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## What are the sources of fibromyalgia and how to treat it without using anti-inflammatory or anti-depressant drugs?

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**Statement of the Problem:** 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 birth, fibromyalgia may appear in the future. The purpose of this study is to demonstrate that fibromyalgia has an energy-related because not usually detected in laboratory tests and that the disease can be treated without the use of any medication.

**Methodology:** The methodology used was research, performed with over 900 auricular acupuncture patient records, which is 35 (3.9%) diagnosed with

fibromyalgia. These names and numbers were given to a research assistant and she was able to reach 13 (37.1% of those with fibromyalgia) by phone and apply a post-treatment questionnaire to know the treatment outcome.

**Findings:** 100% were female. The pain intensity before acupuncture was 8.9 to 9.9 and after acupuncture, it was 2.9 to 4.8. The intensity of pain reduction was 3.25 to 9.25 for people under 45 years and 4.7 to 7.7 for people over 45 years.

**Conclusion:** Fibromyalgia has an energy cause and it is possible to treat it without the use of anti-inflammatory and anti-depressants drugs. There was an important reduction in the pain intensity after auricular acupuncture treatment and Chinese dietary counseling.

### Biography

Huang Wei Ling has 27 years of experience on clinical and private fields of Traditional Chinese Medicine practice, hospital infection control, general practice, parenteral and enteral medical nutrition, nowadays owner and practitioner of Franca's only Medical Acupuncture and Pain Management Clinic. Through 1995 to 2005, she was responsible for the control of all antimicrobial medication prescribed within Franca's General Hospital and in 1998 was awarded with best study presented at the Brazilian Hospital Infection Control Congress. Since 2007, she has been travelling worldwide attending conferences as special, keynote and general speaker in a variety of specialties, presenting her exclusive point of view through unique case studies from her experiences, traditional Chinese medicine literature and Hippocrates reasoning.

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