

Apex Ear Bloodletting and Dietary Counselling in Patients with Anxiety Treated with Auricular Acupuncture – A Double Blind Study

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Abstract:

Most Chinese acupuncture books do not mention bloodletting the ear to treat anxiety. Each type of food can also cause an energy imbalance. Aim: A retrospective and prospective double blind study to observe the difference among anxiety patients treated with auricular acupuncture (AA) with or without apex ear bloodletting (AEB) associated or not with Chinese dietary counseling (CDC). Methods: 1500 records of AA patients were studied by the clinic's secretary noting the name and phone of 97 (6.5%) with anxiety.. Another person contacted the patients to fill a questionnaire by phone, including a Hospital Anxiety Evaluation Scale (HAES) test. Results: Improvement:80% - first month. Previous treatment: No: 21 (60%); Yes –neurologist: 6 (17%); Yes – psychiatrist: 8 (23%); AEB: Yes: 20 (57%); No: 15 (43%); CDC: Yes: 28 (80%); No: 7 (20%); No dairy: Yes: 28 (80%);No: 7 (20%); HAES – before AA: Normal: 8 (23%); Borderline: 7 (20%); Anxiety: 20 (57%); HAES – after AA: Normal: 22 (63%); Borderline: 6 (17%); Anxiety: 7 (20%); HAES regarding: AEB: 6 (17.14%) Anxiety to normal after AA. No AEB: 3 (8.57%) Anxiety to normal after AA. HAES regarding: CDC: 7 (20%) From Anxiety to normal after AA. No CDC: 2 (5.71%) From Anxiety to normal after AA. Cured: 2 (5.72%). Not cured: 3 (8.57%). Improvement: 30 (85.71%). Recommend AA: Yes: 35 (100%). Conclusions: AEB and CDC showed importance in the treatment of anxiety compared to those who did not undergo AEB (17.14% opposed to 8.57%) and CDC (20% opposed to 5.71%).

Biography:

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral 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 chronic diseases in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates. Researcher in the University of São Paulo, in the Ophthalmology department from 2012 to 2013.