

Stress? What stress?

Psychological Warfare and Bio-feedback Therapy

By Simon Yu, MD and Sharon Moehle, Ed. Specialist, Licensed Psychologist

Are you stressed out? Are you ready to snap at someone or feel the knot in your stomach? You are not alone. Most Americans are stressed out to the max. Stress comes from many different levels. We are all aware of stress in our personal, financial, emotional or spiritual conflicts. Stress also comes from environmental pollutants, nutritional deficiencies, hidden infections, dental distress, and physical illness.

This article focuses on medical related psychological stress. It discusses how unresolved stress and emotional conflict feed each other and escalate into a medical illness. Your anger and resentment may manifest into liver and gallbladder dysfunction. Emotional shock may trigger a heart attack. Your fear and grief may suppress your immune system. Anxiety and loneliness may affect your digestive function.

There is psychological warfare going on in America today. Do you know who's engaged in psychological warfare on people? It is not who you may think it is.

Every evening, when I watch the news on TV, advertisements promote every conceivable medical condition you might have. They show you what you may have "overlooked." Every condition seems to be represented from "Acute Coronary Syndrome" to mal-function of every organ system in your body.

Everyday, I see patients who are frightened by their physician because they have abnormal lab test results. It could be high cholesterol, elevated PSA, abnormal mammogram, failed stress test, or any other abnormal test result. Invariably, their doctor wants to put them on medications or invasive procedures to find out "what is wrong with them" because "it could be very serious."

We, as physicians, spend more time and energy to find out what is wrong with you rather than what we can do to prevent you from getting sick. Some cynics will say sickness is where the money is. If you prevent somebody from getting sick, where is the proof that you actually help the patient? When you help acutely sick patients by relieving their symptoms, at least, people are grateful and willing to pay for the service. After all, there is no money for prevention or cure.

In real life situations, most physicians are practicing defensive medicine because of fear of law suits and mal-practice. They are projecting their fear into their patients' psyche to cover standard medical care for potential mis-diagnosis and inappropriate treatment. There is no time left for preventive care.

When I say prevention, I don't mean a screening test such as a mammogram or colonoscopy. We need to start with bowel cleansing, parasite eradication, allergy elimination diet, heavy metal detoxification, and individual nutritional support. There's a whole list of preventive measures to take including proper dental care.

I find dealing with a patient's fear and managing the stress has been the most challenging part of my practice. It is not so much how much stress you have, but rather how you're dealing with the stress. "We age not by years but by events and our emotional reaction to them," according to Dr. Arnold Hutschnaker.

We're engaged in psychological warfare thru the media. Fear is the means to control peoples' thinking process and create mind control over the population. International corporations hire the smartest people, including some trained in covert psychological operations, to modify our thinking process for profit. It is

up to us to be aware and counter the “fear mongering” and negative thinking from many artificially manufactured stress levels.

Sharon Moehle, Licensed Psychologist in my clinic, talks about stress and how to utilize biofeedback to break the negative thinking.

She says, “When stressful events occur in our life, we can either do something to increase the stress or we can do something to decrease it. Unmanaged negative thoughts and emotions create much stress in our lives. Positive thoughts and emotions can be our best defenses against stress.

In my practice, I find that each client is an individual and no single treatment modality is best for everyone. However, in my experience some of the most effective counseling tools and techniques for treating many clients are: Cognitive Behavioral Therapy, Biofeedback, and Eye Movement Desensitization and Reprocessing (EMDR) therapy.

In my practice, I use biofeedback in computer assisted learning to help improve mental, emotional and physical health. Clients improve their health by gaining more control over their physiological responses so they can reduce stress, re-educate muscles, balance brain waves, and address emotional concerns. Biofeedback is useful for many conditions because of the wide reaching effects it has on the body.”

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.



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