



**Newsletter ▶ Summer, 2002**  
**Prevention & Healing, Inc.**  
**Dr. Simon Yu, MD, Board Certified Internist**  
**314-432-7802**  
**www.preventionandhealing.com**

Each newsletter presents an overview of our approach to healing with:  
 Articles that discuss diagnosis and/or treatment for specific illnesses.  
 Case study of an actual patient.  
 Focus on a Diagnostic Tool or Therapy to explain its use and importance.

## **Common Problems Treated In Our Office**

### **Cardiovascular System**

Hypertension  
 CAD/Angina  
 PVD/Poor Circulation  
 CHF (Congestive Heart Failure)  
 Irregular Heart Rhythm - Atrial Fibrillation/PVC's, etc.

### **Respiratory System**

COPD (Chronic Obstructive Pulmonary Disease)  
 Sinus Infection • Asthma

### **Gastrointestinal System**

Indigestion/Heartburn  
 Dyspepsia/Ulcer  
 Muscular-Joint System  
 Arthritis • Osteoporosis

### **Neuro-Psychiatry Spiritual System**

Chronic Fatigue Syndrome  
 Burn Out • Depression  
 Dementia/Alzheimer's Disease  
 Mood Swings/Irritability

### **Urinary-Genital System**

Kidney Stones • Impotence

### **Endocrine System**

Diabetes Mellitus  
 Thyroid Problems • Obesity  
 PMS (Premenstrual Syndrome)

### **Allergy/Immunology System**

Asthma • Food allergy  
 Ecosystem Imbalances

### **Miscellaneous**

Poisoning/Heavy Metal Toxicity  
 Cancer

# Cancer: the very word provokes. & anxiety & fear

Cancer ranks second only to heart disease as a leading cause of death in the U.S. About 1 million new cases of invasive cancer are diagnosed annually and half of that number die. For the 1 of every 2 males at lifetime risk for cancer, lung and prostate cancers are most prevalent in older-age groups. For females, 1 of 3 are at lifetime risk, with the highest incidence of lung and breast cancers.

A century ago, only 1 in 33 people had cancer. Why have billions of dollars been spent on cancer therapy for

roughly 20 years, with no significant improvements? Most conventional doctors focus on surgery, radiation therapy and chemotherapy to treat cancer. Little attention has underscored cancer prevention.

Cancer is the final stage of a degenerative condition associated with carcinotoxins and other extremely toxic poisons, including: pollution, pesticides, carcinogens in food, air and water, electromagnetic radiation, tobacco smoke, antibiotics, conventional drugs, hormone therapies, nuclear radiation, nutritional deficiencies, parasites, x-rays, heavy metal poisonings, alcohol. Other factors include viruses, genetic susceptibilities, and toxic emotions.

Many factors may contribute to the development of cancer. For successful treatment, a physician must regard the patient as a whole person and also recognize that applied therapies don't cure the disease. The patient cures the disease by taking charge of his or her body through modified diet and lifestyle; detoxify toxins; neutralized emotional toxicity; a restored immune system; and a more balanced life.



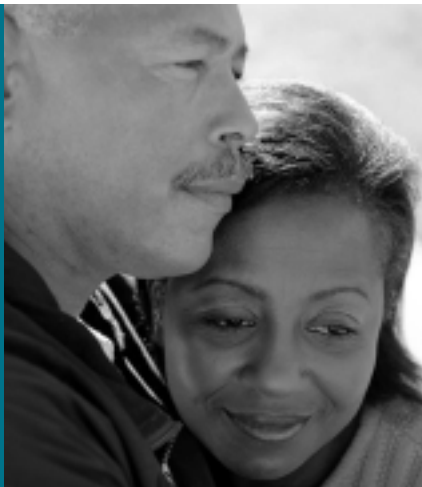
#### **Therapeutic modalities to enhance the immune system for cancer:**

1. **Oxygenation**—Nobel Prize winner Dr. Otto Warburg states that the primary cause of cancer is “the replacement of the respiration of oxygen in normal cells by a fermentation of sugar.” Exercise and herbal supplements such as garlic, cayenne, ginkgo, germanium, etc. increase the delivery of oxygen to the cellular level and improve a person's circulation. Other therapeutic modalities are bio-oxidative therapy, IV H2O2 infusion, and ozone therapy.

2. **Eliminate allergies and parasites**—Food allergies, which can stress the immune system and interfere with food assimilation, can be easily diagnosed through blood tests (IgE and IgG level) and the elimination of common food allergens such as cow's milk, eggs or wheat. Undiagnosed parasite infection may account for a large portion of unexplained chronic disease. Parasites—which can travel from the intestines to the

*Cancer Article continues on page 2*

# Diagnostic methods reach beyond traditional disciplines to uncover the true causes of illness



## Cancer Article, continued from page 1

blood, lymph, heart, liver, gallbladder, pancreas, spleen, muscle, eyes, and brain—are linked with symptoms such as weight loss, bloating, irritable bowel syndrome, allergies, anemia and disruption of the immune system. Herbal compounds formulated with black walnut, wormwood and cloves, homeopathic remedies, and colloidal silver may help to eliminate parasite infections.

**3. Remove heavy metals, i.e., mercury cadmium, nickel, etc. and environmental toxins, i.e., pesticides, fungicides, insecticides**—Heavy metals and environmental toxins are highly noxious to the enzyme function of the cells and require special attention for prevention and detoxification. Recommended: Use a water filter system; Consume

organic food; Avoid food additives; Check for heavy metal toxicity with hair mineral analysis; Use chelation therapy, when indicated.

**4. Psychological/emotional/spiritual healing**—Cancer patients should develop a program for stress reduction and emotional support. There is a clear relationship between emotional stress and a weakened immune system.

**5. Detoxify your liver, kidney, lymph and bowel**—To eliminate toxins and restore optimal function of the immune system: Drink at least eight 8-oz. glasses of pure water daily; Consume high-fiber raw vegetables and fruit; Begin a regimen of colon cleansing; Use herbal cleansing for the entire body; Use homeopathic remedies to speed elimination of toxins and open lymphatic drainage; Consider gallbladder/liver flush; Remove heavy metal toxicity through chelation therapy; Massage

**6. Eliminate focal infection**—Hidden localized infection can be a chronic source of inflammation and immune system disruption. For example, when dentists perform root canal, they remove the live, bacterially infected pulp of the tooth and fill the cavity with an inert substance. Often, entrenched bacteria inside the structure of the teeth in the dentin tabules releases toxins that cause an energetic irritation or “focal disturbance.”

**7. Restore the body’s electrical system (Na+/K+ pump) and eliminate harmful electromagnetic fields**—The body’s energy system needs to be balanced through renewing cellular respiration, reviving the function of the mitochondria, and recharging Na+/K+ ATPase pump at the cellular membrane. Acupuncture and homeopathy help regulate electrical disturbances and replenish “Chi” and “dynamis.”

**8. Balance endocrine/hormonal system: hormonal replacement therapy**—Hormonal imbalances, common among cancer patients, appear frequently with hormones produced by the thyroid and adrenal glands. Tests to monitor basal body temperature over several days and assess hair mineral analysis are simple, inexpensive ways to check for hormonal imbalance. Hormonal overload, however, has been known to stimulate abnormal cell growth and proliferation. The hormones linked with this adverse effect are “man-made” hormones such as synthetic estrogen, xenoestrogens (namely DDT), and other petrochemical products.

**9. Vitamins and minerals and nutritional therapy**—Optimal nutritional support includes a diet high in vegetables with protein/carbohydrate/fat intake based on an individual’s metabolic type. Also recommended are Dr. D’Adamo’s Blood Type Diet; food allergy test and elimination diet; avoidance of caffeine, alcohol, refined sugar, processed foods and additives; and a customized regimen of vitamins and minerals.

**10. Intravenous therapy**—IV therapy is the most effective way to deliver a high concentration of nutrients or medicine to cells in the body.

**11. Newer approaches in conventional cancer treatment and a list of other alternative therapies**—Please contact our office for a complete list of additional cancer treatments.

For a more detailed discussion on cancer prevention and treatment, please visit: [www.preventionandhealing.com](http://www.preventionandhealing.com)

### Diagnostic Tools Used

#### In Our Practice

Biological Terrain Assessment

CRT (Computerized Regulation Thermography)

Darkfield Microscopy (Blood Cell Analysis)

EDS (Electrodermal Screening; also known as EAV Meridian Assessment)

Food Allergy Testing

Hair Mineral Analysis

Heart Rate Variability Test (For Autonomic Nerve System Evaluation)

Vega Dental Galvanic

Vega Energy Screening

### Therapies

Anti-aging Hormone

Replacement Therapy

Bio-Oxidation Therapy

Body Detoxification

European Biological Medicine

Far Infrared Sauna

Homeopathy

IV Chelation Therapy

IV Nutritional Therapy

Lymphatic Drainage

Laser / Photon Therapy

Metabolic Balancing

Neural Therapy

Nutrition Therapy

Oral Chelation Therapy



**Please visit: [www.preventionandhealing.com](http://www.preventionandhealing.com)**

- For informative articles by Dr. Yu and more case studies.
  - To view the Alternative Medicine Conference brochure.
- This is a conference you won't want to miss!**

**Chief Complaint:** Mary, 39, white female, complained of coughing up blood. In July 1996 she was diagnosed with non-small cell adenocarcinoma of lung cancer. Before visiting Dr. Yu, Mary had chemotherapy without any response. She came to Dr. Yu for a second opinion.

**Diagnostics:** Chest X-Ray, Bronchoscopy, Thoracotomy, EDS (Electrodermal Screening), BTA (Biological Terrain Assessment), Food Allergy Tests, Hair Mineral Analysis, Comprehensive Hormone Profile

**Physical Exam:** Normal except for 4 silver fillings (amalgams). Results: Mercury tests indicated high mercury toxicity and arsenic.

**Treatments:** Chelation Therapy, Detoxification, Coffee Enema, Juicing, Gallbladder-Liver Flush, Sanum Homeopathic Remedies

**Commentary:** Mercury comes from many sources including silver fillings, air pollution, seafood, cosmetics, and vaccinations. Silver fillings are commonly composed of approximately 50% mercury, 20% silver, 20% copper, and 10% tin. Percentages vary depending on the specific amalgam.

**Treatment:** Mercury, one of the most neuro-toxic substances used in dentistry, has also escaped into our environment as an industrial waste. Therefore, Mary's first detoxification step was a series of chelation treatments using DMPS to help her body remove the mercury. Then, all of Mary's amalgams were replaced with non-metal composites. Support therapy to aid in cleansing and detoxification included Chlorella, Chlorophyll, Glutathione, a combination of anti-oxidants, vitamins and minerals, and Sanum homeopathic remedies. Mary also had a daily coffee enema, juicing with organic carrots and green vegetables, and monthly gallbladder-liver flush.

**Outcome:** Mary's mercury level dramatically dropped. Within 6 months of treatment, Mary's tumor disappeared. A CT scan showed only scar tissue in her lungs. Mary continues with a maintenance dose of DMPS chelation once a month, a coffee enema and juicing a couple times weekly, and gall-bladder liver flush quarterly.

**Summary:** Mary, who was given 1 year to live, now reports that her oncology nurse wants to know what she does to look so good. As of this writing, Mary has remained cancer-free for 5 years. Heavy metal toxicity is a major contributor to a weakened immune system and needs to be addressed in all cancer patients.

**FOCUS ON DIAGNOSTIC TOOL: MERCURY TOXICITY**

Are amalgams (dental silver fillings) safe? This 100-year-old filling still sparks controversy. Dental amalgam contains about 50% mercury. The rest is made from an alloy of silver, tin, zinc and copper. The ADA (American Dental Association) claims that the amount of mercury released doesn't pose a hazard to the general population. Most dentists support this ADA standard.

Highly toxic mercury can accumulate over time. Do you have any of these symptoms of mercury toxicity?

- Tremors observed in fine voluntary muscle movement
- Depression, fatigue, irritability, moodiness, etc.
- Inability to concentrate, loss of memory
- Insomnia or drowsiness • Nausea, diarrhea • Loss of appetite

Amalgams may not pose an immediate threat, but under certain conditions mercury appears to emanate more quickly from the amalgam. Conditions include: acidic saliva; existence of galvanic currents (electrical currents) present when more than 1 dental filling; metal and gold crowns; and excessive extraneous chewing (such as chewing gum).

The mercury challenge test, a diagnostic test to gauge mercury levels, lets you know if you have a high level of mercury and should pursue treatment. This test uses DMPS, a mercury chelating agent to measure the quantity of mercury exiting your body.

If chronic mercury toxicity-like symptoms persist without a definite diagnosis, amalgam removal is strongly advised, along with level checks before and/or after the procedure. Contact our office for more information on the mercury challenge test.

Are dental silver fillings safe?



**FOURTH ANNUAL ALTERNATIVE MEDICINE CONFERENCE**

Sept. 28 & 29, 2002: Conference for the public

Sept. 27, 2002: Preconference workshops for healthcare professionals

Presented by: Prevention & Healing, Inc. and Applied Science for Alternative Medicine

Location: Sheraton Westport Plaza Tower Hotel, 900 Westport Plaza in Maryland Heights, MO

To register, call: 314-432-7802 or

To view the complete conference brochure with registration form, visit: [www.preventionandhealing.com](http://www.preventionandhealing.com)

# Chronic fatigue: Is it, or isn't it?



For those who claim to “feel like a living zombie,” chronic fatigue is a very real state of low energy levels, accompanied by symptoms of fatigue, exhaustion, weakness, depression, and lethargy over many years.

Chronic fatigue, not to be confused with “Yuppie Flu”, or Chronic Fatigue Immune Dysfunction Syndrome (CFIDS), is the expression of symptoms caused by a failure to adapt to stress. Forms of stress can vary from spiritual, emotional, genetic, physical, and financial to biological, chemical, environmental, or habitual lifestyle imbalance. A sudden scare, an argument, ongoing worries or toxin exposures can all cause the body to react with excessive consumption of nutrients (vitamins and minerals). People diagnosed with specific diseases are already in a low energy state, unable to cope with chronic stress. Many develop symptoms of fatigue.

Among medical illnesses associated with chronic fatigue are: Diabetes, Hypoglycemia, Chronic Epstein-Barr Virus Infection, Fibromyalgia, Rheumatoid Arthritis/Lupus, Candida Infection (Yeast Syndrome), Lymphoma, Chronic Illness (Kidney, Liver, Heart, Lung), Multiple Sclerosis, Depression, etc. Other conditions linked with chronic fatigue: Heavy Metal Toxicity (mercury, lead, copper, etc.), Nutrition, Food Allergies, Hydration, Environmental Pollution, Electromagnetic Fields, and Dental Stress.

## SELF CARE TIPS TO COMBAT CHRONIC FATIGUE:

- Avoid situations that leave you frustrated. Confront the dilemma, resolve the conflict, or realize when it's time to move on.
- Nourish the body: Delete or diminish sugar, alcohol, caffeine, artificial food additives and processed or fast foods.
- Clean and detoxify the body. Drink distilled or filtered water. Then learn to use an enema and juicer to clean bowel and liver.
- Take vitamins and mineral supplements. For preventive purposes, start with high potency multivitamins and minerals.
- Exercise in moderation. Walk, stretch or try breathing exercises such as yoga or tai chi.
- Resist antibiotic use for minor infection. Enhance your immune system with Vitamins C and A, Zinc, Colloidal Silver, Garlic, etc.
- Avoid unnecessary chemical exposures such as roach killer sprays, lawn sprays, hair sprays, etc. In the bedroom, remove radios, televisions, computers and all other electromagnetic fields that interfere with the healing process that occurs during sleep.
- Take charge of your your life. If standard physician evaluations don't reveal the source of your fatigue, don't give up.
- Build a spiritual foundation. Faith and serenity can be powerful healers.

*\*For more information about chronic fatigue evaluation and treatment options, call 314-432-7802.*



**Weaving Internal  
Medicine with  
Alternative and  
Complementary Healing  
Arts for a Comprehensive  
Approach to Well-Being**



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Visit our web site for more articles, case studies, and to join our e-mail or postal list:  
[www.preventionandhealing.com](http://www.preventionandhealing.com)

To learn more, you can attend a free discussion on Alternative Medicine at Prevention and Healing Inc., the second Tuesday of each month at 6:30 p.m. Please call to verify the date and reserve your space.