

The Eclectic Triphasic Medical System (ETMS)

Donald R. Yance, CN, MH, RH (AHG)



Eclectic: Philosophically integrating several distinct styles or approaches to form the most favorable perspective.

Triphasic: Composed of three main sections or branches where each phase or aspect is orchestrated in a harmonious, unified way.

Medical: Relating to, involving, or using medicine, or an examination to assess health status or the presence of disease.

System: A combination of related elements, ideas, or principles organized into a complex, cohesive whole as in a method for achieving something.

The Eclectic Triphasic Medical System (ETMS) is an integrative and wholistic approach to significantly improving patient quality of life and lifespan. The ETMS model serves as a highly innovative practitioners guide for developing personalized, patient centered treatment regimens for those with chronic illness and cancer. The emergence of this model culminates nearly twenty years of clinical practice.

The ETMS integrates principals essential to the treatment of cancer from both traditional and modern medical systems and employs herbal medicine as the primary treatment modality. This immensely rich herbal foundation stems from the American Eclectic and Physiomedical western herbal traditions as well as Chinese or East Asian Medicine, which is regarded as the world's most extensive traditional medical system. The methodology behind the ETMS is a complex interweaving of modern science with the constitutional energetics of these traditional medical systems. The theoretical basis for these systems provides a framework for developing medical strategies while incorporating the best of wholistic and conventional medicine supported by modern science.

The ETMS is comprised of three interwoven branches. The first branch examines the personal energetic processes or the core constitution of the person (spirit, mind, and body). These are evaluated from an individualized perspective, taking into account aspects such as the efficiency of the secreting endocrine organs and detoxification systems, dietary habits, and lifestyle factors such as sleep patterns, stress, and the inner spirit. The second branch examines the external environment including factors such as the space a person occupies and with which they interact; and their perceptions and influences, both psychic and physical, on the inhibition or promotion of disease. The third branch examines the intracellular and extracellular terrain, involving the energetic and physiological processes of cancer, or processes manipulated by cancer, which both responds to and alters the chemical, molecular, biological and genomic makeup of the individual. In this branch, a thorough oncological investigation, analysis, and interpretation of pathology and blood chemistry provides important clues to identifying the characteristics involved in the specific cancer cell type from a molecular perspective: what activated it, what controls its growth, and what enables it to metastasize. The tissue the cancer originated in (such as the breast in breast cancer) becomes less relevant to this type of targeted therapy.

ETMS practitioners stay abreast of the most up to date scientific research and applications while taking into account information pertinent to all holonic levels of the scientific model, each part uniquely identified but part of a larger whole. These include the molecular, cellular, and genomic levels, as well as the wholistic view of the human being, as the higher order generated through the unified functioning of the integrated human organ systems. The ETMS practitioner recognizes the innate intelligence of the human system and its ability to adapt and respond accordingly through allostasis in the face of challenges and disturbances, and to use all available means to regulate itself by appropriately adjusting biological, cellular, immunological and hormonal responses. This ability is compromised in most people, and in particular those with cancer whereby the body maintains a continuous state of dysfunction. Charles Darwin, the father of evolutionary biology, said that the fittest would survive. The “fittest” are those that “fit” into their environment most perfectly and can adapt to change so as to assure their state of good health. This is the constant platform from which the ETMS practitioner seeks to build upon by offering foundational support through the use of botanical medicine in the form of tonics such as adaptogens, nutritives, and organ system enhancers, as well as nutritional and dietary medicine. The goal of the ETMS practitioner is to apply these therapies to enhance the health of the internal terrain and improve ones ability to resist disease. To enhance response rather than dictate functionality is a fundamental core concept of the ETMS.

Whenever we treat a person with cancer, or any disease for that matter, we must first approach the root-base or source. Every stream on earth has a source, and every plant has a root, and every person has a ‘vital force.’

“If we water a root, it will grow and branches will sprout; these are the laws of nature. The experienced physician, therefore, will always consider the source.” {Li Zhongzi, (*Yizong Bidu*), 1637}

ETMS - Classifications of Botanical Medicine:

- 1) **Adaptogens** (Primary, Secondary, and Companion)
- 2) **Tonics** to enhance and harmonize the Vital Essence, Vital Force (Qi), and/or Vital Spirit; the Five Organ Networks, Liver, Blood, Inward (Yin) and Outward (Yang) Energy, and Anabolic / Catabolic metabolism.
- 3) **Neuroendocrine/Immune system Activators / Modulators**, and/or other pathway regulators
- 4) **Organ system Enhancers / Protectors / Detoxifiers**
- 5) **Alteratives** to improve cellular nutrition and lymphatic drainage
- 6) **Cytotoxics** (anti-metabolites, apoptotic inducers)
- 7) **Specifics** based on presenting symptoms and/or constitutional evaluation

In looking at the whole person, we come to understand that cancer is part of self, rather than seeing the cancer cell as an isolated entity. Cancer usually involves a cascade of highly complex contributing factors that are, in part, hereditary genetic weaknesses. However, these factors vary drastically from person to person. For instance, there are hundreds of different types of breast cancer, which are constantly undergoing change and mutation, and still underneath each type is a unique individual. It is our commitment to understand and positively affect what is endogenous, while at the same time understand what is exogenous and can be positively changed.

The ETMS focuses on the practice of ‘healthy medicine’, which is aimed at the root source of ill health, with the primary focus being to bring about harmony and balance throughout the body, together with target-specific, non-toxic, or low-toxic cancer-suppressing agents. This is achieved through the application of multi-targeting herbal and nutritional formulations, dietary medicine, and specific cancer-targeting therapies as indicated. Growth factor suppressing drugs and tumor assay driven cytotoxic therapies may also be needed, but most often at lower than standard (metronomic) doses. When approaching a disease such as cancer, it is important to formulate a balanced protocol that addresses both the biomechanics (characteristics) of the disease, as well as the energetic weaknesses of the person. It is when the energy of cancer overrides the internal healing ability of the person that it can impede on one’s health and do serious damage. These two dynamic aspects, namely the ‘cancer energy’, and the person’s own internal healing energy, should be addressed with an understanding of the relationship, dynamics, and interplay that co-exist between them.

ETMS - Categories of Intervention / Treatment Modalities:

- 1) **Botanical Medicine**
- 2) **Nutritional Medicine**
- 3) **Dietary Medicine**
- 4) **Conventional Medicine**
- 5) **Traditional Medical Techniques and Practices**
- 6) **Lifestyle Counsel**
- 7) **Spiritual and Psychological Guidance**

The ETMS provides a framework for mapping out a strategic plan that is adaptable to each individual and their unique circumstances. This plan addresses the multitude of disease contributing factors, both internal and external

environmental influences, and internal environmental influences that have been altered by cancer. It addresses the cellular biological characteristics, as well as important energetic factors, while simultaneously encouraging the person’s innate capacity to heal, a concept foundational to traditional herbal medical models but largely ignored by conventional medicine. For example, specific agents, natural and/or chemical, may invoke a targeted cytotoxic effect against tumor angiogenesis and metastatic progression while ETMS therapies also work to build resistance and protect the person’s vital energy and immune system from the damaging effects of conventional treatments. The fundamental objective of the ETMS is to support the strength or vitality of the person, thereby providing the energy necessary to maintain the essential processes of cellular reproduction that enable one to thrive, while gaining control over the ‘cancer energy’, so that it becomes weak to the point that it can no longer invade and manipulate the internal environment for its own survival.

ETMS protocols are designed to work synergistically with standard conventional treatment plans and in many cases, involve making unconventional changes to the “standard of care” treatments generally prescribed by allopathic physicians. Again, within the ETMS model, the practitioner aims to employ the most appropriate treatment for the individual, not the generally accepted treatments based solely on statistical analyses of heterogenous patient groups bearing the same diagnosis. At times, herbal and nutritional therapies alone can effectively target multiple disease pathways and are thereby preferential when there is greater risk than benefit in using strong drug therapies, surgery, radiation, or chemotherapy. The coordinated effort of the patient, the ETMS practitioner,

and the oncologist is critical to ensure that the options, timing, and type of treatment are all taken into consideration at each stage.

My hope is that the ETMS will become the future of medicine, that which removes ego and fear, replacing it with compassion, humility, love, and wisdom. The ETMS is a unique synthesis of the spiritual and physical perspectives, being uncompromising in its quest for truth in both realms. My personal practice of the ETMS, like the improvisations of a jazz musician, is infused by a spiritual force that harmonizes rhythm, melody, and the artful expression of human science into the whole it was meant to be. Through analysis of the objective experience recorded by millions of doctors and billions of patients over the last five millennia, combined with the modern scientific facts, theories, and statistical findings used as the basis of our modern biomedical system, the ETMS represents the culmination of the human potential for achieving a truly integrated medical system. I firmly believe that applying this model in a specific, patient-centered format provides the best means to significantly improve patients quality-of-life and greatly contributes to increased longevity.