



Energy Alterations in Children with Insomnia and What Can We Do to Improve Their Sleep

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Insomnia in children and adolescents are common condition in my daily practice. In an article written by Oerkermann., *et al.* (2007) entitled Prevalence and Course of Sleep Problems in Childhood, the authors are saying that 12% of the children reported to have sleep difficulties such as difficult in initiating and maintaining the sleep is the most common sleep problems in childhood [1].

In this editorial article, I will show to you some aspects very important to consider, when you face your patient with difficulty in getting sleep [2].

This article will be written by the influences of Hippocrates (c. 460 bce - c. 375 bce), father of medicine, that said that foolish the doctor who despises the knowledge acquire by the ancients [3].

For this reason, I will use concepts used by Western medicine and also, the thoughts used by traditional Chinese medicine (TCM), that exists for more than 5000 years [4].

According to Chinese medicine, everything is composed by energy, including the human being and all formation of disease process is related to Yin and Yang imbalances and also, for the Five Elements theory disruption [2].

Recently, I (2021) published one article entitled Is The Population In The World The Same As In The Past?, I am saying that the population that we have nowadays have alteration in the energy presented in the five internal massive organs, according to traditional Chinese medicine's reasoning, very different from the patients that we have in the past (8, 10, 20 or 50 years ago, where they have internal energy inside the five massive organs) and the treatment rebalancing and replenishing all these organs using ancient medicines tools such as Chinese dietary counseling, auricular

acupuncture with apex ear bloodletting and using highly diluted medications to replenish these organs, is of paramount importance to treat the root of the problem (that are the energy imbalances) and not just treating the symptoms (that is the insomnia itself) [5].

This kind of treatment is important to treat the cause of all diseases formation and not just treating the symptoms presented by the patient and in the case of insomnia in children, there are two important considerations to observe by the doctor [2].

The first step is to evaluate which kind of food the children is eating during the night and the time of consumption of these foods. As said by Hippocrates (c. 460 bce - c. 375 bce) "we need to use to food as our medicine and our medicine as our food". This part in the treatment of insomnia is the most important because to understand why the patients are having this kind of disturbances to sleep, the doctor needs to understand the alterations between Yin and Yang energy, during the day and night. These explanations were made by me in the article I wrote (2019) entitled Auricular Acupuncture and Chinese Dietary Counselling in the Treatment of Insomnia [2,3].

In this article, I am explaining that there is the transformation of Yang (maximum Yang energy at 12 PM) into Yin (maximum Yin at 12 AM), and if the patient eats foods very Yang in energy during the night, the patient will have energy to keep awake and will not have condition to sleep [2].

For this reason, the dietary orientations to do in patient with insomnia is to eat only foods that grow under the earth at 6 PM and if the patients wants to eat or have hungry during the night, the patient can eat cooked fruits such as banana or other fruits (to allow better digestion of this food in this period) [2].

The time to eat the dinner is also important to analyze because the digestive tract will not work after 6PM [2].

For this condition, the orientations regarding the ingestion of food during the evening is to eat until 6PM and after, if the patients want to eat something, it is better to cook it and do not eat raw, as raw food is difficult to digest and can cause sleep disturbances in children [2].

It is important to understand that foods that children like to eat such as pizza, lasagna, fried foods, chocolate, honey, melted cheese, popcorn, all foods made by corn should be avoided during the night because can increase the Yang energy and result in insomnia [2].

The second step I usually do is perform auricular acupuncture with apex ear bloodletting (to rebalance the internal energy of Yin, Yang, Qi and Blood and take out the Heat retention, that is responsible for the formation of diverse diseases, in this case, insomnia). This kind of approach in the treatment of insomnia was published in the article Auricular Acupuncture and Chinese Dietary Counseling in the Treatment of Insomnia [2].

The third step in the treatment of children with insomnia, I usually measure the energy of the five internal massive organs (Heart, Spleen, Lungs, Kidney and Liver) because in traditional Chinese medicine, many kinds of energy imbalances can lead to insomnia and depending on each energy imbalances, I will need to orientate the patient which kind of food the patient need to ingest or to avoid keeping the internal energy in balance state [4].

Recently, I attended one patient of 11-year-old with anxiety symptoms but she did not tell me that she had insomnia. After the treatment using acupuncture with apex ear bloodletting and Chinese dietary counseling, she told me that she improved her sleep process because she was sleeping only after 1 or 2 AM and awaking at 11 AM [2].

Another female patient of 22-year-old was presenting insomnia sleeping only after 5 or 6 AM in the morning and awaking at 2PM. All the family's routine was very altered due to this different time to eat the breakfast, the lunch the dinner. She was eating many popcorns during the night and I orientate her to avoid to eat this kind of food during the night. She improved very much only changing the dietary aspects but also, she was performing acupuncture. One day, she claimed that her insomnia still not treated and what I found in her daily routine, was that she was using chamomilla tea with the intention to sleep [2].

Chamomile tea has the potential to cause the Gallbladder energy disharmony in Chinese medicine and for this reason, instead

to improving, her clinical condition deteriorates with the ingestion of this tea [2].

The Heart is the internal massive organ that is responsible for the sleep process, as I am showing in the article I wrote (2021) entitled What Are the Other Energy Functions of the Heart That We Need to Know Besides It Being a Blood Pump? and for this reason, it is very important to treat the cause and not just using medications to treat these symptoms, that is the insomnia itself [6].

It was measured the energy of the five internal five massive organs according to TCM and the result of these measurement revealed that both patients were in the lowest level of energy inside the five internal massive organs (rated one out of eight in any chakras' energy centers, that corresponds to the internal five internal massive organs). Both patients' recovery their sleeping process only using this kind of therapy, not necessitating the use of any highly concentrated medications or any psychotropic medications because the use of any kind of highly concentrated medication will reduce even more this vital energy, that is proved very low and can cause more propensity to have another chronic disease and will not improve the symptoms presented by them. This is because the energy of our population changed from 2015 until today, as I showed in the article Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection [7].

For this reason, insomnia in children is only the clinical presentation that something is wrong inside the patients energy's body and the treatment rebalancing and replenishing the energy of these internal five massive organs using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and systemic acupuncture and replenishing the internal massive organs energy using highly diluted medications according to the theory created by me (2020) entitled Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine and crystal-based medications is very important to treat the cause of insomnia formation and not just treating the symptoms [8].

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