

Welcome to Prevention and Healing: How to get the most out of my evaluation and treatment plan

By Simon Yu, MD

As a board certified Internal Medicine physician, in addition to taking a standard medical history and physical examination, I will check 40 major meridian systems as a part of the physical exam. I call this acupuncture meridian assessment (AMA). I highly recommend you read my latest book, [*Accidental Blowup in Medicine*](#), or my first book, [*Accidental Cure*](#), to understand why and how I focus on the underlying problems causing chronic illness, not the diagnosis. I also recommend that you read many of my articles on my website, www.preventionandhealing.com that might be pertinent to your condition

I explain to all my patients that my evaluation is like inspecting a violin, and use “tuning a violin” as a metaphor. Think of yourself as a special violin with 40 strings that correspond to acupuncture meridians in the body. Each string should be in tune with its own bioresonance frequency, and together they should be in tune to promote health. I will be checking 40 individual strings as a system through AMA, examining the whole body and how it functions together, not simply at individual organs or body parts.

As a rule, I do not dwell on your long history of medical misadventures. I do not dwell on nor will not judge your medical diagnosis. Often, your existing diagnosis and treatment may be correct according to standard medical practice, but may be wrong in omitting key factors such as hidden dental problems, parasites, fungi or environmental toxins, or misguided in sequencing of treatment to overcome them.

My goal is to correct the overlooked underlying problems as soon as possible to help your doctor’s treatment become more effective. As an example, when you remove infected root canals and use antiparasitic and antifungal medications based on AMA, your oncologist’s chemotherapy may become more effective, or your cardiologist’s or rheumatologist’s treatments may become more effective, and with fewer side effects.

It is important to fill in all the pertinent sections of the medical history form as best as you can before your first visit. I will revisit your medical history from time to time to connect the dots and to see the progression of medical treatments. If you have a long list of medical diagnoses that is confusing, most likely, your doctors and/or academic medical institution does not know what to do to help you get better. My AMA evaluation will be my guidepost, along with other initial testing in your first visit.

Our medical system is driven by CPT codes designed by insurance companies. Physicians cannot treat you until diagnoses are established and then, must follow the recommended protocol based on CPT codes. Hidden dental problems can create a thousand medical symptoms and yet, medical-dental professionals are not working together to diagnose and treat the root causes of the unknown, idiopathic medical syndromes hiding under our noses. They will often resort to treating for symptom relief.

I evaluate and treat based on acupuncture meridian assessment (AMA), a 5,000-year-old technology to guide me, along with my board-certified Internal Medicine training. Most of the standard medical tests you need may have already been done by your primary care physician and specialists, and I will not repeat these tests unless they are too old or missing some vital information.

Typically, I will request hair tissue mineral analysis, IgG food and IgE airborne allergy tests, and blood type test to establish the basic metabolic state of patients (Slow, Mixed or Fast oxidizer), and give dietary recommendations based on metabolic type, food allergies and blood type (A, B, O and AB).

If indicated based on the AMA exam, I may request a DMPS heavy metal provocation test to measure 20 different environmental toxic metals, and check for other environmental chemicals, pesticides, herbicides and fungal mycotoxins. Usually, it takes 2-3 visits to get to know my patients and sort out the major underlying problems. Hidden dental problems are the most challenging problems not only financially but also from an emotional point of view. Losing a tooth is like losing a part of the body and is not acceptable to patients or conventional dentistry, but it can be a turning point for recovery when everything else failed. Losing a few teeth is not the end of your life, but the beginning of your health.

Of course, I cannot fix dental problems by myself but rely on holistic, biological dentists to fix dental problems. Biological dentistry is more than amalgam free and root canal free dentistry. They will look at infected jaw bone called cavitations, TMJ, bite, dental-related airway, sleep apnea, etc. I advise my patients to look for dentists who are members of IAOMT, IABDM or the Holistic Dental Association.

I highly encourage my patients to see Chaplain Paul Johnson for stress assessment, Acupuncturist Dr. Pingfan Liu, OMD for pain, and Buddhist monk, Bodhi, for meditation lessons, as a part of a holistic prevention and healing treatment plan. The first visit to either Chaplain Paul or Dr. Liu is included with your initial consultation and complementary (free) to help get you started.

During the last several years, I have been working on a Gut-Brain connections project with qEEG Brain Mapping and Neurofeedback, comparing it with the acupuncture meridian system. As an example, disturbance of the gallbladder meridian (not the gallbladder itself) has been associated with migraine headache, concentration problems, eye/ear problems, neck pain, indigestion, abdominal pain with nausea, and hip, knee or foot pain. The gallbladder meridian influences our central nervous system in the brain, cranial nerves involving the optic and trigeminal nerves, parasympathetic nervous system including ciliary optic ganglion, Vagus nerve, and the cranial part of the sympathetic nervous system.

People with chronic anxiety/depression, poor concentration or focus problems, ADD/ADHD, insomnia, mild TBI (traumatic brain injury), memory loss or PTSD may benefit by evaluation via qEEG to get a baseline, before starting my medical treatment plan focusing on trigeminal (dental) and vagus (gut) nerves. By adding neurofeedback therapy, the brain will change (neuroplasticity) and adapt to new stimulus. Neurofeedback can help achieve peak performance for professionals, students and business executives. Fix your dental-gut issues and fix your brain. Think differently!

All these modalities must be done in the proper sequence. Your diet, lifestyle and stress must be in order for treatment to be most effective. The choice is yours to decide with commitment and action.



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