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Why are diabetic patients still having hyperglycemia despite diet regulation, antiglycemic medication and insulin?

Diabetes and its complications were responsible for 8.8% of deaths worldwide in 2017. Many of those deaths could be avoided. Western medicine manages the disease with lifestyle changes and medication. The aim of this work is to demonstrate how in Traditional Chinese Medicine, all diseases are associated with the *Yin* and *Yang* imbalance, including diabetes. 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. The methods used in this study were two case reports and bibliographic researches of TCM's medical literature and Five Elements Theory on the pathophysiology of energy imbalances in diabetes, which lead to the manifestation of the clinical symptoms. The treatment results, looking from the energy point of view, treat the individual as a whole; not only treating the disease but the entire body, as recommends Hippocrates, the father of Medicine. After rebalancing the body's energy, taking awareness and precaution about internal (emotional) triggers, dietary factors and external (climatic) triggers, the symptoms' improvement is noticeable. Concluding, when looking at patients as a whole, from the point of view of *Yin* and *Yang* energy and Five Elements Theory, we can analyze aspects of the diet normally recommended and the use of hypoglycemic medication and/or insulin, and have a greater balance of hyperglycemic diabetic patients, treating them according to the energy point of view with dietary recommendation, acupuncture, etc.

Biography

Huang Wei Ling, Chinese raised in Brazil since the age of one, graduated in medicine, specializing in infectious and parasitic diseases, a General Practitioner, Parenteral and Enteral Medical Nutrition Therapist, Acupuncture and Pain Management. She is the owner of the Medical Acupuncture and Pain Management Clinic, and since 1997 has been presenting her work worldwide concerning the treatment of various diseases, using techniques based on several medical traditions around the world.

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