

Hi, my name is Bob Stiehl and I would like to tell you about some of my experiences since learning about Luke Tian. I was diagnosed with **Chronic Lymphocytic Leukemia (CLL)** in 2003. I am at great risk from my disease. It reduced me from a marathon runner, who has run over 40,000 miles, and last ran a marathon in 2002 at age 62 to one who had become very short of breath trying to do a brisk walk. **Pulmonary infiltrates** in my lungs caused by my CLL or possibly aided by its cousin, **Mantle Cell Lymphoma**, have been increasingly troublesome.

Besides my **severe shortness of breath** whenever I attempted any physical activities, I also became tired easily during the days. Most worrisome was a cough that I had developed in July of 2002 which was almost constant, and for which none of my many specialists offered any kind of relief. I also **could never get a good night's rest as I would wake up every hour or so throughout the night**. I dreaded going to bed at night and was feeling worn out both physically and mentally.

I have had an open lung biopsy and over \$5000 worth of extensive blood and pathology tests at a well known cancer center. In November, 2004, I was given advice by one of the recognized CLL experts in the country that, because of the involvement with my lungs, I would need chemotherapy treatment, probably sooner than later (or too late). This man gave extraordinary time and expertise to my situation. I know failure to reverse the progression of these infiltrates could quickly further negatively impact my quality of life, and left untreated, my life itself. **But the only weapon in his arsenal is chemo**. I just could not yet agree to subject my body to its possible negative side effects, after having spent so much time of my life trying to live a healthy lifestyle and keeping myself in the best shape possible.

I was searching for an alternative therapy when I read a recommendation by one of Luke Tian's Traditional Chinese Medicine (TCM) clients. She told of the success she had experienced in combating one of the major symptoms of her cancer. I discussed my situation with Dr. Tian and provided him with my Complete Blood Counts (CBC) history. In December of 2004, I requested that he design a herbal formula for my use. I know that **neither my leukemia or lymphoma has a cure**. However, I also knew I could embrace the approach of TCM in **using low toxic herbs to balance the natural forces (Yin and Yang) in my body environment in order to help me fight my cancerous invaders and their unwelcome effects**. I hoped TCM would help me stop or at least **slow down the deterioration** in my life that I was going through.

Well, the results have been better than I could have wished for. The journey I am experiencing with the guidance of Dr. Tian and the herbal formulas and indirect moxibustion treatments he has recommended **has me now feeling the best I have in the last 2 years**. I know my cancers are not cured and I still can not actually run for more than a few minutes at a time, **but I now have energy to burn; I sleep peacefully throughout the night; my coughing is so infrequent that it is not a detriment to my activities; I play tennis several times a week; and take fast 5 mile walks with my wife (she calls them forced marches) at a 14 and a half minute a mile pace. My quality of life has improved immensely**.

Beyond the general feeling of well being, I have experienced 2 specific situations that Dr. Tian addressed for me. Since my CLL diagnosis in 2003, my **Hemoglobin (HGB)** and other red blood cell counts have been below normal readings (13.8 -17.0) but have been consistently in the 12 to 13 range. However, in Feb. 05, my HGB had dropped to 10.2 from 12.7 in Jan. 05. Then to 9.4 in March. Then on March 30, I went to the hospital for suspected blood clots in my lungs probably caused by my CLL. My HGB was 7.5 and continued to drop 2 more days to a low of **6.7**. I was given RBC packed blood transfusions and treated with steroid transfusions. I was released when my count went up to 9.1 and it continued to improve to 11.0 on April 13. However by May 16, my HGB had dropped to **8.3**. I expressed my concern to Dr. Tian. He changed my herb formula, increased my intake of notoginseng and introduced me to the art of moxibustion. The chart below of my blood counts since that time tells the rest of the story better than I could:

Date	WBC	RBC	HGB	HCT	PLT
16-May-05	17.0	2.41	8.3	25.3	300
18-Jul-05	18.9	2.53	10.0	29.2	250
25-Jul-05	25.1	2.50	10.3	28.9	266
1-Aug-05	23.9	2.63	10.7	30.3	270
08-Aug-05	19.5	2.59	10.4	28.6	222
15-Aug-05	21.0	2.74	11.2	31.7	198
29-Aug-05	22.4	2.91	12.0	33.1	207
26-Sept-05	22.7	3.10	12.3	34.0	177
10-Oct-05	21.2	3.31	12.8	36.2	184

My HGB, and other counts, are now **at the highest level** since January of ' 05, and the **only "treatments"** I have had since my hospital stay in April is the protocol provided by Dr. Tian. The only other things I have done differently in the most recent months are also having a whey protein drink daily and trying to drink at least 64 to 80 ounces of water every day.

Oh, the second situation was a problem with my **ankles swelling** with fluid a few months back, and Dr. Tian suggested drinking cornsilk tea. Since doing that, I have not had the problem again.

So, I want to say that Dr. Tian **has never promised any cure**, but, to me, he has **provided hope**. In my opinion, his correspondence and conversations have indicated his obvious extensive training and knowledge of Traditional Chinese Medicine as well as western medicine. Almost as important to me is his obvious humility, worldly wisdom, compassion, and sense of humor. I definitely feel blessed to have him taking an active role in my fight against my cancers and their many side effects.

Sincerely, Bob Stiehl (10-14-05)