

# Diet with Acupuncture and Homeopathy in Womens' Menopause Symptoms.

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## ABSTRACT

**Statement of the problem:** Menopause symptoms such as hot flashes, night sweats, irritability, and brain fog are considered common for women over 50. Traditional Chinese medicine (TCM) recognizes menopause as part of the natural aging process and is often caused by Kidney Yin Deficiency.

**Purpose:** The purpose of this study is to demonstrate that menopause symptoms have energies alterations associated with it, and that the correction of these energies alterations using Chinese dietary counselling, acupuncture and homeopathic medications are effective for the alleviation of symptoms and treating the cause that are the energy imbalances, with no hormone replacement needed.

**Methods:** Through three cases reports. The first patient is M.G.B, 46 years old, woman, divorced, with a child. Symptoms: Low libido, fatigue, hair loss, irritability and dull skin. The second is A.N.T, 69, woman. The patient is diabetic, overweight and has hypertension. Symptoms: Excessive sweating during the day and night, hot flashes, irritability, vaginal dryness and pain during intercourse. When looking for a gynaecologist, hormone replacement treatment was recommended. The third case is M.S., 58 years old. Symptoms: Hot flashes, fatigue and night sweats. Two years ago, she was recommended the use of hormone treatments. After two years with the use of hormones, mammography detected a malignant carcinoma, diagnosed by biopsy and a bilateral mastectomy was recommended in March 2020. The three patients went through the chakras' energies meridians measurement through radiesthesia procedure and all demonstrated that were very low in energy. The treatment was carried out with Chinese dietary counselling; auricular acupuncture with apex ear bloodletting; homeopathy medications ( Sulphur, Calcarea carbonica, Silicea, Natrum muriaticum, Phosphorus) .

**Results:** All three patients' perceived improvement with the symptoms of hot flashes, excessive sweating and irritability with the treatment proposed. The hormones were suspended on the second and third patients.

**Conclusion:** The treatment proposed using Chinese dietary counselling, acupuncture and homeopathies medications were very effective in reducing the symptoms of women in menopause and homeopathies are considered the drugs of choice to treat these womens because will improve the vital energy, reducing the chance of acquiring cancer, compared to the group who will use hormones, that could increase the chance to have cancer according to many studies found in the literature.

## Biography

Dr. Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she works with the approach and treatment of all diseases of all systems of the human body in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates. Since 2007, she is also speaker in several congress worldwide in different medical specialties, all aiming to pass the idea of treating patients in the energy level and not only the symptom.

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