

## What Do All Autoimmune Diseases Have in Common?

Huang Wei Ling

Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management. Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

### \*Corresponding author

Huang Wei Ling, Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management. Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

Submitted: 07 June 2021; Accepted: 24 June 2021; Published: 23 June 2021

**Citation:** Huang Wei Ling (2021) What Do All Autoimmune Diseases Have in Common?. *J Clin Exp Immunol*, 6(3): 326-329

Looking at the history of medicine, many therapies have been used, since ancient history, with the most diverse cultures, many doctors and great names were in the past but still exert great influence on our medicine.

Being one of the oldest, traditional Chinese medicine is very much based on its observations on the phenomena of nature, the cycles of day and night, climate change and change in the cycle of day and night, that is characterized by the *Yin* and *Yang* energy transformations [1].

The *Yin* and *Yang* and the Five Elements theory existed five thousand years ago are the symbol of everything that exists in the universe [1].

In the evolution of medicine, we have seen great names make part of history, one of them being Hippocrates, father of medicine, who developed the theory of humors and that diseases come from the internal energy imbalance of these four humors and the internal balancing between them leads to the state of health again. According to Hippocrates *disease is a natural process; that the signs and symptoms of a disease were caused by the natural reactions of the body to the disease process and that the chief role of the physician was to aid the natural resistance of the body to overcome the metabolic imbalance and restore health and harmony to the organism* [2, 3].

According to Hippocrates, *we must treat the patient and not the disease*. The second quote of him is that *we must consider the older medicines before considering the current medicine* [2].

Another very important name in the history of medicine was Galen (c. 130-200 A.D.). He was a Greek physician who wrote several books concerning medicine, where he established the anatomy of the human body. This doctor lived 500 years after Hippocrates and one of his thoughts is based on systems where Western medicine practiced today is basing. In this way of thinking, organs are inde-

pendent and have no relationship with other organs [4].

With these changes in the area of health after the implantation of Flexner report, 80% of the Schools of herbal medicine, naturopathy and homeopathy had to be closed and the so-called “scientific” medicine gained power in all medical schools in the 3 continents (America, Europe and Asia) [5].

In 2013, the implementation of the Flexner report completed its centenary and despite having positive effects, it had negative effects after this forced implementation. Patients are treated only improving their symptom, and currently the treatment recommended by the great medical teachings is causing more side effects than benefits, and often generating other diseases, which need other drugs to treat the side effects. In the article written by Saadon (2015) entitled *Adverse Effects of Medicines - Is the Omani population safe*, Saadon is saying that 46% of the participants in his study had the erroneous notion that medications side effects occur only when the patient consumed high doses of medication. And in 60% of the people endorsed that medications prescribed by doctors are safe. Another result he found is that over-the-counter medications and traditional medicines were free of side-effects [6].

As Albert Einstein said, *we cannot solve our problems with the same thinking we used when we created them* [7].

Currently, we live in a GAP in scientific knowledge because with the implementation of the Flexner report, doctors learned to see the patient through what they can see (visible to the naked eye) and everything that is not visible to the naked eye was considered unscientific, getting the whole theory of Chinese medicine, that has more than 5000 years of existence and other forms of medicine considered unscientific [5].

Diseases today are considered incurable from the point of view of Western medicine because the other side that belongs to matter, which is energy, was disconnected from knowledge and current

medicine suffers a crisis due to attitudes implanted in the past, which only other medicines can explain [5].

The author had to make a quick overview of the history of medicine, putting the most important facts so that the current doctor understands that, in order to understand the totality, we need to have knowledge of the oldest medicines in order to understand the health process and the formation of diseases [1].

In an article published by the author (2019), whose title is, *Can autoimmune hepatitis be treated without the use of corticosteroids and immunosuppressive medications?* the author reported the clinical case of a patient who had severe headache in the top of the head for about 15 days, without any improvement with the use of anti-inflammatory drugs. The author requested some general laboratory tests and also to see how the Liver was doing because pain in the top of the head means some Liver problem, according to traditional Chinese medicine. At first, the only change in the tests requested was an extension of the prothrombin time and the author requested more tests to see if there was any autoimmune disease or viral hepatitis behind that change [8].

In this interval, the patient underwent some acupuncture sessions where it helped a lot in the recovery of the symptoms that the patient brought, but as the patient does not only treat the symptoms but the cause, which are the energy imbalances (as reported in all of her publications that her patient got better from glaucoma condition even the doctor do not know that the patient had such problem, that was glaucoma) [8, 9].

The test results showed that she had an autoimmune hepatitis, which manifested as a headache. If the patient had been investigated and treated by conventional methods of Western medicine, perhaps she would have been investigated using x-ray, cranial resonance, tomography and perhaps they would not have made the diagnosis of autoimmune hepatitis in this patient. With the treatment carried out for 30 days, only rebalancing the *Yin, Yang, Qi* and Blood energies and removing the internal Heat, the patient was able to negative all the markers that proved the diagnosis of autoimmune hepatitis [8].

This case is just one case among numerous cases in which the author emphasizes the need to see the patient as a whole and that the symptom in one place can only be the manifestation of a deeper internal imbalance and that if the doctor does not understand this process, he could medicate this same reported patient with drugs that could further worsen the Liver imbalance, maintaining or worsening the initial process [9].

The author has also published another case report of a patient with tendonitis in the elbow and right shoulder, which did not improve with any anti-inflammatory drug. In this patient, the author was able to do diagnose an autoimmune hepatitis through an alteration that the patient had in the ear in a point corresponding to the Liv-

er and alterations in the laboratory exams, showing nuclear cells factor positive. This study was published in (2019) under the title *Shoulder and Elbow Tendinitis as Initial Manifestation of Autoimmune Hepatitis* [10].

Several patients are being treated for autoimmune hepatitis and what they all have in common is the deficiency of chakras' energy centers [8].

One of the patients, aged 40, was diagnosed with autoimmune hepatitis two years ago and was undergoing treatment with Chinese dietary counseling, acupuncture and chakra energy replenishment using homeopathic medications according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*. After two years of treatment, the patient was negative for all markers of autoimmune hepatitis recently [11].

Just to exemplify, a fourth situation in which two patients, one 49 years old and the other 52 years old, both had a problem of profuse menstrual bleeding and were unable to control their menstrual cycle with the use of hormones prescribed by gynecologists. The two patients had a diagnosis of autoimmune hepatitis with positive antinuclear antibodies, the first being submitted to a hysterectomy to control bleeding and the second still undergoing clinical treatment. Through these two cases, we can see that Western medicine makes a localized diagnosis, in the place where the symptom presents (uterine bleeding), but through all these reported cases, the symptom is often just the manifestation of an internal energetic imbalance and both had chakras' energy deficiencies (leading to auto-immune hepatitis and also abnormal uterine bleeding) [8, 11].

In another article written by the author (2020) *how can you treat rheumatoid arthritis without using corticosteroids and immunosuppressive medications?* she explained which factors aggravate patients with rheumatoid arthritis and explained how these patients could be treated without using corticosteroids and immunosuppressant medications. The influences of the external pathogenic factors and diet is very important in controlling pain and other symptoms in all these patients, not usually addressed by Western physicians nowadays [12].

In another article written by the author (2021) *Energy Alterations and Chakras' Energies Deficiencies as the Main Cause of Rhinitis*, she explained that rhinitis is only the manifestation of the energy deficiency of the kidney and that in all the patients she presents in this article she has in common the energy deficiency of the kidney and in all the chakras' energy centers [13].

The last article the author would like to comment on is about asthma. In the article she wrote (2018) entitled *The Treatment of Asthma Based on Traditional Chinese Medicine and Homeopathy*, the author reported that the shortness of breath presented by patients diagnosed with asthma has behind the symptoms a deficiency of energy in the Kidney [3].

The same thing happens with patients who are infected with SARS-CoV-2, in which the author explains that the shortness of breath may not be caused by the virus, but rather by a deficiency of energy in the Kidney, as the author (2021) demonstrates in the publication *Are the Pulmonary Manifestations in COVID-19 Really Caused by the Virus? and not by the SARS-CoV-2 virus. In another article entitled Chakras' Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment*, the author demonstrated through two cases reports that patients with dyspnea post COVID-19 treatment were caused by the use of highly concentrated medications during the acute phase of the infection causing drop of the vital energy, reducing the energy of the Kidney [14].

According to Chinese medicine, all autoimmune diseases come from an energy imbalance leading to a deficiency of the *Yin* energy of the Kidney. Treating this imbalance through dietary changes (as recommended by Hippocrates, make your food your medicine and your medicine your food) and rebalancing the *Yin*, *Yang*, *Qi* and Blood energies (as demonstrated in all publications by the author) it is possible to negate the markers of autoimmunity [8].

In an article published by the author (2021) *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection*, she conducted a study analyzing a thousand patients from 2015 to 2020 and demonstrated in this study that more than 90 percent of her patients had chakras' energy deficiency. In other study in the literature, written by Cristopher (2018) *entitled The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use*, the author makes the correspondence between the chakras and the five elements of traditional Chinese medicine. In this way, by measuring the energy of the chakras, the author would be measuring the energy of the five massive organs of traditional Chinese medicine [15].

As demonstrated by the author, almost all of her patients do not have energy in their internal organs, which is why they are classified as immunosuppressed and non-immunocompetent in an article published by her (2021) *Are We Vaccinating Immunocompetent or Immunocompromised People for COVID 19?* [16].

To improve the energy of these organs, thus improving the immunity of all patients, the author uses highly diluted medicines, such as homeopathies according to theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* [11].

The use of Chinese diet and acupuncture can be beneficial to the patient to some extent, but when the energy deficiency is very great it is necessary to use medication to replenish this great energy deficiency [8].

The author uses highly diluted drugs because according to Arndt Shultz's Law, highly diluted drugs increase vital energy but the use of highly concentrated drugs decrease vital energy and can

be lethal. Therefore, given this global crisis of the SARS-CoV-2 pandemic and this large number of deaths, the author questions in a publication *Is the Medication Used in Intubation of Patients with COVID-19 Affecting The Outcome of the Patient's Treatment?* whether the deaths are caused by the virus or by the use of high concentrated medications? [17].

Finally, the author had to go back a little in the history of medicine to assess whether the scientific is really scientific and if the non-scientific is really non-scientific.

To understand all the phenomena that exist in the universe, including the human being who is part of this universe, we must understand that all matter that we see with the naked eye is made of energy, as explained by Capra (1975) in the book *The Tao of Physics* [18]. Maybe this is the time to reassess everything that happened in the past and that is negatively influencing our lives and our patients. Reformulations of the medical curriculum of all medical schools in the world must be redone as they are now teaching our future physicians to prescribe medications that are causing harm to the energy of the current world population, as the author (2021) explains in the article *Is the Population in the World the Same as in the Past?*[19].

## References

1. Huang WL (2018) "Why do Patients Still Catch Hospital Infections despite the Practice of Infection Prevention and Control Programs?" *Acta Scientific Microbiology* 14: 34-43.
2. Yapijakis C (2009) "Hippocrates of Kos, the father of clinical medicine, and asclepiades of Bithynia, the father of molecular medicine". *In Vivo (Brooklyn)* 2: 507-514.
3. Huang WL (2018) The Treatment of Asthma Based on Traditional Chinese Medicine and Homeopathy. *J Pediat Infants* 1: 24-30.
4. Nutton, Vivian (2021) "Galen". *Encyclopedia Britannica*. <https://www.britannica.com/biography/Galen>. Accessed 4 June 2021.
5. Stahnisch F, Verhoef M (2012) The flexner report of 1910 and its impact on complementary and alternative medicine and psychiatry in north america in the 20th century. *Evid Based Complement Alternat Med* 2012: 647896.
6. Saadoon M (2015) Adverse Effects of Medicines: Is the Omani population safe? *Sultan Qaboos Univ Med J* 15: e149-51.
7. Spiegel J (2011) *The Causes and Impacts of Neglected Tropical and Zoonotic Diseases: Opportunities for Integrated Intervention Strategies*. Institute of Medicine (US) Forum on Microbial Threats. Washington (DC): National Academies Press (US).
8. Huang WL (2019) "Can Autoimmune Hepatitis Be Treated Without the Use of Corticosteroids and Immunosuppressive Drugs?" *Acta Scientific Medical Sciences* 3: 178-186.
9. Huang WL (2019) "The Importance of Correcting Energy Imbalances and Chakras Energy Deficiencies in the Treatment

- 
- of Patients with Glaucoma”. Journal of Ophthalmology and Clinical Research 2: 1-9.
10. Huang WL (2019) Shoulder and Elbow Tendinitis as Initial Manifestation of Autoimmune Hepatitis. ARC Journal of Orthopedics 4: 19-26.
  11. Huang WL (2020) “Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine”. Acta Scientific Medical Sciences 4: 57-69.
  12. Huang WL (2020) How can you treat rheumatoid arthritis without using corticosteroids and immunosuppressive medications? Arch Anesthesiol 3: 19-30.
  13. Huang WL (2021) Energies Alterations and Chakras’ Energies Deficiencies as the Main Cause of Rhinitis. J Immuno Immunoth 4: 009.
  14. Huang WL (2020) “Chakras’ Energies Deficiencies as the Cause of Dyspnea Post COVID-19 Treatment”. Journal of the Infectious Diseases 1: 1-9.
  15. Chase CR (2018) “The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use”. Medical Acupuncture 30: 167-178.
  16. Huang WL (2021) Are We Vaccinating Immunocompetent or Immunocompromised People for COVID 19? J Vaccines Res Vaccin 7: 018.
  17. Huang Wei Ling (2021) Is the Medication used in Intubation of Patients with Covid-19 Affecting the Outcome of the Patient’s Treatment?. Archives of Anesthesiology 4: 01-03.
  18. Capra, Fritjof (1975) The Tao Of Physics: an Exploration of the Parallels between Modern Physics and Eastern Mysticism. Berkeley: [New York]: Shambhala; distributed in the U.S. by Random House.
  19. Huang Wei Ling (2021) “Is the Population in the World the Same as in the Past?”. Acta Scientific Clinical Case Reports 2.

*Copyright:* ©2021 Huang Wei Ling. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.