

How to Improve the Sex Life of Women without Using Hormones?

Huang Wei Ling

Infectious Diseases, General Practice, Nutrition, Acupuncture and Pain Management. Medical Acupuncture and Pain Management Clinic, Franca, São Paulo, Brazil

*Corresponding author: Huang Wei Ling, Rua Homero Pacheco Alves, 1929, Franca, São Paulo, Brazil. 14400-010. Tel: +55 16 3721-2437;

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The author decided to write this theme of lack of libido in women as it is a constant and almost universal complaint in women who do not come to treat this condition itself, but when questioned, most say they do not have libido nowadays. [1]

It is rare for a patient to come to be treated for this complaint, but the author ends up discovering that her sexual side is compromised, when she evaluates her patient's energy. [2]

The author, being a doctor with six specialties, graduated from the State University of Londrina, in Brazil (1992), had the opportunity to study other older medicines such as traditional Chinese medicine, which has existed for over 5000 years. [3]

As Hippocrates said, *we should use older medicines before practicing more current medicine*, the author writes in several articles, that Western medicine's treatment acts at the leaf level, in the metaphor of the tree that she constantly uses to explain both perspectives (Western and Eastern). But what is really altered is the root of the tree, where the two theories of traditional Chinese medicine (TCM) are: *Yin* and *Yang* and the Five Elements theory. [4, 5]

Sexuality and reproduction in Chinese medicine are related to the Kidney meridian, much talked about in the classic Chinese medicine book on Gynecology and Obstetrics, written by Maciocia (1998) and also in the recently in an article written by the author (2021) *Why is Infertility So High Among Couples Nowadays?* [6,7]

In a research made by the author, studying the chakras' energy centers of 1000 patients in her clinic in Brazil, between 2015 and 2020, the author describes that more than 90% of the patients seen to do not have energy in the any chakras' energy centers, that correspond to the five massive organs of Chinese medicine, being that 97% have no energy in the Kidney, responsible for the sexuality and reproduction. This data was published in an article written by the author (2021) entitled *Energy*

Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection and in another article entitled *Are We Vaccinating Immunocompetent or Immunocompromised People for COVID 19?* [2, 8] We know that to have an intact sexual function, having libido and desire for your partner, and also to be able to enjoy sexual intercourse, the Kidney or second-chakra energy must be full of energy. But as shown in this study, published in the article *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection*, most patients today have a decreased libido, losing the desire to have sexual intercourse and they are often confused by their partner as if they were cheating on the same, with another person, but in fact, the lack of sexual desire is due to a lack of energy that most patients are having, also demonstrated in the article written by the author (2021) *Is the Population in the World the Same as in the Past?*". [2, 9]

The separation rate between couples is rising and according to a study written by Scott et al. (2013) in an article entitled *Reasons for Divorce and Recollections of Premarital Intervention: Implications for Improving Relationship Education*, Scott is saying that the three most common reasons to divorce is domestic violence, substance use and infidelity. This last reason (infidelity), according to studies in the family constellation, the blame for infidelity is not only the person who cheated, but also the person who was cheated, because if they were doing their normal functions, for example, having a normal sex life, the other person would not wish to had betrayed. [10, 11]

We can see that couples in the past used to spend more time together, many spending their entire lives together, in joy and sadness, in health and illness, as in the oath made in marriage. But nowadays, we see that reality has changed, couples who separate are much more frequent and separate more easily. In an article written by Sarah A. and Harris (2019) entitled *The Lived Experience of Ambiguous Marital Separation: A*

Phenomenological Study, the authors are saying that 6 to 18% of the still married couples have history of separation at some point in their marriage. [12]

In another article written by Ziaee et al. (2014), entitled *The Relationship between Marital and Sexual Satisfaction among Married Women Employees at Golestan University of Medical Sciences, Iran*, the authors are saying that the satisfaction in the marital is very associated with sexual satisfaction. And to improve the marital satisfaction, there is a need to aware the sexual quality. [13]

The lack of sexual energy seen by the author, in the population she treated, can be caused by exposure to electromagnetic waves, with the implementation of the 5G communication system in cell phones. This change, which does not appear to the naked eye, is only understood by professionals who deal with energy, being the main cause of lack of energy in a population, being often diagnosed as depression being treated with antidepressant. [14]

The use of antidepressants in this energy-deficient population has caused an even greater drop in energy, leading to a worsening in the patient's condition, and the patient is often unable to withdraw the medication, due to the rebound effect, but cannot continue taking medication for major side effects. [15]

The author, in 2015, started a study in homeopathy, and since then wrote a new theory in homeopathy whose title is *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese medicine*. In this theory, she makes a link between what already existed in homeopathy, initially created by Hahnemann (1755-1843), with the teachings and theories of Traditional Chinese Medicine, which has been in existence for over 5000 years. [16]

In China, when the patient has energy deficiency in any organ, they are first treated with a change in diet, before being prescribed any medication. This is also recommended by Hippocrates who says *make your food your medicine and your medicine your food*. [5]

The second step is to treat it with acupuncture and moxibustion. Acupuncture is an ancient technique that consists of placing needles in certain points of the body to stimulate the flow of internal energy, rebalancing all the energies that are deficient in the patient. Each patient has a specific diagnosis and treatment is individualized depending on the energy imbalance that each patient has at the time of the first consultation. [17]

The four energies that the practitioner normally assesses are whether the *Yin, Yang, Qi*, and Blood are in adequate amounts to maintain the individual's health. The questions that the author usually do to ask this information to evaluate the energy status of this patient are well described

in the article *Why Are Diabetic Patients Still Having Hyperglycemia despite Diet Regulation, Antiglycemic Medication and Insulin?* [4]

In traditional Chinese medicine, all internal organs are interconnected by an energy flow (generation cycle), very different from the Western medicine point of view, in which they treat the organ in isolation, because in their understanding, the organs work independently and have no relationship with one another. [18]

In the case of sexuality, the organ that commands it is the Kidney, according to TCM, which corresponds to the second chakra in Ayurvedic medicine, practiced in India. [19]

As demonstrated by the author, 97% of her patients have low *Zheng Qi*, represented by the second chakra (Kidney), and it is also responsible for protecting the body against the invasion of external pathogens, in the current case in the article published by the author entitled *Are We Vaccinating Immunocompetent or Immunocompromised People for COVID 19?* [8]

This same organ meridian (Kidney or second chakra) it is also responsible for sexual energy and reproduction, demonstrated in the article written by the author (2020) *Chakra's energy deficiency as the main cause of infertility in women*. [19]

In an article published by the author (2021), *Why is Infertility So High Among Couples Nowadays?* the author made a link between difficulty in getting pregnant and reduced energy in the chakras' energy centers. [7]

The use of moxibustion, as a tool in TCM, is a very important aspect in the treatment that the physician can use to increase sexual energy these days, where a mugwort stick is used at points in the abdomen and torso that correspond to the kidney, to increase sexual energy during intercourse. [16]

But often, treatment with diet, acupuncture and moxibustion alone is not possible to recharge the internal batteries itself. Currently, the author uses homeopathic medicines to replenish these chakras' energies centers, in accordance with the theory created by her (2020) entitled *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*. The medications used to treat the lack of energy in the chakras' energy centers are Phosphorus, Sulfur, Calcarea carbonica, Silicea and Natrum muriaticum. The author would like to emphasize that, as shown in her study, 97% of patients do not have energy in the Kidney, the treatment of the Kidney alone would not be as adequate, considering that, all five internal organs are interdependent, showed in the generation cycle in all her articles. For example, the Kidney receives energy from the Lung, which receives energy from the Spleen. The latter receives energy from the Heart, which receives energy from the Liver. As demonstrated by the author, that almost all patients do not have energy in the massive

organs, treatment of the five organs is necessary to improve the entire energy system. In this way, not only the low sexual energy improves, but all the patient's symptoms, whether physical or emotional, will improve at the same time. [16]

The use of these medications must be carried out for a long period, for more than a year, or perhaps longer, or for the rest of their lives, and this issue is still not very well defined because through the measurement of energy performed after a year of treatment, the patient usually still demonstrates that her chakra has no energy, despite having clinically improved. This fact is probably due to the influence of electromagnetic waves, which are a constant in our daily lives today. [16]

Usually the treatment is done not only for the woman, but normally the partner is also treated since he is also under the influence of electromagnetic waves and that he usually has a lack of energy in all chakras when he is also evaluated. The man does not usually confess that this sexual part is affected, but we often see that his sexual energy is low and so the doctor makes the diagnosis that his sexuality is compromised, even in young man. [2]

Treating one without treating the other usually leads to another imbalance, as what is being treated is in a better energy status compared with the other that is not being treated yet. When one has more energy and the other has no energy, this situation will bring another problem to the couple, and for this reason, it is always recommended to treat the couple. [19]

Therefore, the understanding of energy changes, at the deepest level, is of fundamental importance for the treatment of this symptom as this condition can represent a serious systemic energy deficiency and if not treated properly, can lead to several problems for the patient, which often it can be confused with acts of betrayal, as you do not deeply understand the partner's real energy problem, that could be affecting quite the whole population in the world. [2]

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