



## Could your Eating Habits be affecting your Sleep and How Can We treat it Without Using Drugs?

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### Abstract:

**Statement of the Problem:** Insomnia is a sleep disorder that regularly affects millions of people worldwide. Individuals with insomnia find it difficult to fall asleep and stay asleep. It commonly leads to daytime sleepiness, lethargy, mood swings, anxiety, stress and a general feeling of being unwell, both mentally and physically. The purpose of this study is to demonstrate that erroneous eating habits can be one of the causes of insomnia, and that it can be treated with correction of eating habits, according to the energy of each food, whether Yin or Yang. An oriental type of treatment using Auricular Acupuncture was also approached, in order to rebalance the internal energy. With this, this study demonstrates that the effectiveness of these treatments can be achieved without the use of any allopathic or psychotropic medication. **Methodology & Theoretical Orientation:** To prove that insomnia can be treated without medication, a research of over 1500 patients was made. 55 (3.66%) of these patients were selected on the basis of having insomnia and then engaged in Auricular Acupuncture treatment associated with dietary counselling all according to the teachings of Traditional Chinese Medicine. **Findings:** Of the total amount, 30 (83.33%) considered their insomnia as a main symptom which affected their lives daily. The patients with insomnia who ingests Yang food energy at night time, tends to have difficulty inducing sleep, being it shallow and not restful. **Conclusion & Significance:** The majority of patients who had undergone auricular acupuncture associated with dietary counselling for the treatment of insomnia, had been completely cured or had significant improvement. The study also concluded that patients not compromised by dietary changes did not achieve the same positive results as those who set out to comply with treatment.



### 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.

### 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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