

# Energies Alterations and Chakras Energies Deficiencies as the Main Cause of Recurrent Urinary Tract Infection Resistant to Antibiotics Treatments

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## ABSTRACT

**Introduction:** The gold standard for the diagnosis of a urinary tract infection (UTI) is the detection of the pathogen in the presence of clinical symptoms. Recurrent uncomplicated UTI may be defined as 3 or more uncomplicated UTIs in 12 months. In traditional Chinese medicine, the physiopathology of the disease is Kidney *Yin* deficiency, Blood deficiency, and Heat retention. **Purpose:** The purpose of the study was to demonstrate that patients with recurrent UTI resistant to antibiotics treatment have energies imbalances and chakras energies deficiencies that are maintaining the infectious process in the energy point of view and the corrections of these energies imbalances are very important to treat the root problem and not just the symptoms. **Methods:** Through two case reports (woman) with a history of 20 years of recurrent UTI that was not responding to the treatment using antibiotics. They searched for another kind of treatment and the medical doctor diagnose them with Kidney *Yin* and *Yang* deficiency, Blood deficiency, and Heat retention. They were submitted to radiesthesia procedure and discovered that all their chakras were in the minimum level (1 of 8). The treatment consisted in Chinese dietary counseling, auricular acupuncture with apex and urethra ear bloodletting, and replenishment of the chakras energies using homeopathy (according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications). **Results:** Both patients improved their condition of recurrent UTI and never appeared again, but both patients are still in treatment nowadays. **Conclusion:** Patients with recurrent UTI resistant to antibiotics treatment have energies alterations and chakras energies deficiencies and the rebalance of the internal energy using Chinese dietary counseling, auricular acupuncture with apex and urethra ear bloodletting, and replenishment of that chakras energy deficiencies with highly diluted medications according to the theory *Constitutional Homeopathy of Five Elements Based on Traditional Chinese Medicine* and crystal-based medications were important tools to cure the recurrence of this kind of infection.

**Key words:** Acupuncture, antibiotics, chakras, diet, energies, recurrent urinary tract infection, traditional Chinese medicine

## INTRODUCTION

According to Western medicine, recurrent urinary tract infections (UTIs) are defined as two episodes of acute bacterial cystitis, along with associated symptoms within the last 6 months or three episodes within the last 1 year. Recurrent UTIs are more common in the female population.<sup>[1]</sup>

Recurrent UTI might be one of the most common problems in urological clinics. According to Western medicine, the pathogenesis of recurrent UTI might include two mechanisms, bacterial factors, and deficiencies in host defense. Bacterial survival in the urinary bladder after antibiotic treatment and progression to form intracellular bacterial communities might be the most important bacterial factors.<sup>[2]</sup> In host defense deficiency, a defect in pathogen recognition and urothelial

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barrier function impairment plays the most important role. Immunodeficiency and urogenital tract anatomical abnormalities have been considered the essential risk factors for recurrent UTI.<sup>[2]</sup>

In this article, the author is proposing another way of reasoning concerning the formation of UTI, looking at the energies imbalances that are not seeing by the naked eyes. She usually follows the way of thinking proposed by Hippocrates, father of medicine that tells us that we need to consider other scientific gains and traditions before the knowledge we have nowadays.<sup>[3,4]</sup> That is why, in this article, the author will use the concepts of traditional Chinese medicine to explain the formation of UTI symptoms in an energy point of view.<sup>[3,4]</sup>

In the case of recurrent UTI, the positive urine culture is considered the tip of the iceberg and the author is proposing to treat what is below the ocean, usually not visible by the naked eyes.<sup>[5]</sup>

### Purpose

The purpose of this study is to demonstrate that patients with chronic recurrent UTI resistant to antibiotics have energies imbalances and chakras energies deficiencies and the treatment of these energies disharmonies and replenishing the chakras energies meridians using highly diluted medications are important to improve the patient's symptoms leading to a cure.

## METHODS

To write this article, the author searched for publications indexed in PubMed concerning recurrent UTI in Western medicine point of view and also searched for publications in the same field in traditional Chinese medicine. She used to illustrate these publication two case reports of patients that she treated in her clinic, showing how she did her reasoning and treatment, leading to negative urine culture.

## CASE REPORT 1

The first, M.B.O.S, a 41-year-old female patient, sought the doctor to treat sinusitis, tinnitus, dizziness, body aches, anxiety, and a UTI for over 2 years that were not resolved with any antibiotics she was treating. According to the patient, at the end of the use of antibiotics, the infection always returned, with symptoms of dysuria, pain, discomfort at the lower abdomen, and positive urine culture. She was in treatment with another medical doctor that prescribed all antibiotics that she could use, but no one could improve her condition. Her diagnosis in traditional Chinese medicine reasoning was Kidney *Yin*, *Yang*, Blood deficiencies, and Heat retention and the doctor using Chinese dietary

counseling, orientate her to avoid cold water, cow's milk, sweets, and raw foods to do not imbalance the Spleen-pancreas meridian.

The second group of foods that she needed to avoid was coffee, soda, and matte tea to prevent imbalance the Kidney meridian energy.

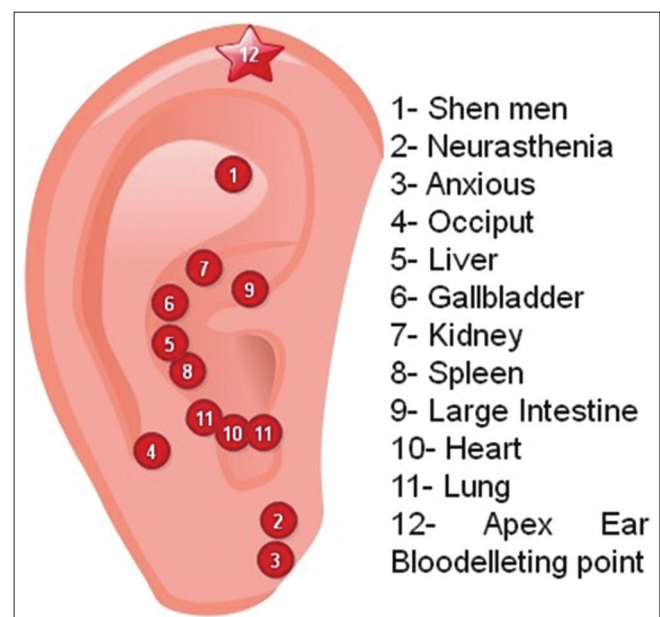
Moreover, the third group of foods to avoid was to take out of her diet the fried foods, eggs, chocolate, honey, coconut, melted cheese, and alcoholic beverages to prevent the formation of Heat retention and energy imbalances in the Liver and Gallbladder energy meridian.

The physician also recommended to her to drink a lot of warm water, around 1 L/25 kg /day to tone the Kidney energy.

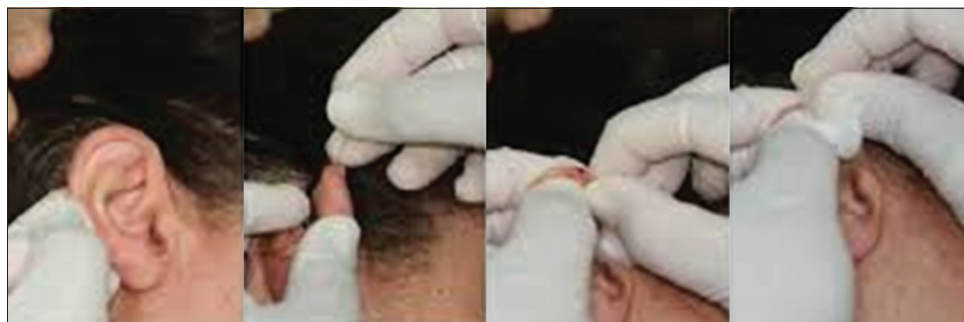
Her treatment also included auricular acupuncture [Figure 1] with apex ear bloodletting procedure [Figure 2], twice a week using mustard seeds, as you can see in Figure 1. Furthermore, it was done the bloodletting in the urethra point, as you can see in Figure 3.

She was also submitted to the radiesthesia procedure to analyze the level of the patient's chakras energy. All her chakras appeared in the lowest level of energy, rating 1 of 8, being 1 the lowest level and 8 the normal level.

The doctor prescribed highly diluted medications such as homeopathic according to the theory created by the author entitled *Constitutional homeopathy of the Five Elements based on Traditional Chinese Medicine* and crystal-based medications and they are indicated in Table 1.



**Figure 1:** Auricular acupuncture points using mustard seeds



**Figure 2:** Apex ear bloodletting



**Figure 3:** Bloodletting in the urethra point

**Table 1:** Homeopathies and crystal-based medications to tone the chakras energies centers

Chakras	Five elements	Homeopathy medications	Crystal-based medications
1. Chakra	Wood/Liver	Phosphorus	Garnet
2. Chakra	Water/Kidney	Natrium 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

In traditional Chinese medicine, they usually use Chinese herbs to replenish the energies,<sup>[1]</sup> but in Brazil, these herbs are difficult to find. Hence, the author developed a new theory using traditional Chinese medicine reasoning but using highly diluted medications to treat her patients. This article is published at the Acta Scientific Medical Sciences entitled *Constitutional Homeopathy of Five Elements based on*

*Traditional Chinese Medicine* to facilitate the treatment and the replenishment of the chakras energies, using medications that we can have from Brazil without many costs and side effects.

The patient underwent acupuncture sessions every day, as well as following the diet and maintaining the use of crystal-based medications and homeopathy to replenish the energy of the chakras.

### Results of first case report

This patient achieves complete cure from her symptoms concerning UTI symptoms only using this kind of therapy and without the use of any antibiotics. Her urine culture that was positive in the beginning of the treatment becomes negative after the treatment done. Moreover, all her other symptoms improved too, at the same time because all came from the same energies disturbances.

### Second case report

M.A.I. is a 38-year-old who had recurrent UTI during the last 20 years, even using antibiotics, urine culture tests were positive. Her diagnosis, according to TCM, was Kidney *Yin*, *Yang*, *Qi*, and Blood deficiencies and Heat retention.

The treatment tools used in her case were the same used to treat the first case using Chinese dietary counseling, auricular acupuncture with apex ear bloodletting, and urethra ear bloodletting, shown in Figures 1-3.

Her chakras energies were also measured and all demonstrated to had no energy (rated one out of eight) with the exception of the seven chakras that were in a normal rate (in eight). It was prescribed to her the homeopathies and crystal-based medications shown in Table 1.

### Results of the case report 2

After starting treatment at my clinic, urine culture quickly showed a negative result and the pains eased considerably.

However, recently at the end of October 2020, the patient was in pain during urination and the urine culture exam showed

no infection. Her urologist doctor did a biopsy of her bladder and discovered that the patient had chronic interstitial cystitis, which was already being treated with this kind of tools because, as the author said in the beginning of this article, in TCM, all diseases can be treated at the same time even the doctor does not aware that the patient has such symptoms. It is important to note that chronic interstitial cystitis was only discovered after treatment at my clinic, as we were able to negate urine culture tests, making it possible for her doctor to further investigate the reason for pain when urinating since they had treated it as a UTI until then, due to urine culture test positive.

## DISCUSSION

This article is based on the Hippocrates quotes that said that it is important to consider other ancient medical traditions before the knowledge we have nowadays and for this reason, the author chooses to develop this publication using traditional Chinese medicine reasoning associating with what Western medicine knows about this subject.<sup>[3,4]</sup>

For you to understand a little better the way of thinking proposed on this study and the other studies of the author, she would like to start by describing the case that originated the theory that guides the proposition of the diagnosis and treatment.<sup>[5,6]</sup>

This is a case the author treated in 2006. The patient in question had leg pain in both legs when he first reached to the doctor, for the pain would not go away with the use of anti-inflammatory medications during 6 months. The patient also informed to feel cold in his lower limbs.<sup>[7-9]</sup>

First, the physician performed a physical examination and questionnaire to diagnose his energy imbalances. According to traditional Chinese medicine, the patient was diagnosed with Kidney *Yang* deficiency.<sup>[7-9]</sup> To treat his energy imbalance, the doctor started with the use of Chinese dietary counseling, auricular and systemic acupuncture, and apex-ear bloodletting.<sup>[7-9]</sup>

The patient was normally treated with the described procedures and recovered from the pain in his legs after ten acupuncture sessions. After thirty days, he returned for reevaluation and told her that he also had great improvement of his glaucoma condition.<sup>[7-9]</sup>

The author was not aware the patient had glaucoma when she was treating 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 after he was treated with Chinese dietary counseling, auricular and systemic acupuncture, and apex ear bloodletting.<sup>[7-9]</sup>

The author was much impressed with this result and she sought to study as a researcher at São Paulo University in the Ophthalmology Department on the glaucoma section, exploring and demonstrating the effects of acupuncture in glaucoma patients.<sup>[7-9]</sup>

Based on this observation, this study was presented for the first time in 2007, at the American Congress of Acupuncture in Baltimore, United States.<sup>[7-9]</sup>

In 2015, it was represented with another title *Acupuncture Viewed Holistically Can Treat All Symptoms and Diseases at the Same Time*, at the Acupuncture Research Conference at Harvard Medical School.<sup>[10]</sup>

In this article, the author is emphasizing the need to treat the patient holistically, treating the *Yin, Yang, Qi*, Blood energies, and taking out the Heat retention.<sup>[5-9,11-17]</sup>

Moreover, by rebalancing these energies, we are able to treat all the patient's physical and emotional symptoms, in different pathologies, at the same time.<sup>[5-9,11-17]</sup>

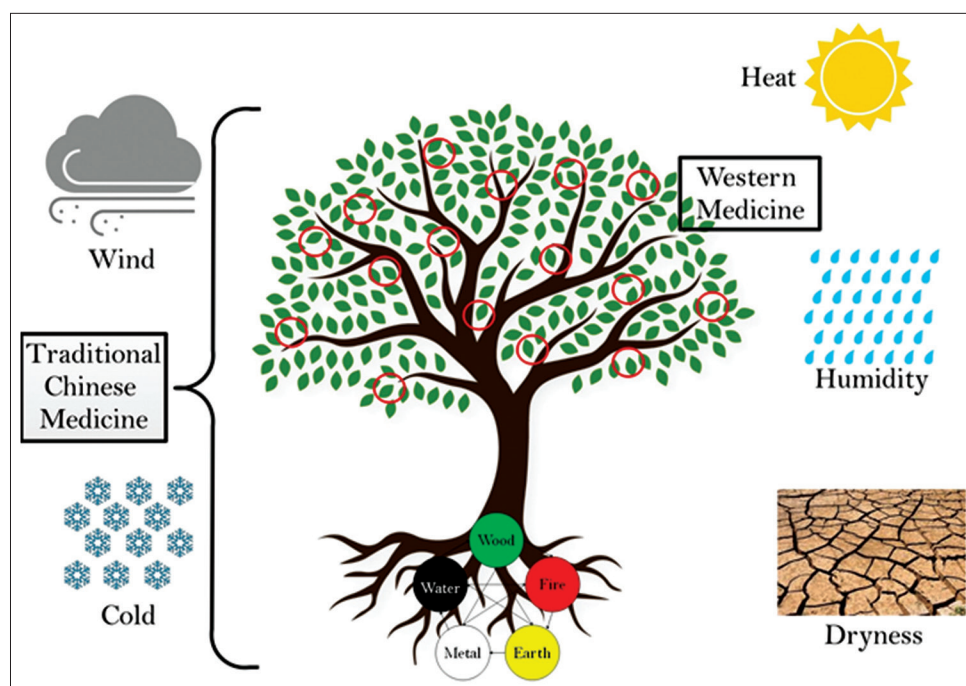
The author has already presented at several congresses and she has made a scientific publication entitled *Is it Possible to Treat Community-Acquired and Nosocomial Infections with the Same Method, Without the Use of Antibiotics?* published by Journal of Applied Microbiological Research on July 2019, when she is demonstrating the results of treating this kind of infection only treating the root of the problem and considering the external pathogenic factors in the formation of the infectious process according to TCM.<sup>[8,12-14]</sup> Using this technique in which the patient with glaucoma was treated, that is, at the root of the problem, which are the energy imbalances normally not visible to the naked eye, the author has already managed to cure these infections according to the various publications already made by her, including on treatment of acute urinary infection, entitled *Can We Treat Urinary Tract Infections Without Using Any Antibiotics?* published by Archives of Infectious Diseases and Therapy on August 2019.<sup>[8,12-14]</sup>

To better explain the reasoning, the author used to treat all kinds of diseases, including in this case, how to treat patients with recurrent UTI symptoms, she always likes to use the metaphor of a tree, shown in Figure 4.<sup>[5-9,11,17]</sup>

The author used this metaphor of the tree to make a comparison of Western medicine from ancient medicines, such as traditional Chinese medicine.<sup>[5-9]</sup>

On this tree, you can see that the tree has the root, trunk, and several branches. Coming out of each of these branches, many leaves. In this representation, each medical specialty is represented by a branch, and the leaves of each branch





**Figure 4:** Metaphor of the tree showing the different perspectives between Western medicine and traditional Chinese medicine

represent the symptoms and diseases related to each specialty [Figure 1].<sup>[5-9]</sup>

To comprehend why this treatment was effective is important to address the mechanism of the formation of UTI in the energy point of view, as demonstrated in the article written by the author entitled *Can we Treat Urinary Tract Infections Without Using Any Antibiotics?* published by Archives of Infectious Diseases and Therapy, on August 2020.<sup>[5]</sup>

Traditional Chinese medicine comprehends diseases as imbalances in the *Yin*, *Yang*, *Qi*, and Blood energies, as shown in Figure 5.

The energy imbalances of one of these four energies or combinations of imbalances between them present inside the body could, in this perspective, be responsible for the formation of internal heat, as demonstrated in Figure 6, and all these imbalances could lead to the formation of symptoms and disease.<sup>[5-9]</sup>

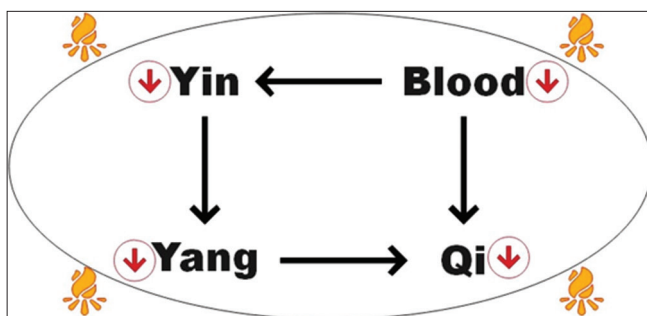
A book entitled *Basic Course of Acupuncture and Traditional Chinese Medicine*, written by Li Shih Min, states that observe the urine of the patient is very important for the diagnosis in traditional Chinese medicine. According to this author, pain before and during urination are mainly linked to stagnation of *Qi* energy in the lower burner and heat retention.<sup>[17]</sup>

According to TCM, one of the other possible causes of urinary infection is the formation of Damp-Heat. Dampness could be externally acquired such as, for example, acquired by the



**Figure 5:** Yin, Yang, Qi, and Blood

exposition to live in high humidity environments such as living on the coast, or rivers or acquired internally, by the imbalances of Spleen-pancreas meridian, due to excessive consumption of dairy products, raw food, cold water, or sweets. Another possible cause for retention of damp inside the body could be emotional factors such as excessive chronic worries.<sup>[12-14,18]</sup> The Heat formation could be caused by the formation of internal fire due to energy deficiency or due to excessive energy, such as in the case of excessive emotions like anger, can lead to an increase in the *Yang* energy in the Liver, leading to the formation of internal Heat. Other possible causes of internal Heat formation could be due to the ingestion of foods with heat energy. These foods are one of the groups of foods that were recommended by the author to avoid such as fried foods, eggs, chocolate, coconut, melted cheese, and alcoholic beverages.<sup>[12-14,18]</sup> The major causative factor of Dampness in the body, though, is the consumption of dairy products.<sup>[6,18]</sup>



**Figure 6:** Internal heat formation after imbalances of one of the internal energies of *Yin*, *Yang*, *Qi*, and blood or a combination of these energies imbalances

On traditional Chinese medicine, the symptoms can also be caused by Heat retention. In Western medicine, the symptoms of UTI are attributed to the adherence of the bacteria in the bladder cells.<sup>[19]</sup> When taking out Heat retention through apex and helix ear bloodletting in the urethra point, it is possible to notice improvement of symptoms.<sup>[5]</sup>

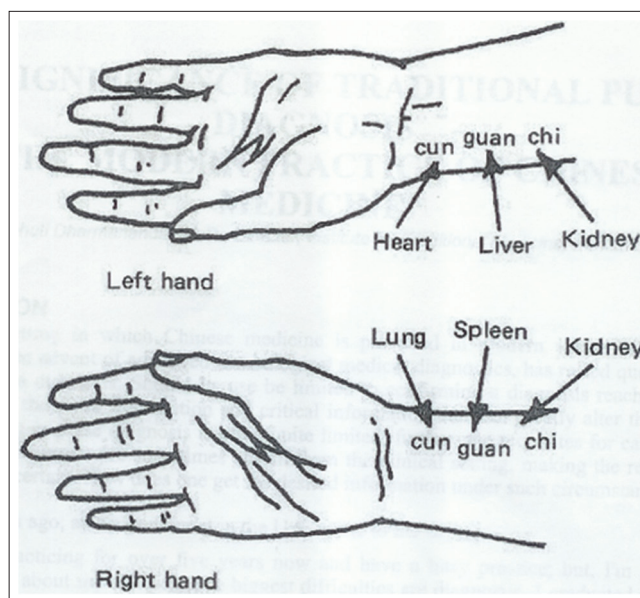
Therefore, it may be possible to enquire if the adherence of the bacteria is linked to Heat retention, and taking out this Heat retention, the bacteria could not adhere anymore and leading to negative urine culture only doing this procedure, without using any antibiotics treatments.<sup>[5]</sup> According to TCM, the Heat retention appears due to energy imbalances. Therefore, the treatment must treat *Yin*, *Yang*, *Qi*, and Blood and replenishing the chakras energies meridians with highly diluted medications to reduce the formation of heat retention.<sup>[5]</sup>

When the physician balances the internal energy and replenishes the chakras energies, the adherence of the bacteria to the bladder cells may diminish or even disappear, as you saw in these two case reports that the urine culture turned negative after this procedure, justifying the improvement of the symptoms. This is a hypothesis created by the author of this article to explain why the two patients described in the case reports had so impressive improvement in such a small amount of time, without the use of any antibiotics.<sup>[5]</sup>

According to Hippocrates, in the book *Aphorisms*, bloodletting can cure dysuria, it opens the internal veins.<sup>[3,4]</sup>

In traditional Chinese medicine, there are few technics to measure the internal energy of the organs. What the physician usually does is to measure the intensity of the pulse in both wrists, and the diagnosis of the general health condition of the person and a particular organ can be recognized.<sup>[20]</sup> The illustration of these locations and their corresponding organ is demonstrated in Figure 7.

As the pulse diagnosis is difficult to measure and differs from each physician because it is subject to the evaluation of each doctor, which may differ depending on what each



**Figure 7:** Pulse diagnosis in TCM

one considers to be normal or not, the author decided to use another method to measure the internal energy of the organs, using radiesthesia procedure.<sup>[20]</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>[21]</sup>

The radiesthesia method was used with a crystal pendulum in front of each chakra. Depending on the movement of the crystal, clockwise, or counter-clockwise or the crystal's rotation amplitude, it is possible to evaluate the amount of energy that each chakra presents. Using this method to measure the energy of the internal organ, it was possible to see with the eyes the amplitude of the rotation of this crystal pendulum and, therefore, measure the energy of the organ. In the case of the patient's measurement, it was used the chakras centers energy meridian of each patient because there are some studies from different scholars saying about the correspondence of each organ with the chakras energy centers. One of these studies, entitled *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use* written by Christopher R Chase and published by Medical Acupuncture on August 2018.<sup>[22]</sup>

For patients to improve, in addition to acupuncture, diet, patients must sleep early (it is during the night that energy is stored in the Kidney). If the person sleeps late or little, he cannot store the energy of the Kidney. Furthermore, the excess sexual activity wears out the Kidney's energy, drink little water, drink a lot of soda and alcoholic drinks, and all can reduce the

energy in the Kidney. The Kidney is the internal massive organ that is responsible for the formation of *Yin* and *Yang* energy inside the body and all measurements to prevent Kidney energy deficiencies need to be implemented to restore all the energies to improve health of the patient.<sup>[16,14]</sup> The problem concerning the treatment of recurrent UTI related in these two case reports could be not associated by the resistance of the bacteria of the antibiotics used but by the energies imbalances caused by the constant use of highly concentrated medications in these patients, in an attempt to treat all these infections, in these cases, the constant use of antibiotics to treat chronic and recurrent UTI. What the author wants to demonstrate in this article is that the majority of the cases where there is the resistance of the bacteria to the antibiotics used in the treatment of all kinds of infections, but in these cases specifically, in the treatment of patients with recurrent UTI symptoms resistant to the antibiotics use, there are energies imbalances leading to the formation of all these symptoms that are in the root level of the tree, demonstrated in Figure 4.<sup>[5]</sup>

When considering the problems of the standard treatment for UTI done, mainly with high-concentrated drugs, it is important to address the Arndt-Schultz law, shown in Figure 8.

According to Arndt-Schultz's law, the use of medication in high concentrations decreases the vital energy<sup>[5-9]</sup> of the patient. According to traditional Chinese medicine, the reduction in the vital energy can induce the formation of Heat, perpetuating the imbalances that are causing the symptoms of UTI. This could be the reason why both patients did not improve with the intake of several rounds of antibiotics. Not related to the antibiotic resistance but with the energies imbalances. For this reason, the author used to treat the recurrent UTI of both patients only balancing the internal energies using Chinese dietary counseling, auricular acupuncture with apex ear and urethra ear bloodletting, and replenishing the chakras energies centers that correspond to the five internal massive organs in TCM, using highly diluted medications. These homeopathic medications were used according to the theory created by the author entitled *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, to reduce with all these measures, the internal heat formations that were leading to the recurrent UTI symptoms, resistance to all antimicrobial used. What is interpreted as antibiotic resistance, it is an energy imbalance leading to the symptoms of UTI and also leads to the positive urine culture, but when the author took out the heat that was generating the adherence of the bacteria to the bladder cells, it was perceived an important improvement of the symptoms and also, the improvement of the results of the laboratory exams that lead to the negative urine culture after this treatment, and without using any antibiotics.<sup>[5,23,24]</sup>

To treat patients with recurrent urinary tract infection resistant to antibiotics, the author wants to emphasize the importance of having a holistic view of the patient not only

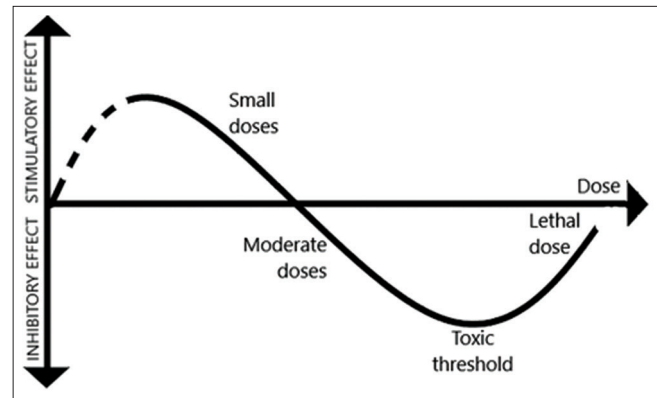


Figure 8: Arndt-Schultz law



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

looking at which type of bacteria that is causing the disease in the patient. To improve the patient condition, it is important to have both kinds of medicines in mind, to better understand what is happening inside the patient's body, and to achieve a complete cure of this disease.<sup>[5,24]</sup>

The metaphor of *Yin* and *Yang* was created by the author to understand the need to have both medicines in mind, Western and traditional Chinese medicine that nowadays are separated but as you can see, they are complementary, one is a complement of the other, as you can see in Figure 9.<sup>[5,9]</sup>

All the tools used in the treatment (acupuncture and homeopathy) of these two patients reported in this article were recognized by Brazilian Federal Medical Council in 1995 and 1980, respectively.<sup>[25]</sup>

## CONCLUSION

The conclusion of this study is that patients with recurrent UTI have internal energies disharmonies and chakras energies deficiencies and the balances of these internal energies



through Chinese dietary counseling, acupuncture with apex ear bloodletting, and replenishing the chakras energies centers with highly diluted medications are an important tool in the treatment of patients with recurrent UTI symptoms without the need of using any antibiotics, based on these two case reports. More studies need to be done with more patients to evaluate the real effectiveness of this kind of treatment.

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