



The Influence of Apex Ear Bloodletting and Dairy Product Restriction in Fibromyalgia Patients Treated with Auricular Acupuncture – a Double-blind Study

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Abstract:

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 the birth, fibromyalgia may appear in the future. A retrospective double-blind investigation by telephone interview of the effectiveness of auricular acupuncture (AA), on the treatment of patients with fibromyalgia treated holistically according to Yin, Yang, Qi, Blood and Heat retention disturbances, observing: age and gender, influence of apex ear bloodletting and dairy product restriction, a numerical analysis of the quantity of pain before and after AA treatment.

Before acupuncture the intensity of pain in points were between 8,992 to 9,931 and after were 2,935 to 4,834. In patients younger than 45 years old the intensity of pain in points before the treatment were around 3,25 to 9,95 and after acupuncture became lower than 7,786. When the patients did not follow the restriction of dairy products the intensity of pain were between 5,691 to 9,975, but when they follow the intensity of pain were 2,982 to 6,161. In relation to the procedure of apex ear bloodletting, 92% of the patients received this treatment and 61% had an improvement, but all the 8% patients had not received the treatment got an improvement. All of the subjects were females. There was an important reduction in the pain intensity after auricular acupuncture treatment mainly when the patient restricted his intake of dairy products. Apex ear bloodletting was not a significant procedure in the improvement of this type of patient in this study. More studies should be done with larger quantities of patients to obtain more scientifically rigorous results.



Biography

1. 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. Wu J, Pan X, Fu H, Zheng Y, Dai Y, Yin Y, Chen Q, Hao Q, Bao D, Hou, D. Effect of curcumin on glycerol-induced acute kidney injury in rats. *Scientific Reports* 2017; 7: 1–11. <https://doi.org/10.1038/s41598-017-10693-4>

Publication of speakers:

1. Huang Wei Ling. What are the Sources of Fibromyalgia and How to treat it Without Using Anti-Inflammatory or Anti-Depressant Drugs?. *Sci J of Gyne and Obste.* 2019; 2(2): 001-009.
2. Huang Wei Ling. Auricular Acupuncture and Chinese Dietary Counselling in the Treatment of Insomnia. *Archives of Neurology and Neuro Disorders.* 2020; 3(1): 01-11.

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