

## Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?

Huang Wei Ling

MD Infectious Disease Specialist (ID Specialist), General Practitioner, Nutrition Doctor, Acupuncturist, Pain Management, Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

### \*Corresponding author:

Dr. Huang Wei Ling, MD, Infectious Disease Specialist (ID Specialist), General Practitioner, Nutrition Doctor, Acupuncturist, Pain Management, Medical Acupuncture and Pain Management Clinic, Franca, Sao Paulo, Brazil, Tel: +5516 3721-2437; E-mail: weilingmg@gmail.com

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### Summary

**Introduction:** Diabetes and its complications were responsible for 8.8% of deaths worldwide in 2017. Although Western Medicine and Traditional Chinese Medicine (TCM) share the diabetes treatment goals of reducing symptoms and preventing complications, their approaches to conceptualizing, diagnosing, and treating the disease are very different.

**Purpose:** The aim of this study is to demonstrate the different gaps in the Western Medicine treatment for diabetes that can be explained by Traditional Chinese Medicine, from an energy imbalance point of view.

**Methods:** Through a case report of a 26-year-old male patient diagnosed with Type 2 diabetes in 2016, the author analyzes two approaches, Western and Traditional Chinese Medicine. The patient's received analysis of all their:

- eating habits,
- use of high-concentrated medications,
- use of microwave ovens,
- quantity and temperature of water intake, and
- Quantity of sleep.

All these items were analyzed according to Traditional Chinese Medicine. Despite treatment with diet along with the use of antiglycemic medications and insulin, the patient's glycemia was still high. Use of the Western Medicine approach achieved a 750 mg/dl reading after 2 years (in September 2018).

**Results:** In January 2019, a month and a half after the beginning of the treatment with Traditional Chinese Medicine, the patient's glycemia dropped to 150 to 250 mg/dl.

**Conclusion:** A more holistic view of the human body has major importance. A deeper comprehension of the energy's behavior, including its relation to pathologies, creates different possibilities of treatment. The suspension of sugar and high-carbohydrate foods in the diabetic patient's diet is not sufficient to control the patient glycemia alone. Still the use of high-concentrated medications can be a factor to maintain the hyperglycemic state. This shows that the integration of Western Medicine and Traditional Chinese Medicine is important to better control the glycemia in diabetes patients.

**Keywords:** Diabetes, Hyperglycemia, Diet Regulation, Antiglycemic Medication, Insulin, Traditional Chinese Medicine, Energy, Radiesthesia, Homeopathy

### Introduction

Diabetes mellitus is a reference to a group of diseases that affect how the body uses blood sugar (glucose). Glucose is of major importance to health, being an important source of energy for the cells and the major fuel of the brain [1].

Type 1 diabetes is characterized by absolute insulin deficiency and

dependency of insulin intake dependency. Physicians believe the possible causes for Type 1 diabetes are viruses, dietary constituents or unidentified agents that initiate the command for destruction of insulin-producing pancreatic  $\beta$  cells. There is no cure. Diabetes Type 1 is considered an immune-associated, if not directly immune-mediated disease [2].

Type 2 diabetes is characterized by the body's inability to produce sufficient insulin for the body's requirements. Some physicians argue that Type 2 diabetes is a lifestyle disease bound to obesity and a sedentary lifestyle and therefore can be managed through diet,

exercise, and medication [2].

Regarding both types of Diabetes, according to the International Diabetes Federation (IDF), a person dies from diabetes in the world every 6 seconds. The World Health Organization states that the number of people with diabetes has risen from 108 million in 1980 to 422 million in 2014. Based in this growth rate, one in three North-American adults will have diabetes by 2050 [3, 4].

The age range of Type 2 diabetes diagnosis is between 40 to 59 years old. If not fatal, it can lead to impotence, amputation, kidney failure, blindness and heart diseases [5, 6].

According to Western Medicine, physical activity provides the action of insulin, reduces blood pressure, reduces the risk of heart disease and stroke, and helps the most in the goal of maintaining or losing weight [1]. Therefore, according to Western Medicine, physical activities are an important part of the diabetes treatment.

The pathology entitled “Diabetes mellitus” in Western medicine is referred in Traditional Chinese Medicine (TCM) as “Xiao-Ke”. The translation of the term means “Wasting-Thirsting” syndrome. The objective of treatment, both in Western and Traditional Chinese Medicine is the same - to lower blood glucose. However, diagnosis and treatment are completely different [7].

According to Traditional Chinese Medicine, both diabetes type 1 and 2 are related to *Yin* deficiency and Heat. According to Western Medicine, Type 1 diabetes is an autoimmune disease and, according to Traditional Chinese Medicine, all autoimmune diseases are associated with *Yin* deficiency [8].

### Purpose

The main purpose of this article is to demonstrate the different gaps in the Western Medicine treatment for diabetes that can be explained by Traditional Chinese Medicine, in the energy imbalances point of view.

The goal of this paper is to address and connect the Xiao-Ke pathology with diabetes mellitus using Traditional Chinese Medicine as a tool and as a guide to understanding the reason behind diabetic patients still having hyperglycemia, despite diet regulation, insulin and anti-glycemic medication which is Western Medicine’s treatment approach for diabetes.

### Methods

The methods used in this study were a case report of a 26-year-old male patient, teacher, diagnosed with type 2 diabetes in 2016, and the analysis of the two different approaches used in the patient’s treatment: Western and Traditional Chinese Medicine.

The patient received analysis of his:

- Eating habits,
- Use of high-concentrated medications,
- Use of microwave ovens,
- Quantity and temperature of water intake and
- Quantity of sleep.

All these items were analyzed according to Traditional Chinese Medicine.

In 2016, after a routine exam, his glycemia appeared as 180 mg/dl. He went to a specialist and was diagnosed with pre-diabetes. The

doctor directed him to stop his intake of pasta and other high-carb vegetables, such as the potatoes. In the same year, his glycemia kept getting higher, now up to 200 mg/dl. He received a prescription of Metformin 500 mg, twice a day, and was also oriented to maintain the Western dietary counselling for diabetes and exercise constantly. In the beginning of 2017, his hemoglobin A1C was around 8, 5% and his median glucose would be 250 mg/dl. The intake of medications was increased, to 2g Metformin along with 10mg Dapaglifozin. Again, the medications were not helpful in reducing the hyperglycemia.

In the end of the year, he would start the intake of a third medication: Glimpiride 4 mg. This medication kept the symptoms controlled for a few months. However, in September 2018, the hemoglobin started to increase again, and was in 10%. Several times he had to go to the hospital because of high-glycemia, which could not be measured by the blood glucose instrument, usually meaning it was above 750 mg/dl, and after these episodes, he began the intake of insulin.

In 15<sup>th</sup> November 2018, he sought acupuncture treatment with the main goal of reducing his stress, tiredness, anxiety and insomnia.

The patient’s routine was:

- He worked from 7:00 AM to 9:00 PM. His work routine was stressful and he did not have time to eat healthy.
- His breakfast was usually coffee and bread with butter. Then, he had another coffee during the mid-morning break.
- During his 20 minute lunch, traveling from one school to another, he usually ate a natural sandwich, with pita bread, lettuce, ricotta, turkey breast and grated carrots, together with cold water.
- In the afternoon, all he consumes is cold water and hot coffee.
- At night, when he stopped working around 9 PM on most days, he went home and usually ate a microwave pizza or lasagna, or cooked something in his airfryer.
- The patient did not have time to exercise. In his free time, he was often too tired to do anything but rest.
- When the patient realized he had diabetes, he stopped the intake of soda, especially Coke. Note that he avoided soda intake by replacing it with coffee.
- Additionally, the patient had the habit of reading before going to bed, for studying or relaxing purposes. Prior to marriage, he used to read actual books, but now he reads from his cellphone to avoid bothering his wife with a reading light. Normally, he sleeps with the cellphone near his body.
- On the weekends, he tried to spend most of his time with his family, and ate considerably better, since he had more time to have lunch and dinner in a healthier way.

When the patient started the TCM treatment, he was questioned with the usual queries for diagnoses in Traditional Chinese Medicine. The patient reported to feel hotter than colder, his feet are usually hot, and he usually does not cover the feet for sleeping. He has normal daily bowel movement and dry month. He does not have hyperhidrosis during the day, but it occasionally happens at night.

The doctor placed him on a Chinese dietary nutrition regimen, starting with his water intake. Cold water was to be avoided, replacing it with warm water (32° to 35° C). As this transition is hard to do, the patient was directed to initially start drinking natural water and gradually transition over to drinking only warm water.

He was also oriented to avoid all dairy products (especially with melted), raw foods, sweets and all cold beverages; in order to avoid the imbalance of the Spleen-pancreas meridian.

In order to prevent the imbalance of the Kidney meridian, it was recommended that the patient avoid coffee, soda and matte tea.

He was also oriented to avoid foods that can cause Internal Heat formation or worsen the Internal Heat already present in the body, such as frying, eggs, honey, coconut, alcoholic beverages, chocolate, pepper, cinnamon, ginger and cloves.

The patient was then subjected to auricular acupuncture associated with apex ear bloodletting, with the main goal of diminishing the Internal Heat and rebalancing of the points of internal energy: *Yin*, *Yang*, *Qi* and Blood. The auricular points used were Shen-men, Kidney, Liver, Spleen, Lung, Large Intestine, Pancreas, Endocrine point, Neurasthenia point, anxious point and Hunger point.

The patient also received measurement of the energy of the chakras, through radiesthesia. The radiesthesia procedure is done using a crystal pendulum, positioned in front of the chakra, followed by the analysis of the pendulum movements, to measure the energy. The energy of the chakras is evaluated in a scale of one to eight (one representing the lowest level, and eight the normal level).

In the case of the patient described, all the chakras appeared with energy in the lowest level, or 1. Upon this finding, the patient was directed to intake homeopathy and crystal-based medications, with the main goal to tone the energy of the seven chakras and avoid the internal Heat build-up, which was causing the glycemia increase in the specific case of this patient.

## Results

In 4<sup>th</sup> January of 2019, the patient presented his results. After one month of the diet changes according to Traditional Chinese Medicine, the intake of medications to restore the energy of the chakras (homeopathy and crystal-based medications), and one session of auricular acupuncture with apex ear bloodletting, the patient showed a significant drop in his glycemia.

When he started treatment (November 2018), his glycemia was above 750 mg/dl (hard to be measured by blood glucose instruments). In January 2019, his glycemia was around 150 to 250 mg/dl.

In addition, this period coincided with school vacations in Brazil which resulted in the reduction of the patient's workload and him being able to get better rest.

The patient is still using the same dosage of hypoglycemic drugs and insulin. However, with the drastic fall after only a few TCM treatments, it is believed that the patient may be able to reduce his hypoglycemic medications and insulin, and may even suspend them completely.

## Discussion

### Xiaoke Disease: Diabetes

The Xiaoke disease, TCM's term for diabetes, was the name the ancient Chinese gave to a condition of "three excesses and one loss" symptoms: excessive fluid drinking, excessive food-consumption, excessive urination, and weight loss. Its core pathogenesis is "*Yin* deficiency

and dryness-heat." *Yin* lower than *Yang*, as showed in (Figure 1).

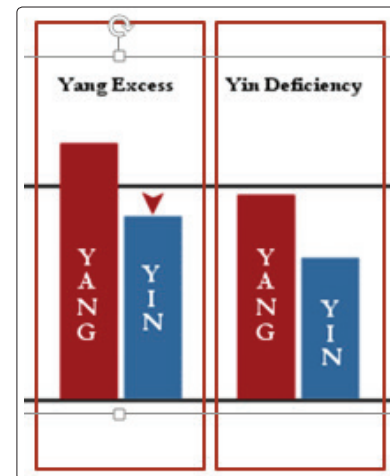


Figure 1: *Yin* and *Yang* Disturbances in Diabetes

The most common manifestations of diabetes are excessive thirst, hunger and urination, associated, respectively, with the upper, middle, and lower aspects of the body (Figure 2).

Through Traditional Chinese Medicine, a same energy disharmony can lead to several different diseases. The plus side would be that also through TCM, it is possible to treat various symptoms through the same method. Often, the doctor is not even aware of a condition of the patient, but through a deeper treatment, at the root of the problem, the overall health of the patient improves.

In order to understand the Xiao-Ke disease, it is important to comprehend the main cornerstones of Traditional Chinese Medicine. In summation, the theories substantiating TCM diagnosis and treatment are based in the idea of energy. According to this theory, there are different energies within the body, and the imbalance of these energies is responsible for the development of the diseases [9, 10].

In the specific case of Xiao-Ke, the *Xiao* or "wasting" term refers to symptoms in digestion. The patient with Xiao-Ke may digest too fast or/and too much. According to TCM, this issue in digestion would be originated by three types of internal Heat or Fire: Upper Xiao, Middle Xiao and Lower Xiao, as demonstrated in (Figure 2) [9, 10].

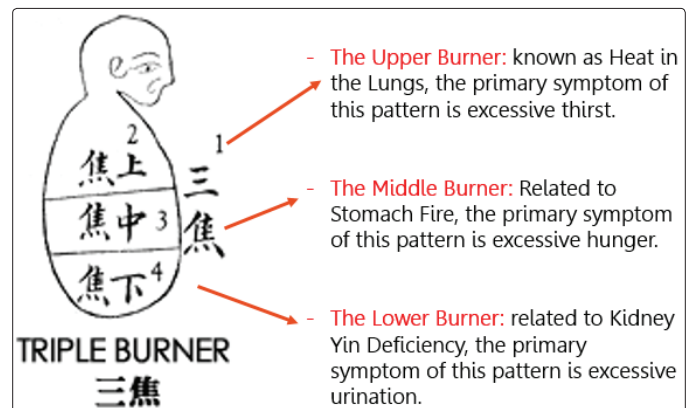


Figure 2: Triple Burner Representing Xiao-Ke Symptoms



the ke or "thirsting" term refers to the thirst, characteristic of some patients with diabetes. It can be caused by Internal Fire, *Yin* energy imbalance and wrong diet [9, 10].

The Upper Burner is known as Heat in the Lungs and the primary symptom of this pattern is excessive thirst. The Middle Burner is related to Stomach Fire and the primary symptom of this pattern is excessive hunger. The Lower burner is related to Kidney *Yin* Deficiency and the primary symptom of this pattern is excessive urination.

### Progression of Health to Disease

Before a disease is detected during laboratorial exams, there has already been an alteration in energy level, the patients have symptoms but the tests are still normal (Table 1). There are various phases of disease progression in a healthy body. During phases 1 to 3, only a slowing of the organ functions occurs because of energy imbalances, and the patient has and complains of symptoms, but the results of laboratorial exams are normal (Table 1). At phase 4 the laboratory exams show some alterations, and the disease is still curable, and at phase 5, the exams are very altered, and the cellular damage is irreversible and the disease incurable (Table 1).

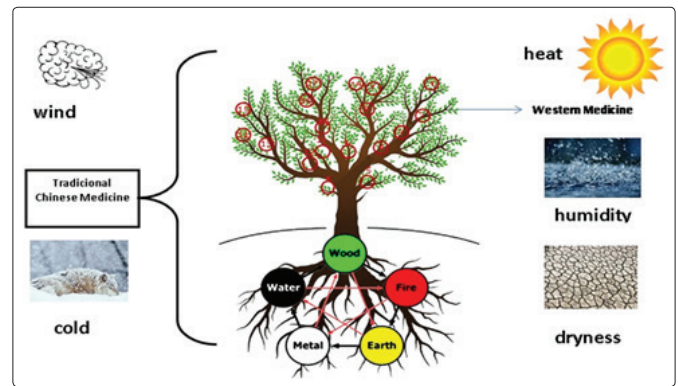
**Table 1: Progression of Health to Disease**

PROGRESSION OF HEALTH TO DISEASE				
	Organ	Exams	Energy Reserve	Symptom
Phase 1	Slowing Down of organ functions	Normal	Energy reserves - normal	Without clinical symptoms
Phase 2	Slowing Down of organ functions	Normal	Consumption of internal energy reserves	With symptoms in other organ
Phase 3	Slowing Down of organ functions	Normal	Consumption of external energy reserves	With symptom in same organ
Phase 4	Reversible Cellular Lesion	Little alteration	Consumption of blood reserves	Curable disease
Phase 5	Irreversible Cellular Lesion	Excessive alteration	Metabolic exhaustion	Incurable disease

### Western Medicine vs Traditional Chinese Medicine

What Western medicine refers to as diabetes mellitus, TCM refers to as Wasting-Thirsting syndrome or Xiao-Ke. The goal of Western and TCM is the same - to lower blood glucose. The diagnosis and treatment, though, are very different.

The main goal of this study is to understand these two medical approaches in a complementary way, considering both ways of treatment and reasoning. To clarify this idea, we place a metaphor, using a tree. In (Figure 3), we can see the tree, with its roots, trunk, several branches and coming out of each of these branches, many leaves.



**Figure 3: Schematic Drawing of the View of Western Medicine and Traditional Chinese Medicine**

In this representation, each medical specialty is represented by a branch, and the leaves of each branch represent the symptoms and diseases related to each specialty.

The diagnosis and treatments of Western Medicine focus at the leaf level and therefore treatment is focused on the patient's symptoms, in the case of Diabetes, the focus is the symptom, the hyperglycemia. In Traditional Chinese Medicine, various symptoms of different specialties can be treated at the same time, as it considers the root of the problem. [19]

The root of the problem is represented by the Five Element Theory and *Yin* and *Yang* Theory, as previously shown in Figure 3.

In Western Medicine, the focus of diabetes treatment is related to the symptom, or the leaf of the tree. Traditional Chinese Medicine is able to consider the whole tree, not only the leaves. It does not ignore the symptom, but comprehends the symptom as a reflex of an energy imbalance. This energy imbalance is the root of the problem, along with influence from the environmental, diet and emotional factors.

Humans are viewed both as a reflection of an integral part of nature, and health results from maintaining harmony and balance within the body and between the body and nature [3].

In the same way a tree needs to have strong roots to grow, the body has to be in balanced in his root (*Yin*, *Yang*, *Qi* and Blood energies) to be healthy, as shown in (Figure 4). In the same way the environment influences the health of the tree, the environment influences the health of the human body.

The focus of study in Traditional Chinese Medicine is the energy present within the human body. According to different ancient traditions and to Quantum physics, everything is formed by energy, because matter is energy organized in atoms. TCM aims for the equilibrium of *Yin* and *Yang* energies. According to them, *Yin* is the energy organized in matter, and *Yang* is the potential energy, invisible to the naked eye [11, 12]

For the specific case of diabetes, Western Medicine treatment is placed at the leaf level, by treatment of the hyperglycemia, which is the main symptom of the disease.

In Traditional Chinese Medicine, the hyperglycemia is not the root of the problem, but a symptom. The root of the diabetes problem is in the bodies' energy level is the *Yin* deficiency and formation Heat retention.

To begin to understand the root of the problem, we turn towards the *Yin* and *Yang* Theory of Energy and The Five Element Theory.

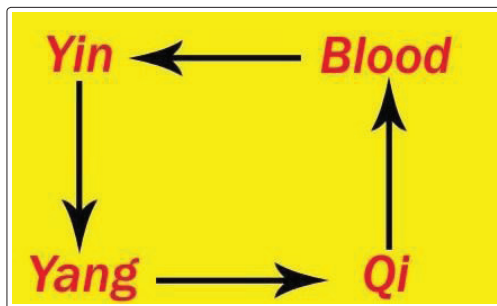
### *Yin, Yang, Qi and Blood*

To be healthy, the body requires energy balance. The energies needed to function properly are *Yin*, *Yang*, *Qi*, and Blood.

This theory was presented by the author in 2015 at an Acupuncture Research Conference at Harvard Medical School, in Boston, USA.

The summary of this study was:

Treating all energy imbalances, we will treat all the patient's symptoms at the same time. Even if the doctor is not aware of the patient's symptom. With this type of reasoning, we will be able to treat all diseases of all specialties at the same time, as we treat, in this case, the root of the problems and not only the symptoms [13].



**Figure 4:** *Yin, Yang, Qi and Blood*

According to TCM, the hyperglycemia is a symptom mainly associated with *Yin* deficiency and Heat Retention. However, as

the energy of the body is cyclical, an imbalance in one energy, such as *Yin* deficiency, if not treated, can lead to other imbalances, as shown in Figure 4.

Usually, a diabetic patient with *Yin* deficiency has more propensities to feel hot, and this is the classic symptom. However, if this disturbance is not correctly treated, it can generate other alterations in other energies, as the energies are in a dynamic process. It is possible that a patient with *Yin* deficiency will present symptoms of other imbalances, which means the *Yin* deficiency has already altered the other energies of the body. This does not mean the patient does not have *Yin* deficiency too.

The diabetic patient can present other symptoms, of other energy imbalances, such as:

- experiencing hot flashes, *Yin* deficiency
- constipation (Blood deficiency),
- excessive sweating during day (*Qi* deficiency),
- propensity to feel cold (*Yang* deficiency),
- dry mouth (Heat retention),
- bleeding gums (Heat Retention),
- bad breath (Heat retention),
- micro hematuria (Heat retention),
- itching (Heat retention),
- Redness in the skin or abdominal pain (Heat retention).

The energy imbalances can appear in a varied combination of these symptoms, changing from patient to patient.

How to Diagnose *Yin, Yang, Qi, Blood and Heat Retention Imbalances?*

To diagnose energy imbalances, the patient is submitted to a questionnaire. It is important to ask about the items described in (Table 2).

**Table 2: How to Diagnose *Yin, Yang, Qi, Blood and Heat***

#### Retention Imbalances?

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 have 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 <i>Qi</i> deficiency.	Commonly, this is a sign of <i>Yang</i> deficiency.	Commonly a sign of <i>Yin</i> deficiency.	Commonly this is a sign of Heat retention.

\* Blood deficiency can be understood as anemia in the energy level. As Blood deficiency may take years to appear in the laboratory exams, the patient with constipation and a normal complete blood count (CBC) can still be considered a patient with Blood deficiency, according to TCM.

## Yin and Yang

It is impossible to understand Traditional Chinese Medicine (TCM) without comprehending the main concepts of *Yin* and *Yang*. These concepts are the basis of all Traditional Chinese Medicine reasoning.

According to Chinese wise men, everything in the world is ruled by the “measure of balance” understood as *Yin* and *Yang*. Everything is cyclical, and there are always principals of opposites complementing themselves in the universe, such as day and night or male and female. *Yin* and *Yang* are energy forces that rule the world. Everything in the universe is composed by *Yin* and *Yang*, including the human body.

The symmetrical arrangement of the dark *Yin* and the light *Yang* is not static, as we can see in the symbol, presented in (Figure 5).

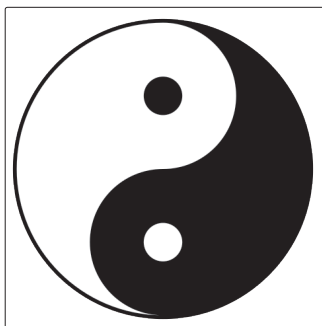


Figure 5: Yin and Yang Symbol

The relationship between *Yin* and *Yang* energies is a rotational symmetry, and a continuous cyclic movement. The *Yang* cyclically returns to its beginning, the *Yin* reaches its apogee and yields its place to the *Yang*. The two points in the diagram in Figure 4 symbolize the idea that every time each force reaches its extreme point, it manifests within itself the seed of its opposite.

When *Yin* is dominant, it forces *Yang* into weakness. A dominance of *Yang* forces *Yin* into a state of weakness. If there is a weakness of *Yin*, *Yang* appears dominant; similarly, if *Yang* is weak, then *Yin* will appear stronger, as showed in (Figure 6) [12]

If there are imbalances between these two energies, symptoms occur, and if not properly treated, they can result in diseases in the future [14].

Inside the body, *Yin* is associated with organ tissue, while *Yang* is associated with organ function. With a *Yin*-deficiency, organs are deficient in nourishment, while a *Yang*-deficiency reflects a functional or performance deficiency in an organ or organ system. Summarizing, *Yin* and *Yang* represent two complementary polarities forming a holistic system of energy within the body [15].

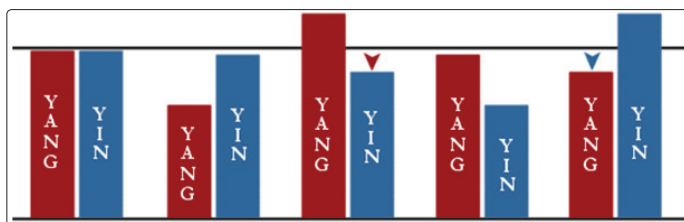


Figure 6: Balance and Disharmony between Yin and Yang

## Blood

In TCM terms, Blood functions are to nourish and vitalize the whole body. A person with healthy Blood is characterized by a radiant complexion, lustrous hair, sharp senses, well-developed muscles and coordinated motor skills. However, to maintain Blood's free-flowing state another energy force must work in harmony with it, this energy is *Qi*.

*Qi* is the vital energy that invigorates Blood to keep it circulating throughout the body. Blood and *Qi* have a very important relationship and are mutually dependent, *Qi* prevents Blood stagnation, and Blood nourishes *Qi*.

The Chinese concept of healthy Blood cannot be seen in isolation from the organs it nourishes. In fact, healthy Blood depends upon healthy functioning of the body's major organ-meridian systems: Heart, Spleen, Liver, Kidney and Lung, as described in the Five Element Theory that will be better explained below.

## Qi

Everything in the world is formed by energy. Matter, from which everything in the universe is made from, is a form of energy in an infinite arrangement of atoms made up of particles that are in a constant state of circular motion. Matter (what can be seen by the naked eye, what is invisible) is energy. Everything that exists in our universe is formed by energy, including the human body.

The energy present in the body is similar to electricity, battery energy, and power from gasoline. When diseases happen, this results from an unbalance in these energies, and the body will suffer through malfunctions which in this case by the appearance of diabetes [14].

*Qi* is represented as the idea of steam rising from a pot of cooking rice [14]. The steam represents *Qi*, also called life energy, life force, prana, and bio-energy. For thousands of years, this energy has been known to every culture in almost all parts of the world [14].

Two major patterns of disharmony are associated with *Qi*. Deficient *Qi* occurs when there is insufficient *Qi* to perform the functions of life. Stagnant *Qi* refers to impairment of the normal movement of *Qi* through the meridians and may result in aches and pains in the body.

## Internal Heat Formation

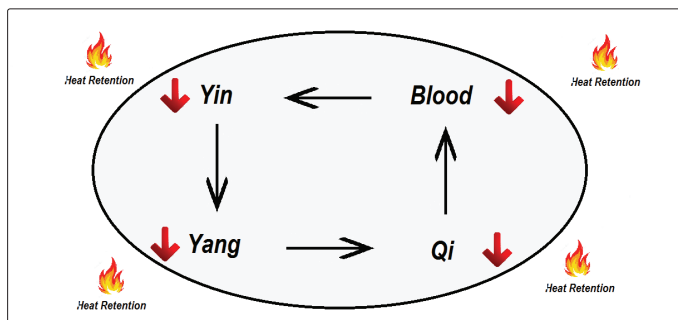
The internal Heat is an energy imbalance, generated by deficiency of one of *Yin*, *Yang*, *Qi* and Blood energies or a combination of imbalances of these energies.

It can also be caused by incorrect diet, such as the constant consumption of fried foods, melted cheese, eggs, chocolate, coconut, honey and alcoholic beverages.

Internal Heat can also be caused by excessive anger, as the excessive anger leads to an increase of the Liver-*Yang*. A deficiency in one of these four elements, for example, a *Yin* deficiency, as we can see in the (Figure 7), will generate other imbalances in the other three factors. Any imbalance in any of the four energies can generate internal Heat. The internal Heat formation can also generate hyperglycemia.



When *Yin*, *Yang*, *Qi* or Blood become deficient, it leads to Heat formation, which in the case of diabetes, is the main factor leading to the rise of blood glucose. Any deficiency of energy or excess of *Yang* can cause formation of an internal fire. This fire can generate a smoke, which can generate a Wind. All of the four concepts (*Yin*, *Yang*, *Qi* and Blood) will be explained further separately.



**Figure 7:** Internal Heat Formation in the *Yin*, *Yang*, *Qi* and Blood relation

### Five Element Theories

The other theory based upon Traditional Chinese Medicine principles of treatment is the Five Element Theory. The Chinese wise men were able to observe another feature from the nature, the relation between the five basic elements: Wood, Fire, Earth, Metal and Water. They observed a dynamic balance and relationship among these elements, in that they were so intertwined that if the balance was interrupted or destroyed, the elements would suffer.

Traditional Chinese Medicine observed and systematized these relationships into the cycles of Generation and Control, and then, they observed these cycles would also happen inside the body. In the human body, each element is associated with a massive organ.

The Wood element corresponds to the Liver, and has the eye as its external sensorial organ, being responsible for vision. The emotion that unbalances the Liver is anger. The taste of the Wood element is sour.

The Fire Element corresponds to the Heart, represented by the tongue and subsequently language. The emotion that unbalances the Heart is excessive joy. The taste of the Fire element is bitter.

The Earth Element corresponds to the Spleen, represented by the mouth and being responsible for taste. The emotion that unbalances the Spleen is excessive worry. The taste of the Earth element is sweet.

The Air Element corresponds to the Lungs, represents the nose, and is responsible for the sense of smell. The emotion that unbalances the Lungs is grief. The taste of the Air element is spicy.

Finally, the Water Element corresponds to the Kidney and represents the ears and hearing. The emotion that unbalances the Kidney is fear. The taste of the Water element is salty.

For each massive organ, there is a hollow organ attached. In the case of the Liver, the attached hollow organ is the Gallbladder. In the case of the Spleen, it is the Stomach. In the case of Kidney, it is the Bladder. In the case of the Heart, the coupled organ is the

Small-intestine, and in the case of the Lungs, the coupled organ is the Large-intestine. All this information is shown in (Table 3).

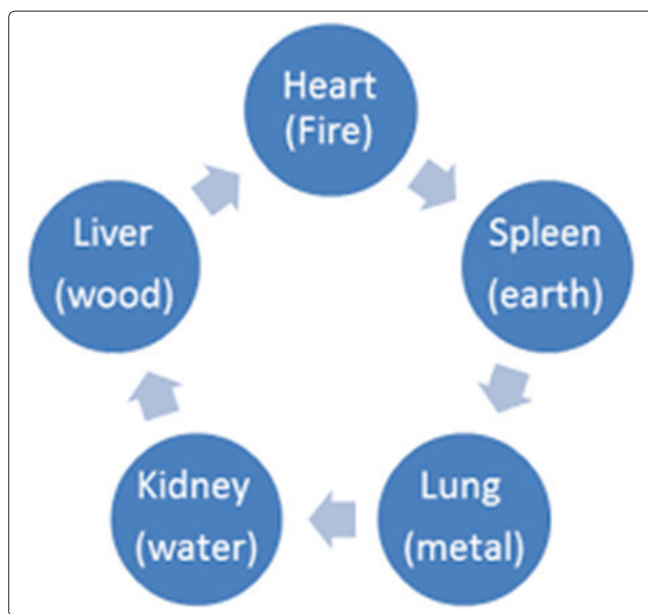
**Table 3: Chart of Correspondence of Five Element Theory**

	WATER	WOOD	FIRE	EARTH	METAL
Season	Winter	Spring	Summer	Late Summer	Autumn
Climatic Qi	Cold	Wind	Heat	Damp	Dryness
Yang Organ	Bladder	Gallbladder	Sm. Intestine	Stomach	Lg. Intestine
Yin Organ	Kidney	Liver	Heart	Spleen	Lung
Sense Organ	Ears	Eyes	Tongue	Mouth	Nose
Body Tissue	Bone	Sinews	Blood Vessel	Muscles	Skin
Emotion	Fear	Anger	Joy/Shock	Worry	Sadness
Color	Black	Green	Red	Yellow	White
Taste	Salty	Sour	Bitter	Sweet	Spicy

### Generating Cycle

The first cycle of the Five Element Theory is the Sheng Cycle, also known as “The Generating Cycle”. In this cycle, each element serves as a “mother,” which promotes the growth and development of a “child” element.

Each element provides a generating force for the element that follows. Wood easily burns and makes a Fire. Fire produces ash, creating Earth. The Earth contains mineral from which Metal is mined and extracted. When Metal is heated and cooled, Water drops will be found over the metal as a result of condensation. Thus, Metal creates Water. Water promotes the growth of trees, which are Wood. The cycle continually gives rise to change and transformation, as shown in (Figure 8).

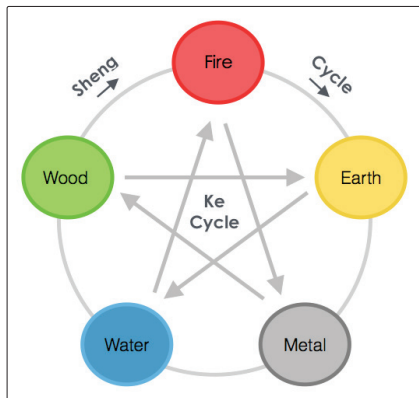


**Figure 8:** Sheng- Cycle

### Control Cycle

Secondly, there is the “The Control Cycle” The part of this cycle is to prevent any element from becoming overwhelming or too powerful in relation to the system as a whole. It is called the “grandmother and grandchild relationship”. The “grandmother” element exerts healthy control over the “grandchild” element.

In this theory, Earth can stop the Water, Water can stop a Fire, Fire can melt Metal, Metal can cut Wood and Wood can consume Earth, as demonstrated in (Figure 9).



**Figure 9:** Ke Cycle

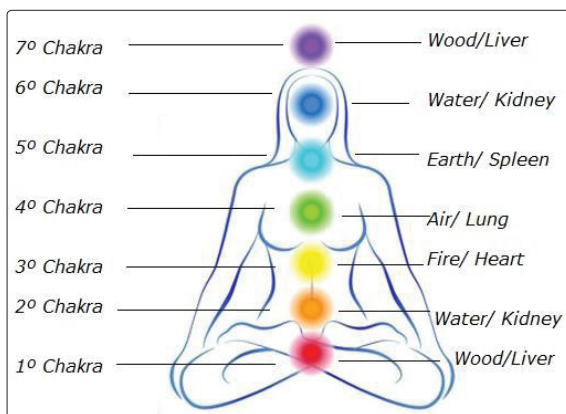
### Chakras

The study of the chakras is also used in the daily practice of the author to treat diabetic patients. The chakras correspond to the Five Elements within the Five Elements Theory, as will be better explained below.

Chakras are main points of energy concentration. There are seven main chakras present in the body and their relationship among themselves is extremely important for the body's health.

As there are seven chakras and five elements, the seventh chakra is ruled by the first (Wood or Liver), and the sixth chakra is ruled by the second (Water or Kidney). The fifth chakra is ruled by Earth (Spleen-Pancreas), the fourth is ruled by Air, or Lung, the third is ruled by Fire or Heart. The second is ruled by Water or Kidney and the first chakra is ruled by Wood or Liver, as shown in (Figure 10) [9].

This relationship between the chakras and the Five Elements is depicted in Figure 10.



**Figure 10:** Chakras and Correspondence to the Five Elements

The diagnosis and treatments considering the chakras will be further explained below in the Radiesthesia, Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine and Crystal-based Medications sections.

### Hippocrates and Galen

The question proposed in the beginning of this study: "Why are diabetic patients still having hyperglycemia despite diet regulation, antiglycemic medication and insulin?" could start being explained considering the medical model studied and practiced by Western medicine.

The current model of medicine practiced in most Western schools is anchored in the ideas of the Greek physician Galen, a physician from the Pergamum, born in 129 A.D [13, 14].

At present, Galen is recognized as one of the major names in the medicinal history. He wrote theories about the functioning of the human body being divided into systems. According to him, each organ would be self-sufficient, working separately from one another. His ideas and studies are the cornerstone of Western Medicine [13, 14].

The theories of Galen were heavily influenced by one specific physician, Hippocrates, who lived 500 years before him. Hippocrates is considered the father of medicine and the creator of the Humorism, which is a theory of comprehension of the body. He associated the pathologies with imbalances of the four humors: blood, phlegm, yellow bile, and black bile [13, 14].

According to Hippocrates, these humors would regulate the temperaments, and therefore the health of the body. The temperaments were: sanguine, phlegmatic, choleric and melancholic. He believed that the four humors needed to be in balanced proportions in relation to amount and strength of each humor for a body to be healthy [16]. Hippocrates would see in the human body the strength and elements to recover. According to him, the physician part was only to assist nature, the true healer.

### Chinese Nutritional Therapy

The diet normally oriented for diabetic patients in Western medicine is mainly based on the reduction of sugar intake. The use of artificial sweeteners is also very common.

However, the dietary guidelines made by Traditional Chinese Medicine are based on the energy of each food, to treat the energy imbalances of each individual. Thus, the diet that each individual is prescribed will depend on the imbalances discovered.

In the Western diet, the ingestion of raw foods (especially fruits and salads), dairy products, and sweets are very common. Such a diet leads to a deficiency of Spleen-pancreas energy. This energy meridian is responsible for the absorption of nutrients and for the production of Blood. Blood is responsible for the production of *Yin* energy in the Kidney.

If this meridian becomes deficient, it begins to absorb fewer nutrients, forms less Blood and consequently causes *Yin* energy deficiency, which is the main cause of diabetes in TCM. In addition, this deficiency can cause an abnormal retention of phlegm in the body, being one of the causes of overweight and obesity.

In the case report described, the patient's diet is mainly based in cold water, raw foods and dairy products. All these habits cause deficiency in the Spleen-pancreas meridian.



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There are also foods that can create imbalance in the Kidney-*Yin* meridian. These foods are coffee, soda (normal or diet) and matte tea.

There are also foods that can create internal Heat directly, increasing the Heat in those individuals who already have it. These foods are: fried foods, alcoholic beverages, chocolate, coconut, honey, eggs, pepper, melted cheese, clove, cinnamon and ginger.

Western Medicine is unaware of the fact that there are other foods that can unbalance the internal energy and lead to *Yin* deficiency. The ideal diet, according to TCM, includes the daily consumption of the five flavors: sweet, sour, bitter, spicy and salty.

The guidance of Traditional Chinese Medicine regarding the daily consumption of sweet tastes can cause duality. The sweet taste they refer to is a subtle taste, as, for example cooked beets or corn without salt. Foods with natural sweetness are those who nourish the elements. They are not related to excessive-sweet tastes associated with the sugar intake. Even a patient who uses sweeteners without calories, may be unbalancing the Spleen-pancreas energy, as he is consuming excessive sweet taste, thus leading to *Yin* deficiency.

A chain of events unfolds when the Spleen-pancreas is imbalanced, resulting in lower Blood production which consequently leads to Blood deficiency. Blood deficiency leads to *Yin* deficiency and can increase the risk of diabetes.

In the example of the patient describe who was already diabetic and the incorrect diet was worsening his condition.

The patient also received the recommendation to avoid consuming wheat flour products.

In the past, wheat flour did not generate the health issues that it generates now. The wheat used currently suffers from different hybridizations, backcrossing, and mutation-inducing techniques. These techniques are unpredictable, and may generate unexpected results [17]. The consumption of white flour can cause an increase of glycemia, appetite, pain in the body, cholesterol and abdominal fat accumulation [18].

The patient described ate a lot of pizza, lasagna and a variety of foods with melted cheese. The melted cheese can also create internal Heat in the Gallbladder meridian, increasing glycemia.

Eating too fast is also another problem in the patient's routine. The habit of eating very fast, according to TCM, leads to an imbalance of the energy of Stomach and Spleen-Pancreas, resulting in mal-absorption of nutrients and other future deficiencies. This results in Heat generation and therefore, hyperglycemia.

### Water

In most cultures around the world, the temperature of the water is not considered an important factor in the water intake routine. In Brazil, for example, most people drink cold water, usually with ice or in very low temperatures, keeping the water in the refrigerator.

The body is formed by around 50-75% water. The average adult human body is 50-65% water, averaging around 57-60%. The

percentage of water in infants is much higher, typically around 75-78%, dropping to 65% by one year of age [16].

According to Traditional Chinese Medicine, the quantity of water intake and the water temperature are equally important. The lack of water ingestion may cause *Yin* deficiency, because the *Yin* energy is produced in the Kidney, and one of the ways of nourishment to the Kidney is water. The chronic ingestion of cold water is also not beneficial to the body, as the cold water can lead to Spleen-pancreas deficiency.

The Spleen-pancreas meridian is associated with Blood production and maintenance of the blood inside the blood vessels. When Blood production is compromised by Spleen-pancreas energy deficiency or by other causes, it may lead to Internal Heat formation and in some cases, contribute to hyperglycemia symptoms.

The Spleen-Pancreas deficiency can also imbalance the energy of the Kidney directly, according to the Five Elements Theory, according to the Control Cycle or Ke Cycle, As the Kidney is responsible for the production of *Yin* and *Yang* energies, a deficiency in the Spleen-pancreas can induce Kidney energy imbalances, generating an unhealthy cycle. This cycle can lead to diabetes symptoms in some patients.

In summation, the Kidney is responsible for cellular hydration. Therefore, it directs the flow of water in the cells [7].

Without sufficient water, the body runs into detoxification issues, leading to toxicity, inflammation and other health imbalances. Chronic dehydration can lead to a range of problems, including sugar imbalances, insulin resistance and diabetes [7].

The patient described in the case report used to ingest too much coffee and around 1, 5 L of water per day. The ideal consumption of water is 35 ml per kg per day, and the patient have about 90 kg. Thus the ideal amount of water for him would be more than 3 liters per day [19]. The patient consumed half of the recommended amount of water, usually cold. This poor water intake could be one of the reasons why this patient did not show any improvements with the prescribed diet regulation, the intake of different diabetic-control medications, and even the use of insulin.

### Emotional

According to TCM, emotions also have a significant part in the body's health. Considering the Five Element Theory, each element is associated to one specific emotion, as described in Table 3.

Excessive anger, for example, can lead to an increase of the *Yang* energy of the Liver, leading to Internal Heat formation, increasing hyperglycemia in diabetic patients, and leading to hyperglycemia in not diabetic patients. Excessive fear can lead to imbalances in the Kidney energy. As said before, the Kidney is responsible for the production of the *Yin* and *Yang* energies. Therefore, an imbalance in the Kidney will lead to other energy imbalances, leading to hyperglycemia as well.

In Traditional Chinese Medicine, increased blood sugar can be associated with excessive worry, because worry can injure the Spleen-Pancreas meridian, cause decreased blood production and

cause more Internal Heat formation; resulting in an increase in glycemia.

In the case of the patient described in this case report, the stressful life and environment he is inserted in can influence the energies of his body negatively. The result of this stressful routine are described below, in the Chakras topic.

### Sleep

According to Traditional Chinese Medicine, sleep is important to replenish the energies of the body. Inside the body, according to TCM, there is a cycle of 24 hours of energy flow. The energy flows from one energy meridian to the other, during two hours per day for each meridian. The process happens during the day and during the night. When not sleeping properly, the meridians energy is not replenished adequately, leading to a weakening of the body's energy. The ideal amount of sleep would be 7 to 9 hours per night.

According to TCM, the ideal time for sleeping is around 9-11 p.m. The patient described reported to sleep less than four hours per night, as he used to prepare his classes for the next day during the prior evening.

All the organs need to receive the same amount of energy in the 24-hours cycle of energy flow inside the body. When the patient does not sleep the amount of time recommended, the energy of the Kidney-*Yin* is not replenished, leading to the formation of internal Heat. In the case report described, the internal Heat was leading to hyperglycemia. The routine of sleep of the patient is described in (Figure 11).

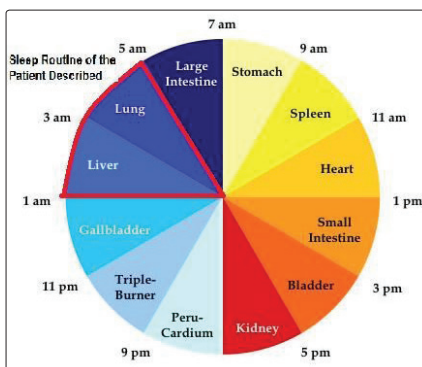


Figure 11: Sleep Routine of the Patient Described

### Acupuncture and Auricular Acupuncture

Another important feature of Traditional Chinese Medicine is acupuncture. According to TCM, the diseases are associated with perturbations in the flow of *Qi* energy. The goal of acupuncture is to restore balance, correcting perturbations in the flow, using points close to the skin. Acupuncture is and has been an important part of Traditional Chinese Medicine for more than 2,500 years [13, 14].

It is considered a medical specialty by the Federal Medical Council since 1995, in Brazil. Auricular acupuncture has the goal of diagnosing and treating any medical condition using acupuncture points on the external ear surface [13, 14]. According to the neuroscientist Wilder Penfield, there is a map of the body in the surface of the brain, being projected for different areas of the body, creating microsystems on many parts of it. The ear is one of these microsystems [13, 14].

The auricular acupuncture was developed in Western Europe during the 1950's, and has spread in the following decades to Germany and the rest of the world. It is based in the stimulation of the acupuncture points mentioned above as applied to the external ear surface. The ear map takes the form of an inverted fetus and has representations of anatomical and emotional bodies. Auricular acupuncture uses these representations and these microsystems to treat a whole range of diseases [13, 14].

The auricular points, related to the Five Elements: Liver, Spleen, Lung, Kidney and Heart, are used to regulate the flow of energy *Yin*, *Yang*, *Qi* and Blood. All of them are important, but according to the author's practice and for the specific case of this patient, it was important to perform the apex ear bloodletting in order to reduce the internal Heat that was generating his hyperglycemia symptoms.

### Apex Ear Bloodletting

The practice of bloodletting started 3000 years ago, in Egypt. It continued to spread to many parts of the world and during the Middle Ages spread to Europe. Bloodletting had its peak in the 19<sup>th</sup> century. Presently, it is only used in some specific traditions, such as Traditional Chinese Medicine.

The practice is done on the ear apex and is used to treat a variety of conditions. According to TCM, the procedure discharges the Heat from the body, relaxing tension and relieving pain. The procedure is done by cleaning the ear with alcohol, bending the ear and puncturing it with an insulin syringe needle, drawing out three to five drops of blood while constantly cleaning with a piece of cotton.

Figure 12 demonstrates the effectiveness of the apex ear bloodletting associated with auricular acupuncture, using mustard seeds. A medical doctor (with Type 1 diabetes) and a chronic insulin user had a typical glycemia level in the range of 150-300 mg/dl (reference Figure 12). After passing through apex ear bloodletting and auricular acupuncture procedure, the doctor patient experienced a large drop in his glycemia level within a 30-minute period. The diabetic doctor attested to the positive affect of the auricular acupuncture from the apex ear bloodletting procedure. He was wearing a continuous glucose monitoring system, attached to his calf. The results are shown in (Figure 12).

Figure 12 show that the number 1 and 2 points represent the glycemia before the apex ear bloodletting and auricular acupuncture procedure. The number 3 point represents the glycemia change 30 minutes after the procedure. Note that when his glycemia was at 76 mg/dl, the patient doctor started feeling hypoglycemia symptoms, dizziness and weakness.

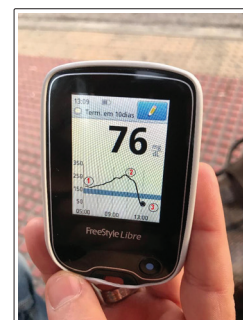


Figure 12: Glycemia change after auricular acupuncture and apex ear bloodletting

ear bloodletting in a Diabetes 1 doctor

\* The time table presented in the glucose monitoring system was in Brazilian time, as the diabetic doctor was Brazilian. However, the diabetic doctor was in Madrid, which is four hours ahead from the Brazilian time. In Figure 12, it can be seen that the patient doctor's glycemia level kept getting lower, until about 50 mg/dl. The diabetic doctor had to eat some chocolate to control the glycemia withdraw. This demonstration was done in the beginning of 2018 December, during a congress of Infectious Diseases in Madrid, Spain, where the author was a speaker. The procedure was done to a colleague doctor who had type 1 diabetes that began during adolescence.

## Homeopathy

Homeopathy is a holistic medicine that uses specially prepared, highly diluted substances. Homeopathy's roots emerge from the findings, teachings and writings of Dr. Samuel Hahnemann (1755-1843) [21]. The main goal of homeopathy is to trigger the body's own healing mechanisms. Homeopathy is based on the idea that a substance that can cause symptoms when taken in large doses can be used in small amounts to treat similar symptoms.

Homeopathy has been recognized as a medical specialty in Brazil since 1980 by the Federal Medical Council. The homeopathy physician usually prescribes medicines according to the patient's specific set of symptoms and how these symptoms are experienced, taking into account their overall level of health. For diabetes, the usual treatment is done with *Syzygium jambolanum* or *S. cumini* (black plum), *Uranium nitricum*, *Conium* (hemlock), *Plumbum* (lead), *Calendula* (marigold), *Phosphoric acid* and *Candida* (yeast) [22].

Returning to the idea of the tree metaphor depicted in Figure 2, it is possible to comprehend that the regular treatment done with homeopathy for diabetes is also treating the disease at the leaf level.

The primary goal of common homeopathy use is to improve symptoms. However, often the homeopathy-based medications can improve symptoms and treat the root of the problem. As such, the homeopathic physicians use Western Medicine practices and prescribe medications to improve the symptoms of the illness. This often treats the root of the problem as well.

The treatment done with the patient of the case report is based on the theory of "Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine". In this theory, as presented in Figure 2 using the metaphor of the tree, the main goal is to treat the root of the problem.

## Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine

This theory was developed by the author, and has already been presented at the World Congress of Homeopathy (LMHI) in Buenos Aires, Argentina, in August 2016, at the European Congress of Homeopathy in November 2016 in Vienna, Austria, and at the World Congress of Homeopathy (LMHI) in Cape Town, South Africa, in September 2018 [14]. According to this new way of thinking, when using homeopathy, the physician will be dealing with the root of the problem and not only treating symptoms [14].

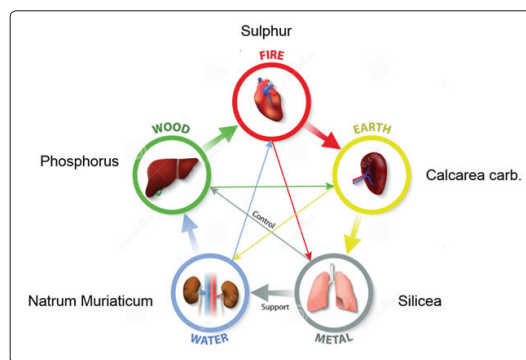


Figure 13: Homeopathy and Five Element Theory

For example, in the case of imbalance of the first chakra, the chakra corresponds to the Liver organ in the Five Element Theory (or the Wood) and the treatment is performed with Phosphorus (Figure 13) [14]. The imbalance of the third chakra corresponds to the Heart, which is represented by the element Fire and can be treated with Sulphur. The fifth chakra, which corresponds to the Spleen organ, represented by the Earth element, can be treated with Calcarea Carbonica (Figure 13).

The imbalance of the fourth chakra, or the Lung, can be treated with Silicea. The imbalance of the second chakra, which corresponds to the Kidney, which is the Water Element in the Five Element Theory, can be treated with Natrium Muriaticum (Figure 13) [14]. The homeopathy intake, in the specific case of the patient of the case report described, was based in the Cycle of Generation, previously described in the Five Element Theory section. [14] The patient took a single dose of each medication in the following sequence: Sulphur, Calcarea Carbonica, Silicea, and Natrium muriaticum e Phosphorus. The patient took these medications once a week, starting at 30CHXX-20 for each one, and then the potency of the medications was gradually increased (200 CHXX-20; 1000 CHXX-20, etc).

Using the chakras measurement procedure (radiesthesia), many patients intake the medication in this proposed sequence. However, the sequence will be altered depending on the different energy imbalances presented by different patients.

The medication used to treat this patient was chosen considering the Arndt-Schultz law. As the patient was completely deficient in energy, only highly diluted medications were chosen, with the main goal of increasing his vital energy. If a patient with energy deficiency uses high-concentrated medications their vital energy will gradually decrease leading to more Internal Heat formation and consequently induced hyperglycemia.

## Radiesthesia

Radiesthesia is the science of using the vibrational fields of the human body to access information about other objects of animate or inanimate nature by establishing resonance with their energy fields. Calibrated instruments such as pendulums and a scale of quantitative measurement are used to decode this information [23].



In the case of the patient of the case report, the pendulum was used to measure the energy levels of his seven chakras that correspond to the energy of each organ identified in the Five Element Theory [24]. To perform the measurement, the pendulum is placed in front of each chakra and the movement of the pendulum has different meanings [24]. The pendulum rotates around itself. It might rotate in clockwise or counterclockwise movements. Depending on the arc it generates, is it possible to measure the energy level, which varies from 1 to 8, with 1 equating to no energy and 8 equating to a normal energy level [24].

In the case of this specific patient, all his chakras measurements resulted in a energy level 1 reading, with exception of the seventh chakra that appeared normal with an energy level 8. This lack of energy in the chakras can be a causative factor of Internal Heat formation, leading to the formation of hyperglycemia. The applicable treatment was to replenishment his energy levels which were of extreme importance for lowering the hyperglycemia of this patient. The hypothesis is that complications associated with diabetes in Western Medicine, such as sexual dysfunction, alterations of vision, nephropathy or dermatitis, could be caused not by the diabetes itself but by the lack of energy in the chakras, or in the Five Element Theory in TCM. This lack of energy could be the true cause of the diabetes symptoms and its complications, as the energy of chakras have fundamental importance to the health and functioning of all organs of the body.

### Crystals Medications

The use of crystal-based medications is based on the idea that crystals have healing properties and having them around the body may be beneficial for health [25] According to Robert Simmons, different stones have different energies, and these energies can influence the body in a positive way [26]. The idea proposed by Simmons can be comprehended considering the TCM approach, in that everything in the world is formed by energy including the different natural phenomena such as crystals [26].

Since its' beginning, Traditional Chinese Medicine has been using crystals as a complementary tool in the treatment of a variety of pathologies. According to the ancient Chinese, the crystals were able to provide more profound and permanent effects in the treatments proposed [6]. Each Chakra has a correspondent crystal. The crystal is responsible for strengthening of the patient and allows recovery of their balance.

The first Chakra corresponds to the Wood element or the Liver organ, according to the Five Element Theory [27]. The correspondent crystal to stimulate this chakra is Garnet. In Traditional Chinese Medicine, Garnet supports the *Qi*, and is responsible for destroying negative energies. The healing properties of the Garnet create warmth and improved circulation on a cellular level. The crystal has the power of detoxification for the body and is useful for the treatment of different disorders, such as acne, low libido, and disturbances in the cardiac rhythm. It has been reported to relieve rheumatic and arthritic pain and some psychological illnesses [25, 26]

The second Chakra or the Water Element corresponds to the Kidney organ, in the Five Element Theory [27]. The corresponding crystal to for this element is the Orange Calcite. The Orange Calcite is an orange crystal and is often related to the sun and the fire. The

capacities of this stone are related to the flow of the energy. The idea is that the Orange Calcite will be able to bring light into dark places and has healing properties for pathologies such as depression, emotional or sexual traumas. Physically, it can be helpful to the endocrine system and is also good for digestion and metabolism [25, 26].

The third Chakra is the Fire Element, and corresponds to the Heart. The crystal that can treat the energy deficiency of the third chakra is the Rhodochrosite for emotional symptoms and the Yellow-citrine for physical symptoms. The Yellow-citrine has stimulating properties. It helps the digestion, the stomach and the overall metabolism. The Rhodochrosite is related to emotional strength. If there were moments in childhood in which one experienced physical or emotional violence, severe shaming, or was otherwise thrown into a traumatizing emotional situation, the Rhodochrosite use can help to increase the life-force energies [25, 26].

The fourth Chakra is related to the Air Element and corresponds to the Lungs. The crystals that stimulate it are the Emerald and the Chrysoprase. The Emerald is a powerful stone, often related to abundance. It is emotionally related to love and compassion. Physically, it may heal a range of diseases, improve memory and help the physical heart [25, 26]. Emotionally, Chrysoprase can create a deeper connection with the one's self and with the world. Physically, it can be useful in the treatment of degenerative diseases; another crystal that can stimulate the energy of the fourth Chakra is the Rose Quartz. It is one of the stones of biggest importance in the treatments with crystal-based medications. Emotionally, it has clearing properties and it helps in the resolution of old emotional issues related to self-esteem [25, 26].

The fifth Chakra is associated with the Earth Element and therefore, with the Spleen. The corresponding Crystal to stimulate it is the Blue Quartz. The Blue Quartz has of detoxifying properties to the body. According to TCM, the stone has cool energy, which can be helpful in the reduction of Internal Heat. It is often used to treat the throat, and has calming effects [25, 26]. The sixth Chakra is associated with the Water Element, and therefore, with the Kidney in the Five Element Theory. The corresponding crystal to stimulate it is the Sodalite. Emotionally, this stone can help reducing stress and anxiety, as it is believed it can free intuition. Physically, it is often used to regulate the circulation of blood and improve cellular hydration. The seventh Chakra is associated with the Wood Element and therefore, with the Liver in the Five Element Theory [27]. The corresponding stone is the Tiger Eye. Emotionally, it can be helpful in the search of emotional balance and harmony. Physically, it is a blood fortifier, which may support and strength the endocrine system.

The patient described in this case report, did not needed to receive this medication because the energy of his seventh chakra was normal. However, he was required to take all the other crystal-based medications and was required to take them for one year. These medications were chosen because their major function was the treatment of the patient's energy, and they were highly diluted. The main goal was to restore the energy of the patients' chakras, which appeared very weak according the radiesthesia procedure. In the specific case of the patient, the use of high-concentrated drugs would have worsened the energy imbalances the patient was already experiencing. According to Arndt-Schultz law, the chronic intake

of high-concentrated drugs could contribute to a worsening in the patient's condition, leading to more formation of internal Heat and increasing his glycemia [25, 26].

### Arndt-Schultz's Law

The Arndt-Schulz's law was originally formulated in 1888. It states the effects of different drug concentrations on an individual basis. The rule developed by the two researchers, Hugo Paul Friedrich Schulz and Rudolf Arndt, states that for all substances, small doses stimulate, moderate doses inhibit and overdoses kill, as described in (Figure 14) [13, 14].

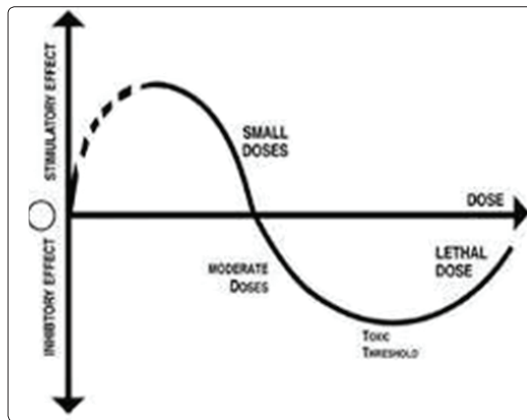


Figure 14: Arndt-Schultz's Law

According to this law, highly diluted drugs improve organic processes, while high concentrated drugs can be harmful to health. High-concentrated drugs, according to the law, can reduce the vital energy of all organs and meridians, and it may generate more internal Heat formation, worsening the patient's glycemia [13, 14]. The choice of using homeopathy and crystal-based medications was based on the idea of strengthening the patient's energy, and in this way reduce the formation of Internal Heat and the glycemia [13, 14].

### Microwaves Effects in Health and Its Influence in the Body's Energy

Microwaves have harmful effects to the energy in the body. Although not being a widespread idea, there are many researches that show how microwaves can be prejudicial to health. The microwaves are constantly present in microwave ovens, cell phones and radars [28]. Holistic health techniques are about restoring the body's internal balance, allowing it to heal. Therefore, everything that disturbs the body's balance should be avoided, including the high exposure to microwaves.

Foods are formed by energy. When we microwave foods, they tend to lose their energy, and therefore, lose their capacity to nourish the body's energy. According to a study of Mercola, microwaves can transform alive, healthy and nutritious foods into foods with no nutrition value in seconds [29].

The weak energy of the chakras, presented by the patient, can be associated with the effects of high exposure to cellphones, combined with his habit of constantly eating microwaved foods. The excessive exposure to microwaves can contribute to the reduction of vital energy, increasing internal Heat formation and contributing to high-glycemia as was found in the specific case of our diabetic patient

[30-37].

### Traditional Chinese Medicine and Western Medicine – Yin and Yang Metaphor

In order to treat patients as a whole and in a more effective way, it is important to comprehend the different parts of the different medical perspectives. The body is not only physical and constituted by organs and tissues. It is also formed by energy. In Figure 15, a metaphor of Yin and Yang as the different kinds of medicine was created. Presently, these two perspectives are separated and they are opposites. However, they can be complementary. Nevertheless, neither one can exist without the other.

In the metaphor, Traditional Chinese Medicine can be considered Yang energy and Western medicine Yin energy. Yang represents the potential energy, and Yin, the energy that is already materialized. Just as with Yin and Yang, Traditional Chinese Medicine starts where Western Medicine ends, and vice-versa. This relationship is dynamic, not static. Patients would benefit from the balance between these two perspectives (TCM vs Western Medicine), just as the body benefits from the balance of Yin and Yang.



Figure 15: Traditional Chinese Medicine and Western Medicine – Yin and Yang Metaphor

### Conclusion

To better understand the cause of diabetic patients still having hyperglycemia despite diet regulation, anti-glycemic medication and insulin, we should have a more holistic view of the human being, considering the energy point of view, not usually studied by Western medical schools.

Since the human body is formed by energy, when the physician has a deep comprehension of the energy's behavior, including its formation, transformation, and relation to pathologies, different treatment possibilities are opened.

The diet for diabetic patients in Traditional Chinese Medicine, comprehends a range of other factors, not considered in the Western Medicine treatment. Suspending the intake of sugar and high-carb foods is not sufficient to control the diabetic's patient glycemia.

The treatment of diabetes in Western Medicine, despite having the same goal of the Xiao-Ke treatment in Traditional Chinese Medicine, can reduce the vital energy of the patient. For example, the use of highly concentrated drugs that contributes to the formation of Internal Heat which maintains or worsen the patient's hyperglycemia. A treatment focused on energy levels that restores and fortifies the

energy of the chakras, is another important part of the treatment, and should be considered in the treatment of diabetic patients.

## Acknowledgements

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