

# Do you have MUS? Is This Standard Medical Care by Evidence Based Medicine?

By Simon Yu, MD

If you have MUS, Medically Unexplained Symptoms, you are not alone. What are the implications if you have MUS?

A report from the Veteran's Administration's (VA) War Related Illness & Injury Study Center of New Jersey, September 2009, explains, "Medically Unexplained Symptoms (MUS) is a term used for health symptoms which remain unexplained after a complete medical evaluation. It's been reported that vague health symptoms account for half of all outpatient visits and that one third of these symptoms remained unexplained after a thorough assessment.

Although common, presence of symptoms which remain unexplained for long periods of time, even after a medical evaluation, can be confusing and frustrating for both patients and providers. Patients who have multiple unexplained symptoms over a period of time may meet the criteria for the diagnosis of the unexplained syndrome (MUS). Being given the diagnosis of MUS can be a relief, although management of these multiple symptoms can be challenging."

I had never heard of MUS as a new diagnosis until I was reading a major medical journal in 2009. I then started searching for the latest information on MUS. The VA report referenced above best summarized and described the concept of multiple unexplainable symptoms. Medically Unexplained Symptoms are often described by people with Chronic Fatigue Syndrome, Fibromyalgia and Irritable Bowel Syndrome. There are many more MUS from unexplainable neurological problems like Autism, ADD/ADHD and Lyme Disease-like symptoms.

If there are so many MUS, how can one treat MUS patients when the "Evidence Based Medicine" taught at medical teaching institutions cannot figure out the cause of the problems? I feel sorry for medical students and doctors in training. Most of MUS patients feel they are out of whack or out of tune, yet, no lab test or medical evaluations shows abnormalities.

After learning the intricate medical science and rituals of clinical training, medical professionals diagnose numerous chronically ill patients as MUS. Medical professionals then end up treating the symptoms with medications for such illnesses as chronic fatigue syndrome, fibromyalgia and irritable bowel syndrome (IBS). This is the current standard medical care! Do you think there's any influence from pharmaceutical companies on our medical training?

I wonder what Galileo Galilei would say about current standard medical care based on Evidence Based Medicine. Galileo, the radical contrarian astronomer of his time, said, "In questions of science, the authority of thousand is not worth the humble reasoning of a single individual." Most people intuitively understand that something is missing in their medical diagnosis and treatment because they feel something is not right and they know it is not in their head.

Evidence Based Medicine has met MUS! Evidence Based Medicine has been losing credibility and confidence from the public. Evidence Based Medicine is based on measurable and quantifiable science based on linear, compartmentalized thinking which leads to "If everything has to be double-blinded, randomized, and evidenced based, where does that leave new ideas?" (The Lancet, Vol. 366, July 9-15, 2005)

Some of my fibromyalgia patients respond after correcting their dental cavitations (jaw dental infections), IBS patients respond to parasite medications and chronic fatigue patients respond to combinations of dental work, parasite eradications and nutritional therapy. Some of my patients with advanced metastatic cancer respond to intensive detoxification, nutritional therapies and parasite medications and others find that extraction of asymptomatic root canal teeth relieve palpitations, chest pain, arthritic pain and asthma.

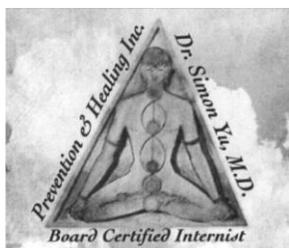
So, do you have MUS? Evidence Based Medicine is not ready to solve the mystery of MUS. I propose a new standard medical care that starts with intestinal parasite cleansing, removal of mercury dental amalgams and hidden dental infections, eliminates foods from one's diet that cause food allergies, initiates individualized nutritional programs based on blood or tissue mineral analysis, and includes detoxifications using a gall bladder/liver flush method.

All these combined therapies are a good starting point for most MUS patients. In addition, other tangible and intangible variables may need to be a part of an individualized health plan such as, changes in diet, rest, sleep, stress control, detoxifications and prayer.

Oddly, in the eyes of Evidence Based Medicine, some of the dramatic healing responses to the above regimen are referred to as "placebo effects." Healing often undoubtedly occurs from the above regimen. However, the healing may seem unpredictable and random to an outside observer who doesn't understand this type of healing process since it may not happen instantly and may not occur until a full regimen is utilized over a period of time.

It is sometimes difficult to understand how these individual therapies may or may not be directly related to one's current imminent problems however they are all inter-related. Our body operates according to bio-mechanical, bio-chemical, bio-electrical, and bio-physics means that encompass a unified whole of Body/Mind/Spirit. During the course of these therapies, your body will begin to heal on its own. As you get well, let's call it the "Accidental Cure."

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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