

Are the Changes that Generate Diabetic Retinopathy Really Inside the Eye?

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The different ways of evaluating and understanding diseases by different medicines existing in the past and in the present, made the author write this article on diabetic retinopathy [1].

To understand what we are saying these days, we need to understand that medicine once had great names in the past and that, today's medicines is due to many discoveries of great doctors in the past [2].

One of them was Hippocrates (c. 460 BC - c. 370 BC), father of medicine, who developed the theory of humors and who says that diseases come from the imbalance of the four liquids within the body, which are Yellow bile, Black bile, Blood and Fleugma [3].

The second name is Galen (129 ce - c. 216), a Greek physician, that lived 500 years after Hippocrates, that has already written several books in the medical field and that his thoughts and discoveries, mainly in the area of anatomy, still exert influence today [4].

The third who left his legacy to medicine was Hahnemann (1755 – 1843), the German doctor who discovered and created homeopathy. This kind of medication is highly recommended these days, due to the types of population we currently have. This affirmation Huang (2021) showed in the article entitled Are we vaccinating immune suppressed or immune competent people for COVID-19? [5].

With regard to diabetes and its complications, diabetes has hyperglycemia in common with Western and in traditional Chinese medicine, but the way to understand the formation of diabetes between them is very different [1].

According to Western medicine, diabetes is formed by the inability to form more insulin by the pancreas or by other preexisting factors such as obesity, sedentary lifestyle, eating error that leads to a state of increased blood glucose [1].

The way which Chinese medicine understands about diabetes is that it is characterized by energy imbalances leading to *Yin* deficiency and Heat retention. The *Yin* energy is produced in the Kidney, leading to the formation of internal Heat, when there are energy deficiencies in general [1].

In the article written by Huang (2019) entitled Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Antihyperglycemic Medication and Insulin? the author is discussing the different levels of treatment at the leaf level and the root level and comparing the different viewpoints between Western medicine and traditional Chinese medicine. The author usually uses the metaphor of the tree to compare Western medicine and traditional Chinese medicine's point of view. In this metaphor, each tree's branch represents one medical specialty and each leaf that comes out of each branch, represents one symptom or disease treated by each specialty. The roots symbolize the *Yin* and *Yang* Theory and Five Elements Theory that usually not seeing by the naked eyes. All the energy imbalances in the root, will generate symptoms in the leaf of the tree, manifests in many symptoms

in many specialties. One energy imbalance can generate many other diseases and one disease can come from many different energy imbalances [1].

The treatment at the leaf level and not treating the energy imbalances that are at the root level has generated treatment failures in which the patient is not seen in its entirety [1].

With regard to diabetic patients with diabetic retinopathy, through the author's experience, the problem of retinopathy is only the tip of the iceberg, but the real problem is under the water line, submerged inside the ocean, and which should be treated for complete improvement of the disease at the root level [6].

In an article written by Huang (2020) entitled The Importance of Treating Energy Imbalances and Chakras Replenishment for Prevention and Treatment Chakras Replenishment for Prevention and Treatment of Cancer, the author reported a diabetic patient who had high blood pressure, obesity, diabetes and diabetic retinopathy, who discovered a malignant thyroid cancer in one of her routine gynecological exams, in 2018 [6].

Between the period of diagnosis and surgery (for about 2 months), the patient went through an intensive treatment process using daily acupuncture sessions, and changed all her diet, avoiding a series of foods such dairy products, raw foods, iced or cold water, sweets, coconut, fried foods, chocolate, egg, honey, alcoholic beverages and avoiding soft drinks, coffee and mate tea [6].

After this process, surgery to remove the malignant tumor was referred (two months after) and during the intraoperative period, a freezing biopsy was taken and it was discovered that the malignant tumor became benign [6].

In addition, there were a reduction in the blood pressure, blood glucose and glycosylated hemoglobin. She also had a weight reduction, besides having improved diabetic retinopathy, not needing to be performing those intraocular injections of medications (Eylia) to be applied to the eye, at that time. The author notice that diabetic retinopathy is very linked to errors in the eating habit and usually, when the patient has signs of diabetic retinopathy, is it usually because the patient is not following the Chinese dietary counseling accordingly, eating many fried foods, melted cheese, chocolate, eating dairy products, etc [1, 7].

This case and in many other patient reports (that had diabetic retinopathy and improved only doing this same treatment to rebalance the internal energy using Chinese dietary counseling, auricular acupuncture and apex ear bloodletting) leads the author to believe that diabetic retinopathy is not a condition located in the eye, but rather a local manifestation of a general systemic imbalance and the treatment of the eye (only in the leaf level of the tree) without the treatment of the root (which are the energy balances), only lead to the treatment of the symptom and do not to the cause the diabetic retinal disease, which are the energy imbalances and the formation of internal Heat, described by the author [1].

In the article written by Pang et al. (2020) entitled Traditional Chinese medicine for diabetic retinopathy: A systematic review and meta-analysis, they are saying that the incidence of diabetic retinopathy is 43% of all retinopathy and 8.1% of diabetic patients will have this condition in the evolution of diabetes [8].

In the book written by Wei Qi-ping (2011) entitled Ophthalmology in Chinese Medicine, the author of this book says that the eye is the organ that most improves with acupuncture treatment [9].

In another study written by Huang (2020) entitled Energies Alterations and Chakras' Energies Deficiencies as the Cause of Sub Retinal Fluid Retention in Polypoidal Choroidal Vasculopathy, the author says that the accumulation of fluid inside the eye are only manifestations of energy imbalance (Spleen-pancreas deficiency and Kidney energy deficiency) that leads to the formation of the disease in the eye. These energy alterations were confirmed by the author when she performed the radiesthesia procedure measurement of the energy of the chakras, showing energy deficiency in all the five massive organs (Liver, Heart, Spleen, Lung and Kidney) [10].

In another article written by Huang (2020) entitled Strabismus after Cerebral Spastic Paralysis Sequelae of Bacterial Meningitis Treated with Acupuncture, the author reported that she had a patient who presented bacterial meningitis and demonstrated strabismus as a sequelae of the infection and the patient also had spastic paralysis of the lower limbs. This specific patient improved strabismus when the author performed acupuncture to treat the patient's spasticity. This happened because the author usually treats the root of the problem (that are the energy imbalances) and not just the symptoms [11].

In the article written by Huang (2019) The Importance of Correcting Energy Imbalances and Chakras Energy Deficiencies in the Treatment of Patients with Glaucoma, the author describes two cases reports that went to her clinic to treat glaucoma condition because they were not having control of the intra-ocular pressure only using eye-drops and what the author said in this article was that patients with glaucoma have chakras' energy centers deficient in energy and the treatment of this condition is very important to reduce the intra-ocular pressure and the author considers glaucoma as a systemic condition and the high-intra-ocular pressure is only a local manifestation of a systemic disease. This presentation the author did in the 30th world Congress of Ophthalmology and Optometry. October 28-29. 2020. Amsterdam, Netherlands [7, 12].

The author presented the importance in treating the root level in all kinds of diseases curing at the Acupuncture Research Congress, that was held in Boston, in 2015, at the Harvard Medical School, where the author demonstrated that the treatment of *Yin*, *Yang*, *Qi* and Blood imbalances are important to treat all the patient's physical and emotional problems at the same time, even if the doctor does not know that the patient has such symptoms [1].

Therefore, to finish this article, the author would like to emphasize the need to integrate current medicine with older medicine such as traditional Chinese medicine, which was totally abandoned and considered unscientific by the medical community due to the implementation of the Flexner report in 1913, modifying all guidelines which emphasizes that what the physician must consider scientific only what he can prove radiological and laboratory level. After this implantation, almost 80% of all schools that teach in a more naturalistic way, using homeopathy,

chiropractic, herbal medicine, need to close because they are no longer fitting in the requirements of this new ruled implanted by Flexner, having in the background, Rockefeller and Carnegie foundation [13].

Finally, the author would like to say that deeper understanding of how all diseases are formed, in this case diabetic retinopathy; it is of paramount importance for the treatment of the cause and not just the symptom [1].

As Hippocrates said, we must treat the patient (root level) and not the disease (leaf level) but even today's medicine tends to treat only the disease (leaf level) and not the patient (root level) [3].

Therefore, the direction in which medicine is heading must be re-evaluated instead of being over-specialized, we need to expand the vision by seeing the patient as a whole in its most diverse physical, mental/emotional and spiritual aspects and also taking into account dietary and environmental factors that are influencing health and disease [13]

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