

## What is the Relationship Between Diabetes and Obesity from an Energy Perspective?

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**\*Corresponding author:** Huang Wei Ling, Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management, Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

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**Huang Wei Ling\***

Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management, Medical Acupuncture and Pain Management Clinic, Brazil

### Opinion

If we review what is in the medical literature, most studies say that type 2 diabetes comes from hormonal and metabolic imbalances generated by the obese patient. According to the article written by Nguyen (2010) entitled *Relationship Between Obesity and Diabetes in a US Adult Population: Findings from the National Health and Nutrition Examination Survey, 1999-2006*, the prevalence of diabetes increases with high weight classes. But only half of the diabetes adults' patients were considered obese. In this article, he is suggesting that weight loss is an important aim nowadays to reduce the impact of diabetes in the health care system [1]. The author will write this article according to Hippocrates (460 bce - 375 bce), father of Medicine, who said that we should follow older medicines, before current medical practice. So, the doctor will explain this theme according to the teachings of traditional Chinese medicine [2]. If we look at the article written by Huang [3] entitled *Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Antiglycemic Medication and Insulin?* and if we look at the energy alterations of obese patients, published by Huang [3] in an article entitled *Energy Alterations in Obese Patients*, if we look at it from the point of view of traditional Chinese medicine, which exists for more than 5,000 years, we can observe that what the two diseases have in common are energy imbalances or deficiencies in the five internal massive organs [4,5]. According to some studies presented by Huang at the Acupuncture Research Conference, that was held at the Harvard Medical School, in Boston, in 2015, the author demonstrates in her study that the treatment of the imbalance of *Yin, Yang, Qi* and Blood energy (which are the basis of all traditional Chinese medicine reasoning), can treat all of the individual's physical and emotional pathologies at the same time, even if the doctor does not know that the patient has such a symptom or illness [6].

This theory was based on the clinical case, treated by the author in 2006, about a 70-year-old-male patient, who had leg pain and was using non-hormonal anti-inflammatory drugs for 6 months, with no improvement of his symptoms during this period. The patient searched for other techniques to treat his condition, such as using acupuncture and other Chinese medicine's tools and through this treatment, he improved the pain in his legs, but he also improved from another condition that the patient had not told the doctor, who had been undergoing glaucoma treatment for over 40 years, without having had improvement of his intraocular pressure during this period (which was always above 40mmHg). And through the treatment that the doctor did, treating the energy imbalances, which was Kidney *Yang* deficiency, the patient improved all his symptoms at the same time, even if the doctor did not know that the patient had such a pathology, which was glaucoma [7]. In an article published by Huang [3] entitled *Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Antiglycemic Medication and Insulin?*, the author explained in this article that the energy alterations that are causing hyperglycemia, according to traditional Chinese medicine reasoning, are kidney *Yin* deficiency and internal Heat formation, both in type 1 and 2 diabetes

[4,8]. In another article written by Huang [3] entitled *Energy Alterations in Obese Patients*, the author said that energy changes in obese patients are energy deficiency in the Spleen-pancreas and in the Kidney. However, each patient may have other different energy imbalances leading to the same clinical manifestation. But what both diseases have in common, is the complete energy deficiency of chakras' energy centers, mentioned in the article *What Do We Have to Know In The Treatment of Diabetes Patients Nowadays?* [5,7]. In these articles, the author describes the root of the problems of both pathologies, which are at the root level of the tree (a metaphor that she makes by comparing Western medicine with traditional Chinese medicine (where the energy changes and the theory of *Yin* and *Yang* are found and the theory of the Five Elements) which are demonstrated through the evaluation of the chakras' energy centers studied by Ayurvedic medicine. There are studies today that make a correlation between the chakras and the internal five massive organs and the theory of the Five Elements in traditional Chinese medicine, as in the article written by Chase [9] entitled *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use* [9].

If the doctor treats the root of the tree, treating all the energy imbalances between *Yin*, *Yang*, *Qi* and Blood (where all the deficiencies that are generating both diseases are, that are generating diabetes and obesity), both conditions will be improving at the same time, because the energy imbalances of the internal organs, that are causing both pathologies will be replenished and everything will come into balance. Using this kind of tools, the patient will treat all their physical and emotional manifestations at the same time, even the doctors does not know that the patient has such symptoms [4,7]. The replenishment of these energies, in addition to Chinese dietary therapy already mentioned in another articles written by Huang, the author also associates auricular acupuncture with apex ear bloodletting of the ear and chakras' energy centers replenishment, through the theory written by Huang [10] entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, in which the author uses the five homeopathic medicines (Phosphorus, Sulphur, Calcarea carbonica, Silicea and Natrum muriaticum) to treat deficiencies of the five massive internal organs, according to traditional Chinese medicine reasoning. The medications used in this theory should be given in the sequence of the generation cycle of the Five Elements theory and used in a period of one year or more, when they should do other energy measurement using radiesthesia procedure to evaluate the results. But according to the experience by the author, the patient should continue their treatment after one year of replenishment because as we are suffering constant influences of the electromagnetic waves, when the patient stop to use these kinds of medications, the energy can drop again and the patient could return their symptoms of lack of energy and leading to a variety of clinical manifestations such as anxiety, panic syndrome, and more propensity to have higher glucose levels in the Blood and also, return to have higher weight if compared to the state that they were in taking the homeopathy medications to replenish the internal organs energy [10]. Through this theory, the doctor can use

medications from Western medicine, but using traditional Chinese medicine reasoning, where she uses highly diluted medications to replenish the energy of these five internal massive organs (Liver, Heart, Spleen, Lungs and Kidney), which in a study carried out by her between 2015 and 2020, observing the energy pattern of the population she attends during this period (which corresponded to a thousand patients analyzed), it demonstrates that over 90% of its patients do not have energy in any of the five massive internal organs, which are responsible for this Blood production and the *Yin*, *Yang*, *Qi*, and Blood energies for the maintenance of a healthy life. She affirms that these energy deficiencies are likely caused by the influences of the exposition of the electromagnetic radiation that almost the entire world population is subjected to today. She said that this energy deficiency could be happening to possibly all the inhabitants of this planet today, due to dissemination of these waves in all countries today [3,11].

According to traditional Chinese medicine, all internal organs are interconnected and interdependent, it is very different from Western medicine reasoning, where they think that each organ is independent and not influenced by other organs and the reduction of energy in these organs can cause deficiency of energy in the next organ, showed in the generation cycle in the Five Elements theory. To treat the deficiency of energy of one specific organ, it is necessary to treat the other organs that is deficient in energy also, because according to the studies carried out by Huang [3], entitled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection*, all the organs analyzed today are deficient in energy and therefore leading to impairment of the *Yin*, *Yang*, *Qi* and Blood energies production. and leading to the formation of internal Heat (that is the energy imbalances that occur when there is deficient in energy of one or a combination of these energies of *Yin* or *Yang* or *Qi* and/or Blood) [4,11]. The description of how the diagnosis of energy imbalances is made was written by Huang [4] in the article entitled *Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Antiglycemic Medication and Insulin?* where she explains that patients with the same diagnosis can have different energy imbalances and leading to the same manifestation in Western medicine and one energy imbalance can lead to the formation of many different diseases [4,11]. The author usually uses auricular acupuncture associating with apex ear bloodletting with intention to balance the internal massive organs energy using points in the ear. This kind of tool and the function of each point used, was written by Huang [4] in the article *How Do You Treat Back Pain in Your Practice? Part 2*, where the author explains the functions of each auricular acupuncture point in the formation of *Yin*, *Yang*, *Qi* and Blood and the properties of doing apex ear bloodletting to reduce anxiety, hypertension, hyperglycemia, etc. [12]. If the physician treats only the symptoms and still do not treat the root, that are the energy deficiencies, that are generating the two pathologies at the same time, the patient will continue to be deficient in energy and it will continue to have hyperglycemia and the internal massive organs will continued without energy, maintaining the energy deficient state, leading to accumulation of liquid and Phlegm inside the body, caused by the energy imbalances

of Spleen-pancreas (fifth *chakra*) and Kidney (second *chakra*), as the author showed in the article *Energy Alterations in Obese Patients* [5]. According to Hippocrates (460 bce - 375 bce), natural forces within us are the true healers of the diseases [2].

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