



MEDERI CARE

Wholistic Health & Healing

Introduction to Mederi Care

Welcome to Mederi, where we specialize in the art and science of wholistic health and healing, otherwise known as 'Mederi Care.' We invite you to learn about how we're partnering with patients and physicians to provide sensible, comprehensive, customized health regimens to consistently deliver reliably better outcomes. We pride ourselves on the fact that everything we do is based on the values we believe in, combined with the immense healing capacity of nature's pharmacy.

Mederi Care – We value interconnectedness and a personalized approach.

At Mederi we focus on fostering meaningful relationships and working in alliance with our patients and our network of healthcare practitioners, whereby each individual is an active and committed partner in the healing process. We also believe that wholistic health is multi-level: Physical, Emotional, Mental, and Spiritual. Mederi Care is therefore whole-person oriented, rather than disease oriented.

Our staff, and the physicians around the world that we've trained, practice a highly flexible *Integrative-Whole-Systems* approach referred to as the **"Eclectic Triphasic Medical System"** (ETMS) developed by Mederi Founder and President, Donald Yance, a clinician of thirty years.

More specifically, Mederi Care provides practitioners with a broad, innovative – yet common sense – framework for:

- Developing personalized health building regimens, especially for those with cancer, and other chronic illness
- Promoting an optimal state of health and quality of life (even for those undergoing conventional treatments)
- Monitoring and evaluating patient progress and constantly adjusting treatment protocols to ensure the above

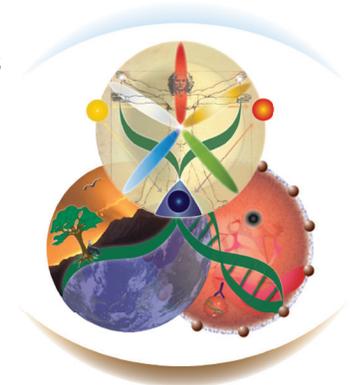
And even though we advocate both a holistic and wholistic approach to natural healing, we also integrate conventional treatment modalities currently recommended in traditional allopathic medical care.

In other words, we do not promote or practice a "one holistic solution fits all" approach nor do we ask patients and their physicians to abandon the treatment regimen they may be already undergoing.

Rather, we...

- Partner with patients and their physicians/oncologists to demonstrate the benefits of adding Mederi Care to their current regimen of care
- Utilize the most recent advances in technology, science, and healthcare so no stone is left unturned in seeking optimal results

What makes Mederi Care unique and so successful is that it is a collaborative healing approach between patients, their physician, their oncologist, their specialists, and the Mederi staff that is constantly evolving/adapting as patient progress, new data, new insights, new research, and new clinical experience dictate the course of care.





Mederi Care – We believe that restoration and balance are the keys to vibrant health and this can be achieved by addressing the unique makeup of an individual through natural means.

To begin with, it's as simple as 1, 2

When faced with a serious illness of any sort, it's imperative to do two equally important and interrelated things:

- First, regardless of the disease, we must do everything we can to make the body as healthy as possible so it can help fight the disease (After all, the body's natural inclination is to heal itself, so the healthier we can make the body, the more efficient it can be at healing itself, which in turn helps any other medicines we introduce to perform better.)
- Second, we need to learn everything we can about the precise nature of the disease as it manifests in the individual, so that we know where to restore the physiological balance/harmony that has been temporarily lost or compromised.

In other words, diagnosis, assessment, and surgery or chemotherapy is where most of today's standard conventional medical treatment protocols begin and end.

But this is where Mederi Care is significantly different, because this is where Mederi Care really begins.

Mederi Care – We believe that each person is a vital participant in his or her own healing journey and that natural medicines tailored to the individual 'lend a helping hand' in facilitating a therapeutic healing response.

To put it another way: It's all about "choosing the right tool for the job". If the only tool you have is a hammer, you tend to see every problem as a nail.

Because every patient and every situation is unique, Mederi Care doesn't rely on just one tool. We incorporate an array of health-promoting modalities and are constantly working to support the body's innate capacity to heal on multiple levels.

Instead of just using the limited tools of (1) immediate surgical removal of a tumor or (2) using one or two targeted drugs to hammer away at the offending cells, Mederi Care has a whole toolbox full of options to work with:

- Botanical Medicine
- Nutritional Medicine
- Dietary Medicine
- Life-style Medicine

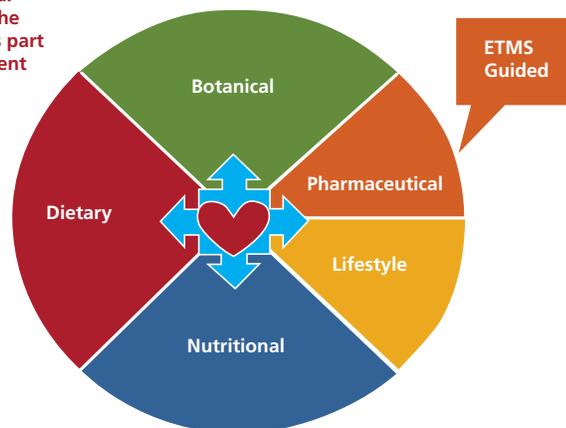
Plus the patient's current pharmaceutical medicine and treatment protocol in conjunction with the above.

Our extensive knowledge, experience, and respect for the valid contribution of medical science and practice equips us with the unique ability to guide patients and collaborate with their physicians in making informed choices about conventional options while working to support their effectiveness and continually optimize a patient's well-being and quality-of-life.



Psychospiritual influence of the practitioner is part of the treatment effect.

ETMS Toolboxes





Another extremely important hallmark of Mederi Care is that it relies on ongoing evaluation, constant reassessment, and constant adjusting of protocols and dosages as the patient responds to treatment.

To Recap: The Fundamental Objective of Mederi Care

By applying various lenses within the Mederi Care / ETMS model, we gather and analyze both subjective and objective information about the patient through a detailed health assessment, including all relevant molecular data such as extensive blood and pathology tests, biomarkers, etc. This information provides important clues that help us to formulate the most effective individualized treatment protocol for each person.

Our basic approach is then to address the three distinct but interrelated Targets:

- (1) The Host (the whole person)
- (2) The Microenvironment (the cellular level)
- (3) The Disease (host and tumor genomics)

All three of these interrelated areas are of equal importance when it comes to achieving consistent, maximum results.

Mederi Care focuses, first and foremost, on:

- Targeting overall health promotion, strengthening the individual in harmony with the body's innate healing Life-Force within and its natural function to want to heal itself
- Targeting the microenvironment and making it as conducive as possible to the health of the host and the least conducive to disease
- Targeting the tumor itself, or disease presentation, through the development of a comprehensive integrative protocol

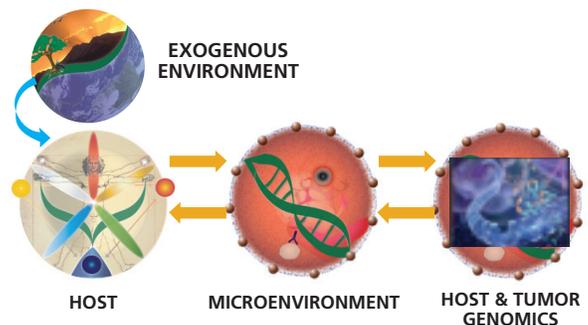
And we are able to accomplish all this with some surprising (and surprisingly humble) tools.

Mederi Care – It's combining 21st century medical advances and research with thousands of years of proven ancient medicine wisdom and efficacy.

Treatment selection for patients with newly diagnosed or relapsed/refractory cancer has evolved over the past several years and figuring what is best can be challenging for patients as well as for most clinicians.

Mederi Care practitioners are up-to-date with the vast array of new and available treatment options, such as the latest targeted agents and various immune therapies that may provide a benefit to cancer patients. Obviously, balancing safety, side effects, and effectiveness is an essential component for providing optimal care and health management for each of our patients. That's why we request and review (and discuss with a patient's oncologist) relevant important data from blood work and pathology reports in order to provide insight as to the best regimens to implement based on available clinical evidence and current recommended medical guidelines.

ETMS Assessment and Targets





In other words, we are not asking patients or their physicians to give up or abandon their current pharmaceutical treatment regimen. Rather, we are asking them to be open to exploring all the ways botanical medicine, nutritional medicine, dietary medicine, and lifestyle medicine can enhance and improve results when added to their current treatment regimen.

Here's why:

To begin with, we believe that plants and herbs offer the most of any of the tools in the Mederi Care toolbox when it comes to improving longevity as well as the quality of life for the patient.

And...the scientific data is overwhelming on the benefits of plants and herbs in oncology. We know a plant is a complex entity, and usually has as many as 100 active compounds working synergistically and effectively against cancer cells. We also know that certain compounds in a single herb can affect hundreds of signal pathways involved in cancer.

We know:

- They work to down-regulate certain genes
- They work at the mutational level
- They work at the intercellular level
- They work at the cell receptor level
- They also work at the extra-cellular level.

In the management of cancer, botanicals (including herbal isolates) have been shown to demonstrate pleiotropic effects – meaning they are often doing a multitude of things to benefit us; some are supportive (to the host/body), while others are “offensive minded” and capable of selectively inducing apoptosis (cell death) to abnormal cancer cells, both directly as well as indirectly.

Specifically, botanicals and botanical compounds...

- Alter the microenvironment to optimize the health of the host and not the cancer
- Directly suppress cancer by targeting intercellular signal transduction pathways, growth factors, oncogenes, tumor suppressor genes, and telomerase
- Impede cancer through selective apoptosis, targeting cancer cells while sparing, protecting, or strengthening healthy cells
- Demonstrate an ability to inhibit resistance to chemotherapy and radiation

In other words, plants, herbs, and their derivatives can help...

- Protect healthy cells, vital organs, and tissues from chemotherapy
- Potentiate the chemotherapy so it works better against the cancer cells
- Inhibit multi-drug resistance (inhibits the ability of the cancer cell to build resistance to the chemotherapy)
- Down-regulate certain growth factors involved in cancer initiation and progression
- Increase immune surveillance
- Bolster up natural killer cells
- Support the innate immune system



- Bring about oxidative damage to cancer cells
- Maintain healthy fibrinolytic pathways to discourage abnormal platelet aggregation
- Regulate inflammatory response function
- Support detoxification
- Protect bone marrow, blood, and vital organs from toxicity
- Support healing of many secondary health conditions: diabetes, CVD, insomnia, depression, pain, digestive distress, and the detrimental effects of cancer treatments on hair and skin
- Help to withstand stress through improved immune response and epigenetic repair
- Enhance the quality-of-life and lifespan

Of perhaps even more importance is the fact that since plants and herbs and their derivatives are natural, when they are ingested, our genes recognize them and the body readily accepts them and does not try to reject them as foreign invaders – unlike with many targeted pharmaceutical agents/medicines.

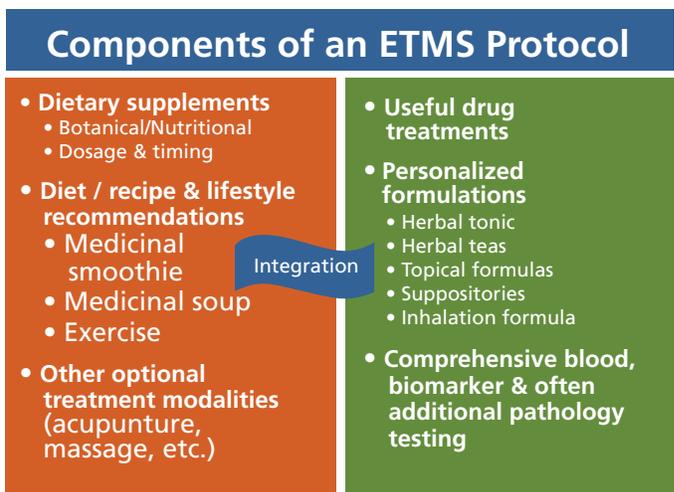
The body of data – real credible data – supporting these actions is so overwhelming that no oncologist can refute these assertions.

Mederi Care – It’s an open, supportive, collaborative, participatory process that’s all about caring for the individual.

Mederi Care is intended to be a highly participatory journey, and one where we’ll work closely – every step of the way – with both patients and their physicians. All of the elements of an individual’s protocol, from suggested laboratory testing, to foundational dietary and lifestyle guidelines and recommendations for nutritional supplements, to botanical formulae, to pharmaceutical medications when those are indicated, are intended to enhance that person’s health while reducing or eliminating his or her ailments.

The central goal of Mederi Care / ETMS personalized medicine is to tailor diagnostic assessment tools and therapeutic treatment modalities to each individual’s energetic-constitutional and biologic profile; and keep adapting it, over time based on progress and change.

That’s why, with Mederi Care, the protocol is not something permanent; it must be continually adapted reflecting the latest changes in the individual. Additionally, a protocol or protocol change/update will often come with relevant explanatory papers, recipes, scientific papers, and technical sheets on many of the formulas or specific herbs or nutritional compounds being recommended. All of this information is well referenced with respect to the historical and scientific literature on the subject and recipients are encouraged to share this with their doctor or other care providers.



Like humans... “All cancers are alike but they are alike in a unique way.”

- Siddhartha Mukherjee, The Emperor of All Maladies



Mederi Care / ETMS does not conclude with an easy, straightforward, one-size-fits-all answer to cancer, which seems to be what so many people want to believe and are seeking. Nor, is it about the latest trends and fads people are reading about, which normally are not based in tradition or good science but rather on false claims that may provide the veneer of hope. However, Mederi Care does offer a comprehensive–collaborative and sensible approach – time tested and true – that will promote a healthy and longer life than any of the self-proclaimed cures – allopathic and/or alternative.

Mederi Care – We believe that a strong and resilient Vital Spirit is the foundation for a healthy and happy life.

At Mederi, we also take into consideration and pay special attention to nurturing the soul or spirit of the person. Part of fostering a deep and committed relationship on the journey towards optimal health involves understanding and tending to one’s emotional needs and embracing an attitude of openness and sharing around one’s connection to God or ‘Spirit’. To this end, we often recommend practices such as prayer, meditation, spiritual reading, time in nature, and even creative pursuits where the superficial falls away, and we find our deeper selves. These practices can help to encourage peace, expansiveness, and self-reflection, all vitally important to living in accordance with our deepest truth.

One thing is for certain – we will all face challenges throughout our lives and living with a chronic disease as serious as cancer is one of the greatest there is. How we handle these challenges – whether we are defeated by them or see them as opportunities – has a great deal to do with our well-being, our happiness, and our Vital Spirit.

If we can find the opportunity that exists in every challenge, we will develop a resilience of spirit and a deep contentment that will sustain us throughout life.

“As it is not proper to cure the eyes without the head, nor the head without the body; so neither is it proper to cure the body without the soul.”

- Socrates

Mederi Care – It’s combining 21st century medical advances and research with the powerful simplicity of a positive attitude and an open mind.

Mederi Care works. But in order to work, it requires a collaborative process between physicians with an open mind and patients with a positive attitude. And that’s when the positive, personal energy that results can finally allow the patient to “heal thyself.”

That’s why we need to use both our intellect and our spirit to look at issues openly and critically.





That's why we employ dozens of common-sense methodologies to improve the overall health of the body to make it feel better, healthier, and more positive about it's chances to thrive.

That's why we are so focused on giving people not just medicine, but also hope – because when there is no more hope, people “throw in the towel.”

We look forward to guiding you or a loved one along the healing journey and we are here to do whatever we can to help or to answer any of your questions.

Yours in health and healing,

The Mederi Care Team and Staff





MEDERI
CENTER

Wholistic Health and Healing
Patient Care | Research | Education

478 Russell Street, Suite 103, Ashland, OR 97520

Tel: 541-488-0514 • Fax: 541-488-0417

www.medericenter.org