

# Chakras' and energy deficiencies in the genesis of breast cancer

## Abstract

**Introduction:** Breast cancer is the most common cancer-affecting women worldwide. Western current perspectives are starting to comprehend cancer as a systemic disease from the start. In TCM, the formation of cancer is associated energy deficiencies with Heat retention. Spleen deficiency is one of the major causes of formation of Phlegm leading to the formation of tumors. There are studies associating the five elements in TCM with chakras' energy centers and measuring the chakra, the author will be measuring the internal massive organs energy.

**Purpose:** To demonstrate that there is chakras' energy deficiencies chronically present in the body of the patient with breast cancer. Also, to analyze the importance of treating the subject systemically, through the replenishment of chakras' energy centers.

**Methods:** two cases report, both were female patients (42 and 56years old), with the diagnosis stress and anxiety in the first and the second with diagnosis of sub retinal fluid retention, both patients with past history of breast cancer twenty and six years ago, removed with surgery. Chakras' energy measurement through radiesthesia procedure was done.

**Results:** all the chakras were in the lowest level of energy, rated in one out of eight.

**Conclusion:** patients with history of breast cancer have chakras' energy centers deficient in energy and the replenishment of these chakras is the major importance to prevent future formation of metastasis, new cancer in other sites or the formation of any chronic diseases.

**Keywords:** breast cancer, energy, chakra, diet, acupuncture, traditional chinese medicine, homeopathy, hippocrates

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## Introduction

Breast cancer is life-threatening disease in females and the leading cause of mortality among women population.<sup>1</sup> Amongst all the malignant diseases, breast cancer is considered as one of the leading cause of death in post-menopausal women accounting for 23% of all cancer deaths.<sup>1</sup> It is a global issue, but the diagnosis still occurring in their advanced stages due to the negligence of women regarding the self-inspection and clinical examination of the breast.<sup>1</sup>

Early-stage cancer detection could reduce breast cancer death rates significantly in the long-term.<sup>2</sup> The most critical point for best prognosis is to identify early-stage cancer cells.<sup>2</sup> Investigators have studied many breast diagnostic approaches, including mammography, magnetic resonance imaging, ultrasound, computerized tomography, positron emission tomography and biopsy.<sup>2</sup> However, these techniques have some limitations such as being expensive, time consuming and not suitable for young women.<sup>2</sup> Developing a high-sensitive and rapid early-stage breast cancer diagnostic method is urgent.<sup>2</sup>

In Western medicine, the treatments available for breast cancer are surgery, such as reconstructive surgery, mastoplasty, radical mastectomy, etc; after surgery, if necessary, radiotherapy treatments; and drugs such as estrogen modulator, chemotherapy, hormonal chemotherapy, etc.<sup>3</sup>

This article was written following Hippocrates thoughts that said "it is important to consider other ancient medical traditions prior to the knowledge we have nowadays" and for this reason, the author will combine traditional Chinese medicine reasoning with what we

have nowadays regarding Western medicine's point of view to show different perspectives regarding breast cancer genesis.<sup>4</sup>

## Purpose

The purpose of this study is to demonstrate that patients with breast cancer has in it is back ground, chakras' energy centers deficient in energy leading to the formation of Heat retention and the correction of these energy imbalances are very important to restore the energy alterations that leads to the formation of breast cancer preventing the formation of metastasis, new cancer in another site and also, the formation of any chronic disease, that has a base, energy deficiencies.

## Methods

The author used to write this article, a compilation of articles published at PubMed concerning breast cancer and cancer, either in Western medicine or also in traditional Chinese medicine's point of view. To illustrate how the author did her reasoning in patients with breast cancer diagnosis, she used two cases reports of two patients with diagnosis of breast cancer in the past and how she conducts the treatment of these two patients looking at the root of the problem and not just treating the symptoms.

## Case report one

The first patient, S.P. was a 44years- old women, her first medical appointment was in October 2001, when she sought for the author's treatment with complain of stress and anxiety. She worked as executive secretary to the rector of the state university in the city and

had a law degree. She said she had a lump in her right breast in 1999, diagnosis by mammography, where she was biopsied and diagnosed with malignant breast cancer. The patient underwent quadrantectomy and underwent chemotherapy sessions. The surgeon guided some radiotherapy sessions. In 2002, she underwent routine examinations and was diagnosed with calcifications in her left breast, where she underwent total mastectomy and breast prosthesis. At the same time, this patient remembers that she was experiencing many stresses at work and her mother was presenting health problems that were making her very worried. Regarding the sentimental and loving part, she was in a very exhausting relationship and suffered very emotionally because she knew that her partner had another relationship but could not get out of this relationship and it was only possible to getting out of this problem when she took a self-knowledge course. She was very closed person and did not tell her problems to his relatives because they were very strict, she had this problem only for her but in the bottom of her heart, she felt that she developed cancer due to this unhealthy relationship and that it seems that abandonment and betrayal cause cancer in women, according to her words. She said she felt a lot of hurt and it's like crying inside without putting the hurt out.

She had a habit of drinking a lot of cow's milk since she was a child because her father had a farm and she used to drink a lot of milk until that time. She also liked to eat raw leaves and apple as fruit but she did not like to eat meat, drink alcoholic beverages or smoke cigarettes.

From 2002 and 2019, she did some acupuncture sessions associating with Chinese dietary counseling avoiding dairy products, raw food, cold water and sweets. The physician orientates her to avoid soda, coffee and mate tea and also, fried foods, eggs, honey, coconut, chocolates, melted cheese and alcoholic beverages.

In 2019, the author did radiesthesia procedure to evaluate how was the energy of her chakras' energy centers.

### Results of case report one

The results of this measurement were that all her seven chakras were in the lowest level of energy, rated in one out of eight. The author began to replenish her chakras' energy centers with highly diluted medications such as homeopathies according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications. The homeopathies medications prescribed were:

Sulphur 30CHXX-20 (single dose), Calcarea carbonica 30CHXX-20 (single dose), Silicea 30CHXX-20 (single dose), Natrum muriaticum 30CHXX-20 (single dose), Phosphorus 30CHXX-20. The homeopathies were prescribed to be taken in a single dose with a hiatus of one day between the medications, necessarily on the sequence described. Two months later, a new sequence of treatment was started, with the same medications taken on the same order, but now with 200CHXX-20 instead of 30 CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 1000CHXX-20 instead of 200CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 10000CHXX-20 instead of 1000CHXX-20. Two months later, a new sequence of treatment was started, as the others, with the same medications taken on the same order, now with 50000CHXX-20 instead of 10000CHXX-20.

The physician orientates her to intake the medications for one year or more where it would be necessary to measure again the energy

status of the chakras' energy centers to evaluate the necessity of maintaining the medications or not.

### Case report 2

Patient I.C.B., female, 53 years-old, worked as a public servant in a serological screening service for patients for sexually transmitted diseases.

In 2013, during a routine examination, the patient underwent a mammogram whose result indicated the presence of many white spots on mammography, white dots near the left armpit, known by the name Bi Rads 4 (*Breast Imaging Reporting and Data System 4*).

A biopsy of Bi Rads was requested through a mamotomy exam; the result was ductal carcinoma in situ on the left breast. The patient underwent quadrantectomy and radiotherapy for 28 days, without the need for chemotherapy. Recovered, the patient underwent control tests every 6 months.

At the end of 2015, in a new mammography exam, Bi Rads foci appeared again, in the same breast, in the same place. Her doctor orientates her to perform total breast removal surgically at that time. There was no need for chemotherapy treatment. The patient used an expander for 6 months to prepare the breast skin to implant a prosthesis. For safety's sake, nipples also they were removed.

The patient questioned the doctor about the hypothesis of removing the right breast preventively and the doctor agreed at the time and in the same surgical act of placing the prosthesis on the left breast, the right breast was removed and an expander was placed to place the prosthesis three months later. The placement of this expander on the right side of the breast was much easier because the skin on the left side had already suffered a lot with the use of local radiotherapy while the skin of the right breast was without previous use of radiotherapy and this facilitated the process of skin expansion. Both nipples were removed preventively and the patient used a tattoo to simulate a nipple.

In the case of emotional issues, when questioned the patient reported two tumultuous relationships. The first one lasted 13 years and declared to be extremely emotionally dependent on the partner. Her second relationship had also been very troubled by emotional dependence. She also reports a depressive period with great weight loss that the patient treated with psychotherapy and with the use of antidepressants medications.

Asked about her eating habits, the patient said she drinks black coffee and eats dairy products, especially cheese, every day for breakfast. The patient also reported to eat lots of fruits, vegetables and eggs every day. Occasionally the patient drank alcohol.

The patient was treating with author since February 2009 when she went firstly because of a problem in her eyes called sub retinal vasculopathy and was doing acupuncture for this eyes problems with good results with acupuncture treatment and her case was also published at EC Ophthalmology on January 2021 in an article entitled *Energies Alterations and Chakras Energies Deficiencies as the Cause of Sub Retinal Fluid Retention in Polypoidal Choroidal Vasculopathy*.

The physician measured her chakras' energy centers in January 2019.

### Results of case report two

The results of the measurement of the chakras' energy centers revealed that all the chakras' energy centers were completely deficient

in energy rated in one out of eight. The author began to prescribe for the patient highly diluted medications, such as homeopathies according to the theory created by her, entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, and crystal based medications. Both kinds of medications were indicated for a period of one year or more when new chakras' energy centers measurement needs to be done, to evaluate the necessity of maintaining the medications or not, to replenish the chakras' energy centers, the same used in the case report one. The medications used are described in the case report one and in the Table 1 in the discussion section.

The orientations regarding avoidance some kinds of foods were done in 2009, in her first appointment and the author orientates her to continue her treatment using Chinese dietary counseling (the same orientations described in the case report one), auricular and systemic acupuncture associating with apex ear bloodletting with the medications that she was orientate to intake to replenish the chakras' energy centers (the homeopathies medications are also the same described in the case report one as well the sequence of in taking the medications).

### Discussion

To write this article, the author will show a different view of breast cancer, using the teachings of Hippocrates who said "foolish the doctor who despises the knowledge acquired by the ancients." So, the author used traditional Chinese medicine reasoning to treat patients who once had cancer but she will use some different tools to treat this kind of patients to prevent the formation of new cancers during the treatment. She also said that it is important to treat the patients after cancer treatment by Western medicine's point of view or together with Western medicine's treatment using this method she is proposing in this article to prevent the worsening of the energy status of breast cancer patients when using Western medications such as chemotherapies. The use of these medications could harm the vital energy, that is already low, as demonstrated in the Figure 1, in the Arndt Shultz Law, leading to more propensities to have complications such as metastasis or other types of cancers or other chronic diseases.<sup>4</sup>

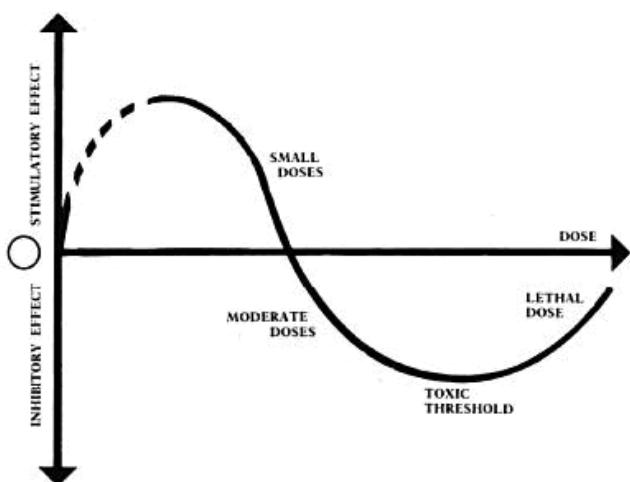


Figure 1 Arndt-Shultz Law.

To understand a little better, the way of thinking proposed on this article by the author and the other of her studies, she would like to start by describing the case that originated the theory that guides the proposition of the diagnosis and treatment she is using nowadays to

treat the majority of her patients, in all kinds of diseases and in all specialties. This is a case she treated herself in 2006 and she will describe the patients' history in the following paragraphs.<sup>5</sup>

The patient in question had leg pain in both legs when he first reached to the author's clinic, for the pain would not go away with the use of anti-inflammatory medications. The patient also informed to feel cold in his lower limbs. First, the author performed the physical examination and a questionnaire to diagnose his energies imbalances. According to traditional Chinese medicine, the patient was diagnosed with *Kidney-Yang* deficiency.<sup>5</sup>

To treat his energy imbalances, the author started with the use of Chinese dietary counseling, auricular and systemic acupuncture and apex-ear bloodletting.<sup>5</sup>

The patient was normally treated with the described procedures and recovered from the pain in his legs, after ten acupuncture sessions. He returned for reevaluation 30 days after his last session and told to the doctor that he also had great improvement of his glaucoma condition.<sup>5</sup>

The author was not aware the patient had glaucoma when she treated him. The patient was performing the conventional treatment with the eye drops for more than 40 years, with only little success. However, his ophthalmologist confirmed that his intraocular pressure suffered a reduction from forty to seventeen mmHg after he was treated with TCM methods.<sup>5</sup>

This unusual case became the cornerstone of the author's studies in the field, trying to comprehend how the treatment focused on the root of the problem could treat different diseases and symptoms simultaneously and using the same methods.<sup>5</sup>

To better comprehend the way the author chooses to treat all her patients, the author would like to show this metaphor of the tree, shown in the Figure 2. The symptoms are in the leaf level, the medical specialties are the branches, so the focus of Western medicine is only in the visible part of the tree, the branches and leaves.<sup>5-14</sup> But there is the root of the tree that is not visible by the naked eye, and it is represented by the theory of *Yin* and *Yang* and the Five Elements theory. This part of the tree is the focus of TCM treatments. The author will be further explaining this reasoning in the following sessions.<sup>5-14</sup>

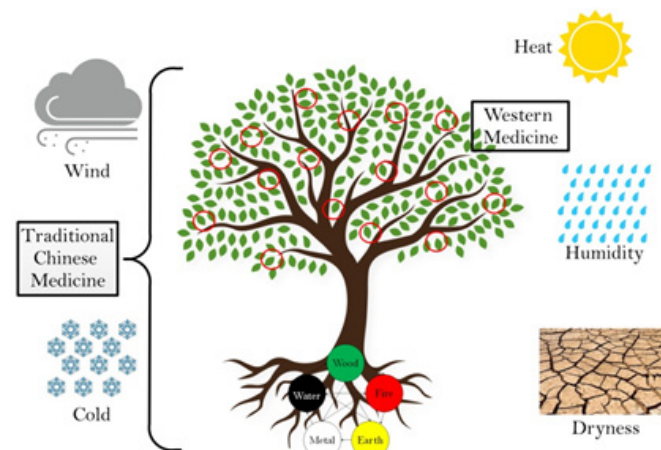


Figure 2 Metaphor of the tree comparing Western and traditional Chinese medicine's points of view.

According to Chinese wise men, everything in the world is ruled by the measure of balance understood as *Yin* and *Yang*. Everything is cyclical, and there are always principals of opposites complementing



themselves in the universe, such as day and night or male and female.<sup>5-14</sup>

*Yin* and *Yang* are energy forces that rule the world. Everything in the universe is composed by *Yin* and *Yang*, including the human body.<sup>5-14</sup>

The symmetrical arrangement of the dark *Yin* and the light *Yang* is not static, as we can see in the symbol, in the Figure 3.<sup>5-14</sup>



Figure 3 Yin and Yang symbol.

The relationship between *Yin* and *Yang* energies is a rotational symmetry, and a continuous cyclic movement. The *Yang* cyclically returns to its beginning, the *Yin* reaches its apogee and yields its place to the *Yang*. The two points in the diagram symbolize the idea that every time each force reaches its extreme point, it manifests within itself the seed of its opposite.<sup>5-17</sup>

If there are imbalances between these two energies, symptoms occur, and if not properly treated, they can result in diseases in the future.<sup>5-17</sup>

Inside the body, *Yin* is associated with organ tissue, while *Yang* is associated with organ function. With a *Yin*-deficiency, organs are deficient in nourishment, while a *Yang*-deficiency reflects a functional or performance deficiency in an organ or organ system.<sup>5-17</sup>

For *Yin* and *Yang* energy to flow, two other energies have to work in harmony with it: *Qi* and Blood, as you can see in the Figure 4.<sup>5-17</sup>



Figure 4 Yin, Yang, Qi and Blood.

*Qi* is basically the energy that circulates throughout your body. *Qi* moves the Blood that means if *Qi* stays stagnant long enough, and then the local body fluids that are supposed to be flowing begin to stagnate as well.<sup>5-17</sup> To achieve health, the main aim is to balance these four energies *Yin*, *Yang*, *Qi* and Blood, shown in the Figure 4.<sup>5-17</sup> The lack of energy or a combination of them can lead to the formation of internal Heat inside the body, as you can see in the Figure 5.<sup>5-17</sup>

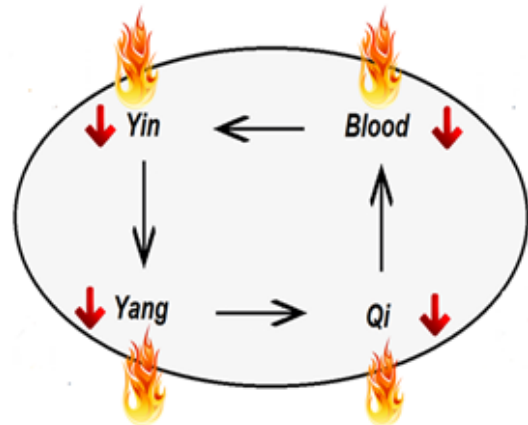


Figure 5 Deficiencies of energies leading to the formation of Heat or Fire inside the body.

The two patients described in the case reports had had breast cancer many years before undergoing the radiesthesia procedure, the first performed twenty years later and the second performed six years after being diagnosed with breast cancer. The author, in the article she wrote entitled *The Importance of Treating Energy Imbalances and Chakras Replenishment for Prevention and Treatment of Cancer*, published by *Advances in Cancer Research & Clinical Imaging Journal*, describes three clinical cases of patients who had cancer, one with a diagnosis of thyroid cancer, the second is a patient with a change in pap smear grade IV and the third patient with a diagnosis of lung cancer with metastasis. What they all had in common was a complete lack of energy in the chakras' energy centers and the formation of internal Heat. These alterations were confirmed by what has in the Chinese medicine literature on cancer patients, confirming that cancer comes from energy deficiencies and internal Heat formation.<sup>14</sup>

What happened to both patients reported in this article is that the breast cancer was removed but the energies imbalances that led to its formation of the cancer had not yet been treated. This is what happens in the treatment of cancer for the majority of patients in which the author shows the different perspectives in the treatment when the patient is treated at the leaf level in Figure 2 or if treated at the leaf level together with the root treatment, where you can see the energy imbalances and deficiencies between *Yin Yang*, *Qi* and Blood and chakras' energy centers, showed in the Figure 4 and Figure 5. In this same article that the author mentioned in the paragraph above about cancer, when the author dealt with energy imbalances by changing the foods allowed to eat and how to prepare them to change the energy of each food in an attempt to balance the energy imbalances and making auricular and systemic acupuncture associated with apex ear bloodletting, the author is treating the disequilibrium of the energies *Yin*, *Yang*, *Qi* and Blood and removing the internal Heat necessary for the formation and maintenance of the cancer. The auricular acupuncture points used to tone all the internal organs and their function were described in the article written by the author entitled *How Do You Treat Back Pain in Your Practice? Part 2*, published by *Medical Acupuncture Journal* on February 2018.<sup>17</sup>

In the first clinical case described in the article *The Importance of Treating Energy Imbalances and Chakras Replenishment for Prevention and Treatment of Cancer*, published by *Advances in Cancer Research & Clinical Imaging Journal*, about the patient with thyroid cancer described, the patient completely cured the cancer just by doing this treatment and did not have to undergo to remove the thyroid because it was done biopsy at the moment of the surgery that revealed that the malignant cancer has become benign, three months

after the malignant cancer diagnosis, after the patient was submitted to the treatment described using Chinese dietary counseling, auricular and systemic acupuncture associating with apex ear bloodletting and replenishing the chakras' energy centers with highly diluted medications such as homeopathies according to *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*.<sup>14,18</sup>

According to the article *Breast Cancer: Conventional Diagnosis and Treatment Modalities and Recent Patents and Technologies*, written by Nounou M.I., et al, published by Breast cancer in 2015, the author demonstrates that the treatment of patients with breast cancer are surgery, chemotherapy, radiation therapy, endocrine therapy using hormones and targeted therapy that uses substances or drugs to block the grow of cancer.<sup>19,20</sup>

The author, in this article is demonstrating that the treatment is usually done treating a single part of the body, the breasts, and did not completely healed the patients, for their chakras' and internal energies were still weakened. That is why the author is saying that there are some studies demonstrating that breast cancer is from systemic reason and not only localized as all the treatments aims to treat. All of the author's treatments are constructed towards healing the patient holistically, through diet, acupuncture, apex-ear bloodletting, chakras measurement and care for the patient in its entirety, not focusing only on the problem, but at the root of it.<sup>5-17</sup>

The patient in the case report one improved very much her emotional state after treatment done and recover her self-steam that was very low before the treatment. She didn't have any relapse of her cancer or metastasis of the first tumor after this treatment. At the beginning of her treatment, in 2002, the author was not using yet the radiesthesia method to measure the energy of the chakras, but it was only in 2019, when the patient returned to do some more acupuncture sessions, that the author suggested the performance of this exam, since the author knows that the patient was probably without energy since the time she had breast cancer, diagnosed 20 years ago and that the lack of energy in the chakras, which represents the lack of energy in the five massive organs (Liver, Heart, Spleen, Lung, Kidney) in TCM, had not yet been treated according of traditional Chinese medicine.<sup>5-17</sup>

With the treatment carried out in 2019, replenishing the energies of the chakras, it was possible to treat the cause of cancer according to traditional Chinese medicine, because the lack of energy generates internal Heat formation, demonstrated in other articles written by the author entitled *Energies Alterations and Chakras' Energies Deficiencies as the Main Cause of Radiation-induced Rectal Bleeding Post-prostate Cancer Surgery*, published by Clinical Journal of Surgery in 2020 and in the article *Energy Imbalances and Chakras Energy Replenishment to Treat Patients with Urinary Incontinence and Sexual Dysfunction Post Cancer Prostatectomy* published by Journal of Andrology and Gynecology on June 2020.<sup>21,22</sup>

The patient of case report two improved all her conditions, with the treatment done mainly the ones that was lack of power and the sensation of lack of physical energy to work and to her daily life. Also, the major improvement was in relation to the retention of fluid inside her eyes also improved with all the tools used in her treatment. In relation to new cancer formation after the treatment done, during the period that the author was treating her, it was not noticed new cancer formation in any organ or formation of metastasis of the breast cancer.<sup>23</sup>

Even though the patient came for eye treatment at the first consultation in 2009 and had a history of breast cancer developed in 2013, the author wants to emphasize the importance of treating energy

replenishment in these two situations, as both the eye condition and the appearance of breast cancer were due to the same reason, which was a deficiencies in the energies of the chakras' energy centers, because the ocular manifestation was due to a deficiency of the Spleen-pancreas (fifth chakra) and Kidney (second chakra) according to traditional Chinese medicine but as all internal organs were without energy and all the organs are interconnected by the generation and control cycle of energy, as shown in many articles of the author.<sup>5-17</sup> So it was important to treat all internal organs to have a deeper and more complete treatment. If the energy replenishment treatment had been done in 2009, perhaps the patient might not have developed breast cancer in 2013, however at that time, the author still did not use this technique to treat her patients and started using the energy measurement only in 2014 or 2015 more or less. However, after the patient in case report 2 started treating the chakras, all her physical and emotional condition improved at the same time, feeling more willing to work and the feeling of depression and constant lack of energy she felt, disappeared completely with the proposed treatment, in addition to improving her eye condition that led her to the acupuncture and other Chinese tools treatment. Recalling the author that the treatment proposed for this patient was not due to the breast cancer that this patient had in the past, about 8 years ago in 2013, but to treat holistically and not thinking about the eye problem but knowing and following the theory that follows since 2006, when she treated the patient with leg pain and who improved from glaucoma, reported at the beginning of the discussion section. The author knew that treating the energy imbalances that was the root of the formation of all diseases, it would treat the root that led to the formation of breast cancer and the disease in the eyes which was the lack of energy and internal Heat formation, also described in the article entitled *Energies Alterations and Chakras' Energies Deficiencies as the Cause of Sub Retinal Fluid Retention in Polypoidal Choroidal Vasculopathy* published at EC Ophthalmology in 2021.<sup>23</sup>

According to literature, TCM's sees the cause of breast cancer as accumulation of Phlegm in the Spleen-Pancreas meridian (fifth chakra), that leads to energy deficiencies in the Spleen, leading to less Blood production-as a consequence, the chakras run out of energy and the body is flooded with internal Heat.<sup>5-17</sup>

The procedure of apex ear bloodletting is of major importance in the treatment of cancer patients because through this procedure, she can take out the Heat that is one of the causes of cancer formation, showed in the Figure 6.<sup>14</sup>

There are studies correlating acidic tissue environment and inflammatory process.<sup>5-17</sup>

The author, in many of her publications *Why do Patients Still Catch Hospital Infections Despite the Practice of Infection Prevention and Control Programs?* published by Acta Scientific Microbiology on April 2018, *Could Postsurgical Nosocomial Cellulitis Be Treated without the Use of Antibiotics?* published by Acta Scientific Microbiology on September 2018 and *Can Recurrent Furunculosis be Treated without the Use of Antibiotics?* Published by Acta Scientific Microbiology on September 2018, demonstrates the association between the development of Heat inside the body with inflammatory or infectious process.<sup>6,8,10</sup>

As demonstrated in these two cases reports, both patients were in the lowest level of energy in the chakras' energy centers, showed by radiesthesia procedure, demonstrated in the Figure 7.<sup>5-17</sup>

Besides this, it was also used the replenishment of the chakras' energy centers through the use of highly diluted medications such as homeopathies according to the theory created by the author

entitled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* and use of crystal based medications.<sup>18</sup>

These medications are described in the Table 1, and are recommended the use of them for a period of one year or more.<sup>18</sup>

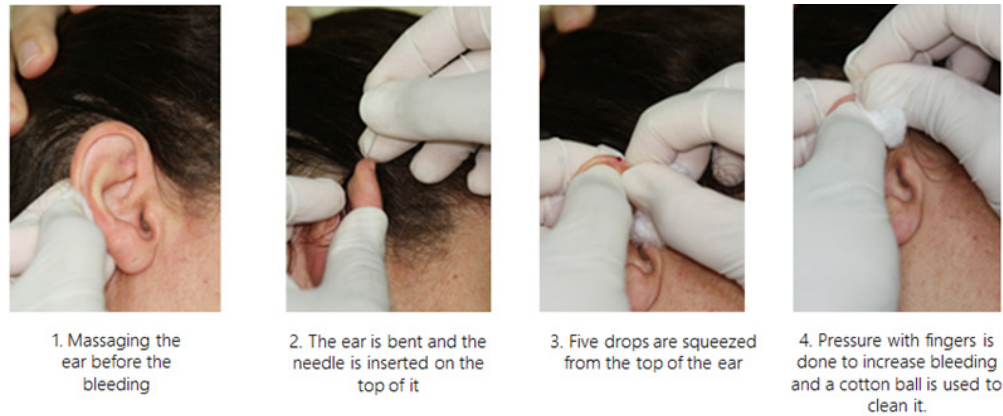


Figure 6 Apex ear bloodletting.

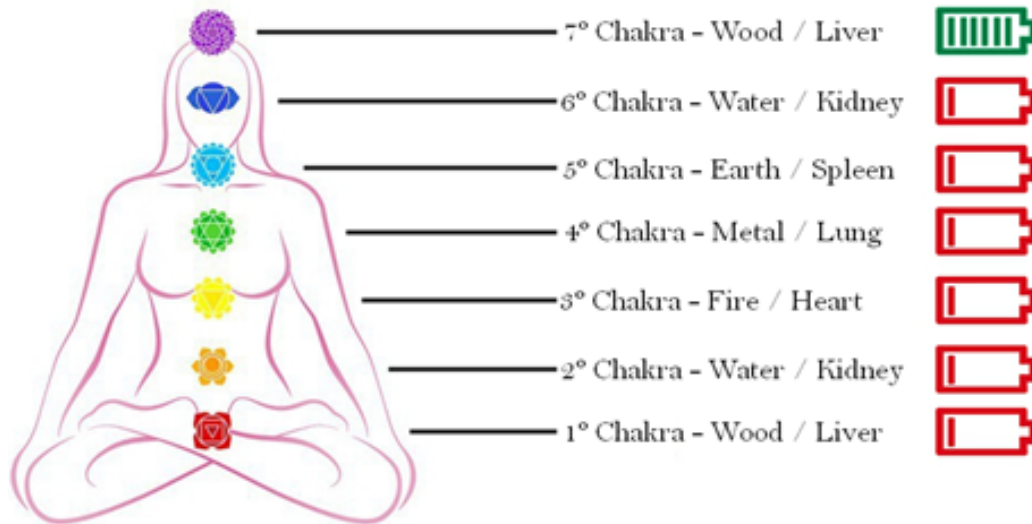


Figure 7 Chakras' energy centers and their correspondence to the Five Elements and the five massive organs in TCM.

Table 1 Homeopathies and crystal based medications used to treat the lack of energy in the chakras' energy centers

Chakras	Five elements	Homeopathy medications	Crystal based medications
1° Chakra	Wood/Liver	Phosphorus	Garnet
2° Chakra	Water/Kidney	Natrum muriaticum	Orange Calcite
3° Chakra	Fire/Heart	Sulphur	Rhodochrosite
4° Chakra	Metal/Lung	Silicea	Emerald
5° Chakra	Earth/Spleen	Calcarea carbonica	Blue Quartz
6° Chakra	Water/Kidney	Tone 2° chakra	Sodalite
7° Chakra	Wood/Liver	Tone 1° chakra	Tiger Eye

One of the author's main concerns about the patients were the fact that they both told the author they used to drink a lot of cow's milk daily, since they were a child. According to TCM, cow's milk is one of the main responsible for chakras weaknesses, mainly in the fifth chakra, responsible for the absorption of nutrients. This imbalance could lead to further energy imbalances increasing the formation of Heat retention. For this reason, the patients were oriented to take out of her diet all dairy products, specially cow's milk and avoid cold liquids, raw foods and sweets.<sup>24</sup>

One of the causes of breast cancer formation can be explained by the ingestion of cow's milk since the imbalance of the Spleen pancreas meridian generated by the ingestion of cow's milk forming Phlegm, which is one of the causes of tumor formation in traditional Chinese medicine. In the article *Anticancer effects of 5-fluorouracil combined with warming and relieving cold phlegm formula on human breast cancer*, written by Xue-Lin Wang et al and published by Chinese Journal of Integrated Medicine on August 2012, the author of this article is demonstrating the benefits when using herbs to treat the



retention of Phlegm in general condition and immunity of the mice with human breast cancer cell implants.<sup>25</sup>

But not only the ingestion of cow's milk and dairy products can induce the formation of Spleen and pancreas deficiencies leading to the formation of Phlegm but chronic ingestion of Cold water, raw foods, sweets also can cause this energy imbalance.<sup>5-17</sup> For this reason, in addition to suspending the ingestion of cow's milk, the author also recommended to suspend intake of anything that was raw, the ingestion of Cold water and sweets because raw food and water have Cold energy and can imbalance the energy of Spleen-pancreas leading to less production of Blood and retention of Phlegm inside the body, predisposing the patient for the tumor formation.<sup>5-17,24</sup>

Both patients were advised to make all the foods cooked, stewed, to transform foods that have Cold energy in neutral energy to do not imbalance the Spleen and pancreas meridian to prevent the formation of Phlegm and tone the Spleen and pancreas that is responsible for the absorption of nutrients to maintain the distribution of energy to the entire body, cells and systems that needs the normal quantity of Blood to receive nutrients so, using these kind of dietary counseling, the physician can prevent the formation of energies disharmonies of the Spleen-pancreas, the most important meridian affected in the breast cancer patients.<sup>5-17,24</sup>

In these cases, fruits are recommended to be cooked, roasted or dried, with the exception of apples, papayas and lemons that can be eaten normal.<sup>24</sup>

In most cultures around the world, the temperature of the water is not considered an important factor in the water intake routine. In Brazil, for example, most people drink cold water, usually with ice or in very low temperatures, keeping the water in the refrigerator. According to traditional Chinese medicine, the ingestion of cold water is responsible for the Spleen – pancreas deficiency leading to the formation of Phlegm in the body, responsible for the nodule or tumor formation.<sup>5-17</sup>

Also, the ingestion of raw foods and sweets, very common in the Western cousin, are an important factor for imbalance the Spleen-pancreas meridian, leading to the Phlegm accumulation and formation of nodules.<sup>5-17</sup>

Besides, the thirst group of foods, and also oriented her to avoid fried foods, chocolate, eggs, honey, coconut and alcoholic beverages, because these group of foods can induce the formation of more internal Heat, one of the energies imbalances that is leading to the formation of cancer, in the energy point of view.<sup>5-17</sup>

Another important group of foods that is always recommended to the patients to avoid is the coffee, soda and matte tea because this group of foods can imbalance the Kidney meridian or second chakra and it is in this meridian that *Yin* and *Yang* are produced. Once this meridian or second chakra is imbalanced, the production of *Yin* and *Yang* are compromised and leading to an unbalanced state of the equilibrium of *Yin*, *Yang*, *Qi* and Blood, or deficiency of energy, that is the cause for the formation of cancer in this patients.<sup>6-17</sup>

The emotion that can induce Spleen pancreas deficiency is excessive worry and patients with this kind of chronic feelings can be prone to the formation of tumors, as others kinds of emotions also can contribute to the formation of tumors and cancer. According to the article entitled *Emotions and social relationships for breast and gynecologic patients: A qualitative study of coping with recurrence*, written by Lisa M. Thornton, about 20% of women with breast cancer will recur within 10 years of diagnosis and also, in 40% of women with

gynecologic cancer. In this article, the author is saying that there are studies that focused the cause of recurrence as the negative emotions such as depression including sadness and hopelessness, appetitive difficulties or poor image. Others studies showed in this article are saying about fear of death, disability and loss of social relationship and support that this kinds of patients could present as anxiety-related response.<sup>26</sup>

In the past, like Doctor Xia Shao Nong, they thought that breast lumps and breast cancer are caused by widowhood, broken relationships, divorce, loss. At that time, ancient Chinese medicine did not have the concept of cancer or malignancy and could not differentiate breast modules, as they were benign or malignant.<sup>27</sup>

According to TCM, the first factor that contributes to the energy imbalances is the patient's emotions. Traditional Chinese medicine believes that emotions that are chronically unresolved causes a pause in the energy flow, that can start the formation of lumps, cysts, tumor and cancer.<sup>27</sup>

Emotional problems are by far the most important causes of breast nodules.<sup>27</sup> Worry, sadness, melancholy, anger, frustration, resentment, hatred, suppressed anger and guilt, all can cause *Qi* stagnation, and can implode causing toxic Fire and Heat.<sup>27</sup>

These examples, especially those that occur suddenly, upset the mind and lead to depletion of *Qi*. It is interesting to note that all the examples mentioned by Doctor Xia involve separation. It is possible to form a hypothesis that the breast represents for a woman an instinctive connection with her loved ones by breast-feeding and therefore affected by the separation.<sup>27</sup>

This concept can explain why these two patients reported in these two cases had history of separation from their loved ones that was the reason to start the energy imbalances leading to the formation of cancer in the future. Also, the second factor that predisposed them to cancer formation was the wrong eating habits eating too much dairy products that cause a predisposition to Spleen and pancreas deficiency, leading to formation of Phlegm, one of the energy imbalances leading to the formation of nodules in general.<sup>27</sup>

Therefore, compared to Western medicine, Chinese medicine consider that the root cause of tumorigenesis is the decline of the immunity due to energy deficiencies and the formation of internal Heat<sup>5-17</sup> which all case studies presented in this article had in common: the complete lack of energy in the chakras' energy centers measured by radiesthesia procedure.<sup>5-17</sup>

In patients diagnosed with breast cancer, the treatment of this lack of energy may serve as an adjunct treatment to the chemotherapy, radiotherapy or surgery treatment that the patient is already undergoing - as showed in both cases studies patient presented in this article.<sup>5-17</sup>

So, in addition to all the guidelines made by Western medicine in terms of correcting the diet and readjusting the lifestyle to avoid or improve the treatment of breast cancer patients, from an energy point of view, the physician must avoid all situations that lead to energy deficiencies and the formation of internal Heat.<sup>5-17</sup>

Deficiency of *Yin*, *Yang*, *Qi* and Blood can cause cancer, according to the Cancer Research UK, in a study of 2018.<sup>5-17</sup>

According to some scholars and publications correlating chakras' energy centers and the five massive organs in traditional Chinese medicine, the author used the method of radiesthesia procedure to measure the energy in the internal massive organs in TCM. In China, the physicians usually use the measurement of the pulse in the wrists

to access information about the energy in each massive organ. Each internal massive organ has their energy property and the deficiency of one or a combination of deficiencies could lead to impaired formations of energy responsible for the maintenance of health state, shown in the Figure 4, between the *Yin, Yang, Qi* and Blood.<sup>5-18</sup>

In the Table 2, the author is showing the Five Elements and their correspondence to the five massive organs in traditional Chinese medicine, the emotions that each organ generate or can generate when each organ is imbalanced.<sup>18</sup>

**Table 2** Five Elements and the internal massive organs that they are correspondent and the external sensorial organs that they command

	Wood	Fire	Earth	Metal	Water
Orientation	East	South	Middle	West	North
Season	Spring	Summer	Late Summer	Autumn	Winter
Climate	Wind	Summer Heat	Dampness	Dryness	Cold
Cultivation	Germinate	Grow	Transform	Reap	Store
Yin Organ	Liver	Heart	Spleen	Lung	Kidney
Yang Organ	Gall Bladder	Small Intestine	Stomach	Large Intestine	Bladder
Orifice	Eye	Tongue	Mouth	Nose	Ear
Tissues	Tendons	Vessels	Muscles	Skin & Hair	Bones
Emotions	Anger	Joy	Pensiveness	Grief	Fear
Color	Blue/Green	Red	Yellow	White	Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Voice	Shot	Laugh	Sing	Cry	Groan

According to TCM, the development of nodules in the breast can come from the stagnant *Qi* from the Liver, Heart and especially the Lungs.<sup>27</sup>

The treatment is always characterized by excess or deficiency that is, expelling pathogenic factors and toning *Qi*. But in the case of these two patients, they were characterized by a deficient state of energy that leads them to the necessity of intake highly diluted medications such as homeopathies and crystal-based medications to replenish the chakras' energy centers, that cannot be replenished only using Chinese dietary counseling and acupuncture.<sup>27</sup>

Expelling pathogenic factors means removing *Qi*, eliminating Blood stagnation and stasis, resolving mucus, draining Fire, resolving toxins and softening hardness. And it is important to tone the energies involves the energy of Spleen, Liver, Kidneys, Lungs, Heart and nutrition of Blood and essence.<sup>21</sup> In this article, the author is proposing another way of toning the internal organs or the chakras' energy centers through the use of highly diluted medications to replenish the chakras' energy centers using homeopathies according to the theory created by her entitled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, published by Acta Scientific Medical Sciences in July 2020.<sup>18</sup>

The author chooses to use highly diluted medications instead of highly concentrated medications because of the reasoning used in the Arndt-Shultz Law, showed in the Figure 1.<sup>5-17,28</sup>

In this law created by two German researchers in 1888, they affirm that the use of highly concentrated medications can harm the vital energy and the use of highly diluted medications can improve the organic process. As both patients reported in this article were in the lowest level of energy, proved by the radiesthesia procedure, the use of highly concentrated medications should be used with caution by the physicians because could harm even more the vital energy, that was already low, leading to more propensity to formation of more chronic diseases or even formation of more metastasis or other types of cancers in another site of the body.<sup>14</sup>

All these measurements could not be effective to improve the internal energy only using Chinese dietary counseling and acupuncture to keep the internal organs in harmony state of *Yin, Yang, Qi* and Blood, because when the body of the patient is weak, many times there is the necessity of using medications to help to replenish these weak organs. As the author lives in Brazil, the use of Chinese herbs to treat these deficiencies were more difficult and that is why, she began to study homeopathy, in 2015. During this course, she decided to write a new theory in homeopathy using Chinese medicine reasoning and that is why, using these reasoning, the homeopathy doctor or the physician could treat the patients in the deepest level of energy imbalances and not just treating the symptoms.<sup>18</sup>

She saw that homeopathy works very well in some kinds of patients but the reasoning used by the homeopathic physicians are not well explained nowadays, that is why, she developed another theory entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* to integrate the reasoning of traditional Chinese medicine, that exists for more than 5000 years to what we have nowadays in homeopathy. She wrote this theory following what Hippocrates said that is "it is more important to consider other scientific gains and traditions prior to the knowledge we have nowadays." For this reason, the author is explaining in the article she wrote that, as homeopathy nowadays cannot be explained how does it works, she is explaining in her article the route of the flow of energy that occurs in the human body and homeopathy, as one of specialty that works with energy, it could be better to translate to energy disharmonies each symptoms presented by the patient and not, following Western medicine diagnosis, as Western medicine treats the leaf of the tree and not the root of this tree.<sup>4,18</sup>

In both patients presented in this article, they all have in common a deficient energy in all the chakras' energy centers even being diagnosed years after having diagnosed breast cancer because, according to traditional Chinese medicine, cancer develops due to energy deficiencies and internal Heat formation.<sup>14</sup>



In Table 3, the author is showing how the progression from health to the disease is and in this table, cancer is only diagnosed only in phase 5, when laboratory changes occur and cellular changes are irreversible. However, in the first phases 1 to 3, energy changes occur and the patient feels symptoms but the laboratory alterations are still non-existent, and therefore, the diagnosis by Western medicine is not

performed, because Western medicine only makes a diagnosis when laboratory changes occur, in the phases four and five. For changes from phase one to five to occur, it takes years, maybe more than five or 10 years or more to form cancer, according to the professor of Chinese herbal medicine in Brazil, Dr. Lo Der Cheng, author of the book *Chinese Master Formulas*, published in 2007.<sup>5-17,29</sup>

**Table 3** Progression from health to disease

Phase	Organ	Exams	Energy reserve	Symptom
1	Slowing down of organ functions	Normal	Normal	Without critical symptoms
2	Slowing down of organ functions	Normal	Consumption of internal energy reserves	With Symptoms in other organ
3	Slowing down of organ functions	Normal	Consumption of external energy reserves	With Symptoms in same organ
4	Reversible cellular lesion	Little alterations	Consumption of blood reserves	Curable disease
5	Irreversible cellular lesion	Excessive alteration	Metabolic exhaustion	Incurable disease

In the article written by the author entitled *The Importance of Treating Energy Imbalances and Chakras Replenishment for Prevention and Treatment of Cancer*, she is demonstrating that even the patient reach the phase 5, the physician can treat the cancer patient and cure and returning this patient to the phase 4 or 3, according to two cases reported in this article, using only rebalancing the internal energies of *Yin, Yang, Qi*, Blood and taking out Heat retention using Chinese dietary counseling, auricular acupuncture associating with apex ear bloodletting, systemic acupuncture and replenishing the chakras' energy centers with highly diluted medications such as homeopathies according to the theory created by the author entitled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*.<sup>14,18</sup>

The use of these tools using Chinese dietary counseling, auricular acupuncture and replenishment of the chakras' energy centers using highly diluted medications were one of the major importance for prevention the occurrence of new diseases, recurrence of cancer or the formations of new cancer in another organ, different from Western medicine's perspective, as if only treats the breasts, the body will continue weak in energy, and predisposed to the development of new disease, tumorous or non-tumorous.<sup>14,18</sup>

To use these homeopathies medications, according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, the physician needs to orientate adequately the patient to intake the medications in the sequence to give them, according to the generation cycle, shown in the Figure 8.<sup>18</sup>



**Figure 8** Generation cycle.

According to this cycle, one element sends energy to the functioning of the next element. For example, Fire send energy to Earth that send energy to the Metal. This element sends energy to the Water that send energy to the Wood.<sup>18</sup> The sequence to intake the medications need to follow the sequence of the generation cycle and it will depend on the result of the measurement of the chakras' energy, in the radiesthesia procedure.<sup>18</sup>

Radiesthesia is the science of using the vibrational fields of the human body to access information about other objects of animate or inanimate nature by establishing resonance with their energy fields, using specially calibrated instruments and a scale of qualitative measurement to decode this information.<sup>5-17</sup>

The radiesthesia method was used with a crystal or made by wood pendulum in front of each chakra. Depending on the movement of the pendulum, clockwise, or counter-clockwise or the pendulum's rotation amplitude, it is possible to evaluate the amount of energy that each chakra presents.<sup>5-17</sup>

All the patient's chakras described in this article were very much depleted in energy, rated 1 out of 8, with the exception of the seventh chakra, that was normal, rated in eight.<sup>5-17</sup>

Also, the propensity for the formation of malignant cells in the body is related to energy deficiencies and formation of internal Heat, common in both patients reported in this article.<sup>14</sup> According to the publication *The Importance of Treating Energy Imbalances and Chakras Replenishment for Prevention and Treatment of Cancer*, there is a formation of malignant cells every day but our immune system can clean all malignant cells every day. This is the reason why the author is treating the energy deficiencies in her patients because if the physician does not treat the root of the problem, that is weak in energy state, the body cannot have condition to fight against the malignant cells every day and these cells could lead to the develop malignant tumor in the future. If the physician fortifies the immune system of the patient, treating the energy deficiencies, that mean immune system in Chinese medicine, the patient will not have propensity of cancer formation, according to TCM reasoning.<sup>5-17</sup>

In the Figure 9, the author is proposing the need to be integrating the teachings of traditional Chinese medicine with Western medicine in breast cancer patients; since the treatment of energy imbalances and the replenishment of the chakras' energy centers of these patients is very important and for recovery of the physical, mental and emotional symptoms of cancer patients, and the side effects induced by Western medicine (chemotherapy, radiotherapy) treatment itself, it is important

to fortify the patient's energy to fight against the malignant tumor itself.<sup>5-17</sup>



**Figure 9** Metaphor of Yin and Yang integrating Western and traditional Chinese medicine.

## Conclusion

The conclusion of this study is that it is very important to treat the breast cancer patients at the energy level. As cancer is seen as result of the patient's energy deficiencies and formation of internal Heat, the rebalancing of internal energies using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting and the recharging the chakras' energy centers with highly diluted medications such as homeopathies according to the theory *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine* are important tools used to recover from the energy alterations that led to the breast cancer formation.

A bigger and more comprehensive study should be done involving more patients with breast cancer to see if only using this approach could be sufficient in the treatment of breast cancer or a combination of treatment associating Western and Chinese medicine's to the goal of exploring, improving and complementing the worldwide treatment of breast cancer in a holistic way.

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## Conflicts of interest

The authors declare that they have no conflict of interest.

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