would arrive dressed in their holiday best, with vibrant spirit, and cheerfully engage in conversations.

As in years past, this Spring Festival Celebration gala took place at the big hall of Safeco Jackson Street Center. The Board members and volunteers meticulously dressed up the hall with red lanterns, banners, and Spring Festival couplets in Chinese calligraphy on red papers. The lucky Chinese-red color instantly filled the place with an atmosphere of jubilation and festivity.

The celebration gala was rich in programs, and the volunteer-donated gifts were generous. There were prize draw and riddle competitions and most partygoers merrily went home with winnings. A cancer patient, Mrs. Zhao, shared her feelings with us: "This is truly a great party! The ambiance of warmth and vibrant energy makes us feel like we're having a family get-together at our parents' place. Immersed in the loving care of so many people, we no longer feel isolated, discriminated against, and forgotten." For that, please accept our sincere gratitude for the volunteers and friends who made this event possible.

The Support Group meets once a month. We welcome cancer survivors to join us. Please contact us at 206 850-5914.



Washington State Chinese Cancer Network Association (WSCCNA)

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Enrich Lives... Sharing and Living
互助... 互愛... 關懷



WSCCNA is a 501(c)(3) non-profit organization
 本會是一個政府批准非牟利團體

Exciting Events in 2006 今年的精彩活動預告

- June 17 8:00am - Susan Komen Race for Cure at Qwest Field
 12:00pm 8:30 am co-ed 1 mile walk 11:00 am Survivor Parade
- July 15 1:30 pm - Seminar: How to Care and Help Cancer Patients by Mr. Shih-Ming Shih
 3:30 pm at Gilda's Club 1400 Broadway, Seattle
 講座: 如何陪伴及幫助癌症病友 石世明先生主講
 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- Aug 3 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
 3:30pm Contact 206-328-5428 Chen Muyun for direction
 身心靈健康讀書會 Gilda's Club 會議室
 請電 206-328-5428 陳慕筠 接洽
- Aug 12 10:00am- Summer Potluck Picnic at Coulon Park in Renton
 2:00 pm 連頓市古倫公園野餐
- Aug 19 1:30 pm - Monthly Support Group meeting at Gilda's Club 1400 Broadway, Seattle
 3:30 pm 癌友談心會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽
- Sept 2 1:30 pm - Book Study at Gilda's Club 1400 Broadway, Seattle
 3:30pm Contact 206-328-5428 Chen Muyun for direction
 身心靈健康讀書會 Gilda's Club 會議室
 請電 206-328-5428 陳慕筠接洽
- Sept 16 1:30 pm - Monthly Support Group meeting at Gilda's Club 1400 Broadway, Seattle
 3:30 pm 癌友談心會 Gilda's Club 會議室 請電 206-328-5428 陳慕筠接洽



WSCCNA

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