

## What are the sources of fibromyalgia and how to treat it without using anti-inflammatory or anti-depressant drugs?

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### Abstract

**S**tatement of the Problem: Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory, and mood issues. According to Traditional Chinese Medicine, the genesis of Fibromyalgia is the Blood deficiency and invasion of external factors, such as Cold as Wind. The disease is also related to awareness of the vulnerability of the body during the post-partum period. When the strength of the body is not recovered after birth, fibromyalgia may appear in the future. The purpose of this study is to demonstrate that fibromyalgia has an energy-related cause not detectable in laboratory tests and that the disease can be treated without the use of any medication, treating the root of the problem, and not only the symptom. Methodology: The methodology used was research, performed with over 900 auricular acupuncture patient records, is 35 (3.9%) diagnosed with fibromyalgia. These names and numbers were given to a research assistant and she was able to reach 13 (37.1% of those with fibromyalgia) by phone and apply a post-treatment questionnaire to know the treatment outcome. Findings: 100% were female. The pain intensity before acupuncture was 8.9 to 9.9 and after acupuncture, it was 2.9 to 4.8. The intensity of pain reduction was 3.25 to 9.25 for people under 45 years and 4.7 to 7.7 for people over 45 years. Conclusion: Fibromyalgia has an energy cause and it is possible to treat it without the use of anti-inflammatory and anti-depressants drugs. There was an important reduction in the pain intensity after auricular acupuncture treatment and Chinese dietary counseling.

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.

### Speaker Publications:

1. Huang WL (2019) Treatment for Smoking Addiction without the Use of Any Medication. *J Pul Med Respi Ther* 2019: 18-27
2. Why are diabetic patients still having hyperglycemia despite diet regulation, antiglycemic medication and insulin?
3. Huang Wei Ling. "Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine". *Acta Scientific Medical Sciences* 4.7 (2020): 57-69.
4. Huang WL (2018) The Treatment of Asthma Based on Traditional Chinese Medicine and Homeopathy. *J Pediat Infants*. Vol: 1, Issu: 1 (23-27).

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### Biography

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, a specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral