

# Awakening the Healer Within You

## Medical Spiritual Wellness from a Bucket of KFC

By Simon Yu, MD

Spiritual Wellness is a part of my lecture series and a part of our prevention and healing program. In the beginning of the lecture, I ask the audience the metaphysical question, “What if the doctor does not heal and God does not forgive?”

The audience has no problem relating to the idea that the doctor does not heal because they know intuitively the healing must come from within us and not from the doctor. However, I can feel some discomfort from the audience trying to figure out what I am up to by saying, “God does not forgive.”

At the end of the lecture, I ask the question again, “What if God does not forgive?” I can feel uneasiness and, after a long pause, I ask the audience, “What if God does not forgive because God has nothing to forgive? God embraces all and does not judge, therefore, he does not forgive. Man judges other Men and Men need to learn to forgive others.”

I bring this metaphysical question as a way to change our thinking. Forgiveness is a very important part of the healing process for any chronically ill patient who does not respond to conventional and other alternative medical care. Often, unresolved emotional conflicts will interfere with our natural ability to heal ourselves. Some of these issues have been addressed in my articles, *Cancer and Cancerous Mind*, and *Incurable Disease and Spontaneous Healing*.

Fear is the most common negative emotional energy that interferes with our natural healing process. Fear comes in many different energy forms. Fear can transform to self doubt, jealousy, suspicion, anger or blame. It will interfere at every level of the Spiritual, Mind, Emotion, and Body; all causing physical manifestations.

Fear is highly profitable for many businesses. When there was a murder in my neighborhood, I got constant sales phone calls from home security system companies promoting their products in the name of security. Pharmaceutical companies promote and sell drugs with sleek advertisements highlighting various fears: fear of cancer, heart attack, danger of cholesterol, erectile dysfunction and suffering of a loved one.

Financial, insurance and legal systems thrive on selling fear, for which the cure is financial security or legal justice. For politics and religion, I better keep my mouth shut. After all, the End of America and Armageddon are the biggest, most profitable way to promote fear for profit for right or wrong reasons.

Every day, I face patients with many unexplainable medical symptoms. They are given medical diagnoses with many creative Latin names which only add more anxieties and fear. They may have advanced metastatic cancer, been warned of an imminent heart attack from severe blockage of the coronary artery, or have an “incurable” auto-immune disease with a whole list of physical sufferings.

Their medical diagnosis becomes their identity, for example, “I am a breast or prostate cancer patient”, “I am a cancer survivor”, “I am a Lyme or Chronic Fatigue Immune Deficient Disease (CFIDC) patient”, etc. When you correct the five common underlying problems - hidden parasites, food allergies, nutritional deficiencies, dental problems, and detoxifications including chelation therapy for heavy metal toxicity - often the problem resolves on its own. You may call it spontaneous healing, placebo effect or Accidental Cure.

Jean, a 67 year old woman, nurse, with ovarian cancer, first diagnosed in 2006, came to see me in February 2010. She had a total hysterectomy and chemotherapy but she had recurrent metastatic cancer with rapidly rising cancer marker, Ca-125. 32 out of 40 acupuncture meridians were out of balance on her first visit.

She was started on intestinal detoxification, parasite cleansing, dental work, heavy metal chelation therapy, nutritional support including high dose IV vitamin C. She was anemic and required blood transfusions. Overall, she appears relatively stable, at least not rapidly deteriorating with current therapy. However, her Ca-125 continues to rise and she decided to do chemotherapy although she did not believe in chemotherapy.

During the course of the treatment, I have noticed she has a peculiar fear about food and was losing weight. She has so many reasons why she cannot eat although she has very few food allergies and has a good appetite. One day, she told me she was craving chicken strips but afraid to eat.

To make the story short, I told her I am not sure how she will respond to my therapy, but it is okay for her to eat her chicken without any fear regardless of the outcome. I told her on her way home, stop by and get a bucket of KFC and eat with her family and enjoy every piece of chicken.

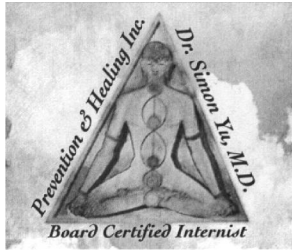
I have not seen her since her last visit but I was told she did stop by at Piccadilly cafeteria and picked up a bag of her favorite chicken strips to share with her family. I am not sure a bucket of KFC or chicken strips will help her cancer at her physical level but eating her favorite chicken without fear, overcoming the fear, will nourish her mind, emotion and spirit.

Jim, a 55 year old man with a history of heart attack came to see me recently. I told him he did not have a heart attack because he was eating steak. His cardiologist forbade him to eat steak for the last several years. I told him he had a heart attack from hidden dental problems and told him to get his favorite T-bone steak and enjoy every bite of it. He promised he would see the dentist and have his infected root canals removed. You should have seen his eyes with disbelief, fill with joy and tears.

Many patients like Jean or Jim need extra dimensional efforts to promote healing which I like to call Medical Spiritual Healing. Overcoming the fear, whether it is a bucket of KFC or T-bone steak, is one of the most important first steps to understand the Awakening of the Healer Within you.

For any of you, who might be interested in Medical Spiritual Wellness, contact my office. Led by Pastor Paul Johnson with my assistance, we will form a Circle of Friends to promote Medical Spiritual Wellness in my practice in the Fall of 2011. This Circle of Friends meeting is free for all with no obligations or strings attached. You can always bring a bucket of KFC to share. By the way, finishing the topic on forgiveness, as the story goes, one of the young members of the audience said, "I asked for a bike, but I know better. God does not work that way, so I stole one and asked for forgiveness."

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, and Dr. Yu's revolutionary health book *Accidental Cure: Extraordinary Medicine for Extraordinary Patients*, 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. Call to verify the date. Seating is limited, arrive early.



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