《Living A Life》

Copyright © Chua Kay Tse 2021

Authors: Desmond Shen, Chua Kay Tse

Translator: Chua Kay Tse Planner: Chua Kay Tse Cover Design: Chua Kay Tse Layout Design: Toh Teck Tin Calligraphy: Goh Yau Kee Photography: Tung Yue Nang

Publisher: Eagle's Therapy Management and Consultancy

Email: contact@eaglestherapy.com Website: www.eaglestherapy.com www.livingalife.online

Unless otherwise stated, all Scripture verses are taken from the HOLY BIBLE INTERNATIONAL VERSION®. Copyright® 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. All rights reserved.

All rights reserved.

No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner.

Printed in Singapore ISBN 978-981-18-3064-8

National Library Board, Singapore Cataloguing in Publication Data

Name(s) : Shen, Desmond I Chua, Kay Tse, Author

Title : Living a LIFE

Other title(s): A Holistic Health Manual to Support Disease Prevention &

Chronic Health Concerns

Description : Singapore Eagle's Therapy Management and Consultancy, [2021]

Identifier(s): ISBN 978-981-18-3064-8 (paperback)

Subject(s) : LCSH: Health care | Naturopathy | Reflex-Therapy |

Stretching exercise | Motivation | Cancer Diet | Cooking |

Cancer Patients | Nutrition | Alternative treatment | Christian biography |

Religion I Life testimony

Classification: DDC 616.994--dc23

Contents

Acknowledgement ■ 9

Foreword by: Dr. Lam Pin Min (Singapore Former Senior Minister of State for Health and

Transport) ■ 10

Foreword by: Mr. Ho Kwok Choi (PBM, BBM, SBStJ, OStJ, 2010 Guangzhou Torchbearer of

the 16th Asian Games, Singapore Chung Hwa Medical Institution - Honorary Dean, Singapore

St. John's Ambulance Team - District Chairman, Kwong Wai Shiu Hospital - Senior Honorary

Director) ■ 11

Foreword by: Dr. Yew Teck Siang (Hons) Sunny (PBM, DATU, Fellow, Kentucky Colonel,

President, Asia-Pacific Elite Entrepreneurs Association) ■ 12

Foreword by: Dr. Thomas Ho Wai Thong

(Senior Consultant Surgeon, Adj Asst Prof., Surgical Oncologist \ Fellow, Society of Surgical

Oncology - FSSO >) ■ 13

Foreword by: Rev. Samuel Sia (St. Stephen's Parish, Philippines, Anglican 2007 - 2017 -

Acting Rector) 14

Foreword by: Rev. Dr. Caleb Soo (Singapore Life Church - Senior Pastor, Theological

Educator) 15

Preface 1 ~ Alive / Desmond Shen ■ 16

Preface 2 ~ Living a Life / Chua Kay Tse ■ 20

3 Themes ■ 24

Recommendations by Experts and Scholars ■ 25-30

Dr. Huan Meng Wah (Surgeon / GP)

Dr. Ellen Tart-Jensen (Ph.D., D.Sc., CCII) (Founder of Infinite Iris, Internationally recognised authority in Iridology and Natural Health Education - USA)

Prof. Shinichi Miyazaki (Kyoto University - Earth and Planetary Sciences - Japan)

Ms. Yogavalli Poobalan (Biotechnology Research – Scientist)

Ms. Soh Jia Shing (Senior community pharmacist \ Licensed by Singapore Pharmacy Council \ \ \ \)

Ms. Tan Seow Hwei (Pharmacist \ Licensed by Singapore Pharmacy Council \),

2019 Singapore Tourism and Culture Ambassador)

Mr. Ivan Ng Boon Khiang (Senior community pharmacist \ Licensed by Singapore Pharmacy Council \ \ , Manager \ Pharmacy Practice \ \)

1. Natural Medicine - Health and Illness = 31

- 4 Kinds of Medical Treatments in the World / Desmond Shen 32-38
- 1. Natural Therapy / Naturopathy
- 2. Western Medicine
- 3. Traditional Medicine
- 4. Traditional Chinese Medicine (TCM)

Nature is the best Doctor ■ 39-69

Natural Healing – Reflex-Therapy Theology / Desmond Shen
Reflex-Therapy Theology – Three Theoretical Essentials / Desmond Shen

1. Reflex-Therapy Theology - Principle of Reflection

Eight Reflex-Therapy of the human body

Feet, hands, reciprocal, human body, face, eyes, ears, nose

- Feet Reflex Therapy
- Hand Reflex Therapy
- Reciprocal Reflex Therapy
- Human body Reflex Therapy
- Face Reflex Therapy
- Eye Reflex Therapy
- Ear Reflex Therapy
- Nose Reflex Therapy

2. Reflex-Therapy Theology - The Principle of Circulation

Massage, Acupressure, Tuina

- Massage The Principle of Circulation
- Acupressure The Principle of Circulation
- Tuina The Principle of Circulation

3. Reflex-Therapy Theology - The Principle of Balance

Body, Psychology, Soul

Body - The Principle of Balance

Psychology - The Principle of Balance

Soul - The Principle of Balance

21 Testimonies of Life Warriors 70-126

Desmond Shen and mother's Reflex-Therapy (88 years old) –
 Nasopharyngeal Cancer – 40 years since recovery

- 2. Prof. Manami (48 years old, Japanese) Collagen Disease and Stress
- 3. Antonio (55 years old, Brazilian) Prostate Illness
- 4. Edwin Kong (49 years old) Heart Transplant and Arteriosclerosis
- 5. Yue Yun (58 years old) Breast Cancer
- 6. Mr. Wong (73 years old) Liver Cancer waiting for liver transplant
- 7. Sandra Schaller (47 years old, German) Fatigue after surgery, unable to conceive
- 8. Christopher Sim (62 years old) Terminal Lung Cancer
- 9. Mdm. Chua (80 years old) Uterine Cancer (letter from daughter)
- 10. Liu Foong (43 years old) Uterine Cancer and Colorectal Cancer
- 11. Zi Yan (30 years old) Infertility
- 12. Priscilla Han (19 years old) Lymphoma
- 13. Lydia (27 years old) Menstrual disorder
- 14. Tham Chee Kong (44 year old) Terminal Vascular Cancer
- 15. David & Joanne (80+ years old) Health Maintenance
- 16. Mr and Mrs Tay (52 years old) Hypertension
- 17. Yuko Godwin (40+ years old) Health Maintenance
- 18. Ariel (12 years old) Liver Transplant (Letter from father)
- 19. Cheyenne (6 years old) Special Needs (Letter from mother)
- 20. Ong Kai Xuan (19 year old) Autism (Letter from mother)
- 21. Kay Ling (40 years old) Terminal Colorectal Cancer

Top 10 Simple exercise for the human body / Desmond Shen ■ 127-137

- Breathing exercise
- Rubbing both hands
- 3. Swinging of the wrist
- 4. Facial massage
- 5. Shoulder exercise
- Waist exercise
- 7. Gastrointestinal digestion
- 8. Lower body exercise
- 9. Hip and knee care exercise
- 10. Foot care exercise

Naturopathy - First Aid Kit / Chua Kay Tse 138-164

- Message from your Health Coach from Kay Tse with Love
- The Wonders of Fruits and Vegetables

- Natural Herbs
- Spices Spice up your life
- Cancer What? Why? How?
- My Journey with Iridology

2. Diet and Healthcare ■ 165

Basic Understanding of the 10 Major Human Organs / Chua Kay Tse ■ 166-173
The Brain, The Heart, The Liver, The Spleen, The Lungs, The Kidney, The Pancreas, The Skin, The Muscles, The Bones

Health & Dietary Plan for the 10 Organ System / Chua Kay Tse ■ 174-186

The Combine Diet Plan for 3 Chronic Diseases / Chua Kay Tse ■ 187-251

40 Delicious Health Promoting & Anti-cancer Recipes

Anti-cancer Nutritional Soup Series / Desmond Shen, Chua Kay Tse 252-273

- 1. Apricot kernels + Pork Cartilage + Watercress Soup
- 2. Lotus roots + Cuttlefish + Peanut + Black bean Soup
- 3. Tea Tree mushroom + Brazil mushroom + Pork cartilage Soup
- 4. Kelp + Chinese Yam (Huaishan) + Clams Soup
- 5. Big Mustard Green + Sea cucumber + Whitebait fish Soup
- 6. Pig Stomach Soup
- 7. Old cucumber + Apricot kernels + Polygonatum Soup
- 8. Threadfin Fish + Clams + Apricot kernels + Carrots Soup
- 9. Coriander + Clams + Mushrooms + Asparagus + Garlic Soup
- 10. Healthy soup Nutritious Porridge

Anti-cancer Nutritional Gourmet Series / Chua Kay Tse ■ 274-293

- 1. Cashew Nut Sauce Asparagus
- Colorful Vegetable Steam Eggs
- 3. Lemon Zest Miso Steam Salmon
- 4. Steam Garlic Ginger Chicken Chop
- 5. Home Prize Healthy Curry Chicken
- 6. Dim Sum Pork Rib Milk Cabbage Ring
- 7. Hairy Melon Minced Meat Ring in Clam Liquid
- 8. Cheerful Pork Knuckle Stew
- 9. Healthy Seafood Spinach Oatmeal

Anti-cancer Nutritional Rich Soup Series / Chua Kay Tse ■ 294-333

- 1. Cauliflower Welsh Onion Soup
- 2. Black Fungus Chinese Yam Welsh Onion Soup

- 3. Sweet Potato Leaves Chinese Yam Soup
- 4. French Lentils Celery Carrot Soup
- Broccoli Carrot Soup
- 6. Curry Pumpkin Carrot Soup
- 7. Creamy Mushroom Soup
- 8. Tomato Broccoli Carrot Soup
- 9. Creamy Corn and Carrot Soup
- 10. Brazilian and Tea Tree Mushroom Soup
- 11. Beet Root Carrot Chinese Yam Soup
- 12. Golden Green Pea Asparagus Soup
- 13. Five Vegetable Soup 1
- 14. Five Vegetable Soup 2
- 15. Azuki Bean White Fungus Paste
- 16. Apricot Kernel White Fungus Paste
- 17. Black Bean Black Sesame Paste
- 18. Walnut White Sesame Paste
- 19. Roll Oat and Soybean Paste

Anti-cancer Nutritional Cold-pressed and Blended Juice Series / Chua Kay Tse ■ 334-338

- 1. Tummy Soothing Healthy Blend
- 2. Cold Pressed Health Boosting Green Juice

3. Living and Religion – Christ and Desmond Shen 339-362

- Explicit and unwavering: My Personal Creed
 Words of Pastors and the Wise: Reverend Dr. Clement M. S. Chia
- Many Gods and Buddhas but who's the Savior? : Why believe in Jesus?
 Words of Pastors and the Wise : Reverend Dr. Tan Kim Sia
- 3. Rethinking, breaking the ice, shaping and building spiritual life; strike a blow to my body and make it my slave: The studying days at Trinity Theological College in Singapore

Words of Pastors and the Wise: Pastor Huang Si En

4. Take root below and bear fruit above : Presbyterian Church - Singapore Life
Church - Faith Class

Words of Pastors and the Wise: Reverend Dr. Liew Yoo Kiang

5. Weak in the spirit, I can't rely on myself: Why did I enrol into the Christianity faith class in Singapore Life Church?

Words of Pastors and the Wise: Mr. & Mrs. Elder Job Chan

6. Establish a solid foundation and build a stable house : Class content and learning process

Words of Pastors and the Wise: Mr. & Mrs. Elder Christopher Sim

7. The most relaxing, basic, most complete & comprehensive Christian faith foundation course : Learning experience and sharing

Words of Pastors and the Wise: Dr. / Reverend Yeo Peck Chan, D. Th., Ph.D

Living and Life – Food for Thought ■ 363-383

Living and Religion – Food for Thought ■ 384-406

The Power of Healing Prayer ■ 407-417

Epilogues ■ 418-419