

Energy Alterations in Patients with Diabetes Type 1 and Type 2

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Submitted: 2023, Apr 25; Accepted: 2023, May 11; Published: 2023, May 29

Citation: Huang, W. L. (2023). Energy Alterations in Patients with Diabetes Type 1 and Type 2. *Int J Diabetes Metab Disord*, 8(2), 331-343.

Abstract

According to Western medicine, diabetes is a disease characterized by inadequate glucose control. According to traditional Chinese medicine, diabetes comes from Yin deficiency and Heat retention. **The purpose** of this study is to demonstrate that patients with type 1 and 2 diabetes have in common, energy deficiency inside the five internal massive organs (Liver, Heart, Spleen, Lungs, and Kidney), and the treatment of this condition rebalancing (using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting) and replenishing the energy of these organs using highly diluted medications such as homeopathic according to the theory Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine is of paramount importance to treat the cause of diabetes formation and not just treating the symptoms.

Methods: two case reports, one patient with diabetes type 1, and one patient with diabetes type 2. All of them were submitted to the measurement of the energy of the five internal massive organs (Liver, Heart, Spleen, Lungs, and Kidney) through the radiesthesia procedure using a crystal pendulum.

Results: all of them were presenting the lowest level of energy in all five internal massive organs rated one out of eight. The treatment of this condition rebalancing these energies using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, and replenishing the energy of these organs using highly diluted medications such as homeopathic according to the theory of Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine can reduce the hyperglycemia reducing the need for hyperglycemic medication and also insulin. **The conclusion** of this study is to demonstrate that patient with any kind of diabetes type one or two has in common, energy deficiency inside the five internal massive organs and the treatment of this condition is of paramount importance to treat the cause of hyperglycemia symptoms, that are the energy deficiencies inside the five internal massive organs leading to hyperglycemia symptoms.

Keywords: Diabetes, Energy, Traditional Chinese Medicine, Diet, Acupuncture, Homeopathy, Hippocrates.

1. Introduction

Diabetes mellitus is a metabolic disease characterized by persistent hyperglycemia. It can cause damage to various organs and systems and lead to a variety of health complications such as micro nephropathy, neuropathy, and retinopathy, and microvascular such as cardiovascular diseases as complications [1].

There are sub classifications including diabetes type 1 and 2, maturity-onset of the young (MODY), neonatal diabetes, gestational diabetes, and steroids-induced diabetes [1].

The purpose of this study is to demonstrate that patients with diabetes type 1 and diabetes type 2 have in common, energy deficiency inside the five internal massive organs leading to *Yin* deficiency and formation of internal Fire (according to traditional Chinese medi-

cine), and the treatment of this condition is of paramount importance to treat the cause of the formation of diabetes in the energy level and not just treating the symptoms, that is the hyperglycemia itself.

2. Methods

Two case reports, one patient with diabetes type 1, one with diabetes type 2. They both gave consent to publish their history in this article.

2.1 Case Report One

She is B, 31 years-old female patient, with a history of diabetes type 1 since she was 23 years old. Her first symptoms presented when she has diagnosed with diabetes were pain, blurred vision, a lot of weakness, lose weight, pee coming out foamy, dizziness, and sickness. She went to the hospital and they did her diagnosis of diabetes. She started to use insulin because they said it would be

the only medication to work in her case and for this reason, she is at this moment, an insulin-dependent patient. In the beginning, she was using 35 units of insulin but two years ago, she started to do acupuncture sessions and she needs less insulin when she was using acupuncture reducing it to 30 units of insulin. She returned to continue to do some acupuncture sessions this year due to pain in the temporomandibular joint bilaterally and I measured the energy of her five internal massive organs through a crystal pendulum using a radiesthesia procedure.

2.2 Results of the Case Report One

All her internal five massive organs (Liver, Heart, Spleen, Lungs, and Kidney) were in the lowest level of energy, rated one out of eight. The treatment of her condition consisted of three steps.

The first step in her treatment was to change all the wrong eating habits of the patient avoiding the ingestion of Coldwater, raw foods, sweets, and the ingestion of all dairy products such as yogurt, cheese, butter, etc. to avoid more energy imbalances of the Spleen and pancreas energy, to improve the absorption of nutrients and the formation of Blood.

I also orientate her to avoid the ingestion of fried foods, eggs, honey, coconut, chocolate, alcoholic beverages, and melted cheese because all these foods could cause more formation of internal Fire, one of the energy alterations that is leading to hyperglycemia in the energy level. The third group of foods that I guided her to avoid was the ingestion of soft drinks, even without calories, coffee, and matte tea because all these drinks can reduce the energy of the Kidney, which is responsible for the production of *Yin* and *Yang* energy, important to balance the energy that it is leading to hyperglycemia.

The second step in her treatment was to do auricular acupuncture with apex ear bloodletting and systemic acupuncture twice a week to regulate the energy of the five internal massive organs using mustard seeds and the auricular acupuncture points used in this treatment I will show in the discussion section. The third step in her treatment was to replenish the energy of these organs using highly diluted medications such as homeopathic medications created by Hahnemann (1755 - 1843) but through the theory created by myself (2020) titled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystal-based medications. The medications will be described in the discussion section and they need to be used for her whole life.

After one week of beginning the treatment, the glycemia of the patient started to reduce from 200 mg/dl to 120 mg/dl even though she reduced the use of insulin to 28 units per day. She said that her glycemia is controlling much better with the treatment recommended and she is still in treatment to see if she will reduce even more the amount of insulin she is using nowadays.

2.3 Case Report Two

The second patient is C., 49 years-old female patients, with a history of having type 2 diabetes for the last 23 years. She uses in the beginning hypoglycemic medications Metformin (Glyfage) for 10 years but even after using this kind of medication, her glycaemia did not reduce so, it was necessary to associate insulin for the last 13 years. She uses 40 units of insulin in the morning and depending on what she eats every day, she needs to use rapid insulin. Even she uses insulin, her glycaemia is still high, above 200 mg/dl. She went to my clinic due to fatigue post-COVID-19 and during the COVID-19 symptoms, she was having only cough and pain in her whole body without having a fever. I measured the energy of her five internal massive organs using a pendulum made of wood and what I found, and I will tell you about it in the next paragraphs.

3. Results

All her internal five massive organs (Liver, Heart, Spleen, Lungs, and Kidney) were in the lowest level of energy, rated one out of eight. The treatment of her condition consisted of changes in her dietary aspects, the same orientation made in case report one and I did auricular acupuncture with apex ear bloodletting and also, moxibustion to replenish the energy of these organs in some points, mainly in GV 4, GV 6 and BL 20 bilateral. She also received a prescription to use some highly diluted medications such as homeopathic medications created by Hahnemann (1755-1843) to replenish the energy of these organs, but using a new theory created by myself (2020) titled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystal-based medications and I will show the name of the medications used in the discussion section.

The patient reduced the use of insulin after using these treatments to 35 units of insulin and also, reduced the glycaemia, to less than 150 mg/dl. Doing all these treatments, she also improved another symptom that she was having but did not tell me, which was low back pain. She did many other treatments before this treatment (use of painkillers and also blockage with corticosteroids) without improvement of her pain condition. I will explain why she improved her condition without telling me her symptoms.

4. Discussion

This study will be written according to Hippocrates' (460 bce - 375 bce) thoughts that said that "it is important to consider other ancient medical traditions prior to the knowledge we have nowadays". For this reason, I will combine the reasoning used by traditional Chinese medicine, which existed for more than 5000 years, with what we know according to Western medicine, that exists for 113 years (if we consider after the implementation of the Flexner report in 1910) to understand which are the energy alterations behind one patient with hyperglycemia such as in diabetes type 1 and 2 [2-4].

I usually use the metaphor of the tree, to explain the different levels of diagnosis and treatment of Western and traditional Chinese medicine, as you can see in Figure 1[3-5].

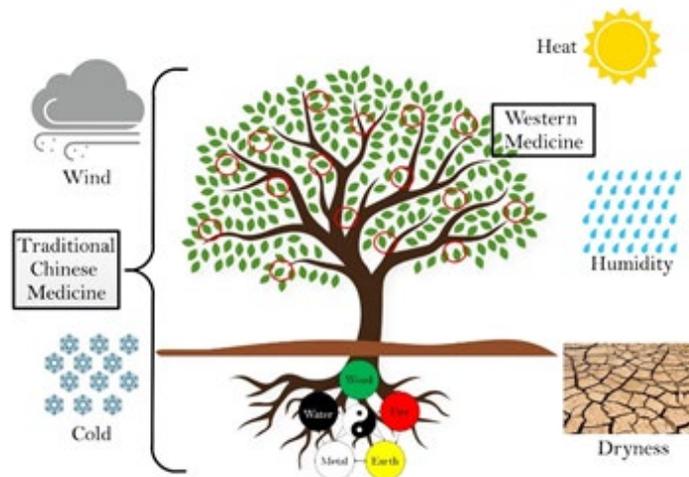


Figure 1: The Metaphor of the Tree, shows the different Viewpoints between Western and Traditional Chinese Medicine.

In Figure 1, you can see that the tree is divided into two parts, the part above the earth and the part under the earth. The part above the earth is symbolizing the level of diagnosis and treatment in Western medicine.

There are many branches that mean each medical specialty (for example, there are branches of pediatrics, neurology, orthopedics, neurology, cardiology, ophthalmology, otorhinolaryngology, endocrinology, etc.) [3,6,7]. Coming out of each branch, you can see many leaves, and each "leaf" means one symptom or disease treated by each medical specialty. In this case, diabetes is representing the "leaf" level of the branch of endocrine diseases. [3,8]. According to traditional Chinese medicine, the cause of the symptoms at the "leaf" level is not in the "leaf" but in the "root" of the tree, and it is invisible to the naked eye. At the "root" of this tree, there are two theories in TCM that is the cause of any emotional or physical disease at the "leaf" level. In this case, the hyperglycemia is on the "leaf" level of the tree but the real cause of the formation of hyperglycemia is on the "root" of this tree, which I will demonstrate to you [3,9].

The energy alterations in the "root" are usually caused by wrong eating habits and also, by emotional factors. There is another new factor that is not mentioned in traditional Chinese medicine theory that is the influences of electromagnetic radiation, from the 4G and 5G technology, caused by the modernization of telecommunication of the use of cell phones and computers [3,10,11].

Another factor that can induce the formation of disease is the influence of the external pathogenic factors, which are Cold, Wind, Humidity, and Dryness, that is surrounding the tree and exert influence on the development of disease in humans, that Western medicine does not take into account [5,12].

In this "root" of the tree, there are two theories of *Yin* and *Yang* (Figure 2) and the Five Elements theory (Table 2), and I want to explain briefly how they work in our body to you understand the formation of disease, in this case, diabetes, in the energy level [3, 7,8].



Figure 2: Yin and Yang Theory

Yin and *Yang* are two opposites but complementary forces that existed in our universe in all the things such as day and night, man and woman, summer and winter, sun and moon, etc [3,5]. The imbalances between these two energies are responsible for the forma-

tion of diseases at the “leaf” level of the tree, shown in Figure 1. There is a necessity of having *Yin* and *Yang* in a balanced state, as you can see in Figure 3, in the left column [3].

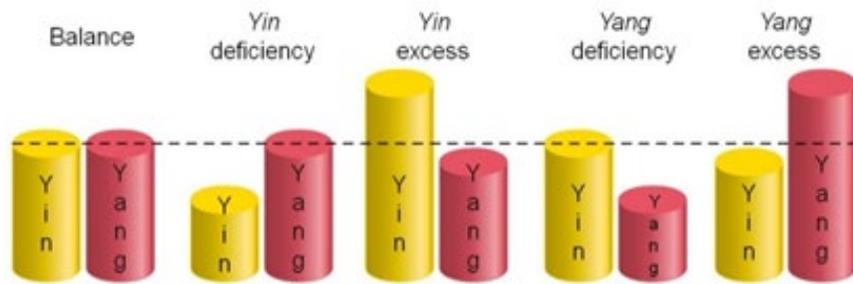


Figure 3: *Yin* and *Yang* Are in a Balanced State, as you Can See in the Column in the Left.

In this Figure 3, there is a variety of *Yin* and *Yang* energy imbalances. In the second column, you can see a situation when *Yin* is less than *Yang*, and in this case, the patient feels hot flashes with hot feet and hands. *Yin* deficiency is the cause of the formation of diabetes, obesity, auto-immune disease, menopause, etc., as you can see in Figure 3 demonstrates that there is less *Yin* than *Yang* energy [3].

In this case, even diabetes type one is caused by auto-immune disease according to Western medicine, and all autoimmune diseases have in common, *Yin* energy deficiency, according to traditional Chinese medicine, that is leading to diabetes formation in the

“leaf” level of the tree [13,14]. In this same Figure 3, you can see a column, where *Yang* is less than *Yin* energy, characterized by *Yang* energy deficiency. This situation is very common nowadays when the patient feels Cold feet and hands, caused by wrong eating habits, excessive sexual life, insomnia, drinking Cold water, eating so many raw foods, raw fruits, etc [4,5].

The second theory at the “root” is the Five Elements theory of traditional Chinese medicine. The five elements correspond to Wood, Fire, Earth, Metal, and Water. There are representations of these elements inside the human body such as the Liver, Heart, Spleen, Lungs, and Kidney respectively as you can see in Table 1[3].

| | Wood | Fire | Earth | Metal | Water |
|-------------------|--------------|-----------------|-------------|-----------------|---------|
| Orientation | East | South | Middle | West | North |
| Season | Spring | Summer | Late Summer | Autumn | Winter |
| Climate | Wind | Summer Heat | Dampness | Dryness | Cold |
| Cultivation | Germinate | Grow | Transform | Reap | Store |
| <i>Yin</i> organ | Liver | Heart | Spleen | Lung | Kidney |
| <i>Yang</i> Organ | Gall Bladder | Small Intestine | Stomach | Large Intestine | Bladder |
| Orifice | Eye | Tongue | Mouth | Nose | Ear |
| Tissues | Tendons | Vessels | Muscles | Skin & Hair | Bones |
| Emotions | Anger | Joy | Pensiveness | Grief | Fear |
| Colors | Blue/Green | Red | Yellow | White | Black |
| Taste | Sour | Bitter | Sweet | Pungent | Salty |
| Voice | Shout | Laugh | Sing | Cry | Groan |

Table 1: Five Elements and the Organs that they Represent.

According to traditional Chinese medicine, one element sends energy to the following element and one element can control the functioning of the other elements, as you can see in the Generation Cycle and in the Control Cycle in Figure 4 [15].

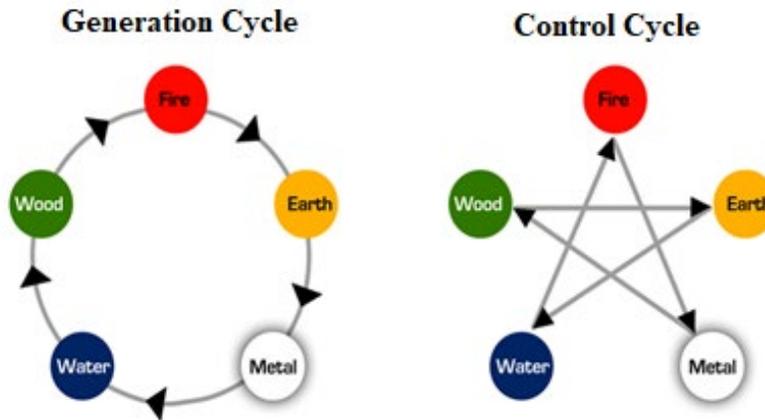


Figure 4: Generation Cycle and Control Cycle.

In Generation Cycle, one organ is working together with other organs through an energy flow and one organ depends on the other organ. This way of thinking is very different from the Western medicine perspective where they think that all organs work independently and separately. This way of thinking came from Galen (129 CE- C 216) a Greek physician that lived 500 years after Hippocrates, who wrote theories in anatomy and other medical fields, that is used by Western medicine until today [14,15].

This new type of reasoning began in 2006 when I treated one specific patient and I will briefly tell you his history to you understand what I want to demonstrate in this article [8]. He was a 70 years-old male patient with a history of pain in both legs with no improvement only using anti-inflammatory medications for the last 6 months. He went to my clinic and instead of treating his symptoms, I treated his energy imbalances in the “root” of the tree. Using this kind of approach, the patient improved from his leg pain but also, improved from another condition that I was not aware of, which was glaucoma. He had been treating his high intra-ocular pressure for the last 40 years with no improvement only using eye drops and for the first time in his life, his intra-ocular pressure reduced from 40 mmHg to 17 mmHg [8].

After this patient, I presented at many medical conferences worldwide to explain that we need to treat the “root” (that is the energy imbalances, invisible by the naked eye) and not just the “leaves” of the tree (that is the symptoms). It was also possible to present one study at the Acupuncture Research Conference that was held at Harvard Medical School, in 2015, where I demonstrate that if the doctor treats the “root” of the energy imbalances and not just treating the symptoms, it was possible to treat all the patient’s problems at the same time, even the doctor does not know that the patient has such symptoms [17].

For this reason, in the case report one, she had diabetes type 1 and when I treated her pain condition in the temporomandibular articulation, it was possible to reduce the glycaemia of the patient because, in all kinds of diseases, I usually treat the “root” level of the tree, that is the energy alterations and not just the symptoms

presented by the patient. In case report two, I treated the “root” of the tree, which was the energy alterations presented by the patient that was leading to diverse symptoms, such as diabetes, the tendency to have COVID-19, and the cause of the formation of low back pain, that was all caused by these energy deficiencies situations, as I am showing in the article written by myself (2022) titled *Energy Alterations in Patients with Low Back Pain* [18].

In her case, the patient did not improve from her back pain condition initially using painkillers treatment or even surgery or blockage using corticosteroids because it was not treating the cause of pain manifestations (that was the energy deficiency inside the five internal massive organs, mainly in the Kidney) and was only treating the symptoms. All these approaches made by Western medicine were treating the symptoms at the “leaf” level of the tree, showed in Figure 1 [3, 8,19]. Also, her COVID-19 infection was not caused due to her diabetes but was caused due to energy deficiency inside the five internal massive organs (leading to a state of immunosuppression), as I am showing in the article written by myself (2022) titled *Why is SARS-CoV-2 Infection Just the “Tip of an Iceberg* [19].

Also, in the article written by myself (2019) titled *Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Ant glyceimic Medication, and Insulin?* I am showing that the Western dietary aspects are orientating the patient to reduce the carbs and sugar but there are other important orientations in the diet, to prevent imbalances in the energy of the organs, that Western medicine is not taking into account, to regulate the glycaemia of the patient, trying to do the equilibrium between *Yin* and *Yang* energy and taking out the Heat, that it is responsible for the hyperglycemia according to traditional Chinese medicine [3].

In research that I did in my clinic in Brazil from 2015 to 2020, I measured the energy of the five internal massive organs of 1000 patients (Liver, Heart, Spleen, Lungs, and Kidney), and what I concluded in this study was that 90% of all my patients were in the lowest level of energy, rated one out of eight, as you can see in Table 2 [10,20].

| Ages Chakras | 2-19 | 20-59 | 60-79 |
|-------------------------|------------------|-----------------|-------------------------------|
| 7 | 8 | 8 | 8 |
| 6 | 1 | 1 | 1 |
| 5 | 1 | 1 | 1 |
| 4 | 1 | 1 | 1 |
| 3 | 1 | 1 | 1 |
| 2 | 1 | 1 | 1 |
| 1 | 1 | 1 | 1 |
| Total of Patients | 26 | 170 | 86 |
| Main Western diagnoses | Anxiety | Anxiety | Anxiety |
| | Depression | Headache | Knee pain |
| Main Oriental Diagnoses | <i>Yin/Yang</i> | <i>Yin</i> | <i>Yin</i> |
| | <i>Yin/Blood</i> | <i>Yin/Yang</i> | <i>Yin/Internal Heat</i> |
| | | | <i>Yin/Yang/Internal Heat</i> |

Table 2: Research in Brazil Shows That 90% of Them Were in the Lowest Level of Energy, Rated One Out Of Eight, Independently on the Age Group or the Type of Western Medicine Diagnosis.

This means that this result included patients with hypertension, myocardial infection, diabetes, cancer, auto-immune diseases, etc., and independently on the age group and on the type of diagnosis. Quite all patients nowadays are in the same energy alteration, caused by the influences of modernization of telecommunication after the implementation of 4G and 5G technology [3,7,8,10,14,20]. There are some studies in the literature showing the correlation of chakras' energy centers studied by Ayurveda medicine with the

five internal massive organs in traditional Chinese medicine as I am showing in the article written by Chase (2018) titled *Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use*, where the author is correlating the chakras' energy centers with the five internal massive organs of the five elements theory of traditional Chinese medicine, as I am showing in Figure 5 [21].

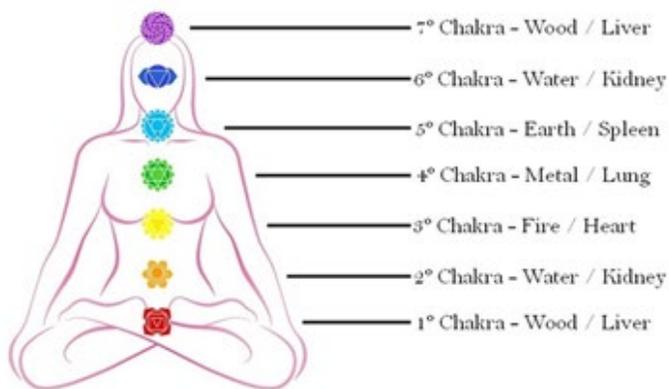


Figure 5: The Correlation of the Chakras' Energy Centers with the Five Internal Massive Organs in Traditional Chinese Medicine.

The internal massive organs have the function, among many others, to produce the internal energy for the human being to survive. For example, the Spleen (or fifth chakra) is responsible for the production of Blood. The Kidney (or second chakra) is responsible

for the production of *Yin* and *Yang* energy. The Liver (first chakra) and Lungs (fourth chakra) are responsible for the distribution of *Qi* inside the body. The inter-relation of all these energies is shown in Figure 6 [22].

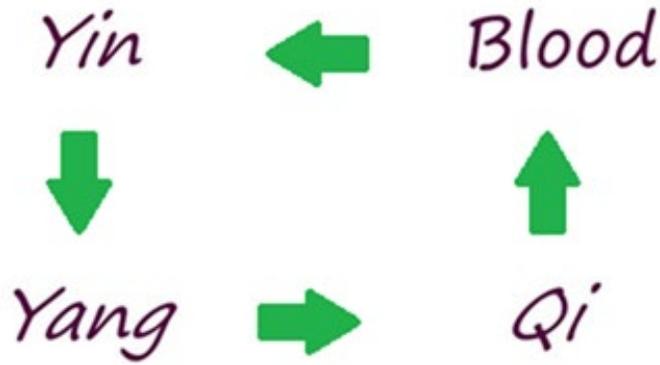


Figure 6: Yin, Yang, Qi, and Blood Inter-Relationship.

In diabetes patients, there is a Yin deficiency but when this energy alteration is not treated accordingly, it can evolve into another energy deficiency such as Yang deficiency, Qi deficiency, Blood deficiency, and Heat retention [3].

The questions that I usually use to evaluate the energy situations of Yin, Yang, Qi, Blood, and Heat retention of all my patients, in the first appointment, are shown in Table 3 [3].

| Question | Does the patient have a daily bowel movement? | Does the patient have excessive sweating during day? | Does the patient feel cold in the extremities of the body? (Cold feet or hands) | Does the patient feel hot in the extremities? | Does the patient has dry mouth, bleeding gums, bad breath, acne and / or redness in the skin, abdominal pain, micro hematuria, or itching? |
|----------|--|--|---|---|--|
| Meaning | The lack of daily bowel movements can mean Blood deficiency. * | This could be a symptom of Qi deficiency. | Commonly, this is a sign of Yang deficiency. | Commonly a sign of Yin deficiency. | Commonly this is a sign of Heat retention. |

Table 3: Questions i Used in my Patients to Evaluate the Situation of Yin, Yang, Qi, Blood, and Heat Retention.

The energy alterations in the “root” can lead to many different symptoms in the “leaf” level of the tree. So, many diseases can have the same energy alterations in the “root” and the same diseases can come from different energy imbalances, showed in the book written by Bing O and Zhen G (1996) and titled *Essentials* [4].

When there is a deficiency of one or a combination of deficiencies between these energies, there is a formation of internal Fire, which is the second cause of hyperglycemia in patients with diabetes, as you can see in Figure 7 [3].

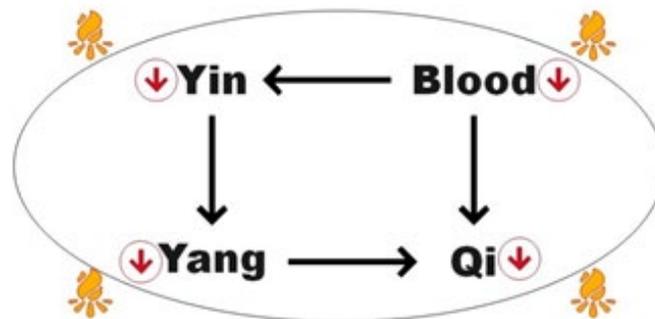


Figure 7: Formation of Internal Fire When There Is an Energy Deficiency of One or a Combination of Energy Deficiencies between Yin, Yang, Qi, and Blood.

To understand how to keep our energy in a balanced state, there is the necessity to use foods as our medicine, an oath said by Hippocrates (460 bce - 375 bce) using Chinese dietary counseling. In this type of diet, it is important to understand the energy of each food to treat the energy imbalances of each patient, mainly in diabetes patients. In Chinese dietary counseling, the main important aspect of this diet orientation is not only asking the patient to avoid the ingestion of carbs or sugar but to know which foods can cause imbalances in the system shown in Figures 6 and 7, to balance again to not cause the formation of internal Fire, that is causing hyperglycemia symptoms in the "leaf" level of the tree [2,3,].

To not cause imbalances in the formation of Blood there is the necessity to orientate the patient to avoid the ingestion of dairy products, Coldwater, raw food, and sweets [3]. To keep the formation of *Yin* and *Yang* energy by the Kidney, it is important to orientate the patient to avoid the ingestion of coffee, soda, and matte tea [3].

To avoid the formation of more Heat inside the body, there is the necessity to orientate them to avoid the ingestion of chocolate, fried foods, eggs, honey, coconut, melted cheese, and alcoholic beverages [3,5]. You can see that there is a variety of foods that can induce hyperglycemia according to traditional Chinese medicine's point of view and for this reason, it is very important to know these other aspects of dietary orientations because the patient with Western dietary orientation for diabetes, can keep their hyperglycemia even using "correct diet", hypoglycemic medications and insulin. The other alterations in the energy level are not usually treated and for this reason, the patient usually can have relapses of the treatment [3].

The second aspect of the treatment is the emotional factors that according to traditional Chinese medicine, are the most important aspect in the formation of diverse diseases, it is considered the start of disease formation. Each emotion can imbalance each specific organ, as you can see in Figure 8 [3].

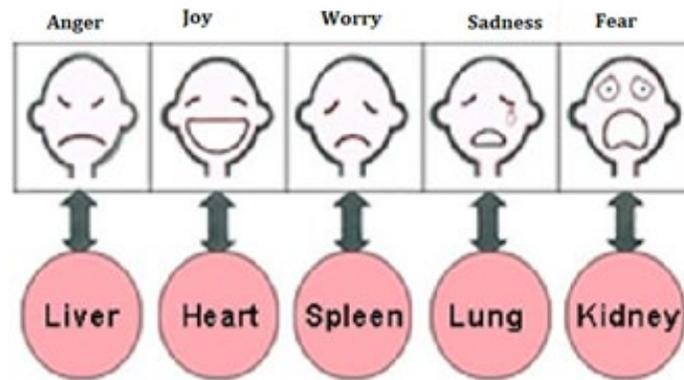


Figure 8: Emotions and the Imbalances that can Cause in each Internal Organ.

In this Figure 8, I am showing that each internal massive organ is responsible for one specific emotion. This type of approach is different from Western medicine. In the case of the Liver, it is responsible for angry emotions. The Heart is responsible for the joy. The Spleen is responsible for excessive worry. The Lungs are responsible for sadness. The Kidney is responsible for fear [4,15]. When each patient has one specific emotion, there is a necessity to know which type of emotion the patient is presenting to know which organs are affected [23,24].

For example, when the patient has excessive sadness, the Lung is the organs affected. When the patient is feeling worried, the organ affected is the Spleen. When the patient is presenting excessive joy, the organ affected is the Heart. When there is anger, the organ affected is the Liver [3,5]. All of these cases of diabetes presented in this article, have in common, energy deficiency inside the five internal massive organs, as you can see in Figure 9.

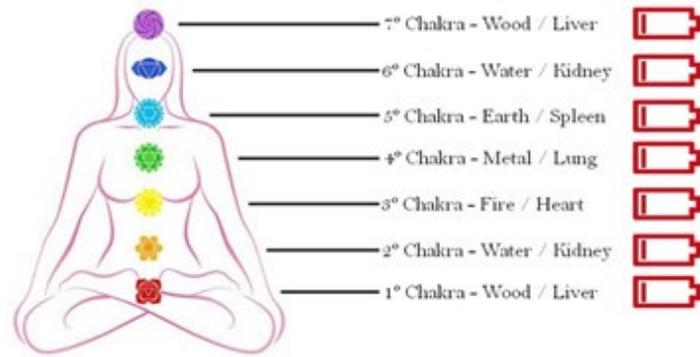


Figure 9: Energy Deficiency inside the Five Internal Massive Organs is Measured through the Radiesthesia Procedure.

In this case, I demonstrated that diabetic's patient of any kind (type 1, type 2) has energy deficiency inside the five internal massive organs and each organ is responsible for the production of one specific energy, as you can see in Figure 10.



Figure 10: Energy Production by each Internal Massive Organ Showed through the Measurement of the Chakras' Energy Centers.

I also wrote another article (2019) titled *The Importance of Chakras and Energy Imbalances Correction in the Prevention and Treatment of Gestational Diabetes*, where I am also demonstrating that patients with gestational diabetes have energy deficiency inside the five internal massive organs and the treatment of this condition, rebalancing and replenishing these organ's energy using highly diluted medications is of paramount importance to treat the cause of hyperglycemia in the gestational period and not just treating the symptoms, that is the hyperglycemia itself [25].

For this reason, according to studies in traditional Chinese medicine, diabetes comes from *Yin* energy deficiency and the formation of internal Fire, as you can see in Figure 7, but when this specific patient does not treat the energy alteration, this same energy alteration can evolve to another energy imbalances such as *Yang* energy deficiency or Blood deficiency or also *Qi* deficiency and formation of internal Fire. One diabetic patient can have all energy alterations at the same time, as I am showing in Table 3 [3].

In Figure 10, you can see that the Liver is responsible for the distribution of *Qi*. The Kidney is responsible for the production of *Yin* and *Yang*. The Lung is also responsible for the distribution of *Qi*. The Heart is responsible for controlling the flow of Blood inside

the blood vessels. The Spleen is responsible for the absorption of nutrients and the formation of Blood [22,26].

In this case, patients with diabetes have energy deficiency in all organs leading to the formation of internal Fire. According to the thoughts of traditional Chinese medicine, one disease can come from different energy imbalances and one energy imbalance can cause many different diseases [4]. The first step in all my treatment is following what Hippocrates (460 bce - 375 bce), the father of medicine said "Make your food your medicine and your medicine your food" [2].

So, in all cases, I orientated the patients to avoid the ingestion of Coldwater, dairy products, sweets, and raw food because all these foods can induce more energy deficiency inside the Spleen and pancreas energy (fifth chakra), responsible for the absorption of nutrients and formation of Blood [3]. In my clinical practice, I noticed that it is very common to see patients with diabetes have the habit to drink very Cold water or ice water. This could be one of the reasons for reducing the absorption of nutrients leading to less production of Blood and causing in future *Yin* energy deficiency, as you can see in Figure 6.

For this reason, one of the most important diet orientations in diabetes patients is to orientate them to drink only lukewarm water (at 32 degrees Celsius), avoid the ingestion of dairy products and raw food, and also sweets because all these kinds of foods can reduce the absorption of nutrients and lead to less Blood production and cause after *Yin* deficiency [3]. The drinks that can also cause energy deficiency in the Kidney (responsible for the production of *Yin* and *Yang* energy), are the ingestion of coffee, soft drinks, and matte tea. For this reason, the reduction of glycemia is not directly reducing the ingestion of sugar itself but reduces or avoids the ingestion of all foods and drinks that can cause energy alterations inside the five internal massive organs because if we imbalance one specific organ, we will imbalance the whole system because one organ depends on the other organ, as I am showing in Figure 4 [3].

The last group of foods that I usually orientate the patient to avoid is the ingestion of fried food, eggs, chocolate, honey, coconut, melted cheese, and alcoholic beverages because all these foods can cause more formation of internal Fire, which can induce or exacerbate the high glycaemia in diabetic patients [3].

You can notice that the dietary orientation to regulate glycaemia in traditional Chinese medicine is more extensive and not only emphasize the need to reduce the ingestion of sugar and carbs [3]. To regulate the balance state between *Yin* and *Yang* energy, the second step used in the treatment of diabetic patients is to do auricular acupuncture with apex ear bloodletting, as you can see in Figures 11 and 12 [27].

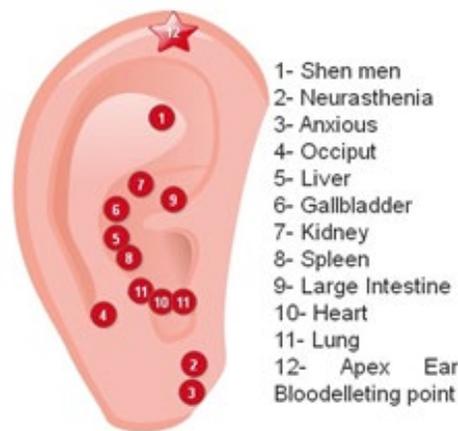


Figure 11: Auricular Acupuncture Points Used in the Treatment of Patients with Diabetes.

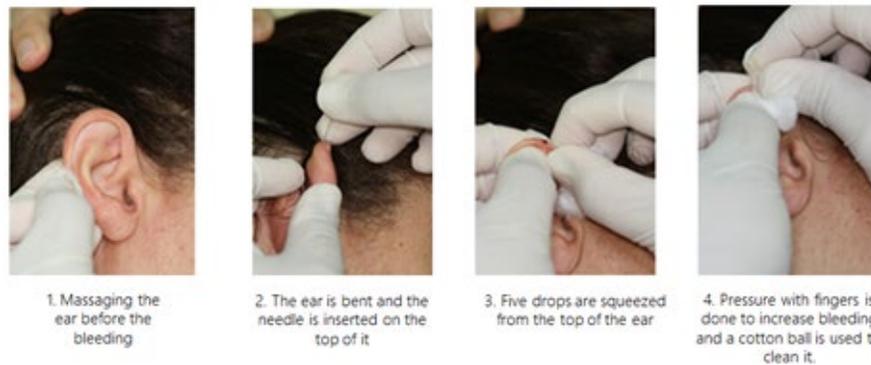


Figure 12: Apex Ear Bloodletting.

Using this kind of therapy, I am regulating the *Yin* and *Yang* energy disharmony, treating the five internal massive organs that are affected and cause more production of energy, causing a reduction of the production of internal Fire through the use of apex ear bloodletting, which is responsible for the elevation of glycaemia according to traditional Chinese medicine [3]. The apex ear bloodletting is an important procedure that I usually use in all my patients to take out the Heat formation and using this technic, you can reduce dramatically the glycaemia of diabetes patients very quickly, as I am showing in one case reported in the article written by myself (2019) titled *Why Are Diabetic Patients Still Having*

Hyperglycemia Despite Diet Regulation, Antiglycemic Medication and Insulin? [3,27].

Acupuncture itself cannot treat the energy deficiency situation of the five internal massive organs of diabetes patients and for this reason, I usually use highly diluted medications to replenish the energy of these organs according to the theory of *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*. In this theory created by myself (2020) when I began to study homeopathy in Brazil (2015), I realized that homeopathy physicians are using Western medicine diagnosis to do the diagno-

sis in homeopathy and they usually do not understand until today the mechanism of action of homeopathy medications [9].

In this new theory created by myself (2020), titled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese*

Medicine, I am using the theory of traditional Chinese medicine, that exists for more than 5000 years, to explain the energy flow theory, but using homeopathy medications created by Samuel Hahnemann (1755-1843) to treat the energy disharmony condition, as you can see in Figure 13 [9].

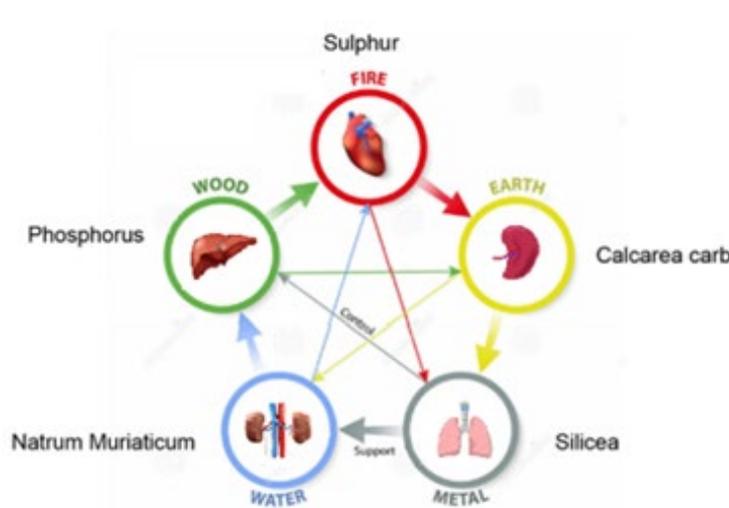


Figure 13: Homeopathy Medications are used to treat the Energy Deficiency Situation of the Five Internal Massive Organs of The Five Elements Theory of Traditional Chinese Medicine According to the Theory Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine.

You can see that in all cases reported in this article, it was possible to reduce the glycaemia of the patient using all these tools, especially when I began to replenish the energy of these organs using highly diluted medications. Using this approach, it was possible to reduce the production of internal Fire, which is normally produced

when there is an energy deficiency situation, showed in Figure 7. It was chosen to treat the energy deficiency situation using highly diluted medications instead to use highly concentrated medications due to Arndt-Schultz Law, which was created in 1888 by two German researchers, shown in Figure 14[28].

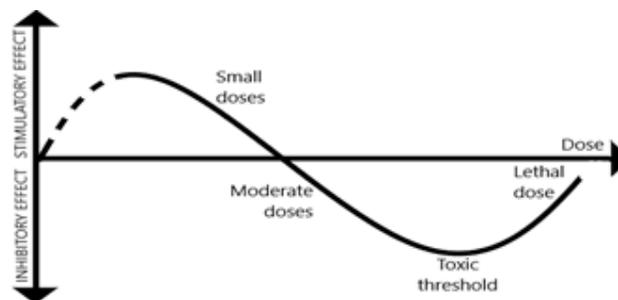


Figure 14: Arndt-Schultz Law.

In this law, they said that the use of any kind of highly concentrated medications can reduce the vital energy of the patient or lead to the death of the patient and the use of highly diluted medications can increase the energy of the patient and it is this effect that I want to treat in all diabetic's patients, that it was demonstrated that they all have energy deficiency inside the five internal massive organs,

causing the formation of internal Fire, increasing the hyperglycemia [3,28]. I also usually use crystal-based medications to replenish the energy of all these organs and their effect was published in the article written by myself (2019) titled *Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Antiglycemic Medication, and Insulin?* and they are shown in Table 4 [3].

| Chakras | Five Elements | Homeopathy Medications | Crystal-Based Medications |
|-----------------------|---------------|----------------------------|---------------------------|
| 1 ^o Chakra | Wood/Liver | Phosphorus | Garnet |
| 2 ^o Chakra | Water/Kidney | Natrum Muriaticum | Orange calcite |
| 3 ^o Chakra | Fire/Heart | Sulphur | Rhodochrosite |
| 4 ^o Chakra | Metal/Lung | Silicea | Emerald |
| 5 ^o Chakra | Earth/Spleen | Calcarea Carbonica | Blue Quartz |
| 6 ^o Chakra | Water/kidney | Tone 2 ^o chakra | Sodalite |
| 7 ^o Chakra | Wood/Liver | Tone 1 ^o chakra | Tiger eye |

Table 4: Crystal-Based Medications and Homeopathy Medication are Used to Replenish the Energy of the Five Internal Massive Organs according to the Theory of Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine.

In case report one, the patient reduced the amount of insulin (from 35 to 28 units per day) that she was using after rebalancing the internal energy using Chinese dietary counseling, auricular acupuncture, apex ear bloodletting, and replenishing the energy of these organs according to the theory of *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, meaning that her diabetes could be caused by the energy deficiency of the five internal massive organs itself. When I treated her energy deficiency condition, it was possible to reduce the amount of insulin that she was using every day [3,9].

Maybe we have a new form of development of diabetes not yet reported until today, but rather, due to these deficiencies of the five internal organs, been caused by the modernization of telecommunication, generating a growing increase in the number of diabetes cases globally [29]. In case report 2, the patient had hyperglycemia after using corticosteroids because this kind of medication can reduce the vital energy of the patient and can induce the formation of internal Fire, leading to hyperglycemia symptoms. Not only corticosteroids can cause hyperglycemia but the use of any kind of highly concentrated medication can reduce vital energy and cause the formation of more internal Fire, responsible for the formation of hyperglycemia, as I am showing in case report two [3, 28]. In her case, the use of hypoglycemic medication (considered highly concentrated medication) cannot reduce the hyperglycemia of the patient and it was necessary to introduce insulin. But even using insulin was not possible to reduce the hyperglycemia when the patient used corticosteroids because this medication reduced the vital energy and cause increased production of internal Fire, causing hyperglycemia of difficult control [3].

To finalize this article, I would like to say that all tools used in this article in the diagnosis and treatment of patients such as homeopathy and acupuncture are considered medical specialties by the Federal Medical Council in Brazil since 1980 and 1995 respectively. They should be considered medical specialties by other countries because they are very important tools to be used in this new type of population that we are having nowadays, considered immune compromised due to this energy deficient situation caused by the modernization of telecommunication, as I am showing in the article written by myself [2021] titled *Are We Vaccinating Im-*

munocompetent or Immunocompromised People for COVID-19? [20,30].

To understand the energy alterations in patients with all kinds of diabetes, especially diabetes type 1 and 2, we need to integrate the reasoning used by traditional Chinese medicine (that exists for more than 5000 years) with the thoughts used by Western medicine, in a metaphor of *Yin* and *Yang* of Western and traditional Chinese medicine, shown in Figure 15 [3,8].

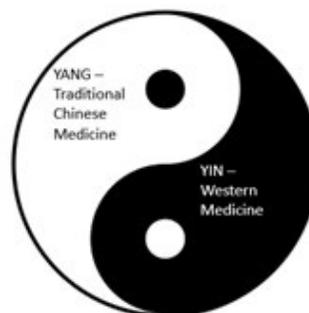


Figure 15: The Metaphor of Yin and Yang of Traditional Chinese Medicine and Western Medicine to Understand the Energy Alterations in Patients with Diabetes.

5. Conclusion

The conclusion of this study is that patients with diabetes type 1 and type 2 have energy deficiency inside the five internal massive organs of the five elements theory of traditional Chinese medicine. The hyperglycemia condition is only the “tip” of the clinical manifestation of these energy imbalances and the treatment of this condition changing the dietary aspects, doing auricular acupuncture, associating with apex ear bloodletting, systemic acupuncture, and replenishing the energy of these organs using highly diluted medications according to the theory using Hahnemann's medications but following the reasoning used by traditional Chinese medicine titled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese medicine* is of paramount importance to treat the cause of diabetes formation and not just treating the symptoms, that is the hyperglycemia itself. The use of any kind of highly concentrated medication in these patients can reduce even more the internal energy and can cause complications or even death of these

patients, according to Arndt-Schultz Law, created in 1888 by two German researchers. More studies in this field need to be done in this field with more diabetes patients to understand better the formation of diabetes in the energy level.

Acknowledgment

I would like to thank my professor Dr Lo Der Cheng (in memory) for his teachings in Chinese herbal therapy and for my professor Dr Osvaldo Coimbra, because without their teachings, it would be impossible to write this article.

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