

# **Accidental Cure, the Book, Challenging Medical Informatics and Evidence Based Medicine**

By Simon Yu, MD

Beware and be warned! There is another alternative/complementary medicine book coming at you soon. If you have tried every known medical care including traditional/alternative/complementary medicine and still suffer from your chronic incurable disease or medically unexplained symptoms (MUS), consider reading this book which could lead to an “accidental cure.”

I will soon release a book titled, “Accidental Cure.” In preparation for the book’s release, I’d like to share my thoughts on the current state of medical care including how to heal and protect yourself and your family from a computerized (medical informatics) and institutionalized medicine called Evidence Based Medicine.

I’ve been writing monthly articles, published in the Healthy Planet and on my web site, for many years in order to share my experiences of healing with my patients and the public. Writing the articles has been an important medium to spread the knowledge of healing when other methods have often failed and people look outside conventional medicine for an alternative medical care.

The accumulation of the knowledge and patient success experiences contained in these articles seemed to naturally call for turning them into a book. I want to show how seemingly unrelated symptoms have common linkages that can lead to what I call an “Accidental Cure.”

I’ve been compelled to write this book based on nearly 20 years of writing articles while practicing Alternative/Complementary medicine and surviving the conventional medical establishment. I’m also compelled to share my unique experience as an alternative medicine practitioner practicing traditional medicine during tours of duty throughout my 25 years of military experience as a U.S. ARMY Reserve medical officer. (I retired as a colonel in 2007). During these years, I successfully integrated some unique medical perspectives to the health care of several top military officers when the best conventional medical care wasn’t able to help them.

I feel the public needs to know the current state of medical education which has a direct impact on your medical care.

In 1990, the Journal of the American Medical Association (JAMA) called medical informatics “an emerging academic discipline and institutional priority.” Medical informatics has been the “intersection of information science, computer, and health care.”

Young doctors are being taught to integrate a computer in their relationship with patients. A curriculum guideline titled, “Recommended Curriculum Guidelines for Family Medicine Residents,” endorsed by the American Academy of Family Physicians, says that didactic lectures should be augmented with instruction regarding principles of the doctor-patient-computer relationship in daily practice.

Young doctors are also being steered away from an “individual” model to a “population-based” model through technology applications in a doctor-computer-patient model. What does that mean to you as a population-based rather than individual based patient?

With the addition of a computer in the “doctor-patient” relationship, and all the data basing that is being added to conventional medicine, a young doctor has no choice but to follow the protocols based on traditional medicine, established through “evidence based medicine”, which emphasizes “population studies” rather than a study of the “individual” and the unique aspects of the patient.

In 1992, the term “evidence based medicine” first appeared in the literature in a paper by Guyatt et al. The article is titled, “Evidence based medicine. A new approach to teaching the practice of medicine.” and was published in the JAMA 268 (17): 2420-5, November 1992.

The authors introduced readers to a “new paradigm for medical practice “that de-emphasizes intuition, unsystematic clinical experience and patho-physiological rationale as sufficient grounds for decision making” and stresses the “examination of evidence” from clinical research that is “double-blinded” and “randomized.”

We are training young doctors to care for patients, not from a humanistic understanding of the unique individual, but from the perspective of statistical analysis of averages of large populations. If a patient’s unique complaints, which are based on their actual experience, does not coincide with standard criteria based on lab results, his or her complaints are no longer valid and the medical doctor’s response is typically, “Everything is fine and nothing is wrong with you. Your problem might be in your head.”

No wonder The Lancet, the world’s most prestigious medical journal founded in 1823, published an article in 2005, “Could Evidence Based Medicine Be a Danger to Progress? If everything has to be double-blinded, randomized, and evidence-based, where does that leave new ideas?” (The Lancet, Vol.366, July 9-15, 2005)

If you’re suffering from a chronic and incurable disease, have been diagnosed with “medically unexplained symptoms (MUS)” and labeled as a weird, difficult or extreme patient, there is hope for you. Think outside of MUS head! Your medical problems may not be what you think or what you have been told or diagnosed.

Think hidden parasite infection, food allergies, environmental toxicities from heavy metals and chemical exposures, dental infection, diet and nutrition, unresolved emotional conflict and the need for detoxifications. Accidental Cure, the book, will explain my approach to an individualized evaluation based on your unique biological terrain, bio-cybernetic matrix, and bio-energetic, acupuncture meridian assessment.

You may go to my web site for numerous articles. To be informed of the book’s release, you can sign up for my newsletter through my web site. You’ll be able to purchase the book from my web site or from [www.AccidentalCure.com](http://www.AccidentalCure.com) in the spring of 2010. Beware and be warned! To some, this book will seem like it’s just full of crock pot ideas on alternative/complementary medicine. To others, it feels like a sigh of relief, an accidental discovery of an oasis in a desert.

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories visit his web site at [www.PreventionAndHealing.com](http://www.PreventionAndHealing.com) or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly presentation and discussion by Dr. Yu on Alternative Medicine at his office on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



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