

Can Feeding Errors Induce Epilepsy in Children and in Adults?

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Received date: 3 September, 2021 |

Accepted date: 13 September, 2021 |

Published date: 16 September, 2021

Citation: Huang WL (2021) Can Feeding Errors Induce Epilepsy in Children and in Adults? J Neurol Crit Care 1(1): 1-3. doi <https://doi.org/JNCC2100101>

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Editorial

This theme that the author will present in this article that, if the feeding errors can induce or not epilepsy in children or adults, seems to be impossible in the eyes of a professional in Western medicine, because according to Western medicine's point of view, epilepsy is considered a chronic disease of the brain, characterized by the predisposition to generate seizures, not provoked by any insult of nervous system, as demonstrated in the article written by Berghi (2021) entitled *The Epidemiology of Epilepsy* [1].

But in this article, the author will explain the whole process of errors in eating habit inducing epilepsy, using two cases that she attended recently, according to the commandments of Hippocrates (460 bce - 375 bce), father of Medicine, which says that we should consider oldest medicines prior to the knowledge we have nowadays [2].

According to the German born physicist Albert Einstein (1879 -1955), everything that exists in the universe is made of energy, and therefore, the author comes to describe how energy changes are formed, which generate epilepsy symptoms, according to traditional Chinese medicine reasoning and how we can avoid these imbalances, using most suitable foods [3].

According to traditional Chinese medicine, seizures do not occur in the brain, but due to imbalances in the *Yang* energy of the Liver, as occurs in people who have an angry emotion,

increasing the *Yang* energy compared to *Yin* energy, leading to the increase of an internal Fire that can generate an internal Wind, and can generate a seizure symptom [4].

In the article written by Hijikata et al. (2006) entitled *Traditional chinese medicine treatment of epilepsy*, they are saying that Blood stagnation is an important underlying pathology in patients with epilepsy. In this case, blood stagnation is a very common energy imbalances generated by chakras' energy centers deficient in energy, as showed by Huang (2021) in the article written by her entitled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection*. Another article also written by Huang WL entitled *Chakras' Energies Deficiencies as the Main Cause of Myocardial Infarction without Arterial Obstruction*, she is demonstrating that deficiency in energy in the chakras' energy centers can be the cause of stagnation of Blood inside the blood vessels, in this case, generating myocardial infarction [5-7].

The author often come across adults and children, who have had a history of seizures, both in adults and children. When we analyze the foods eaten prior to the seizure, we can see that they usually have a history of food intake, that can generate imbalances in the Liver energy, according to Chinese dietary therapy. These foods are those that can increase the formation of internal Heat in the Liver,



generating an increase in Liver *Yang* energy, which are ingestion of fried foods, eggs, chocolate, honey, coconut, melted cheese, alcoholic beverages [8-10].

In Brazil and in many Western countries, it is very common to eat melted cheese and all these foods listed in the last paragraph, who use these foods very often and therefore it is very common and it is in the author's daily practice to attend patients who have diseases generated by eating these types of foods, in this case, the formation of seizures due to energy imbalances caused in the Liver energy, increasing the *Yang* energy, creating an internal Fire, inducing internal Wind and seizures. According to traditional Chinese medicine, many symptoms can come from the same energy imbalances and one disease can come from different energy imbalances [4].

The author is treating a 7-year-old female patient, in her clinic in Brazil, that had a past history of bacterial meningitis sequelae, in which the patient presents bilateral spastic paresthesia of the lower limbs, begins to have seizures two weeks ago (August 2021). Her neurologists have made the seizure diagnoses. Anticonvulsant medication was started and the patient did not improve from her condition and continue very weak and cannot speech and always crying. She maintained a condition of prostration and a very large lack of energy, due to the use of anticonvulsants [11].

The patient was brought for acupuncture session by her parents and the doctor found that she was ingesting a lot of chocolate, fried food, cheese bread (bread made by melted cheese in Brazil) and it was advised to remove all these type of foods from her diet. She also advises to completely suspend the medications that the patient was using and the patient improved. The doctor also performed auricular acupuncture with apex ear bloodletting, so that patient could achieve her clinical improvement [9].

After a week, the patient returned to the acupuncture clinic very well, smiling, contacting people, only doing this treatment rebalancing the internal energy, which the author suspended the foods that were keeping the Liver's energy imbalance and rebalancing all the internal energy of *Yin*, *Yang*, *Qi* and Blood, doing auricular acupuncture and removing the internal Fire using apex ear bloodletting [4].

The second is a 56-years-old-female patient; she has been treating seizures whenever she was nervous and constantly went to the hospital after the seizure episode, where she usually received an injection of phenobarbital and or phenytoin. She said that every time she received these medications, she become too soft and without energy [12].

There were times that instead of going to the hospital, the patient came straight to the acupuncture clinic and she said that acupuncture was always much better than the medications she took at the hospital, because she was not soft and unwell, as she always was when she taking anticonvulsants after a seizure, because she always felt that she was soft and unwilling to do things after taking the medications. She also always had a past history of the convulsive episode after eating chocolate or some food made with melted cheese or fried food. Last time (August 2021), the seizure symptom was triggered by eating watermelon [12] She usually felt very cold in her body (because she had Kidney *Yang* deficiency), when she ate the watermelon (which is a Cold energy food), there was a worsening of the Kidney *Yang* energy, and it is very likely that it is this imbalance between the *Yin* and the *Yang*, that generated the formation of an internal Heat, generating internal Fire, leading to the formation of internal Wind and seizures [4].

In the past, before Flexner implementation, the medical psychiatrists used to use apex ear bloodletting to treat the patient emotional conditions. But after the Flexner implementation in 1910, all those procedures were classified as unscientific and only using medications produced by the pharmaceutical industry were considered scientific medications. But in these two cases reported in this article, what the author wants to transmit is that the use of medications to control the convulsions were not controlling the seizures symptoms and in these two cases, it was caused by wrong eating habits, that was leading to seizures symptoms [13].

Therefore, understanding the formation of disease from the energy imbalance between the energies of *Yin*, *Yang*, *Qi* and Blood is very important to know how to prevent diseases through food, according to Chinese dietary therapy, which studies the energy of each food, to treat the imbalances of



each patient, which are triggering the formation of various pathologies, in this case convulsive diseases [4].

According to Hippocrates, we must make our food our medicine as well as our medicine our food [2].

With this diet orientations, our patients will need to take less medications, because according to a study that the author carried out for 5 years, between 2015 and 2020, more than 90% of the patients she was attending in her clinic in Brazil, had no energy in the chakras' energy centers, so if we can control the seizure, with dietary changes, we will not further compromise the patient's energy, which is already weak, as the use of anticonvulsant drugs in this situation can lead to a greater drop in vital energy of the patient, according to Arndt Shultz Law (1888), leading to the formation of more internal Fire and more internal Wind and formation of more convulsion subsequently, as the author demonstrated in the article she wrote (2020) entitled *Energies Alterations and Chakras Energies Deficiencies as Underlying Cause of Essential Tremors* [4].

In traditional Chinese medicine, many diseases came from the same energy imbalances but the one energy imbalances can generate many diseases [14].

According to Hippocrates, *natural forces within us are the true healer of the diseases* [2].

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