

# Energy Alterations in Patients with Dizziness and How Can we Treat this Condition without Using Common Medications?

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## Abstract

**Introduction:** Dizziness can describe different sensations and the best way is to ask the patient to describe without saying the word dizzy. It could describe sometimes fatigue, anxiety, visual difficulty, weakness, vertigo, disequilibrium, presyncope or lightheadedness.

**Purpose:** The purpose of this study is to demonstrate that patient with this complaint have energy alterations and can have internal massive organs deficient in energy (Liver, Heart, Spleen, Lungs and Kidney) and the treatment of this condition, changing dietary aspects, rebalancing the internal energy using acupuncture and replenishing them using highly diluted medications (Phosphorus, Sulphur, Calcarea carbonica, Silicea and Natrum muriaticum) is of paramount importance to treat the root of the problem and not just treating the symptoms.

**Methods:** Through two case reports of patient with dizziness without any alteration in the laboratory exams. They searched for another kind of treatment using Chinese medicine's tools. I measured the internal massive organs energy (Liver, Heart, Spleen, Lung and kidney) of the second case report using a crystal-pendulum.

**Results:** All organs were in the lowest level of energy, responsible for the production of internal energy to keep our health in harmony (Yin, Yang, Qi and Blood). Both patients were submitted to treatment using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and systemic acupuncture. Replenishment of all these organs were done in the second case report using highly diluted medications according to the theory Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine and crystal-based medications for the entire life (because this energy deficiency is caused by the exposition to the electromagnetic waves). Both patients improved their condition quickly after the treatment done.

**Conclusion:** The conclusion of this study is that patients with dizziness can have internal energy disharmony and can also have internal massive organs deficient in energy and the treatment of this condition is of paramount importance to treat the root (energy imbalances and deficiencies) and not just the symptoms (dizziness itself).

**Keywords:** dizziness; energy; traditional chinese medicine; homeopathy; hippocrates

## Introduction

Dizziness is a term that refers a disturbance of erroneous perception of movement or spatial orientation. It consisted on perceiving of the movement of the own body or of the environment, such as rotating or swinging or both. [1]

Dizziness triggered by head motion can be due to benign paroxysmal positional vertigo. Dizziness associated with unilateral hearing loss can suggest Meniere disease. If not associated with any trigger could be related to vestibular neuritis. [2]

The evaluation is to determining if the etiology is central or peripheral because the last one usually has benign evolution but central etiology requires urgent approach and treatment. [2]

To help distinguish if the dizziness is central or peripheral, it is common to use the HINTS examination (head impulse, nystagmus, test of snew). The physical examination includes measurement of blood pressure (orthostatic), full cardiac and neurological examination, nystagmus presence and Dix-Hallpike maneuver. [2]

The reasoning used to write this article will be following Hippocrates (460 bce - 375 bce), father of medicine, that said that “it is more important to treat the patient and not the disease”. [3]

For this reason, I will describe which are the energy alterations that has behind in patients with vertigo or dizziness symptoms, that are usually not visible by the naked eyes and not proofed by radiological or laboratorial exams. [4, 5]

### Purpose

The purpose of this study is to demonstrate that patients with dizziness symptoms can have energy deficiencies in the five internal massive organs according to traditional Chinese Medicine (Liver, Heart, Spleen, Lungs and Kidney) and the treatment replenishing and rebalancing the internal energy using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and systemic acupuncture and replenishing the internal five massive organs (that corresponds to the seven chakras' energy centers) with highly diluted medications according to the theory created by myself entitled *Constitutional Homeopathy of the five Elements Based on Traditional Chinese Medicine* and crystal-based medications is of paramount importance to treat the root and not just the symptoms..

### Methods

It was used an extensive search of articles related to dizziness in Western medicine and also in traditional Chinese medicine all indexed in PubMed. I used to illustrate how I did the treatment of the patients with dizziness symptoms describing two case reports.

### Case report 1

The first is a 76 years-old female patient that was complaining dizziness specially in the morning, after she ate the breakfast. She went to a lot of doctors in Belo Horizonte, the capital of Minas Gerais state in Brazil but no one could discover her problem. I asked her about the meal that she usually do in the morning and she said that she ate bread, with melted cheese and coffee. I attended this patient in 2009 in my clinic in Brazil and she traveled about 800 Km to have this consultation with me. I orientate her to avoid the ingestion of this kind of meal in the morning (coffee and melted cheese) and the reason for these orientations I will do in the discussion section.

### Case report 2

The case report two was 34 years-old male patients complaining anxiety, headaches, insomnia, pain in his left foot and dizziness. He had been treating his anxiety using psychotropic medications but it was not improving his condition. He also was using sleep inducer medications but it was not helping him also. He went to my clinic to try to use another kind of treatment because the medications he was using was not improving all his symptoms. I measured his internal five massive organs energy (that corresponds the Liver, Heart, Spleen, Lungs, Kidney and the measurement of this energy corresponds to the chakras' energy centers) through a crystal-pendulum.

### Result of case report 1:

It was orientated to avoid to eat melted cheese and coffee in the morning and the patient was submitted to ten acupuncture sessions twice a week using apex ear bloodletting, auricular acupuncture and systemic acupuncture. After some acupuncture sessions, she improved completely her dizziness and also, felt that this treatment rejuvenates her very much and she was very grate full for the treatment done.

### Results of case report 2:

The results of the measurement of the chakras' energy centers were that all internal organs were in the lowest level of energy (rated one out of eight) with exception of the seventh (that was normal, rated in eight).

The treatment consisted in Chinese dietary orientations, auricular acupuncture with apex ear bloodletting, systemic acupuncture. It was used highly diluted medications to replenish the energy of all these internal five massive organs according to the new theory in homeopathy written by myself (2020) entitled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and the use of crystal-based medications. The homeopathy medications used in this treatment were Phosphorus, Sulphur, Calcarea carbonica, Silicea. Natrum muriaticum. The potency of the medications used in this treatment were 30CH (in the first month of treatment), 200 CH (in the second month of treatment), 1000 CH (in the third month of treatment), 10.00 CH (in the fourth month of treatment) and 50.000 CH (in the fifth month of treatment). This last potency should be used every 6 or 8 weeks for the entire life of the patient.

The 5 homeopathy medications (Phosphorus, Sulphur, Calcarea carbonica, Silicea, Natrum muriaticum) should be used per five days in a month, usually beginning with the use of Sulphur in the first day, use of Calcarea carbonica in the second day, the use of Silicea in the third day, the use of Natrum muriaticum in the fourth day, the use of Phosphorus in the fifth day. The medications should be used according to the following mode: take 20 ml of water and 20 drops of the medication in a glass and move the glass for a few minutes. You can do this procedure with the following medications in the next days.

It was used crystal-based medications to replenish the energy of the internal five massive organs also and it was advised him to reduce or avoid the intake of any kind of highly concentrated medications and I will explain the reason in the discussion section.

The patient improves very much in the first month of treatment using this kind of therapy but as we were in the COVID-19 pandemic, he disappeared for two months and returned recently (April 2022) because he still has many anxieties and was using the psychotropic medications to control his anxiety symptoms. I will explain the effect of this kind of medication in the evolution of this patient.

### Discussion

The reasoning used to write this article will be following the point of view of traditional Chinese medicine, which exists for more than 5000 years. According to Hippocrates (c. 460 - c. 375), “we need to use ancient medical traditions prior to the knowledge we have nowadays”. For this reason, I will show to you how I began to use ancient medical tools in the diagnosis and treatment of patients with dizziness or vertigo, using different mode of thinking. According to Albert Einstein (1879 - 1955) “We cannot solve our problems with the same thinking we used when we created them.” [3, 4].

To you to understand why I will need to use another kind of medicine to explain why patients with dizziness is not improving with the treatment instituted nowadays, using highly concentrated medications, I will show you some points throughout this discussion. [6]

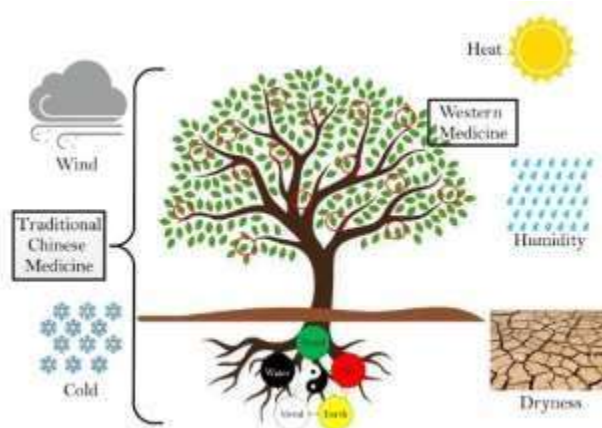
First, there is a patient that I attended in 2006 that became the cornerstone of all my treatment in all kinds of disease and I will show to you, his history. [7]

This patient was a 70 years-old male patient with history of having pain in the legs that was not improving with the use of anti-inflammatory medications. He went to my clinic to search for another type of treatment. As I am doctor that studied in Western medical faculty but also had specialization in acupuncture and traditional Chinese medicine, I used another way of thinking to treat this patient with leg pain searching for which energy alterations this patient was presenting that was causing pain in the legs. He had Kidney *Yang* deficiency (because he feels cold in his lower limbs) and I used to treat his deficiency changing the dietary habits through Chinese dietary counseling (to use foods according to his energy imbalances and not only looking at the components of the food) and also, I used auricular

acupuncture with apex ear bloodletting and systemic acupuncture. After 10 acupuncture sessions, he returned to be re-evaluated and told me that his leg pain improved very much and he also improved from another condition that he did not tell me, that he was suffering from glaucoma in his last 40 years, with no improvement with this condition only using

eye-drops. For the first time of his life, his intra-ocular pressure reduced from 40 to 17 mmHg [7].

To show this different viewpoint used in the treatment of this patient, I use the metaphor of the tree, showed the



**Figure 1:** Metaphor of the tree showing the different viewpoints between Western and traditional Chinese medicine.

In this tree, you can see that this tree is divided in two parts, the part above the earth and the part under the earth [4, 8].

The part above the earth is composed by trunk with several branches, each branch means one medical specialty and coming out of each branch, you can see many leaves. Each leaf represents one disease or symptom treated by each medical specialty. In Western medicine, they understand that the problem that is affecting that organ is inside the organ (this mode of thinking came from Galen, a Greek physician that existed 500 years after Hippocrates and his way of thinking about the functioning of the human body is still influencing all the thinking used nowadays by Western medicine's physician [8, 9].

Another thing that influences the medicine's today was the implementation of Flexner report in 1910, where Flexner changed all the curriculum in the medical schools in America and Canada and was sponsored by Rockefeller and Carnegier Foundation. According to this new mode of teaching the new doctors, it was only considered "scientific"

what could be proofed by radiological or laboratory exams and for this reason, the human body was cut into the half and all the energy alterations that was happening inside the human body was not studies by the modern physicians and for this reason, we are facing a crises in the treatment of the patients nowadays, because all the alterations that we are facing in the whole population in this world is caused by the influences of the electromagnetic radiation affecting our energy and reducing it, as I am showing in the article I wrote (2021) entitled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection*[10].

In this article, I am showing in research that I did in my clinic in Brazil, I analyses a 1000 patients' internal energy of the five massive organs (Heart, Spleen, Lungs, Kidney, Liver) through the measurement of the chakras' energy centers using a radiesthesia procedure. The result of this energy measurement was that all the internal five massive organs were in the lowest level of energy, rated one out eight and you can see in the Table 1 [10].

|                         | 0-19       | 20-59    | 60-90                  |
|-------------------------|------------|----------|------------------------|
| 7                       | 8          | 8        | 8                      |
| 6                       | 1          | 1        | 1                      |
| 5                       | 1          | 1        | 1                      |
| 4                       | 1          | 1        | 1                      |
| 3                       | 1          | 1        | 1                      |
| 2                       | 1          | 1        | 1                      |
| 1                       | 1          | 1        | 1                      |
| AE                      | 1          | 1        | 1                      |
| Total of patients       | 26         | 170      | 86                     |
| Main Western diagnoses  | Anxiety    | Anxiety  | Anxiety                |
|                         | Depression | Headache | Knee pain              |
| Total diagnoses         | 11         | 105      | 37                     |
| Percentage              | 42,31%     | 61,76%   | 43,02%                 |
| Main Oriental diagnoses | Yin/Yang   | Yin      | Yin                    |
|                         | Yin/Blood  | Yin/Yang | Yin/Internal Heat      |
|                         |            |          | Yin/Yang/Internal Heat |
| Total diagnoses         | 4          | 38       | 28                     |

|            |        |        |        |
|------------|--------|--------|--------|
| Percentage | 15,38% | 22,35% | 32,56% |
|------------|--------|--------|--------|

**Table 1:** Research in Brazil showing that 90% of the patient analyzed from 2015 to 2020 were in the lowest level of energy inside the five internal massive organs.

There are studies correlating the internal five massive organs in traditional Chinese medicine (that corresponds to the Five Elements theory) such as the study entitled *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use* [11].

In the root of the tree, there are two main theories in traditional Chinese medicine, that are *Yin* and *Yang* theory and the Five Elements theory. They are not used by Western medicine physician but they are the major importance in the development of disease formation because all the things that exists in this universe is composed by energy, including the human body [11]. For this reason, the formation of the majority of disease

nowadays came from energy imbalances in the root of the tree, that has clinical manifestation in the leaf level of this tree but the real cause of all symptoms and disease formation is on the root, that is usually invisible by the naked eyes. Traditional Chinese Medicine understand that all disease formation is caused by this energy alterations and for this reason, the focus of this article is to show the alterations that these patients are presenting in the root of the tree, that the modern physicians are not treating nowadays [10].

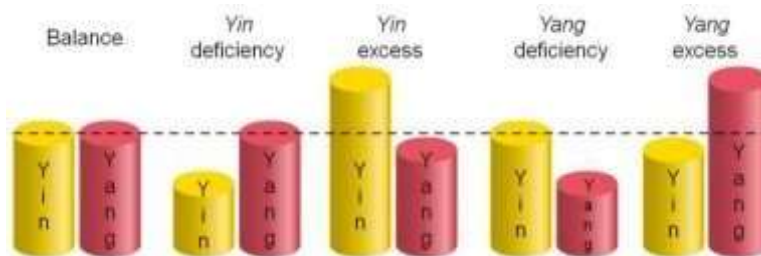
In this root, there is the *Yin* and *Yang* theory, that we can see the symbol representing this energy duality in the Figure 2 [4, 8].



**Figure 2-** Yin and Yang theory.

*Yin* and *Yang* are two opposite but complementary forces that exists in all the things in this universe, represented by woman and man, day and night, sun and moon, summer and winter, etc [4].

The imbalances of these energy can begin the development of disease formation as you can see in the Figure 3 [8].



**Figure 3:** Yin and Yang energy imbalances.

To *Yin* and *Yang* circulate normally inside the meridians, there is the necessity of two ore forces that is Blood and *Qi* [8].

Blood is another force that comes from the foods after being absorbed by the Spleen and pancreas meridian or fifth chakra[8]. *Qi* is another force that if *Yin*, *Yang* and Blood is in adequate amount, it will be normal also [4].

The questions I usually use in all my patients to evaluate the internal energy of *Yin*, *Yang*, *Qi* and Blood and presence of Heat retention is demonstrated in the Table 2. These questions are important to be done in the first appointment to evaluate if the patient is presenting any type of energy alterations to explain the symptoms presented by them [4, 8].

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

**Table 2:** Questions that I usually do in all my patients in their first appointment to see the energy situation of Yin, Yang, Qi and Blood.

In this article, I will show to you a situation that quite all our population is suffering that we cannot see by the naked eyes and cannot do the diagnosis if we ask for laboratory or radiological exams because what it is affecting them are all persons nowadays are in the energy level, invisible by naked eyes [10].

In research that I did in my clinic in Brazil, from 2015 to 2020, I analyze a 1000 patients internal massive organs energy, through the measurement of the chakras' energy centers and from this study, I studied 409 files and concluded that 90% of all my patients were in the lowest level of energy,

rated one out of eight. These data were published in an article wrote by myself (2021) entitled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection*, showed in the Table 1 [10].

The remaining 10% of the population studies had some energy in any internal massive organ and the results of these data was published in the article entitled *Are We Vaccinating Immunocompetent or Immunocompromised People for COVID-19*, Showed in the Table 3. [12]

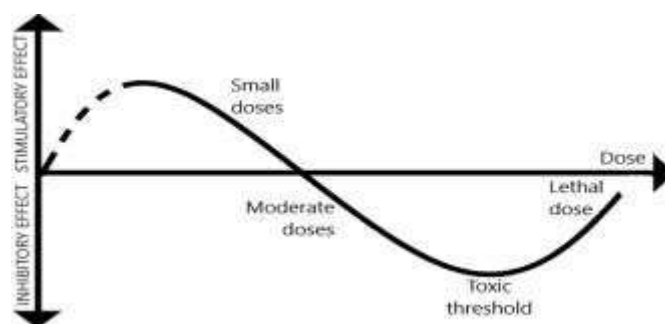
| Chakras Combinations           | Number of patients | Percentage in group | Overall percentage |
|--------------------------------|--------------------|---------------------|--------------------|
| 1 / 2 / 3 / 4                  | 1                  | 2,08 %              | 0,24 %             |
| 1 / 2 / 3 / 4 / 6 / 7          | 1                  | 2,08 %              | 0,24 %             |
| 1 / 3 / 7                      | 1                  | 2,08 %              | 0,24 %             |
| 1 / 4 / 7                      | 1                  | 2,08 %              | 0,24 %             |
| 1 / 5 / 6 / 7                  | 1                  | 2,08 %              | 0,24 %             |
| 1 / 6 / 7                      | 1                  | 2,08 %              | 0,24 %             |
| 1 / 7                          | 1                  | 2,08 %              | 0,24 %             |
| 2 / 4 / 7                      | 1                  | 2,08 %              | 0,24 %             |
| 2 / 5 / 6 / 7                  | 1                  | 2,08 %              | 0,24 %             |
| 2 / 7                          | 2                  | 4,17 %              | 0,49 %             |
| 3 / 4 / 6 / 7                  | 1                  | 2,08 %              | 0,24 %             |
| 3 / 4 / 7                      | 1                  | 2,08 %              | 0,24 %             |
| 3 / 5 / 6 / 7                  | 1                  | 2,08 %              | 0,24 %             |
| 3 / 6 / 7                      | 1                  | 2,08 %              | 0,24 %             |
| 4 / 6 / 7                      | 2                  | 4,17 %              | 0,49 %             |
| 4 / 7                          | 3                  | 6,25 %              | 0,73 %             |
| 5                              | 1                  | 2,08 %              | 0,24 %             |
| 5 / 6 / 7                      | 2                  | 4,17 %              | 0,49 %             |
| 6                              | 2                  | 4,17 %              | 0,49 %             |
| 6 / 7                          | 12                 | 25,00 %             | 2,93 %             |
| ST                             | 1                  | 2,08 %              | 0,24 %             |
| ST / 1 / 2 / 3 / 4 / 5 / 6 / 7 | 2                  | 4,17 %              | 0,49 %             |
| ST / 1 / 2 / 3 / 4 / 7         | 1                  | 2,08 %              | 0,24 %             |
| ST / 1 / 2 / 4 / 7             | 1                  | 2,08 %              | 0,24 %             |
| ST / 1 / 3 / 4 / 5 / 6 / 7     | 1                  | 2,08 %              | 0,24 %             |
| ST / 1 / 7                     | 1                  | 2,08 %              | 0,24 %             |
| ST / 2 / 3 / 4 / 5 / 6 / 7     | 1                  | 2,08 %              | 0,24 %             |
| ST / 3 / 4 / 5 / 6 / 7         | 1                  | 2,08 %              | 0,24 %             |
| ST / 4 / 5 / 6 / 7             | 1                  | 2,08 %              | 0,24 %             |
| ST / 7                         | 1                  | 2,08 %              | 0,24 %             |
| <b>Total</b>                   | <b>48</b>          | <b>100 %</b>        | <b>11,39 %</b>     |

**Table 3:** Results of the energy of the five internal massive organs of patients of the 10% remaining group (Liver-1; Kidney-2; Heart-3; Lungs-4; Spleen-5, Memory and concentration-6; Spirituality-7)

In my daily clinical practice, I realize that the symptoms of these patients are correlated to these energy deficiencies, that are not normally studied by the modern physicians because these alterations are all in the energy level, and not taught by the medical faculties nowadays, due to the alteration in the medical curriculum implemented by Flexner report in 1910, where they only consider "scientific" what they could proof by radiological or laboratory exams [13].

And if they treat these patients with medications recommended to treat this condition, using any type of highly concentrated medications, the energy of these internal massive organs could worse even more, as it is according to Arndt-Schultz Law, created in 1888 by two German researchers. In this law, they are saying that the use of highly concentrated medications can reduce the vital energy and can be lethal and the use of highly diluted medications can increase this vital energy, that is already very low, as you can see in the Figure 4[4, 8].

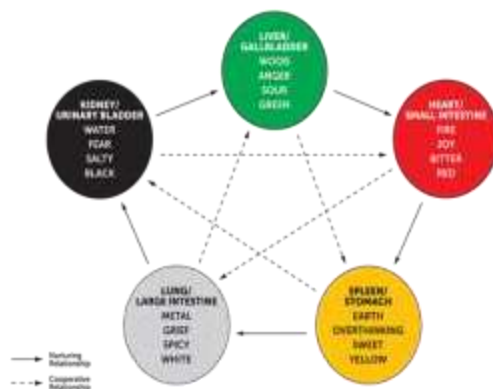




**Figure 4:** Arndt- Schultz Law.

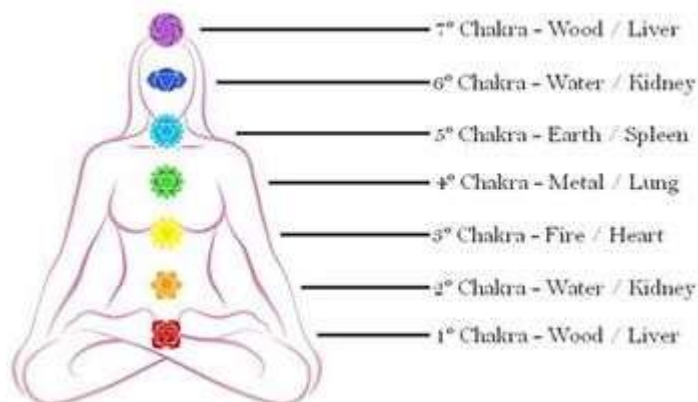
The second main theory in traditional Chinese medicine is the Five elements theory. In this theory, the five elements correspond to the Wood, Fire, Earth, Metal and Water and inside the human being, there are

internal organs that are representing this theory that are Liver, Heart, Spleen, Lungs and Kidney, respectively, as you can see in the Figure 5 [4, 8].



**Figure 5:** Five elements and the five internal massive organs.

Each element is responsible for the formation of one specific energy to keep our health in a balance state, as you can see in the Figure 6 [4, 5]



**Figure 6.** The chakras' energy centers and the correlation between the five internal massive organs and their correspondent energy.

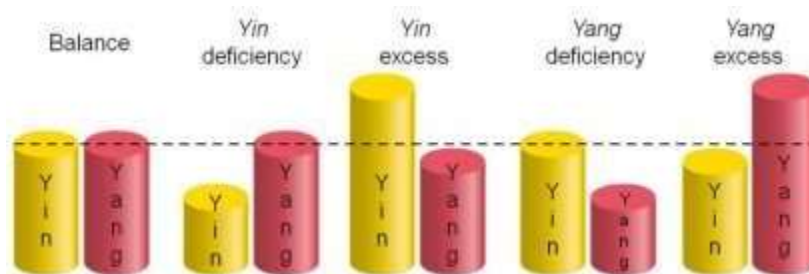
Each internal massive organs are responsible for one external sensorial organ, and also, has one hollow organ that they are coupled, as you can see in the Table 4. [14]

|             | Wood         | Fire            | Earth       | Metal           | Water   |
|-------------|--------------|-----------------|-------------|-----------------|---------|
| Orientation | East         | South           | Middle      | West            | North   |
| Season      | Spring       | Summer          | Late Summer | Autumn          | Winter  |
| Climate     | Wind         | Summer Heat     | Dampness    | Dryness         | Cold    |
| Cultivation | Germinate    | Grow            | Transform   | Reap            | Store   |
| Yin organ   | Liver        | Heart           | Spleen      | Lung            | Kidney  |
| Yang Organ  | Gall Bladder | Small Intestine | Stomach     | Large Intestine | Bladder |
| Orifice     | Eye          | Tongue          | Mouth       | Nose            | Ear     |
| Tissues     | Tendons      | Vessels         | Muscles     | Skin & Hair     | Bones   |
| Emotions    | Anger        | Joy             | Pensiveness | Grief           | Fear    |

|        |            |        |        |         |       |
|--------|------------|--------|--------|---------|-------|
| Colors | Blue/Green | Red    | Yellow | White   | Black |
| Taste  | Sour       | Bitter | Sweet  | Pungent | Salty |
| Voice  | Shout      | Laugh  | Sing   | Cry     | Groan |

**Table 4:** Five elements and the five internal massive organs and the hollow organ that each one is responsible and the energy and tissue that they command.

When the internal energy is low, the patient can feel the symptoms of dizziness and when these deficiencies is not treated accordingly, there is a formation of internal Fire, that can induce the symptoms of dizziness also, as you can see in the Figure 7. [4, 5]



**Figure 7:** Formation of internal Fire when there is energy deficiency of one or a combination of energies deficiencies.

So, in the treatment used in all these patients, the first step was to change the wrong eating habits of the patients to balance the internal energy of the five internal massive organs, because one organ is responsible for sending energy to the next organ, as you can see in the Generation cycle, in the Figure 8. This approach using diet is according to Chinese dietary counseling, where they study the energy of each food to treat the energy imbalances presented by each patient. [4, 5]



**Figure 8:** Generation cycle.

Foods that patients were instructed to avoid was dairy products, raw food, Cold water and sweets because all these foods could induce more energy deficiencies in the Spleen and pancreas meridian, that is responsible for the absorption of nutrients from the food to production of Blood [4]. The orientations to improve the energy of the fifth chakra (that proofed very low), was to orientate the ingestion of luck warm water, and only eat

cooked foods and steam foods to take out the Cold energy from these foods, to improve the absorption of nutrients by the Spleen and pancreas meridian (fifth chakra), because the energy alterations were in all organs in the case report two, as you can see in the Figure 9[4].



**Figure 9:** Results of measurement of the internal five massive organs.

In the case of the patient reported in the case report one, all these foods were asked for her to avoid but the cause of her dizziness was the energy alteration in the Gallbladder energy centers triggered by the ingestion of melted cheese and the disequilibrium in the Kidney energy, generated by the ingestion of coffee [15].

This case was presented in the American Acupuncture Medical Association in 2010 in Washington which title was “Acupuncture for the treatment of dizziness” [16].

In this first case report, I did not measure her internal massive organs energy because at that time, I was not using this technic but according to the studies I published, only in 2015 more or less, the energy of the population changed drastically and 90% of all my patients were in the

lowest level of energy, caused by the influences of the electromagnetic radiation due to the modernization of telecommunication mainly after the implementation of the 5G technology [10].

The low Blood energy inside the body cannot proofed by laboratorial exams in the beginning of Blood deficiency, because the energy alteration cannot appear in the laboratory level, as you can see in the Table 5. This alteration in the Blood leading to dizziness symptoms is very common in women after the menstrual period when they reduce the quantity of Blood but usually when you ask for laboratorial exams, they could be normal but in the energy level, they can be reduced. One form to do the diagnosis of Blood deficiency is to ask if the patient is having daily bowel movement. If not, this could be one sign of Blood deficiency[17].

| Progression from Health to Disease |                                 |                      |   |                              |
|------------------------------------|---------------------------------|----------------------|---|------------------------------|
|                                    | Organ                           | Exams                | Energy Reserve                          | Symptoms                     |
| 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 symptoms in same organ  |
| Phase 4                            | Reversible cellular lesion      | Little alternation   | Consumption of blood Reserves           | Curable disease              |
| Phase 5                            | Irreversible cellular lesion    | Excessive alteration | Metabolic exhaustion                    | Incurable disease            |

**Table 5:** Evolution from health to disease.

In this Table 6, you can see that the alteration in the laboratory exams only appear in the phase 4 and 5, and it is in this phase where Western medicine can do the diagnosis, in a very late phase. So, when the patients are complaining some symptoms but the laboratorial exams are normal, this means that the alterations are only in the energy level and did not have enough time to do alteration in the lab exams (that takes about 5 to 10 year of energy imbalances to have alterations in the laboratory exams) [8].

The second group of foods that I usually orientate to avoid was the ingestion of coffee, soda and matte tea, because all these drinks can reduce the energy of the Kidney (that is responsible for the production of *Yin* and *Yang* energy). And when the patient has less energy, they can feel dizziness caused some times due to ingestion of coffee for example, and these kinds of drinks should be orientated to avoid, to improve these symptoms. And the ingestion of coffee in the morning was the second reason to have dizziness in this period in the case report one [18].

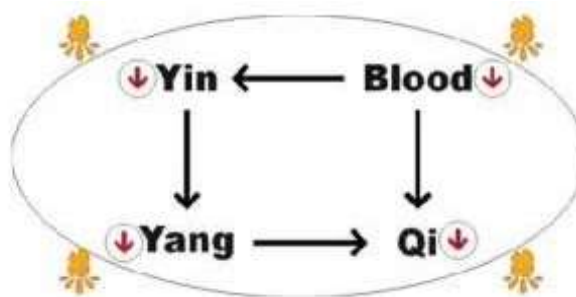
The third group of foods that I usually orientate to avoid was the ingestion of fried food, eggs, honey, coconut, alcoholic beverages, melted cheese, chocolate, because these foods can induce imbalances in the Liver and Gallbladder energy and increasing the formation of internal Fire, generating through this energy imbalances, the symptoms of dizziness and these kinds of foods should be avoided to improve the symptoms in the root level and not just treating the symptoms using highly concentrated medications (that could worsen even more this energy deficiencies). The ingestion of melted cheese by the patient in the morning was the reason to imbalance the energy of the Gallbladder meridian and develop dizziness and the orientations to take out this food was important to treat the cause and not just treating the symptoms using medications to reduce the vertigo[4, 19].

In the case report two, this patient was complaining many symptoms (in the leaf level) but the real cause of all his manifestations were the energy deficiencies inside the five internal massive organs that were responsible for the production of *Yin*, *Yang*, *Qi* and Blood in adequate amount [4, 19].

In the article, I wrote (2020) entitled *Why Do Patients Still Have Anxiety Symptoms Despite the Use of Psychotropic Medications?*, I am saying in this article that patients with anxiety have energy deficiencies inside the five internal massive organs and the use of psychotropic medications to treat this condition can worse even more this energy, that is already very low and can worse the problem of the patient instead of improving it. For this reason, it was asked to the patient to avoid the use of this kind of medication, to do not worse even more his vital energy, that was proofed very low using radiesthesia procedure [19].

In another article that I wrote (2021) entitled *Why Frozen Shoulder Patients Do Not Improve Their Pain Using Anti-Inflammatory Medications?*, I am saying that the tendons are governed by the Gallbladder meridian and the use of any kind of anti-inflammatory medications could worse this condition of tendinitis instead of improving it. In the case of the patient reported in the case two, he was using anti-inflammatory medications to treat his foot pain condition but the real cause of his pain was that there was energy stagnation inside his gastrocnemius muscle (that you can feel a nodule inside the muscle) probably caused by low energy inside the patient's body, generating the stagnation of energy inside the muscles). The treatment using acupuncture with a technic of dry needling was very useful in this patient associating it with the use replenishment of the internal massive organs' energy through the use of homeopathy medications according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese medicine* (Table 7) and crystal-based medications [14, 20].





**Figure 10**

In China, when the patient has this kind of energy deficiency, it is common to prescribe Chinese herbs but this kind of medication is also considered highly concentrated medications and it is not fitting to this new type of population that we are attending nowadays (very deficient in energy) [6].

In a webinar that I presented in 2021 (public health), I said that to know which type of medication we need to use, we need to know which type of population that we are having nowadays[21].

To understand in the deepest level what could be happening in patients with dizziness that have no alterations in the laboratory exams, we need to understand that the human being is also made by energy and the imbalances of all these energies can induce the manifestation of variety symptoms, in this case, the dizziness or vertigo symptoms in the “leaf

level” of the tree, induced by energy alterations in the “root level” of the tree[22].

For this reason, in the next webinar on evidence based traditional Chinese medicine, that will be held on May 30<sup>th</sup> 2022, I will present one study entitled “Why is it important to associate Western medicine with Chinese medicine nowadays?” In this presentation, I will demonstrate the reason for the understanding the root level of the tree, that Western medicine is not studying nowadays and the importance to study the formation of all disease since the energy alterations that is causing the symptoms in the leaf level and not studying the disease only looking at the leaf level, as it is made nowadays. The integration of both medicines’ is represented by the *Yin* and *Yang* metaphor, demonstrated in the Figure 9 and it is the major importance to understand the formation of all disease since the energy alterations and not just treating the symptoms[4, 5].



**Figure 11:** Metaphor of Yin and Yang of Chinese medicine and Western medicine.

In this article, the tools used by me to treat the patients with dizziness was acupuncture and homeopathy and they are considered medical specialties by the Federal Medical Council in Brazil since 1995 and 1980 respectively [23].

## Conclusion

The conclusion of this study is to say that patient that has dizziness has energy deficiency inside the five internal massive organs according to traditional Chinese medicine and the treatment and rebalancing the internal energy using Chinese dietary counseling, auricular acupuncture with apex bloodletting and systemic acupuncture and replenishing all these organs using highly diluted medications such as homeopathy medications according to the theory Constitutional Homeopathy of the Five elements Based on Traditional Chinese Medicine and crystal-based medications are very important tools to understand the formation of this symptoms since the energy alterations and not using only medications to treat the symptoms. As said by Hippocrates (460 bce - 375 bce), “we need to treat the patient and not the disease”.

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