

How Can We Treat Gastroesophageal Reflux Without Doing Surgery?

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Received: July 13, 2021

Published: August 10, 2021

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The author decided to write this article, in solidarity with one specific patient who had a complication after a gastroesophageal reflux surgery. This patient performed the surgery by video laparoscopy and had a bowel perforation without having been suspected by the surgeon at the time of the surgery. According to Hippocrates, father of medicine, in one of his quotes said, "I will remember that there is art to medicine as well as science, and that warmth, sympathy, and understanding may outweigh the surgeon's knife or chemist's drugs" [1].

This specific patient had septicemia, having renal failure, changed her visual acuity and she had to be transferred to an intensive care unit in São Paulo, 500 km from the city where she lived. Today, after about 6 years after the surgery, she still suffering from the surgical complications.

The author will use thought from Hippocrates to write this article and the other quote from him was "*we need to consider ancient medical traditions prior to the knowledge we have nowadays.*" So, in this article, the author will use reasoning used by traditional Chinese medicine and will use other tools in Ayurvedic medicine, to explain how we can treat the esophageal reflux without using surgery [2,3].

As shown in several article written by the author, Western medicine physician usually treats symptoms at the leaf level of the tree. In traditional Chinese medicine, they understand that all

symptoms at the leaf level are only manifestation of energy imbalances in the tree's root that are not visible to the naked eye. Also, the symptoms in the leaf of the tree could be manifestations of the influences of the external pathogenic factors [4].

If we analysis the chakras' energy centers of patients with gastroesophageal reflux, we will see that these patients will have energy alterations in all these chakras' energy centers (without any energy). Chakras' are energy concentrations that exists in our body to send energy to the organs and systems that they command. The chakra that are responsible for the digestive system is the fifth's chakras' energy center, which is responsible for the Stomach, Spleen, Pancreas, thyroid and breasts. Based on the results obtained, the author assumes that the gastric esophagus valve is not controlling the reflux of the liquid inside the stomach to the esophagus due to the lack of energy of this chakra that commands the closing of this valve. The treatment to restore and replenish all this energy using highly diluted medicines according to the theory created by the author (2020) entitled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, gives hope for the patients to have a normal life and improving their reflux gastroesophageal symptoms without the necessity of having to do surgery [5].

This treatment is usually associated with Chinese dietary therapy in which the author advises patients to avoid ingesting cow's milk, cold liquid, raw foods and sweet because these foods could

imbalance the energy of the Spleen-pancreas, which is responsible for the absorption of nutrients and production of Blood. It is also advised to avoid the consumption of coffee, mate tea and soft drinks that can unbalance the energy of the Kidney, responsible for the production of *Yin* and *Yang* energy for the maintenance of the patient's health [4].

The last group of foods that we should advice to avoid is fried foods, chocolate, egg, honey, coconut, alcoholic beverage, melted cheese, to reduce the internal Heat formation, responsible for the burning sensation in the esophagus and stomach [2].

In addition, the author associates auricular medicine using acupuncture points using mustard seeds applied to a small piece of adhesive tape, in order to balance the *Yin*, *Yang*, *Qi* and Blood energies and treat esophagitis by placing points in the area corresponding to the esophagus in the ear. Using all these tools, all the patients with gastro-esophagus reflux will improve their symptoms very quickly, usually in the first week of treatment and normally report that they do not need to use other kinds of medications to control their symptoms [2].

Therefore, this treatment, in addition to treating the cause, does not have side effects, because according to a study carried out by the author between 2015 and 2020, studying a thousand patients' chakras' energy centers, she concluded that more than 90% of the patient she is attending nowadays do not have any energy in the five massive organs. This lack of energy inside the five massive organs are responsible for the manifestations of infectious and non-infectious complications. According to the article written by Huang (2021) entitled *Are we vaccinating immunocompetent or immunocompromised people for COVID-19?*, the author is demonstrating that the majority of the population we have nowadays are considered immune depressed and not immune competent due to this lack of energy caused by the influences of the electromagnetic waves in our lives [6].

The use of highly concentrated drugs in this population nowadays would harm even more the vital energy ad leading to other complications and worsening the disease process, as the author showed in the article written by Huang and Lopes (2020) entitled *Chakras' Energies Alterations in Patients with Chronic Gastritis* [2].

Therefore, the integration of traditional Chinese medicine and Western medicine reasoning today is of paramount importance for

a deeper and broader understanding of disease formation from an energy perspective, to reduce possible complications to all these patients that are suffering from gastroesophageal reflux [2,4].

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Volume 4 Issue 9 September 2021

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