

Chakra's Energy Deficiency as One of the Cause of Menopause Symptoms in Women

Huang Wei Ling*

Department of Infectious Diseases, Medical
Acupuncture and Pain Management
Clinic, Franca, Sao Paulo, Brazil

Abstract

Statement of the problem: Menopause symptoms such as hot flashes, night sweats, irritability, and brain fog are considered common for women over 50. Traditional Chinese medicine (TCM) recognizes menopause as part of the natural aging process and is often caused by Kidney *Yin* Deficiency.

Purpose: The purpose of this study is to demonstrate that menopause symptoms have energies alterations associated with it, and that the correction of these energies alterations may be effective for the alleviation of symptoms, with no hormone replacement needed.

Methods: Through three cases reports. The first patient is M.G.B, 46 years old, woman, divorced, with a child. Symptoms: Low libido, fatigue, hair loss, irritability and dull skin. The second is A.N.T, 69, woman. The patient is diabetic, overweight and has hypertension. Symptoms: Excessive sweating during the day and night, hot flashes, irritability, vaginal dryness and pain during intercourse. When looking for a gynaecologist, hormone replacement treatment was recommended. The third case is M.S., 58 years old. Symptoms: Hot flashes, fatigue and night sweats. Two years ago, she was recommended the use of hormone treatments. After two years with the use of hormones, mammography detected a malignant carcinoma, diagnosed by biopsy and a bilateral mastectomy was recommended in March 2020. The three patients went through the chakras' energies meridians measurement through radiesthesia procedure. The treatment was carried out with Chinese dietary counselling; auricular acupuncture with apex ear bloodletting; homeopathy medications according to the theory created by the author *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, and crystal-based medications.

Results: All three patients' perceived improvement with the symptoms of hot flashes, excessive sweating and irritability with the treatment proposed. The hormones were suspended on the second and third patients.

Conclusion: The treatment proposed using Chinese dietary counselling, acupuncture and chakras' energies replenishment using high-diluted medication is another option to reduce symptoms associated with menopause.

Keywords: Menopause; Energy; Diet; Acupuncture; Charkas; Chinese Traditional Medicine; Hippocrates

***Corresponding author:** Huang Wei Ling, Department of Infectious Diseases, Medical Acupuncture and Pain Management Clinic, Franca, Sao Paulo, Brazil, E-mail: weilingmg@gmail.com

Citation: Haung WL (2020) Chakra's Energy Deficiency as One of the Cause of Menopause Symptoms in Women. J Womens Health Reprod Med Vol. 4 No.3:2.

Copyright: © 2020 Haung WL . 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.

Received: September 30, 2020; **Accepted:** October 21, 2020; **Published:** October 30, 2020

Introduction

Menopause is the name given when the last menstrual period ceases for 12 consecutive months, usually beginning between the age of forty-five and fifty-five years. It can also happen before or after this middle age, in this phase the woman is unable to become pregnant naturally [1]. The symptoms presented are vaginal dryness, decreased libido, insomnia, fatigue and joint

pain. Almost 1.5 million women go through this transition every year [1]. For Western medicine, menopause symptoms are due to the deficiency of the estrogen hormone, and the replacement of hormone can alleviate the symptoms. The hormonal therapy that can be administered in various ways such as pills, creams, patches and implants, in continuous or cyclical modality [2,3]. The use of estrogen hormone in women with uterus can result in uterine hyperplasia and uterine cancer, so hormone therapy

in general increases the risk of breast cancer, ovarian cancer, thromboembolism, stroke and coronary heart disease [4,5]. For traditional Chinese medicine (TCM), the problematic symptoms related to menopause are the result of an imbalance of the *Yin* and *Yang* that is the basis of everything, as the hot waves are due to Kidney *Yin* deficiency. In traditional Chinese medicine (TCM), kidney massive organ corresponds to the second chakra in Ayurvedic medicine [6]. To treat the symptoms presented by the patients in menopause, it is important to treat the patient as a whole, looking at all energy imbalances that the patient may be presenting in relation to the imbalances of the *Yin*, *Yang*, *Qi*, Blood energies and the presence or not of internal Heat retention [6]. In Western medicine, the treatment is centered on the object of study, but in Chinese medicine, the treatment is holistic because the symptoms presented by the patient are only the reflection of a basic energy disharmony and therefore, it is centered on the root of the problem and not only the symptoms [7,8].

Purpose of the Study

The purpose of this study is to demonstrate that menopausal symptoms may be related to the energies deficiencies of the chakras' energies centers and the treatment of these energies deficiencies can lead to the improvement of the symptoms presented by the patient, without the necessity of making use of hormone therapy.

Methods

The methods used in this study were an extensive search of articles concerning menopause in Western medicine and traditional Chinese medicine in PubMed. The author used three clinical study of patients with symptoms of menopause where the uses of female hormones were indicated. The first two patients refused the hormone therapy treatment, and the third developed malignant breast cancer after two years of hormone therapy to treat menopausal symptoms.

The first study was on M.G.B, 46-years-old, woman, divorced, with one child. The first symptoms were low libido, fatigue, hair loss, irritability and opaque and dry skin. She also reported cold hands and feet, night sweats, she did not have daily bowel movements. The patient was diagnosed with pre-menopause by her gynaecologist. Her diagnosis was Kidney *Yin*, *Yang* deficiency, Blood deficiency and Heat retention according to TCM reasoning. Her seven chakras' energies meridians were measured with a procedure called radiesthesia, using a crystal pendulum. The result of this measurement was that all her six chakras was completely depleted in energy, rated in one out of eight and only her seven chakra was normal, rated in eight.

The treatment was done using Chinese dietary counselling orientating her to avoid coffee, soda and mate tea. It also advised her to avoid cold drinks, sweets, raw foods and dairy products. The last group of foods that was also advised to avoid was melted cheese, fried foods, eggs, chocolate, honey, coconut and alcoholic beverages. Auricular acupuncture associated with apex ear bloodletting was done twice a week, with the intention of balancing *Yin*, *Yang*, *Qi*, Blood and taking out Heat retention.

The auricular acupuncture points used are described in **Figure 1**. It was prescribed homeopathy medications according to the theory *Constitutional Homeopathy of Five Elements based on Traditional Chinese Medicine*. The homeopathy medications used in the treatment were: Sulphur 30CHXX-20 (single dose), Calcarea carbonica 30CHXX-20 (single dose), Silicea 30CHXX-20 (single dose), Natrium muriaticum 30CHXX-20 (single dose), Phosphorus 30CHXX-20 (single dose). The homeopathies were prescribed to be taken in a single dose with a hiatus of three days between the medications, necessarily on the sequence described. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 200CHXX-20 instead of 30CHXX-20. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 1,000CHXX-20 instead of 200CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 10,000CHXX-20 instead of 1,000CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 50,000CHXX-20 instead of 10,000CHXX-20. It was also prescribed crystal-based medications, both kinds of medications to replenish the energy of the chakras for a period of one year or more. After one year, it was recommended new chakras' energies measurement to evaluate the improvement of the treatment in relation to the chakras' energies meridians and to evaluate the necessity or not to maintain the medications.

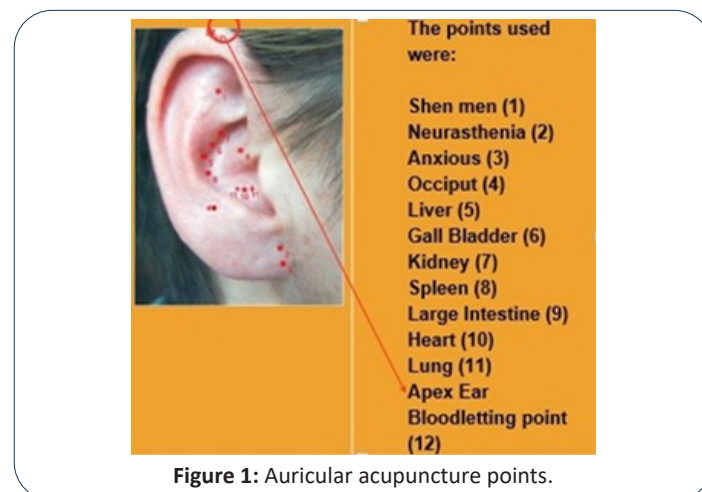


Figure 1: Auricular acupuncture points.

The second study was on A.N.T, 69-years-old, woman. Her diagnosis in Western medicine are diabetes, hypertension and obesity. The symptoms were excessive sweating during the day and night, hot flashes, irritability, vaginal dryness and pain during intercourse. Because of her symptoms, she sought out a gynecologist doctor and treatment with hormone replacement was recommended. She didn't want to continue use hormone replacement because has a risk of developing cancer, so she sought another kind of treatment using TCM tools.

According to traditional Chinese medicine, she was diagnosed with *Yin*, *Qi*, Blood deficiency and Heat retention. The author suggested her to measure her seven chakras' energies meridians with the radiesthesia procedure. The result of this measure was

that all her six chakras (one to six) was completely depleted in energy rated in one being one the lowest level and only the seventh chakra was normal, rated in eight (normal level). The treatment was done using Chinese dietary counselling, the same orientations as of the patient in case report one. Auricular acupuncture associated with apex ear bloodletting was done twice a week and the use of homeopathy according with the theory *Constitutional homeopathy of the Five Elements based on Traditional Chinese Medicine*, and crystal-based medications to replenish the energy of the chakras' energies meridians.

The third study was on M.S., 58-years-old-women. Her symptoms were hot flashes, fatigue and night sweating. The use of hormones was recommended two years ago and she was doing this treatment until January 2020. After two years using hormones, a mammography detected a malignant carcinoma, confirmed by biopsy, a bilateral mastectomy was recommended in March 2020.

She was diagnosed according to traditional Chinese medicine with *Yin* and *Yang*, Blood deficiency and Heat retention. It was also advised her to perform the chakras' energies measurement and all her six chakras were completely depleted in energy, being one the lowest level and eight the normal level, all of them were rated in one, with the exception of the seventh chakra, that was in normal level, rated in eight.

The first step was to orientate the patient to change her dietary habits through Chinese dietary counselling, the same orientations as in the patient one. Auricular acupuncture associated with apex ear bloodletting and systemic acupuncture was done twice a week. The medications to replenish the chakras' energies were also prescribed in a period of one year or more, the same as in the case report of patient one and two. Due to the pandemic of coronavirus infections in the whole world, she cannot return to the author's clinic to be re-evaluated.

Results

The method proposed by the author in the treatment of these three case reports of patients presented significant improvement of their menopause symptoms without having any side effect.

The first patient study described improvement in symptoms since the first auricular acupuncture with apex ear bloodletting when she noticed that she was sleeping better and less irritated. Within a month, she fully recovered from all the symptoms of insomnia, vaginal dryness, hot flashes and irritability.

The second patient study has showed a great improvement of symptoms with the treatment performed, in the period of one month. The major improvement of this patient was that she stopped completely to sweating during the day and night. She is happier; more calm, and in condition to have sexual intercourse normally with her partner. After some time, she interrupted the acupuncture treatment due to the difficulty of attending the consultations and interrupted the use of homeopathy and crystal-based medications. Her symptoms returned as soon as she stopped the medications. The author orientates her to restart

the treatment using the medications prescribed; she had a great improvement in her symptoms again in a very short period.

The third patient had an improvement in the beginning of her treatment but due to the virus pandemic, she didn't return yet to the author's clinic to be re-evaluate.

Discussion

The treatment presented to treat these three specific patients with symptoms of menopause, the author returned her reasoning to the treatment of a specific case of a patient that the author had in 2006. A 70-year-old male patient who reported pain in his legs and was using anti-inflammatory medications without any improvement. According to TCM, he was diagnosed with Kidney-*Yang* deficiency [9,10].

For this patient, it was indicated treatment with Chinese dietary counselling, acupuncture and auricular acupuncture associated with apex ear bloodletting, which reduced the pain in the legs. The patient underwent an interview after this treatment. In this interview, 30 days after treatment, the patient revealed that the eye pressure had also decreased as another positive result of the treatment, as confirmed by the ophthalmologist. During the treatment, he never reported to the author that he was being in treatment of glaucoma for the last 40 years, and with the treatment performed using TCM tools, his intraocular pressure decreased from 40 mm Hg to 17 mm Hg. This interesting case became the cornerstone of the author's studies in the field, trying to understand how treatment based on the root of the problem could treat different diseases and symptoms simultaneously and using the same methods [10,11]. The author presents the metaphor of the tree (**Figure 2**), which also appears in other studies, to explain the relationship between Western medicine and traditional Chinese medicine, such as the concepts of leaves and roots [9-12].

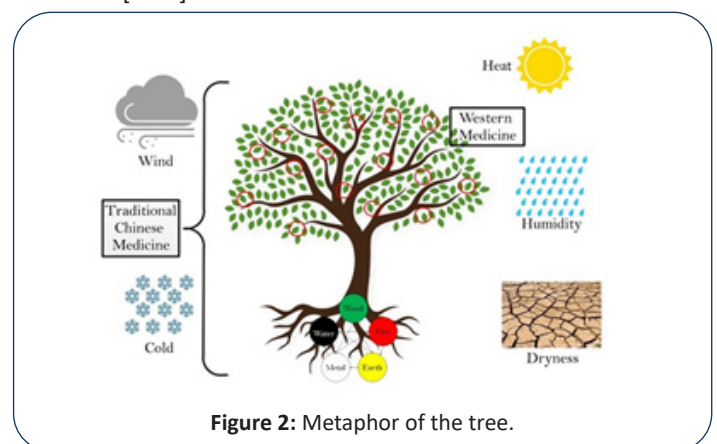


Figure 2: Metaphor of the tree.

In this metaphor of the tree, it is possible to see the root, the trunk, several branches and many leaves. The whole tree represents the human body, formed by energy, the leaves represent the symptoms, the branches represent the diverse medical specialties. Energy imbalances are represented by the theory of *Yin* and *Yang* and the Five Elements, correspond to the root of the tree, and can influence the health of the leaves or the development of the disease. The tree is also surrounded

by external pathogenic factors (Wind, Cold, Heat, Dryness and Humidity) that also influence the energy balance. There is communication between the leaf level and the root level, with energy passing from the root to all parts of the tree. When there is an energy imbalance at the root level, it can manifest as symptoms and disease in many organs and systems in different specialties. In other words, many diseases could have the same energy imbalance. And one symptom or disease could be from many different energies imbalances [9-12]. In the case of menopause symptoms, the symptoms are on the leaf level in the gynecology specialty branch but the energy imbalances that is causing this symptom are on the root level that cannot be seeing by naked eye [9,10].

The first step in all treatments presented by the author was change the dietary habits of the patient because in her clinical practice, the majority of disease come from wrong eating habits since childhood to old age. Many symptoms presented by the patients are consequences of energy imbalances generated by these factors, the changes in the dietary habits cannot change quickly the energy imbalance because these imbalances were built up over time and cannot be fixed in a short period. For example, it is very common in Western custom to consume coffee in the morning since childhood and being one of the major causes of Kidney *Yin* deficiency in Western women. Normally, after menopause, these patients are orientate to avoid the ingestion of coffee when they are presenting symptoms of hot flashes or other symptoms. These patients usually want to don't have hot flashes symptoms after one week of taking out coffee from their diet, but the author usually orientate the patients that a wrong eating habit since childhood cannot fix the energy imbalance in only one week of taking off coffee [13,14].

The dietary orientations were based on Chinese dietary nutrition, which is one specialty in Chinese medicine where the doctors treat all kind of diseases only by changing the dietary habits. The first group of foods that the author changed in the patients reported in this study was to avoid raw food, cold drinks, dairy products and sweets. This first step was important to avoid the Spleen and pancreas deficiency (fifty chakra), which is important to maintain the absorption of nutrients and production of Blood to nourish all cells and internal organs, maintaining the health of the whole system. In all three patients, there were a complete deficiency of this energy, meaning that the majority of the food that they consuming were not absorbing properly, to led to a poor formation of Blood, the consequence of this disharmony is the deficiency of *Yin*, inducing the menopause symptoms [13,14].

The second group of foods that the author recommended to avoid was coffee, soda and matte tea. These kinds of foods can generate Kidney energy deficiency and can lead to worsening of menopause symptoms as the symptom of hot flashes is caused by Kidney *Yin* deficiency. In all the three patients in the cases reports, they have in common the lack of energy in the second chakra that corresponds to Kidney in traditional Chinese medicine, responsible for the production of *Yin* and *Yang* energy [13,14].

The third group of food that the author orientates the patients to

avoid were fried food, melted cheese, chocolate, honey, coconut, alcoholic beverages. This group of foods were orientated to avoid to reduce the imbalances of the Liver and Gallbladder energy because they can induce formation of internal Heat that were causing so many symptoms such as irritability, anxiety, insomnia, etc. The disharmony in the Liver meridian could lead to Kidney disharmony, as the organs are interconnected and one organ can influence the harmony of other organ. That is why the author treat all organs in the same time, to maintain the harmony of the whole system [13,14].

In TCM, all the symptoms and diseases are related to the imbalance of *Yin* and *Yang*. These concepts were extensively described in many articles of the author such as *Why Do Patients Still Catch Hospital Infections despite the Practice of Infection Prevention and Control Programs?* Published by Acta Scientific Microbiology, in April 2018. Another article that is explaining very well these Chinese medicine concepts is entitled "*Why Are Diabetic Patients Still Having Hyperglycaemia despite Diet Regulation, Antiglycemic Medication and Insulin?* Published by *International Journal of Diabetes and Metabolic Disorders*", in March 2019 [13-15].

The questions the author usually uses to ask the patients if they have any energy imbalance are described in **Figure 3**. To be health, the main goal of the treatment is to balance the four energies of *Yin*, *Yang*, *Qi* and Blood, as demonstrated in **Figure 4**. The treatment the author did in all the three cases reports using auricular acupuncture with apex ear bloodletting had an intention of recovering the balance between *Yin*, *Yang*, *Qi* and Blood, using auricular points to reach this purpose. The functions of each auricular point were well described in her article entitled *How Do You Treat Back Pain in Your Practice? Part 2*, published by *Medical Acupuncture*, in February 2018 [16].

Question	Does the patient have a daily bowel movement?	Does the patient have excessive sweating during day?	Does the patient feel cold in the extremities of the body? (Cold feet or hands)	Does the patient feel hot in the extremities?	Does the patient have dry mouth, bleeding gums, bad breath, acne and/or redness in the skin, abdominal pain, micro hematuria, or itching?
Meaning	The lack of daily bowel movements can mean Blood deficiency.*	This could be a symptom of Qi deficiency.	Commonly, this is a sign of Yang deficiency.	Commonly a sign of Yin deficiency.	Commonly this is a sign of Heat retention.

* Blood deficiency can be understood as anemia in the energy level. As Blood deficiency may take years to appear in the laboratory exams, the patients with constipation and a normal complete blood count (CBC) can still be considered a patient with Blood deficiency, according to TCM.

Figure 3: How to diagnose *Yin*, *Yang*, *Qi*, blood and heat retention imbalances.

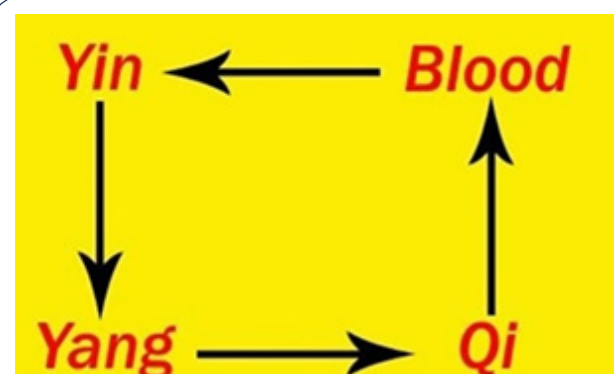


Figure 4: Schematic relationship between *Yin*, *Yang*, *Qi* and blood.

When the author used all these tools, it is very common to see patients complaining of the symptoms despite having many improvements in the symptoms described, but sometimes, they cannot disappear completely. That is why the author thought to treat these patients associating with these initial tools (Chinese dietary counselling and acupuncture) with the use of Chinese herbs, in the past and they were having a successful result using these kinds of medications. But due to difficulties in buying these kind of medications in Brazil, the author began to study homeopathy and created another theory in homeopathy field, using traditional Chinese medicine reasoning with homeopathic medications, to facilitate the use of these kind of medications by Western medicine physicians, to treat the internal organs energies deficiencies which, in her point of view, are the problem of the majority of the diseases in the human body. This article is entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* published by ACTA Scientific Medical Sciences in July 2020 [17].

The medications used in the treatment were well described in many articles of the author such as *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?* published by International Journal of Diabetes & Metabolic Disorders on March 2019. The author normally orientates the patients to intake the medications for a period of one year and proceeded to a new chakras' energies measurement to see the results. Depending on the results, the patient could stop or not the medications. The medications used are described in **Table 1**. The image demonstrating the chakras' energies meridians and their correspondence with the five massive organs in TCM is shown in **Figure 5** [13, 17,18].

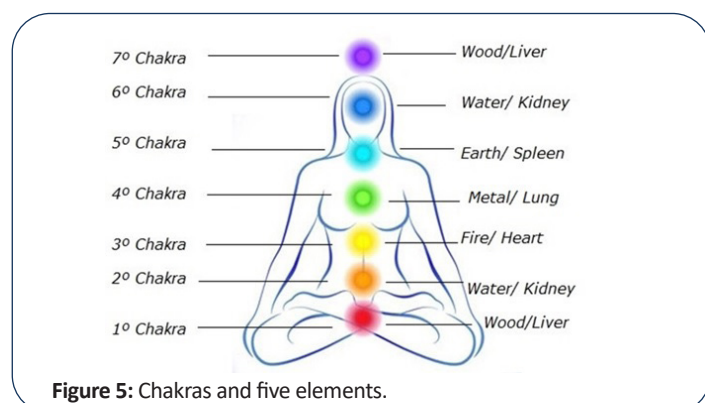


Figure 5: Chakras and five elements.

Table 1: Homeopathy and crystal-based medications for replenishment of chakras' energies centers.

Chakras	Five elements	Homeopathy medications	Crystal based medications
1° Chakra	Wood/Liver	Phosphorus	Garnet
2° Chakra	Water/Kidney	Natrium muriaticum	Orange Calcite
3° Chakra	Fire/Heart	Sulphur	Rhodochrosite
4° Chakra	Metal/Lung	Silicea	Emerald
5° Chakra	Earth/Spleen	Calcarea carbonica	Blue Quartz
6° Chakra	Water/Kidney	Tone the 2°chakra	Sodalite
7° Chakra	Wood/Liver	Tone the 1°chakra	Tiger Eye

The author usually treats the deficiencies in the chakras

meridians using highly diluted medications according to the Arndt Shultz law reasoning (**Figure 6**). In this law, the scholar stated that highly diluted medications improve organic process and highly concentrated medications harm health. In other words, if the patients were treated only using hormones, that are considered highly concentrated medications, the use of this kind of treatment could lead to more energy deficiency, being another possible cause of inducing more chance of acquiring cancer beyond the other causes very well described in Western medicine's publications. According to many studies in traditional Chinese medicine, they affirm that cancer is related to energy deficiency and Heat retention. The author published an article entitled *The Importance of Treating Energy Imbalances and Chakras Replenishment for Prevention and Treatment of Cancer* on the journal *Advances in Cancer Research & Clinical Imaging* on September 2020 in which she demonstrated the importance of correcting energy imbalances between *Yin, Yang, Qi, Blood* and taking out Heat retention using Chinese dietary counseling, acupuncture with apex ear bloodletting and replenishing the chakras' energies centers using highly diluted medications in prevention and treatment of cancer patients. In this study, she demonstrated through two case reports of two patients that cancer could be treated only using these tools (Chinese dietary counseling, auricular acupuncture and apex ear bloodletting and replenishing the chakras' energies deficiencies using highly diluted medications). This was her initial study in this subject and more studies should be done to evaluate in different types of cancer to see the result of this kind of treatment [19-21].

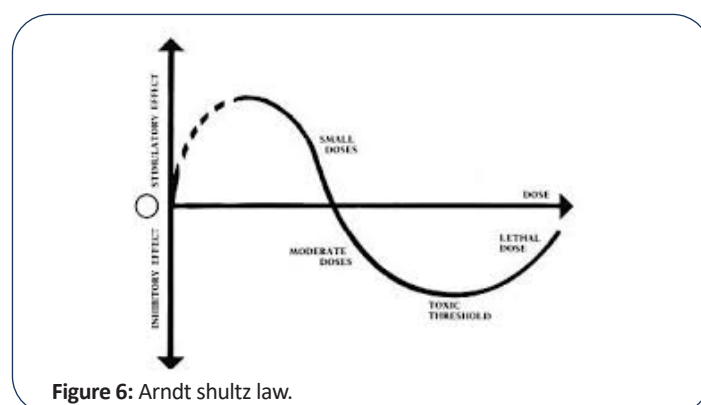


Figure 6: Arndt Shultz law.

According to Angelo Cagnacci and Martina Venier, in the article entitled *The Controversial History of Hormone Replacement Therapy*, stated that in the past, the treatment of hot flashes during menopause began using animal hormones and they were similar to human female hormones. In the 1980s, scientific articles were published correlating the increasing incidence of breast cancer in female patients using hormone therapy [22].

Based on the study in the article entitled *"Menopausal Hormone Therapy and Breast Cancer Risk in the NIH-AARP Diet and Health Study Cohort"*, patients in use of estrogen-progestin is associated with an increased risk of breast cancer. In this study, were analyzed the answer from 126,638 women aged 50-71 years who answered two questionnaires (1995-1996, 1996-1997) who questioned their lifestyle, diet and use of estrogen plus progesterone (EPT)

and estrogen (ET). 3,657 breast cancer cases were identified as of In this study were identified 3,657 breast cancer cases. In conclusion, ET and EPT were associated with breast cancer risks, with an increase proportion varying according to body mass and tumor characteristics [23].

In traditional Chinese medicine, the massive organ that is responsible for the production of male and female hormones is the Kidney or second chakra. It were demonstrated that all patients described in this study, who were with menopause symptoms, have the second chakra deficient in energy. All these patients recovered quickly from their symptoms after the treatment done, especially when the chakras' energies were replenished by highly diluted medications. The author concluded that if all the energies responsible for the internal organs were replenished adequately, all the organs and systems will work normally again exerting their function, as showed in all three cases reports described in this study, without need to use hormone therapy, reducing in this case, the chance of developing cancer in the future. To replenish the energy of the second chakra, it was necessary to replenish the energy of the whole system as the Kidney received energy from the Lung meridian (fourth chakra). The Lung meridian (fourth chakra) receives energy from the Spleen (fifth chakra), that receives energy from the Heart meridian (third chakra). The Heart receives energy from the Liver meridian (first chakra). All this energy movement are well described in the generation cycle of the Five Elements theory, as demonstrated in **Figure 7** [24].



Figure 7: Generation cycle.

The author published two articles entitled *Chakra's Energy Deficiency As The Main Cause of Infertility in Women* published by Obstetrics and Gynaecology International Journal in march 2020 that described three couples who were in treatment for infertility, toning the energy of the chakras of these patients were crucial for the success in their treatment, resulting in pregnancy in one month of treatment. In this study, the author addressed the importance of treating the couple, the women and the man, to have a successful result. The treatment of the chakras were important to tone the energy responsible for the production of more sperms in man (Kidney meridian or the second chakra) and in women to induce the production of more female hormones naturally [24].

In this study, the author demonstrates the importance to combine the traditional Chinese medicine and Western medicine reasoning [25], illustrate in the metaphor of *Yin* and *Yang* in **Figure 8**, so that the patient can treat the symptoms and the root of the problem

at the same time [26-29], which are the extreme lack of energy of *Yin*, *Yang*, *Qi*, Blood and Heat Retention, associated with severe deficiency of the chakras' energies centers [13, 30-32].

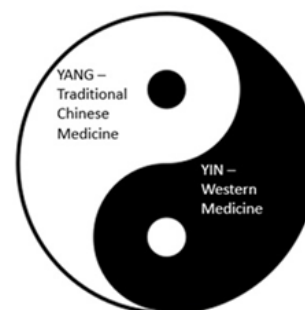


Figure 8: Metaphor of Western medicine and traditional Chinese medicine.

Conclusion

The conclusion of this study is that the correction and replenishment of chakras' energies meridians is an important tool in reducing menopause symptoms. For this aim, the author emphasizes the need to see the patient as a whole, changing the dietary habits according to the energy imbalances of each patient, correcting the disequilibrium of the internal energies using acupuncture and replenishment of the chakras' energies centers through highly diluted medications. In this study, the author used homeopathy according to the theory *Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine* associating with crystal-based medications. Using this reasoning and treatment, the author is replenishing all the chakras' energies centers responsible for the normal functioning of the organs and reducing the chance of the patient to develop cancer, differently when she uses hormone therapy.

Acknowledgements

Special thanks to Christine San-Mei Fong, for proofreading the text grammatically and structurally.

References

1. Delamater L, Santoro N (2018) Management of the Perimenopause. Clin Obstet Gynecol 61: 419.
2. Santoro N, Epperson CN, Mathews SB (2015) Menopausal symptoms and their management. Endocrinol Metab Clin North Am 44: 497-515.
3. Peacock K, Ketvertis K (2020) Menopause. National Center for Biotechnology Information.
4. Martin K, Barbieri R (2017) Treatment of menopausal symptoms with hormone therapy.
5. Crandall CJ, Hovey KM, Andrews CA, Chlebowski RT, Stefanick ML, et al. (2018) Breast cancer, endometrial cancer, and cardiovascular events in participants who used vaginal estrogen in the Women's Health Initiative Observational Study. Menopause 25: 11.
6. Ling HW (2020) Auricular Acupuncture and Chinese Dietary

- Counselling in the Treatment of Insomnia. *Arc Neuro Dis* 3.
7. Aung SK, Fay H, Hobbs RF (2013) Traditional Chinese medicine as a basis for treating psychiatric disorders: a review of theory with illustrative cases. *Med Acupunct* 25: 398-406.
 8. Shen-Nong (2005) Holist Concept of Chinese Medicine.
 9. Ling HW (2019) What is the Cause of Language Impairment in Traditional Chinese Medicine and how can we treat it? *J Clin Case Rep Trials* 2
 10. Ling HW (2019) Is it Possible to Treat Community-Acquired and Nosocomial Infections with the Same Method, Without the Use of Antibiotics. *J Appl Microb Res* 2: 01-13.
 11. Ling HW (2019) Energy Alterations as the Underlying Cause of Primary Hypertension. *ARC J Neurol* 4: 33-44.
 12. Ling HW (2018) Can hospital osteomyelitis be treated without the use of antibiotics. *Int J Microbiol Infect Dis* 2: 1-6.
 13. Ling HW (2019) Why are diabetic patients still having hyperglycemia despite diet regulation, antglycemic medication and insulin. *Int J Diabetes Metab Disord* 4: 1-4.
 14. Kastner J (2009) Chinese nutrition therapy: dietetics in traditional Chinese medicine (TCM).
 15. Ling HW (2018) Why do Patients Still Catch Hospital Infections Despite the Practice of Infection Prevention and Control Programs? *Microbiology* 1: 34-43.
 16. Huang Wei Ling (2018) How Do You Treat Back Pain in Your Practice? Part. 2. *Med Acupunct* 30: 46-53.
 17. Ling HW (2020) Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine. *Res J Med Sci* 4.
 18. Ling HW (2019) The Importance of Correcting Energy Imbalances and Chakras' energies Deficiencies in the Treatment of Patients with Glaucoma. *Clin Res Ophthalmol* 2: 1-9.
 19. Ross CL (2019) Energy Medicine: Current Status and Future Perspectives. *Glob Adv Health Med* 8.
 20. Huang YY, Chen AC, Carroll JD, Hamblin MR (2009) Biphasic dose response in low level light therapy.
 21. Chien TJ, Song YL, Lin CP, Hsu CH (2012) The correlation of traditional Chinese medicine deficiency syndromes, cancer related fatigue, and quality of life in breast cancer patients. *J Tradit Med Complement Ther* 2: 204-210.
 22. Cagnacci A, Venier M (2019) The Controversial History of Hormone Replacement Therapy. *Medicina* 55: 602.
 23. Brinton LA, Richesson D, Leitzmann MF, Gierach GL, Schatzkin A, et al. (2009) Menopausal hormone therapy and breast cancer risk in the NIH-AARP Diet and Health Study Cohort. *Cancer Epidemiol Biomarkers Prev* 17: 3150-3160.
 24. Ling HW (2020) Chakra's energy deficiency as the main cause of infertility in women. *Int J Gynecol Obstet* 1.
 25. Margolin C (2014) Managing Menopause Symptoms With Traditional Chinese Medicine. *Dipl Oriental Medicine LAC*
 26. Maoshing NI (1995) The Yellow Emperor's Classic of Medicine: The Essential Text of Chinese Health and Healing.
 27. Landau M (2018) The Wild History of Women's Hormone Therapy. *Medically Reviewed*.
 28. Nan Lu (2009) The Precepts of Traditional Chinese Medicine. *Encyclopedia Britannica*.
 29. Faubion SS, Sood R, Thielen JM, Shuster LT (2015) Caffeine and menopausal symptoms: what is the association? *Menopause* 22: 155-158.
 30. Scheid V (2007) Traditional Chinese medicine—What are we investigating? The case of menopause. *Complement Ther Med* 15: 54-68.
 31. Ling HW (2017) *Int J Res Orthop* 30: 167-178.
 32. Yapijakis C (2009) Hippocrates of Kos, the father of clinical medicine, and Asclepiades of Bithynia, the father of molecular medicine. *In Vivo* 23: 507-514.