

One Hundred Dollar Cure: Cure for Braves, Skeptics and El Cheapo

By Simon Yu, MD

Most of my patients come to see me for a second opinion after traditional therapies failed. They may have chronic fatigue, fibromyalgia, irritable bowel syndrome or more serious problems with ulcerative colitis, unexplainable chest pain or cancer.

Most of them no longer have confidence in our current medical system and they are interested in taking care of themselves. They are a self educated new generation of contemporary, brave, and self reliant frontier men and women surfing the Internet as their primary source of alternative medical information.

One of the hardest parts of practicing Alternative/Complementary medicine has been that it is not recognized by insurance companies. They will not pay for my evaluation based on acupuncture meridian assessment and recommended alternative therapies. Financial considerations have been the biggest barrier to seeking alternative medicine.

Sometimes a patient asks me if I can cure their complicated medical problems for one hundred dollars. This article provides many simple tips for those who are interested in taking care of themselves and/or with limited financial resources who need a practical solution for a myriad of medical symptoms.

- Start your day with raw eggs, milk, butter and nuts/nut butter.
- You must drink more water with sea salt and no soda, diet soda or juice.
- Regular bowel movement (1-3x/day). You may use ground flax seeds, intestinal herbal cleansing or extra natural fibers from fresh vegetables.
- Oil pulling therapy recommended by Dr. Karach for all chronic medical conditions. (see article on my web site, Folk Remedy from Russia)
- Gallbladder/Liver Flush four times per year
- Get sun tan for free vitamin D or take 2000 to 5000 units of vitamin D3/day
- Take high potency multi-vitamins and minerals with extra vitamin C 1000-3000 mg/day
- Limit your coffee or whiskey to less than 2-3 cups or shots or equivalent beverages/day
- Take extra iodine or kelp
- Follow the Zone diet by Dr. Sears and Blood Type diet by Dr. D'adamo
- Apple Cider Vinegar with meals and when you feel exhausted, add honey
- Coco Pulse test for elimination diet and save money on food allergy diet (Google Search)
- Think of geopathic disturbance and electromagnetic field interference as a cause of illness
- When you are in doubt, avoid all grains, processed dairy products and soy or soy milk
- When you are still in doubt and not feeling well, eat liver, honey and take cod liver oil
- De-worm twice a year. Black Walnut, Wormwood and Cloves are classic Native American Herbs
- Avoid those people who drain your energy. Avoid energy vampire.
- Daily five rites yoga stretching exercise (see article on my web site, Holistic Exercise Program and the "Five Rites")
- Dental Death Trap: This is the most expensive part of your medical care if you have dental related unexplainable medical problems. Look for a Biological Dentist.
- If you still have MUS (Multiple Unexplained Symptoms), it is time to see a holistic, alternative medical doctor.
- For those who are skeptics or frugal aka El Cheapo, here is a story to share with you:

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest. After a silent moment, the vet shook his head and sadly said, "I am sorry, your duck is dead." The woman protested, "How can you be so sure? You haven't done any testing on him. He might just be in a coma or something else." The vet rolled his eyes, turned around and left the room.

He returned with a black Labrador Retriever. The dog sniffed the duck from the top to bottom and the dog looked up at the vet with sad eyes and shook his head. The vet patted the dog on the head and took it out of the room. A few minutes later, he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat shook his head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I am sorry, but as I said, this is most definitely, 100 % certifiably, a dead duck." The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill. "\$150 just to tell me my duck is dead!!!" The vet shrugged, "I am sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

Most of the above recommendations are free or inexpensive (Under One Hundred Dollars) except dental care. Most of them are explained in my articles at www.preventionandhealing.com. If you do follow my recommendations, you will save a lot of money and you may observe a spontaneous healing. You might even be able to afford to buy my book, "Accidental Cure", which will be published soon.

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 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.



Simon Yu, M.D.
Prevention and Healing, Inc.
St. Louis, MO
314-432-7802
www.preventionandhealing.com

***Weaving Internal
Medicine with
Alternative Medicine
to Use the Best Each
Has to Offer***