

# Unscientific Basis of Anti-Aging Program: Power of N-of-2

By Simon Yu, MD

Millions of people are taking medications that will not help them. However, based on clinical trials and scientific statistical analysis, funded by pharmaceutical companies, physicians keep pushing specific drugs. They explain to their patients that the latest medical science proves the need to take the medications for whatever their conditions or ailments and may extend their life.

*Nature*, the International Weekly Journal of Science, April 2015, volume 520, published an article, “*Time for One-person Trials.*” It explained that precision medicine requires a different type of clinical trial that focuses on the individual, not the average, response to therapy (Nicholas J. Schork). For some drugs, according to Schork, such as statin drugs routinely used to lower cholesterol, as few as 1 in 50 people may actually benefit from their use.

There are many drugs that are harmful to certain ethnic groups because of the bias towards white Western participants in the classical trials. Physicians need to take individual variability into account. Therefore, the Precision Medicine Initiative was announced in 2015. This initiative includes, among other actions, the establishment of a national database of the genetic and other data of one million people and focuses on a single person, known as N-of-1 trials.

To create N-of-1 trials, according to the article, all sorts of relevant data need to be collected for one person over a prolonged period. The article also addresses the difficulty in designing a control study and the enormous cost of creating databases which include genomic DNA, RNA, microbiome data, metabolomes, and more.

The Precision Medicine Initiative is trying to design a true single person “Individualized Medicine” approach to healing. Its methodology is based on mega databases, an example of which is matching drugs to specific tumor profiles for a better clinical outcome. A major advantage of the N-of-1 approach over classical trials is that patients are no longer guinea pigs. At least, that is the main goal, with physicians being aware of the unique circumstance of each patient, that is, the unique individuality of the illness as it pertains to a single person.

From my point of view, one of the best N-of-1 trials is done by a family physician who takes care of the same patients over 30-50 years of their career. However, the current managed care and insurance business models dictate changes to a person’s family physician at any time based on insurance contracts. Therefore, N-of-1 individualized medicine is almost impossible. The power of the family physician observing and taking care of the same patient over a prolonged period, the true power of N-of-1 doctor-patient relationship, is replaced by mega databases of statistical analysis of people as groups, not individuals, by our government and insurance companies.

The idea of the N-of-1 trial concept can apply to any individual circumstance. For example, let’s apply it to an anti-aging program. Over the last 30 years, the American Academy of Anti-Aging Medicine (A4M) became the fastest growing medical organization focusing on the extension, and quality, of the life span (anti-aging). The organization focuses on the application of advanced scientific and medical technologies for the early detection, prevention, and reversal of age-related dysfunction and related diseases.

The A4M organization has been a leader in hormone replacement therapies and regenerative medicine. It has also has been branching into many other related fields including, to my surprise, Energy Medicine.

I had the opportunity to give a lecture on “Parasites and Energy Medicine” in a small room at their conference a couple years ago. The large auditorium was reserved mainly for hormone replacement therapy lectures.

In my lecture, I told the audience that regular “de-worming” with common parasite medications plus routine dental care, without root canals, implants, or mercury amalgams, might be the best anti-aging program you can have. Even better than hormone replacements, stem cell therapy, or trying to modify telomeres.

Using the word “de-worming” is based on one of my patients who is a horse breeder. She finds it interesting that I am prescribing her “horse” medications, for example, Ivermectin and Praziquantel, for her unexplainable medical symptoms. She is giving these same parasite medications to her horses. We started talking about horses and their life span.

According to her, in the old days, the average life span of horses used to be around twenty plus years. Now, with modern veterinary dental care and routine de-worming two to four times a year, these horses live easily over 40 years. That is doubling the life span simply by regular de-worming and routine dental care!

In that prestigious American Academy of Anti-Aging conference, most of the audience took my statement, that the best anti-aging program might be routine de-worming and dental care, with chuckles and skepticism. I also gave a similar lecture at the Medicine Week Conference in Baden Baden, Germany two years ago and received similar responses.

At that Medicine Week Conference, I met one of the founders of the A4M organization. I told him about my hypothesis, based on the truly un-scientific anti-aging program of routine de-worming and dental care, that we may extend the human life span, from an average of 75-80 years to 120-150 years, if the horse breeder’s story is true. He was interested and wanted evidence and data to back up my statement, not just a tall story.

The above is my un-scientific basis of an anti-aging program. It is based on one horse breeder’s experience with extending the life span of horses and pondering the power of N-of-1. If any readers have any experiences of extending the life span of horses (and humans) based on using parasite medications and dental care, let me hear about it. That will be the power of “N-of- 2.” Imagine yourself as a race horse and choose your parasite medications and dentist wisely.

Those of you, who might be interested in learning how to measure the subtle energy fields with Acupuncture Meridian Assessment (AMA) and how to detect parasites and hidden dental problems, in order to practice “N-of-1” Individualized Medicine, check my web site for a special training. Two independent sessions of AMA training are scheduled for March 18-20th and August 26-28th, 2016. This training is designed for MD, DO, and DDS.

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 on alternative medicine as well as patient success stories, and Dr. Yu’s revolutionary health book, *Accidental Cure: Extraordinary Medicine for Extraordinary Patients*, visit his website 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. Also, on the third Tuesday, we welcome you to attend our Free Monthly Prevention and Healing Support Group to support your healing process. See details on our website.



Simon Yu, M.D.  
Prevention and Healing, Inc.  
10908 Schuetz Road  
St. Louis, MO 63146  
314-432-7802  
[www.preventionandhealing.com](http://www.preventionandhealing.com)

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