

## Energy Alterations in Prediabetes Patients

Huang W·L\*

Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management Specialist. Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil.

**\*Corresponding Author**

Huang Wei Ling, MD, Rua Homero Pacheco Alves, 1929, Franca, São Paulo, 14400-010, Brazil.

Submitted: 2023, Dec 05; Accepted: 2024, Jun 05; Published: 2024, Jul 29

**Citation:** Huang, W. L. (2024). Energy Alterations in Prediabetes Patients. *Int J Diabetes Metab Disord*, 9(2), 01-07.

**Abstract****Introduction**

Prediabetes is a condition where the blood glucose is above the normal (between 110 and 125 mg/dl) but usually the patient do not have symptoms.

The purpose of this study is to demonstrate that patients with prediabetes has in the back ground, energy deficiency inside the five internal massive organs of the five elements of traditional Chinese medicine and the treatment of this condition is of paramount importance to prevent the evolution to diabetes, leading a variety of cardiovascular and other organs complications.

**Methods**

Two cases reports, of 11 boy and 73 years old female. Both have glycemia between 110-125 mg/dl. Both were submitted to measurement of the energy of the five internal massive organs of the five elements theory using radiesthesia procedure using a wood pendulum.

**Results**

Both were in the lowest level of energy in the Liver, Heart, Spleen, Lungs and Kidney. The treatment of this condition was based on Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and systemic acupuncture. The last tool used in this treatment was to replenish the energy of these organs using highly diluted medications according to the theory of Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine and crystal-based medications. Both patients reduced their glycemia to less than 100 mg/dl and were very happy with these results.

**The conclusion of this study** is to demonstrate that patients with prediabetes have in common, energy deficiency inside the five internal massive organs of the five elements theory of traditional Chinese medicine and the treatment of this condition changing the dietary aspects according to Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and systemic acupuncture and replenishing the energy of these organs using highly diluted medications according to the theory of Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine and crystal-based medications is of paramount importance to treat the cause of prediabetes formation and not just treating the symptoms, that is the hyperglycemia itself.

**Keywords:** Prediabetes, Energy, Traditional Chinese Medicine, Homeopathy, Hippocrates

**1. Introduction**

According to some studies in the literature, prediabetes is a condition that can evolve to diabetes formation [1]. The normal glycemia varied from 70 to 99mg/dl [2]. Prediabetes is defined when the fasting blood glycemia is between 100 to 125 mg/dl [3]. Another exam that physician can use is to give 75g of glucose orally and measure the glycemia two hours after the ingestion. The glycemia needs to be between 140 to 199 mg/dl to be considered prediabetes [3]. The third parameter that physician can use is that the glycated hemoglobin level (HbA1C) to be at 5,7% to 6,4% or

6 to 6,4% [3]. There is a chance of 10% to evolve to diabetes each year [3].

**1.1 The Purpose of this Study**

is to demonstrate that patients with prediabetes has in the back-ground energy deficiency inside the five internal massive organs of the five elements theory of traditional Chinese medicine (Liver, Heart, Spleen, Lungs and Kidney) and the treatment of this condition can cure in all these patients with prediabetes. The second purpose of this study is to demonstrate that the use of any kind of

---

highly concentrated medications can induce hyperglycemia in our prediabetes patient's and other complications. For this reason, the treatment of the hyperglycemia in our patients with prediabetes should be done avoiding the use of common medications used to treat diabetes.

## 2. Methods

I will use the description of two cases reports to show the energy alterations presented by these patients and also, I will use what has in the literature until today to explain this subject. All cases gave a verbal consent to publish their history in this article and they recorded their history to be able to write in this article.

### 3.1 Case Report One

The first is a 73 years old female patient with history of alterations in glucose (glycemia was 116 mg/dl) in a routine exam. The doctor prescribed metformin 850mg twice a day. She went to my clinic due to pain in the chest and it was found an elevation like a tumor with hard consistence in the bone of the rib very painful. I asked her to measure the energy of the five internal massive organs of the five elements theory of traditional Chinese medicine (Liver, Heart, Spleen, Lungs and Kidney) using radiesthesia procedure to see how were they.

## 4. Results

All internal massive organs were in the lowest level of energy, rated one out of eight. The treatment of this condition was done using Chinese dietary counseling orientating her to avoid the ingestion of dairy products, raw food, Cold water and sweets (to do not imbalance even more the energy of the Spleen). It was also advised her to avoid the ingestion of fried food, eggs, honey, coconut, alcoholic beverages, melted cheese, chocolate (to do not imbalance the energy of the Liver and Gall Bladder). The third group of foods that I orientated to avoid was the ingestion of coffee, matte tea and soda (to do not cause more energy deficiency in the Kidney's energy).

It was done auricular acupuncture with apex ear bloodletting and systemic acupuncture twice a week.

I also prescribed highly diluted medications according to the theory of *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese medicine* and crystal-based medications. The name of medications will be shown in the discussion section.

In the first week of treatment using all these tools, the patient reduced the intake of hypoglycemic medication and in the second week, the patient took out all the medications and even taking out the hypoglycemic medications, it was possible to reduce the glycemia from 116 to less than 100 mg/dl.

### 4.1 Case Report Two

It is a 11 years-old boy, created by his grandmother. His parents were divorced since when he was two years old. He was little obese and usually was aggressive with her grandmother and was

anxious in the majority of time. He was not doing any kind of exercises. He was in treatment with pediatric doctor because his glycemia was above 113mg/dl. It was prescribed metformin twice a day. His grandmother took him to do a consultation with me to evaluate how was his internal energy using radiesthesia procedure.

## 5. Results

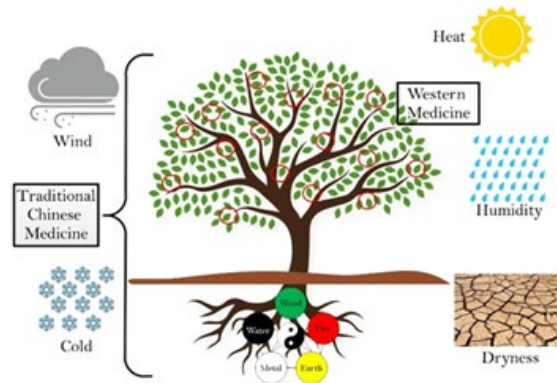
All his internal five massive organs (Liver, Heart, Spleen, Lungs and Kidney) were in the lowest level of energy, rated one out of eight. The treatment of this condition was first to orientate the correct diet using Chinese dietary counseling, according to the energy of each food to rebalancing the internal energy of this patient, as showed in the case report one. It was done the apex ear bloodletting and auricular acupuncture twice a week. The third tool used in this treatment was the prescription of highly diluted medications according to the theory of *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*. In this theory, I used Phosphorus to replenish the energy of Liver, Sulphur to replenish the energy of the Heart, Calcarea carbonica to replenish the energy of the Spleen, Silicea to replenish the energy of Lungs and Natrum muriaticum to replenish the energy of Kidney.

The patient took out the hypoglycemic medication and even taking out the medications, the glycemia reduced to a normal level and the patient also improved his energy and began to ride bicycles and also, he was less anxious and happier.

## 6. Discussion

In this article, I will demonstrate that all alterations in the laboratory exams (in this case hyperglycemia) have in the back ground, energy alterations in the five internal massive organs years before [4]. In this article, I will use the oath said by Hippocrates (460 a.c - 377 a.c), the father of medicine, which said that "it is important to consider other ancient medical traditions prior to the knowledge we have nowadays" [5]. For this reason, I will use the reasoning used by traditional Chinese medicine, which existed for more than 5 thousand years to explain the energy alterations behind patients with prediabetes [6-7]. The part of energy of the human body is not studied by Western medicine medical schools nowadays because after the implementation of Flexner report in 1910, they only consider "scientific" only what they could proof by laboratory or radiological level and the part of energy was put aside [8].

According to Albert Einstein (1879-1955) the most renowned physicist of our world, he said that "all the things is composed of energy" [9]. In the article written by myself (2023), such as in the article titled *Energy Alterations in Patients with Diabetes Type 1 and Type 2*, I am showing that hyperglycemia is only the "leaf" level of the tree, in the metaphor where I am demonstrating the diferentes levels of diagnosis and treatment between Western and traditional Chinese medicine. In this article, I am showing that the real cause of the formation of hyperglycemia is under the tree, in the "root" of this tree, as shown in Figure 1 [6-7].



**Figure 1: Metaphor of The Tree**

In the “root” of this tree, there are two theories in traditional Chinese medicine, very important to us to understand. The *Yin* and *Yang* and the Five Elements theory, and they were well described in the article written by myself (2019) titled *Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Antiglycemic Medication and Insulin?* [6]. In the progression from health to disease, they are divided into five phases and in the first three phases, there are energy alterations and the laboratory exams are normal. This mean that, when the patient has symptoms and the laboratory exams are normal, this do not mean that the patient does not have any problem. The patient is suffering from alterations in

the energy level but needs years of energy deficiencies to evolve to alterations in the laboratory exams [4].

Only in the phase four, the patient begins to have alterations in the laboratory exams, and it is in this phase that patients with prediabetes are and also all patients with high cholesterol, alterations in triglycerides, hyperglycemia, etc [6]. The phase five, is the last phase of evolution from health to disease where all patients with cancer are in. For this reason, all patients with cancer needs to treat their energy deficiency that caused the formation of cancer. All these explanations were demonstrated in Table 1 [4].

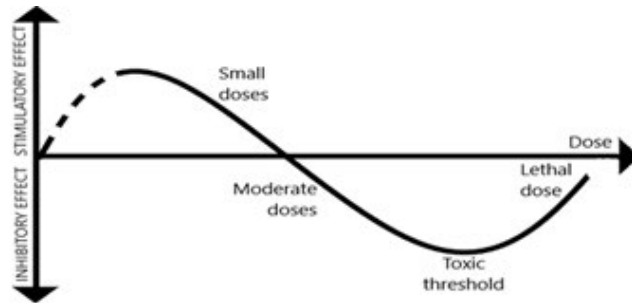
| Progression from Health to Disease |                                 |                      |   |                              |
|------------------------------------|---------------------------------|----------------------|---|------------------------------|
|                                    | 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 1: Evolution from Health to Disease**

So, in this article, I am showing that patients with prediabetes have in the background, energy deficiency for years before having alterations in the laboratory exams and the treatment of this condition, replenishing the energy of the five internal massive organs of the five elements theory, showed in the article (2023) titled *Energy Alterations in Patients with Diabetes Type 1 and Type 2*, of paramount importance to treat the cause of prediabetes condition [7]. If we treat this energy deficiency condition, it would prevent the formation of many diseases including prediabetes and also cancer for example. This mode of thinking was published in

the article written by myself (2021) titled *What Are the Markers That Predict the Development of Having Cancer in the Future Without Laboratory or Radiological Tests?* [10].

The use of hypoglycemic medications should be avoided in this condition, because all highly concentrated medications will worse even more the internal energy of these patients, which is already very low, as demonstrated in these two cases reports, and showed through the Arndt-Schultz Law, created in 1888 by two German researchers, in Figure 2 [11].



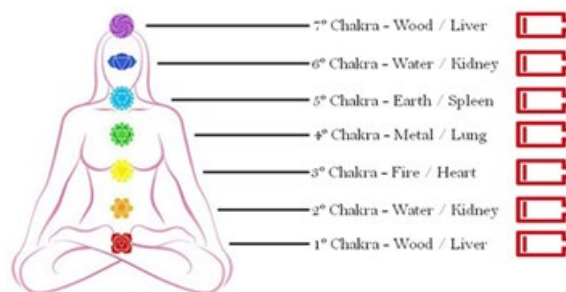
**Figure 2:** Arndt-Schultz La

In this law, they are saying that the use of any kind of highly concentrated medications can reduce the internal energy and, in this case, the patient can risk the life because the Blood to circulate inside the blood vessels, needs energy, as demonstrated in Figure 3. [11].



**Figure 3:** Interrelationship between *Yin*, *Yang*, *Qi* and Blood

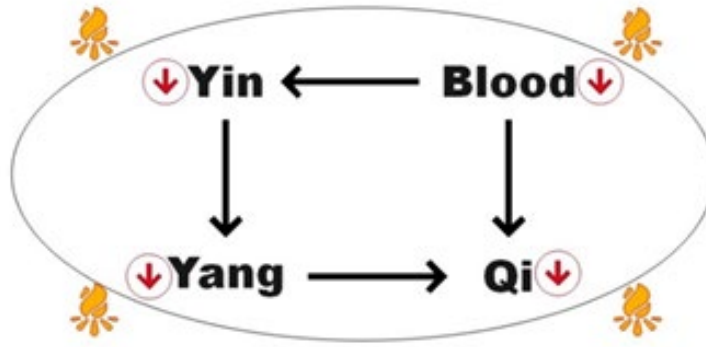
The production of Blood is made by the Spleen, the production of *Yin* and *Yang* is made by the Kidney, the *Qi* is distributed by the Liver and Lungs, and the Blood flow inside the blood vessels is controlled by the energy of the Heart [6, 12-13]. As showed in the article written by myself (2021) titled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection*, the majority of patients that I am attending in Brazil do not have any energy inside these five internal massive organs and this situation is caused by the chronic exposition to the electromagnetic radiation after the modernization of telecommunication, as you can see in Figure 4. [14].



**Figure 4:** Results of the Measurement of Energy of the Five Internal Massive Organs of the Five Elements of Traditional Chinese Medicine

In another article written by myself (2023), titled *New Global Immunodeficiency*. I am showing that the whole population in this globe is considered immunocompromised due to this energy deficient situation, and these alterations can increase the formation of any kind of disease, including the predisposition to have prediabetes or diabetes [7,15].

When the energy of these organs is reduced, the production of internal energy is compromised and can induce more formation of internal Fire, responsible for the increase of glycemia, shown in Figure 4. [6-7].



**Figure 4:** Formation of Internal Fire When There is Energy Deficiency of in One or A Combination of Energy Deficiencies Between them

The use of corrects foods to do not cause more energy alterations in these organs must be done, as shown in the article titled *Energy Alterations in Patients with Diabetes Type 1 and Type 2*, and in the second article titled *Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Antiglycemic Medication and Insulin?* [6-7]. The use of tools in traditional Chinese medicine such as acupuncture and auricular acupuncture with apex ear bloodletting is very important nowadays because we can reduce the glycemia of the patients without using medications and treat the energy alterations presented in the “root” [6].

In the Acupuncture Research Conference that was held at Harvard Medical School, in Boston in 2015, I presented one study saying

that “if we treat the energy imbalances of the patient, it will be possible to treat all diseases of this patient at the same time, even the doctor does not know that the patient has such symptoms” [16]. The correct diagnosis of energy disturbances in traditional Chinese medicine is very important in this case, because if we induce more energy disturbances instead of doing the equilibrium of the patients of *Yin* and *Yang* energy, the patient can increase even more the glycemia instead of reducing it. The treatment of this condition can be done using highly diluted medications such as homeopathies created by Samuel Hahnemann (1755-1843), but according to a new theory created by myself (2020) titled *Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine*, as you can see in Figure 5 [17].



**Figure 5:** Homeopathy Medications to Treat the Energy Deficiency of the Five Internal Massive Organs (Liver, Heart, Spleen, Lungs and Kidney)

It was also used to replenish the energy of the five internal massive organs crystal-based medications, as you can see on Table 2.

| Chakras               | Five Elements | Homeopathy Medications | Crystal-Based Medications [22] |
|-----------------------|---------------|------------------------|--------------------------------|
| 1 <sup>o</sup> Chakra | Wood/Liver    | Phosphorus             | Garnet                         |
| 2 <sup>o</sup> Chakra | Water/Kidney  | Natrum Muriaticum      | Orange calcite                 |
| 3 <sup>o</sup> Chakra | Fire/Heart    | Sulphur                | Rhodochrosite                  |
| 4 <sup>o</sup> Chakra | Air/Lung      | Silicea                | Emerald                        |
| 5 <sup>o</sup> Chakra | Earth/Spleen  | Calcarea Carbonica     | Blue Quartz                    |
| 6 <sup>o</sup> Chakra | Water/kidney  | Natrum Muriaticum      | Sodalite                       |
| 7 <sup>o</sup> Chakra | Wood/Liver    | Phosphorus             | Tiger eye                      |

**Table 2: Crystal-Based Medications Used to Replenish the Energy of the Five Internal Massive Organs**

To finalize this article, I would like to say that we need to follow the commandments of Hippocrates (460 a.c - 377 a.c), and treat the patient and not just the disease the patient has because he said in one of his oaths that “it is more important to know which person has the disease than to know which disease the person has [5]. To understand the energy alterations presented in patients with prediabetes, we need to integrate the knowledge of Western and traditional Chinese medicine, as you can see in the metaphor of *Yin* and *Yang*, shown in Figure 5 [6-7].



**Figure 5: Metaphor of *Yin* and *Yang* of Western and Traditional Chinese Medicine**

## 7. Conclusion

To demonstrate that patients with prediabetes have energy deficiency inside the five internal massive organs of the five elements theory of traditional Chinese medicine ( Liver, Heart, Spleen, Lungs and Kidney) and the treatment of this condition using Chinese medicine’s tools such as Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, systemic acupuncture and replenishing the internal energy of these organs using highly diluted medications according to the theory of *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* is of paramount importance to treat the cause of the formation of prediabetes and not just treating the symptoms. The use of hypoglycemic medications in these patients should be avoided because they can cause complications of this patient because can reduce even more the internal energy of these organs and cause Blood stagnation leading to myocardial infarction, strokes or even death.

## References

1. Perreault L. Prediabetes. [Updated 2022 Mar 3]. In: Feingold KR, Anawalt B, Blackman MR, et al., editors. Endotext [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000.
2. Alvarez S, Coffey R, Algotar AM. Prediabetes. [Updated 2023 Jul 17]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan.
3. Echouffo-Tcheugui, J. B., Perreault, L., Ji, L., & Dagogo-Jack, S. (2023). Diagnosis and management of prediabetes: a review. *JAMA*, 329(14), 1206-1216.
4. Huang, W. L. (2020). The importance of treating energy imbalances and chakras replenishment for prevention and treatment of cancer. *Adv Cancer Res Clin Imaging*, 3, 1-10.
5. Smith, Wesley D.. "Hippocrates". Encyclopedia Britannica, 12 Oct. 2023,
6. Ling, H. W. (2019). Why are diabetic patients still having hyperglycemia despite diet regulation, antiglycemic medication and insulin. *International Journal of Diabetes & Metabolic Disorders*, 4(2), 1-14.
7. Huang, W. L. (2023). Energy Alterations in Patients with Diabetes Type 1 and Type 2. *Int J Diabetes Metab Disord*, 8(2), 331-343.
8. Ling, H. W. (2021). What Flexner Report did to Our Medicine After 100 Years of Implantation. *Acta Scientific Gastrointestinal Disorders*, 4, 01-04.
9. Kaku, Michio. "Albert Einstein". Encyclopedia Britannica, 17 Oct. 2023.
10. Huang, W. L. (2021). What Are the Markers That Predict the Development of Having Cancer in the Future Without Laboratory or Radiological Tests. *Journal of Cancer and Cancer Prevention*, 1(1).
11. Sharma, R. K. (2012). Arndt Schultz Law and its applications

---

in Homeopathy. Homeobook.[Ref.].

12. Huang, W. L. (2022). Energy Alterations in Patient with Deep Vein Thrombosis and what do we Need to in Addition to the Use of AntiCoagulant Medications. *J Vasc Surg*, 10(2), 442.
13. Ling, H. W. (2020). The importance of correcting energy imbalances in the prevention and treatment of myocardial infarction. *Acta Scientific Medical Sciences*, 4(6), 20-27.
14. Ling, H. W. (2021). Energy alterations and chakras' energy deficiencies and propensity to sars-cov-2 infection. *Acta Scientific MICROBIOLOGY* (ISSN: 2581-3226), 4(4).
15. Abstracts from the Society for Acupuncture Research 2015 International Conference Reaching Across Disciplines to Broaden the Acupuncture Research Network November 12-14, 2015 Boston, MA. *J Altern Complement Med*. 2016 Jan;22(1):A1-A46.
16. Ling, H. W. (2020). Constitutional homeopathy of five elements based on traditional Chinese medicine. *Acta Scientific Medical Sciences*, 4(7), 57-69.

**Copyright:** ©2024 Huang, W. L. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.