

# Extreme Medicine for Extreme Patients: Unusual Treatment for Weird Patients

By Simon Yu, MD

Every advanced society has had traditional medical care since the time of antiquity. The civilizations of Egypt, Greece, India, and China, each had their own unique medical problems and distinct traditional medical professionals. We may call them Egyptian Antiquity Medicine, Greek Medicine, Ayurvedic Medicine and Traditional Chinese Medicine as their “standard medical care.”

Hippocrates is most well known in western medicine for his work, the Hippocratic Corpus and the Hippocratic Oath. Hippocratic physicians practiced medicine with limited medical knowledge. Their main focus on healing was patient oriented, focusing on rebalancing the “dis-ease” of the patient rather than overcoming the disease.

Faced with fevers, one of the most dreaded medical conditions at the time, Hippocratic physicians did not attempt any heroic treatment. They gave general support with boiled barley water, honey, vinegar, and bedside attention.

Hippocratic physicians believed in the healing power of nature (*vis medicatrix naturae* in Latin). Drug therapy was too unpredictable. They preferred dietary regulation. A most notable quote comes from the Hippocratic philosophy: *Let your food be your medicine, let your medicine be your food*. Hippocratic physicians believed in natural healing. They took seriously the oath for *First Do No Harm*.

Even then, Hippocrates said some extreme patients may require extreme remedies: “What drugs will not cure, the knife will; what the knife will not cure, the cautery will; what the cautery will not cure must be considered incurable.” Some patients may require potent medications to purge and expel the excess black bile. Blood-letting was performed to establish balance in the body.

Many patients come to see me with a whole list of medical conditions and unusual complaints. They have seen numerous medical doctors and alternative/complementary/ holistic practitioners of different disciplines. Some of these patients come to see me with the self claim, “Doctor, I am weird! Nobody knows what is wrong with me. Whatever they do, I get just the opposite response to everybody else.”

These patients are classified as difficult, extreme, or weird patients. Many of these patients are desperate to regain their life back. They’re looking for “what ever it takes” to get well. These patients are good candidates for “extreme medicine for extreme patients.”

So, what is “extreme medicine” for today’s standard medical care? Is it acupuncture or yoga? Not really. Some women will go through a preventive double mastectomy based on a family history of breast cancer and genetic testing. That is what I call extreme medicine. At the same time, physicians often ridicule alternative medical doctors from prescribing herbs to clean their patients’ bowel, liver and kidney to prevent developing more serious medical problems.

Heart by-pass operations or heart transplants might have been considered extreme medicine 30 years ago but by today’s standard medical care, they are considered no big deal. Chemotherapy, radiation therapy, and bone marrow transplants for cancer patients are also today’s standard medical care.

Alternative/Complementary medical doctors are mortified to see their cancer patients going through chemo, radiation therapy, and bone marrow transplants. It’s as if the cancer patient is bombarded with

napalm and is being nuked with an atom bomb. For them, today's accepted medical care seems extreme medicine.

The definition of "extreme medicine" seems defined by a physician's own prejudice of anything outside of their current standard medical care. I practice integrative extreme medicine everyday for those extreme patients.

Most of my patients start with bowel cleansing, kidney and liver cleansing and often parasite cleansing. They'll be evaluated and mapped out for their cybernetic energy matrix based on an Acupuncture Meridian Assessment. Hair tissue mineral analysis and food allergy tests are done to design nutritional and dietary recommendations.

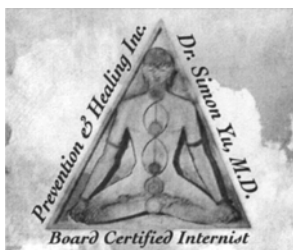
For more complex extreme patients, Biological Terrain Assessment (BTA), Computerized Regulation Thermography (CRT), Heidelberg pH gastric analysis, Darkfield microscopy blood analysis, and Heart Rate Variability tests are performed to sort out the underlying biological disturbances.

Often, IV (intravenous) chelation therapy, IV nutritional therapy, hyperbaric oxygen therapy, or bio-resonance therapy is incorporated among other "unusual therapies" by today's standard medical care. And, then, there is my favorite therapy, but not necessarily the patient's favorite cleansing program, the Gallbladder/Liver flush for all my difficult, extreme, or weird patients.

When you apply all these unusual modalities and therapies in the right sequence, you'll often observe spontaneous healing when traditional medical therapies failed. Our body begins to repair and correct itself when you remove the underlying conditions such as heavy metals, hidden infections, and allergies, correct dental problems, and nourish the body with whole food nutrients.

Having an unexplainable medical condition does *not* mean you're weird. However, you might be a good candidate for extreme medicine including unusual therapies for your weird conditions. You'll also need a physician who is knowledgeable about many unusual alternative therapies. Hopefully, he isn't too weird.

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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