

Energy Alterations in Patient with Fibromyalgia and How Can We Treat Without Using Anti-Inflammatory Medications

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Submitted : 22 July 2022 ; Published : 6 Aug 2022

Citation: Huang W. L. Energy Alterations in Patient with Fibromyalgia and How Can We Treat Without Using Anti-Inflammatory Medications. *Adv clin anest med.* 2022; 1(3): 1-8.

Abstract

Introduction: Fibromyalgia is characterized by widespread chronic pain, joint stiffness, mood disorders, fatigue, insomnia, and cognitive dysfunction, and the underline organic cause is not understood yet. In traditional Chinese medicine, fibromyalgia is related to Blood deficiency and stagnation of Liver Qi.

Purpose: To demonstrate that fibromyalgia patients have internal massive organs (Liver, Heart, Spleen, Lungs, and Kidney) energy in the lowest level of energy, and the treatment of this condition is very important to treat the patients as a whole and not just treating the symptoms.

Methods: One case report of 51 years-old woman with a history of fibromyalgia for 4 years, with no improvement with anti-depressant medication. She went to my clinic to search for another type of treatment. Her Chinese medicine diagnosis was Blood deficiency, Yang deficiency, and Heat retention. Her treatment consisted of Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, and systemic acupuncture twice a week. Radiesthesia was done to evaluate the energy situation of her chakras' energy centers (which corresponds to the five internal massive organs in traditional Chinese medicine).

Results: All her chakras' energy centers were in the lowest level of energy, with exception of the seventh chakra was normal, rated at eight. The treatment using Chinese dietary counseling, auricular and systemic acupuncture, and replenishment of the five internal massive organs using highly diluted medications such as homeopathy according to the theory Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine was done (using Phosphorus, Sulphur; Calcarea carbonica, Silicea, Natrum muriaticum) for the whole life recovered her very quickly from all her pain without using any kind of anti-depressant or anti-inflammatory medications.

Conclusion: The conclusion of this study is that patients with fibromyalgia have internal massive organs depleted in energy and the treatment rebalancing (using Chinese dietary counseling and auricular acupuncture with apex ear bloodletting) and replenishing the internal five massive organs using homeopathy medications according to the theory Constitutional Homeopathy of the Five Element Based on Traditional Chinese Medicine was important to treat the cause of the pain manifestations and not just treating the symptoms presented by the patient.

Keywords: Fibromyalgia, energy, traditional Chinese medicine, homeopathy, Hippocrates.

Introduction

Fibromyalgia is characterized by chronic musculoskeletal pain in the whole body and is commonly associated with fatigue, multiple somatic symptoms, cognitive disturbances, and psychiatric disorders also (Bhargava & Hurley, 2022).

According to Western medicine, it has an unknown etiology despite symptoms of soft tissue pain with no evidence of tissue inflammation (Bhargava & Hurley, 2022).

Nowadays, fibromyalgia patients are considered ones who cannot process the pain in the brain and it is classified as a form of central sensitization syndrome (Bhargava & Hurley, 2022).

In this article, I will show another point of view from ancient medical traditions, such as the point of view made by traditional Chinese medicine, that exists for more than 5000 years, following Hippocrates (c. 460 bce - c. 375 bce) oath, that said that "foolish the doctor who despises the knowledge acquired by the ancients"(Craik, 2014).

Purpose

To demonstrate that patients with a diagnosis of fibromyalgia have energy deficiency inside the five internal massive organs (Liver, Heart, Spleen, Lungs, and Kidney), and the treatment rebalancing the internal energy of *Yin*, *Yang*, *Qi*, and Blood and replenishing the energy of these organs using highly diluted medications according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* (using Phosphorus, Sulphur, Calcarea carbonica, Silicea, Natrum muriaticum) is of paramount importance to treat the cause of the pain condition formation and not treating the symptoms using anti-inflammatory medications.

Methods

One case report of a 51-years-old female patient with pain in the body that started on 2019, when she was 48 years old. The pain started suddenly in the middle of her right hand and it hurts a lot. But she continues to work and the pain spread to the arm and to the neck. She did a medical appointment with an orthopedic doctor and he asked for an x-ray that said that her problem was in the “spine” and she needed surgery and stay away from her work for about ten days.

But she told to her husband that she did not want to be submitted for surgery and she took only the anti-inflammatory medications prescribed by the doctor that did not resolve her pain condition. It works only on the day she took the medication but on the next day, the pain returned again, at the same height.

She went to another doctor who said that she did not have any problem in the column and at that time, she could not even breathe and her whole body was hurting.

She went to the doctor again and he said that it could be fibromyalgia because all the laboratory exams are normal and ask the patient to do pilates and water aerobics.

At that time, she started to use injected medications to relieve pain that improve for a while but when she started to use water aerobics, the pain got better in a week and got worse later.

Her husband saw on the internet that acupuncture could improve her symptoms and her son had a colleague whose mother also did acupuncture for fibromyalgia and improved very much with this treatment so she searched for this treatment in her city.

She went to my clinic to search for another type of treatment for fibromyalgia. She also told me that her menstrual cycle was not normal since 2018 because in all her periods, she was losing much Blood and they were lasting about 8 days with an intense menstrual cycle and having many colics. It was also done the diagnosis of endometriosis at that time when the doctor did the biopsy of a lump in the groin.

I measured her internal massive organs’ energy using the radiesthesia procedure using a crystal pendulum.

Results

All internal massive organs (Liver, Heart, Spleen, Lungs, and Kidney) were in the lowest level of energy, rated one out of eight.

The first step in her treatment was to orientate Chinese dietary counseling by avoiding the ingestion of dairy products, raw food, Coldwater, and sweets. These orientations were important to balance again the Spleen-pancreas energy (fifth chakra), responsible for the absorption of nutrients and formation of Blood. The second group of foods that I orientate was to avoid the ingestion of coffee, soda, and matte tea (because the ingestion of these drinks could induce the reduction of energy of the Kidney’s energy, responsible for the production of *Yin* and *Yang* energy). The third group of foods that I orientate was to avoid the ingestion of fried foods, eggs, honey, coconut, melted cheese, alcoholic beverages, and chocolate, because the ingestion of all these foods can induce Liver and Gallbladder energy imbalances and could cause Heat retention in these organs, worsening the symptoms and I will explain all these influences in the discussion section.

The second step in her treatment was to do acupuncture and auricular acupuncture with apex ear bloodletting to balance the five internal massive organs and tone the energy of the Liver, Heart, Spleen, Lungs, and Kidney, because all these organs are important to produce the *Yin* and *Yang* (by the Kidney), Blood (by the Spleen), *Qi* (by the Lungs and Liver).

But as the energy of all these organs was very low, the use of diet and acupuncture only would not be enough to treat these energy deficiency conditions and it was used highly diluted medications to replenish the energy of these five organs according to the theory created by myself(2020) entitled *Constitutional Homeopathy of the Five Element Based on Traditional Chinese Medicine*. The homeopathy medications used in the treatment will be shown in the discussion section (Table 2).

It was also advised her to avoid the exposition to Wind and Cold, such as being in front of fans and air conditioning or opening the refrigerator constantly due to the entrance of all these external pathogenic factors inside the body leading to stagnation of all these external factors between the skin and the muscles and causing pain symptoms. I orientated her to avoid walking barefoot and to dry her hair after washing it. And I orientated her to avoid doing water aerobics and the reason I will explain in the discussion section.

She changed the kitchen faucet to come out with warm water, instead of Coldwater, to reduce exposure to Coldwater (one of the external pathogenic factors important to induce pain) when washing the dishes.

After all these tools, she improved her pain condition very quickly in the first week of treatment and she told me that she is using all the medications prescribed to replenish the internal massive organs’ energy without using any anti-inflammatory medications.

Nowadays (July 2022), she is 90% cured from the pain she was affected and the problems with her menstrual cycle (losing much Blood and having colic improved very much with this same treatment made to treat fibromyalgia) and the reason for the improvement of all her symptoms at the same time, I will explain in the discussion section.

Discussion

This article will be written according to Hippocrates (c. 460 bce - c. 375 bce), thoughts that said that it is more important to treat the patient and not the disease. Looking at this point, I will show you, which is the difference when you treat the disease and not the patient, in the case of patients suffering from fibromyalgia (Craik, 2014).

To explain the different levels of diagnosis and treatment of patients with fibromyalgia, I would like to show the tree metaphor that I usually use in all my articles and presentations at many conferences worldwide on a variety of diseases (Huang, 2019; Huang, 2018).

The tree, shown in Figure 1, is symbolizing the human being. This tree is divided into two parts, the part above the earth and the part under the earth. The part under the earth is what Western medicine is not studying yet because it is the energy part that is invisible to the naked eyes. The part that Western medicine is studying nowadays is the branches and the leaves.

Each branch means each medical specialty and coming out of each branch, there are many leaves. Each leaf means one disease or symptom treated by each medical specialty (Huang, 2019; Huang, 2018).

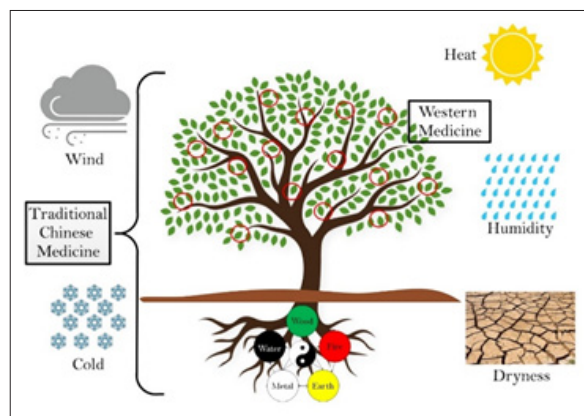


Figure 1: The metaphor of the tree shows the different viewpoints between Western and traditional Chinese medicine.

In the case of a patient with fibromyalgia, all the alterations are in the energy level, in the root of the tree, invisible by the naked eyes, and for this reason, they say that the laboratory is usually normal because to have alteration in the laboratory exams, there is a need to have 5 or more years of energy alteration to have alterations in the laboratory exams, as I am showing in Table 1. (Huang, 2019; Huang, 2018; Huang, 2020).

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 alteration	Consumption of blood Reserves	Curable disease
Phase 5	Irreversible cellular lesion	Excessive alteration	Metabolic exhaustion	Incurable disease

Table 1: Progression from Health to Disease.

At the root of the tree, there are two theories that are the cornerstone of all diagnosis and treatment in traditional Chinese medicine, which are the *Yin* and *Yang* theory and the Five Elements theory, shown in Figures 2, 3, and 4. (Huang, 2021; Huang, 2022).

Yin and *Yang* are two opposites but complementary forces that exist in all universe, including inside the human body. They can manifest as Cold and Hot, day and night, man and women, summer and winter, etc (Huang, 2019).

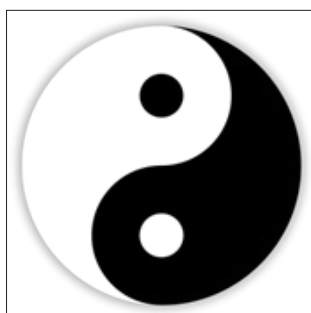


Figure 2: *Yin* and *Yang* symbol

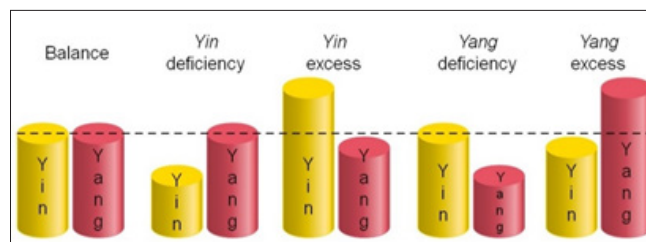


Figure 3: *Yin* and *Yang* in a balanced state (on the left) and the different energy imbalances between *Yin* and *Yang*.

To have health, the individual need to have *Yin* and *Yang* in a balanced state (be in the same height) showed in the left column of Figure 3. The imbalances between *Yin* and *Yang* can be seen in Figure 3 and can evolve into different clinical manifestations at the leaf level of the tree (Huang, 2020).



Figure 4: Five Elements Theory.

In this theory, the five elements correspond to Wood, Fire, Earth, Metal, and Water and they represent the five internal massive organs inside the human body that correspond to the Liver, Heart, Spleen, Lungs, and Kidney respectively and one internal massive organ is responsible for the production of one specific energy to keep our health in harmony, as you can see in Figure 5. (Huang, 2018).

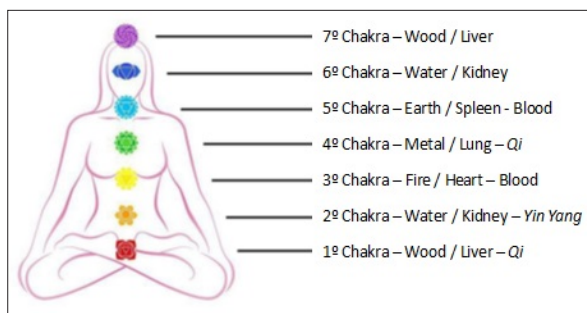


Figure 5: Five Elements and the chakras' energy centers and the energy that each organ is producing to keep our health in harmony.

The production of internal energy is very important to the health of the individual because the imbalances between them can induce the formation of disease in any part of the leaf level, in any kind of specialty (Huang, 2019).



Figure 6: Production of *Yin*, *Yang*, *Qi*, and *Blood*.

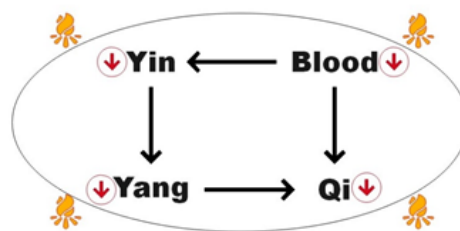


Figure 7: Formation of internal Fire when there are energy imbalances between *Yin* or *Yang* or *Qi* or *Blood* or a combination of energy deficiencies between these four forces.

In the case of a patient with fibromyalgia, there is an alteration in the Earth element (responsible for the absorption of nutrients and formation of Blood) and for this reason, one of the complaints of the patient reported in this article was not having daily bowel movement (Blood deficiency) and usually feels colder in the lower limbs (*Yang* deficiency). But the deficiency in the Spleen energy also caused intense uterine bleeding in the periods, as I am showing in the article entitled *Energies Alterations and Chakras' Energies Deficiencies as One Cause of Abnormal Uterine Bleeding in Women* (Huang, 2021).

Due to the intensive loss of Blood in the menstrual period (caused by energy deficiency inside the fifth chakra or Spleen and pancreas energy, the patient developed the pain manifestation but the real cause of the pain was the Blood deficiency caused by energy deficiency in the Spleen and pancreas meridian. But as I told you, in the research that I did in my clinic analyzing 1000 patients' internal five massive organs, 90% of all my patients were in the lowest level of energy, meaning that to tone the Spleen energy, it is necessary to tone all internal massive organs because one organ depends on the energy of the other organ, shown in the generation cycle in Figure 8. (Huang, 2021; Huang, 2021).



Figure 8: Generation Cycle.

In another study written by Liu (1994) entitled *Clinical study of the treatment of endometriosis with traditional Chinese medicine*, 91,3% of patients with endometriosis were effectively treated by toning the Spleen and pancreas removing Blood stasis and Phlegm formation, and resolving the Lump (Liu, 1994).

You can see that the patient reported in this article has many symptoms (endometriosis, abnormal uterine bleeding, and fibromyalgia) but the cause of all symptoms came from the same energy imbalances (Spleen and pancreas energy deficiency or

deficiency in the fifth chakra and the energy deficiency inside the five internal massive organs). This study about the energy alterations inside the five internal massive organs leading to endometriosis was presented by myself at the 6th International Conference on Gynecology and Obstetrics, which was held in May 2021 and the study of energy alterations in fibromyalgia patients was presented at the 2nd International Online Conference on Pain Research & Management, that was held on April 2022 (6th international conference on gynecology and obstetrics, 2021; 2nd International Online Conference on Pain Research & Management, 2022).

In traditional Chinese medicine, many diseases can come from the same energy imbalance and one disease can come from different energy imbalances also (Huang, 2021; 6th international conference on gynecology and obstetrics, 2021; 2nd International Online Conference on Pain Research & Management, 2022).

For this reason, the first step in her treatment was to change the dietary aspects to improve the energy of the five internal massive organs, mainly the Spleen and pancreas energy, which was very low, proofed by the radiesthesia procedure (Huang, 2019; Huang, 2019).

The dietary alterations were made according to Chinese dietary counseling, according to the energy presented in each food and it is different from Western dietary counseling, where they study the components of each food. In this case, it was orientated to avoid the ingestion of Coldwater, raw food, dairy products, and sweets because all these foods can reduce the absorption of nutrients by the Spleen and pancreas energy, reducing the production of Blood, the most important energy that is involved in a patient with fibromyalgia (Huang, 2019).

So, in the case of a patient with fibromyalgia, the first food to avoid is the ingestion of dairy products (because all pain conditions, especially in the joints are related to the ingestion of cow's milk according to traditional Chinese medicine). The ingestion of raw food inducing pain is very common nowadays because all raw food has Cold energy and the entrance of Cold energy inside the body can induce the formation of pain, so I usually orientate the patient to ingest only cooked or baked food and fruits and dry fruits instead of natural fruits (because all of them have Cold energy, with exception of lemon, papaya, and apple) (Huang, 2019; Huang, 2019; Huang, 2020).

The second group of foods that I orientate her was to avoid the ingestion of coffee, soda, and matte tea because all these drinks can reduce the energy of the Kidney, responsible for the formation of *Yin* and *Yang* energy, as shown in Figure 6 and 7 (Huang, 2019; Huang, 2019).

The third group of food that I orientated to avoid was the ingestion of fried foods, eggs, honey, coconut, alcoholic beverages, and melted cheese. All these foods can imbalance the energy of the Liver and Gallbladder and can induce the formation of internal Fire, responsible for the manifestation of

many symptoms at the leaf level of the tree, such as anxiety, panic syndrome, diabetes, hypertension, irritability, infections, cancer, etc (Huang, 2018; Liu, 1994).

The Earth element depends on the energy of the Heart, which depends on the energy of the Liver. The Liver depends on the energy of the Kidney, which depends on the energy of the Lung, as you can see in the Generation Cycle, in Figure 8 (Huang, 2022).

The second step used in the treatment of the patient reported in this article was to do auricular acupuncture with apex ear bloodletting (Huang, 2018; Huang, 2021).

The ear in Chinese medicine is considered an inverted fetus and all manifestations in the head are treated in the lower lobe and diseases in the lower limb are treated in the apex of the ear. The auricular acupuncture points used in the treatment have the intention to balance the internal five massive organs (Liver, Heart, Spleen, Lungs, and Kidney) as I am showing in Figure 9 (Huang, 2019).

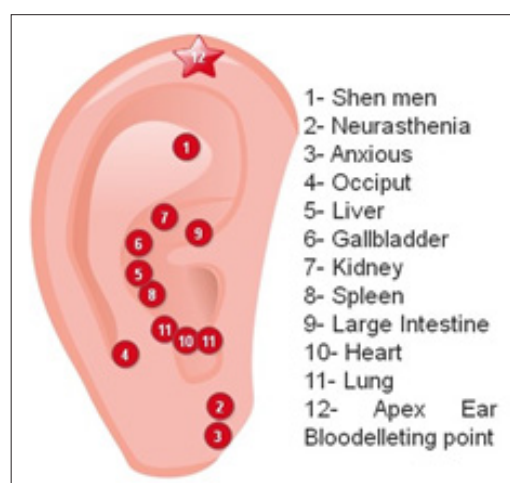


Figure 9: Auricular acupuncture points used in the treatment of a patient with fibromyalgia.

Using these auricular acupuncture points, it is very common to see the improvement of the patients' pain condition because I am regulating the internal energy production of *Yin*, *Yang*, *Qi*, and Blood toning the energy of the Kidney, Liver, Lungs, and Spleen, using mustard seeds applied to these ear points. It is also very common to see the patient improving their sleeping process, their depression, and anxiety symptoms that are usually together with these patients suffering from fibromyalgia (Huang, 2018).

Normally when the patient has any kind of pain in the body, I usually do the apex ear bloodletting in the ear that has the intention to improve the pain in the patient. But according to another study that I performed in my clinic and published in the article entitled *What Are the Sources of Fibromyalgia and How to Treat It Without Using Anti-Inflammatory or Anti-Depressant Drugs?* I am showing in this study that the use of apex ear bloodletting could not be so beneficial for patients

with fibromyalgia because, in the process of doing apex ear bloodletting, it is necessary to lose one, or two, three drops of Blood through the ear and in the fibromyalgia physiopathology, the Blood deficiency is one of the causes of pain formation and the use of this procedure could harm even more the Blood deficiency state that the majority of patients are presenting when facing with fibromyalgia symptoms (Huang, 2019).

The third step in the treatment of a patient with fibromyalgia is to replenish the energy of the five internal massive organs using highly diluted medications according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystal-based medications, as I am showing in Table 2 (Huang, 2020).

Chakras	Five Elements	Homeopathy Medications	Crystal-Based Medications
1° Chakra	Wood/Liver	Phosphorus	Garnet
2° Chakra	Water/Kidney	Natrum Muriaticum	Orange calcite
3° Chakra	Fire/Heart	Sulphur	Rhodochrosite
4° Chakra	Metal/Lung	Silicea	Emerald
5° Chakra	Earth/Spleen	Calcarea Carbonica	Blue Quartz
6° Chakra	Water/kidney	Tone 2° chakra	Sodalite
7° Chakra	Wood/Liver	Tone 1° chakra	Tiger eye

Table 2: Homeopathy medications according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and crystal-based medications to replenish the energy of the five internal massive organs.

In China, when the patient has energy deficiency inside the five internal massive organs they usually use Chinese herbs but this kind of therapy is more difficult to find in Brazil and for this reason, I began to study homeopathy in 2015, and during my course, I realized that homeopathy is a very good medication to be used in this new type of population that we have nowadays because not only this patient with fibromyalgia has energy deficiency inside the five internal massive organs but in research that I did in my clinic in Brazil analyzing a 1000 patients internal massive organs energy, measuring through the radiesthesia procedure, it was possible to conclude that 90% of all my patients attended during 2015 to 2020, prior to COVID-19 pandemic, were in the lowest level of energy, rated one out of eight, as I am showing in Table 3 (Huang, 2021).

Ages Chakras	2-19	20-59	60-79
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
Total of Patients	26	170	86
	Anxiety	Anxiety	Anxiety
Main Western diagnoses	Depression	Headache	Knee pain
Main Oriental Diagnoses	<i>Yin/Yang</i>	<i>Yin</i>	<i>Yin</i>
	<i>Yin/Blood</i>	<i>Yin/Yang</i>	<i>Yin/Internal Heat</i>
			<i>Yin/Yang/Internal Heat</i>

Table 3: Results of research that I did in Brazil, demonstrated that 90% of my patients, independently of the age group, were in the lowest level of energy, rated one out eight in any internal massive organ (Liver, Heart, Spleen, Lungs, and Kidney).

So, in this case, reported in this article, I am showing that a patient with fibromyalgia have internal massive organs without energy, meaning that her energy to fight against the invasion of external pathogenic factor is weak (called *Zheng-Qi* in traditional Chinese medicine that is related to Kidney's energy). In the same research that I did in Brazil, I am showing that 2.5% of all my patients analyzed from 2015 to 2020 have energy in the Kidney, meaning that the majority (97, 5% of all my patients without energy to protect against the invasion of external pathogenic factor, that according to traditional Chinese medicine, is one of the causes of formation of disease). This point of view is different from a Western perspective because they usually do not consider the influences of this external factor as one of the sources of disease formation, but according to traditional Chinese medicine, one of the major causes of disease formation is the exposition to external pathogenic factor and if the patient has any energy deficiency inside the body, in this case, Blood deficiency leading to another energy deficiencies such as *Yin, Yang, Qi* deficiency, depending on the evolution of this energy imbalances, the patient will have more predisposition to have this kind of aggression from the exposition of all these factors, leading to retention of Cold inside the body, between the skin and muscles and leading to pain manifestations. For the same reason, it was orientated her to avoid water aerobics because even though the water of the swimming pool is warm when the patient came out when the patient leaves the pool, she suffers Wind blow and as the patient has weak protection energy against attacks of external pathogenic factors (weak Kidney's energy or weak *Zheng-Qi*), these factors easily penetrate the body, causing the most

various diseases in these individuals, in this specific case, fibromyalgia (Huang, 2021, Huang, 2021).

In this specific case of a patient with fibromyalgia, the pain can come from Blood deficiency but if we ask for laboratory exams, the hemogram can be normal and this does not mean that the patient does not have anemia. As I am showing in Table 1, the first three phases are only in the energy level, the patient can have Blood deficiency but the laboratory exams are normal because the exams would alter only in phases four and five of the evolution from health to disease (Huang, 2019; Huang, 2022).

In this case of fibromyalgia, the patient was also advertised to not have exposition to Wind and air conditioning, to not walk barefoot, or open the refrigerator constantly (to do not so much exposition to Cold and Wind). Also, the patient changed the faucet of her kitchen (that have Cold water to wash dishes to another system that could release Warm water, to reduce the exposition to Cold, one of the factor to trigger pains in a patient with fibromyalgia) (Huang, 2020).

All these external influences were the same factors leading to community and hospital infection, as I am demonstrating in the article written myself (2020) entitled *Invasion of Wind and Cold as Cause of Respiratory Tract Infection Outbreak in a School Kinder Garden Group of Kids*, and in the second article written by myself (2022) entitled *What Do We Need to Know to Prevent and Control Nosocomial Infections Completely? - Part 2* (Huang, 2022; Huang, 2020).

It was also advised her to not keep the hair wet after washing because the humidity and Cold could enter inside the body and induce pain (Huang, 2019).

All these energy factors mentioned in this article is not visible by the naked eyes and for this reason, Western medicine's physician cannot understand clearly what could be happening in all these patients because all the alterations are in the energy level (Huang, 2018).

The use of anti-inflammatory or anti-depressant medications in the treatment of fibromyalgia will reduce even more the vital energy of the patient, which I demonstrated are very low, leading to worsening of the cause (energy deficiency), as shown in the Arndt-Schultz Law, created in 1888, by two German researchers, in Figure 10 (Huang, 2019; Sharma, 2020).

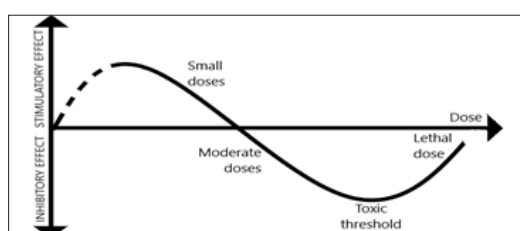


Figure 10: Arndt Schultz Law.

All tools used in the treatment of patients with fibromyalgia (acupuncture and homeopathy) are considered medical

specialties by the Federal Medical Council in Brazil since 1995 and 1980 respectively and they are very important in the treatment of this new pattern of energy that our patients are having nowadays, not only in the case of patients with fibromyalgia but in all kinds of disease formation, such as hypertension, myocardial infarction, diabetes, auto-immune disease, cancer, etc. because the majority of the disease have in common these energy deficiencies in the five internal massive organs, that are responsible for the production of internal energy to keep all functioning of all organs, cells, and system working accordingly (Huang, 2020; Brazilian Federal Council of Medicine (CFM)).

To understand at the deepest level what could be occurring in all these patients with fibromyalgia, we need to understand that all things are made by energy and the necessity of integrating both kinds of medicine is of paramount importance because one medicine (Western medicine) is studying the part of medicine that is materialized and the other medicine (Chinese medicine) is studying the part of medicine that is still not materialized, in the energy level. Both medicines are separate but they must be integrated (as you can see in the metaphor of *Yin* and *Yang* in Figure 11) to see the patient holistically and not just in parts, as the human being is treated nowadays (Huang, 2019; Huang, 2018).

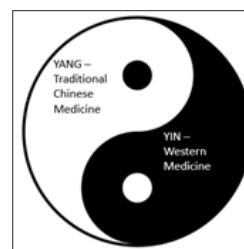


Figure 11: The metaphor of *Yin* and *Yang* of Western and traditional Chinese medicine.

Conclusion

The conclusion of this study is to demonstrate that patient with fibromyalgia has energy deficiency inside the five internal massive organs responsible for the production of internal energy of *Yin*, *Yang*, *Qi*, and Blood, and the treatment of this condition rebalancing and replenishing the energy of these organs is of paramount importance to treat the cause of fibromyalgia symptoms.

All the tools used in this article (Chinese dietary counseling, homeopathy, and acupuncture) are very important to treat the cause (of energy imbalances at the root level) and not just treat the symptoms (that is the pain manifestation itself).

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