

## GLOBAL PHYSICIANS AND HEALTHCARE CONGRESS

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**Could you're eating habits be affecting your sleep and how can we treat it without using drugs?****Huang Wei Ling**

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**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 counseling 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 counseling 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 as directed.

**Biography**

Huang Wei Ling has completed her Graduation in Medicine in Brazil, specializing in infectious and parasitic diseases, General Practitioner, Parenteral and Enteral Medical Nutrition Therapist, Acupuncture and Pain Management Practitioner. Since 2007, she has been disseminating the knowledge of Oriental medicine, especially Traditional Chinese Medicine, in various places around the world, in the treatment of the various pathologies of the human body. She is the Owner of Medical Acupuncture and Pain Management Clinic.

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