

Can Wrong Eating Habits Lead to or Worsen Ophthalmological Diseases?

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To write this editorial, I will use the medicine currently used nowadays associated with the reasoning used by the oldest medicines, such as the thoughts used by traditional Chinese medicine, which exists for more than 5000 years, and has been practically forgotten nowadays [1].

This is necessary due to the guidelines of Hippocrates (460 BCE - 375 BCE), the father of medicine, who says that we should consider the oldest medicines before current medical practice. Therefore, I will demonstrate the association of feeding errors in the development of ocular pathologies, demonstrating how this happens from an energy point of view [2].

According to several important physicists who have stood out in our history, such as Albert Einstein (1879-1955), he says that everything that exists in our universe is composed of energy, including the human being [3].

Everything that can be visualized is composed of energy, a part visible to the naked eye and a part invisible to the naked eye, where they are in constant transformations from the invisible part to the visible part and vice versa [4].

This also occurs in the human being, where the part where we visualize has a connection with the part we do not visualize, composed of energy, and this I describe in all my articles in the most varied medical specialties, always demonstrating the need to treat diseases through rebalancing of energies, which are the cause of the formation of all diseases studied in Western medicine [1,5,6].

According to Hippocrates (460 BCE - 375 BCE), we must consider our food our medicine and our medicine our food [7].

I can explain this through the metaphor of the tree, where I explain that the tree is divided into two parts, the part above ground and the part below ground [3,8].

The part above ground is where Western medicine is focusing its treatments today, where each branch represents a medical specialty and each leaf of each branch represents each disease or symptom treated by each medical specialty [9,10].

The part that corresponds to the root of the tree is normally not seen with the naked eye and this part represents all the energy that will nourish the entire tree. If this energy gets sick, all the branches suffer and can develop several sick leaves, which signifies each disease that each specialty treats [6].

This whole new way of thinking about a sick patient started in 2006 when I treated a 70-year-old patient with pain in his legs and he was not getting better with the use of anti-inflammatories prescribed by Western medicine's physician. After treating the imbalance in the root of the tree, which was a deficiency of Kidney *Yang*, the patient improved from the pain in the legs but also from another disease he had, which was glaucoma that he had for the last 40 years. He used eye drops to reduce intraocular pressure but it was not improving his condition. Only after regulating the energy presented in the root of the tree, guiding what to eat, and avoiding the intake of coffee, soft drinks, mate tea, and other foods, which were described in the article written by myself (2019) entitled *The Importance of Correcting Energy Imbalances and Chakras Energy Deficiencies in the Treatment of Patients with Glaucoma*, and do acupuncture to rebalance these energies, which were altered in the tree root, it was possible for the first time in his life to decrease his intraocular pressure from 40 to 17 mmHg [1].

In the case of the patient in question, he had pain in his legs but his problem was at the root. When the root was treated, all the patient's problems improved, because the energy imbalances present in the root, still invisible, are the cause of the physical and emotional manifestations of all our patients, as I explained in several articles on the treatment of a variety of emotional and physical diseases that I wrote until today [11,12].

At the root of the tree, there are two theories, *Yin* and *Yang*, and the Five Elements theory. In this last theory, the five elements correspond to Wood, Fire, Earth, Metal, and Water and each element corresponds to an internal massive organ (Liver, Heart, Spleen, Lungs, and Kidney) respectively, according to traditional Chinese medicine [3].

Each organ is responsible for an external sensory organ (eye, communication, taste, smell, hearing). For example, the sense of taste is governed by the Lung's energy, and the sense of smell is also governed by the Spleen's energy. The hearing process is commanded by the Kidney and the Heart is commanding the communication. The organ that is responsible for vision is the Liver and for this reason, when the patient has an eye problem, a Chinese medicine physician will treat the Liver and not the eye itself [1,3].

Each structure of the eye is commanded by an internal organ. For example, in an article written by Dong Lai, *et al.* (2020) entitled *Broad extension of Five Wheel Theory*, they are correlating the internal five massive organs with each component of the eyes. The energy of the Spleen is responsible for all muscles inside and outside the eyes. The energy of the Liver is responsible for all soft tissue such as ligaments of the uvea, retina, cornea, sclera, and lens. The Heart is responsible for all blood outside and inside the eyes. The Kidney's energy is responsible for aqueous humor and tears and includes the refractive system and nerve conduction. The Lung's energy is also responsible for the refractive system and coordination of the visual pathway [13].

According to traditional Chinese medicine, all disease begins with emotions and wrong eating habits that can imbalance the energy in the root of the tree. Each internal massive organs have one emotion that can imbalance the organ and the alterations in the organ can induce alterations in the emotions [11,12].

Chronic errors in feeding can unbalance the internal organs and can cause many kinds of diseases in the leaf level of the tree and in this case, can cause eye damage [1,6].

The foods that will directly damage the eye are the foods that affect the Liver, which is the ingestion of fried foods, eggs, chocolate, honey, coconut, alcoholic beverages, and melted cheese [1].

Food intake to avoid the imbalance of other organs is also very important because all organs are interconnected and if we imbalance one organ, all the others will unbalance and cause diseases at the leaf level, in this case, can cause eye problems [5].

Therefore, we must also avoid foods that will unbalance the energy of the Spleen-pancreas, which are the intake of dairy products, Coldwater, raw foods, and sweets, as the Spleen-pancreas meridian is important to occur adequate absorption of nutrients, and formation of Blood, important to have in adequate amount to keep the health of the patient [3].

It is also very important to guide patients to avoid drinking coffee, soft drinks, and mate, as these drinks can cause a deficiency in the Kidney energy, which is responsible for the production of *Yin* and *Yang* energy, which are responsible for the process of nerve conduction, refractive system, tears, and aqueous humor [14].

The intake of foods rich in flowers, such as cauliflower and broccoli, serves to tone up the energy of the Lung, responsible for the energy of the lower eyelid (where we see cases of people who undergo a reduction of the lower eyelid due to swelling, but the real cause is the deficiency of Lung's or Kidney's or Spleen's energy or a combination of all these energies disharmony) [14,15].

The foods chosen are according to the energy part of each food according to Chinese dietary therapy (Cold, neutral, warm, and hot), a specialty within Chinese medicine that chooses foods according to their energy, unlike Western food orientations, which chooses foods according to food components, such as the number of carbohydrates, protein, lipids, vitamins, etc [2].

These days, I met a friend who had a pustule on the upper eyelid of her right eye. I told her she was either eating too much-fried egg or being too angry and she confirmed both. In this case, fried eggs are causing the formation of internal Fire in the Liver and Gall bladder meridian, leading to clinical manifestation of the formation of pus in the eyelid [9].

In another article also written by myself (2021) entitled *Energies Alterations and Chakras' Energies Deficiencies as the Cause of Sub Retinal Fluid Retention in Polypoidal Choroidal Vasculopathy*, the patient reported in this article was treating accumulation of fluid in the retina and was using the application of injection medication intra-ocular to reduce this fluid retention. She went to my clinic for another reason and said that she was treating her eye problem. In this case, body liquid retention in traditional Chinese medicine is caused by Spleen and pancreas energy deficiency caused by wrong eating habits such as the ingestion of dairy products, raw food, Coldwater, and sweets. The patient confirmed the ingestion of cheese very much and also, she likes to drink beer, which is the drink that can cause Liver injury, causing worsening of the eye problem. After orientating her to take out all these foods and do some acupuncture sessions, the retinal fluid accumulation was reduced drastically and the injections of the intra-ocular medication can space due to great improvement [6].

About five years ago, I was treating an obese patient and she was instructed to follow Chinese dietary therapy to maintain the balance of the five massive internal organs to reduce her weight. She also did acupuncture and after a year of doing acupuncture sessions twice a week, she came back and said that she had gone to a routine appointment with the ophthalmologist, and she measured her eye degree. Before the treatment, she had 3.5 degrees in both eyes, and after a year of treatment with Chinese diet and acupuncture, the degree of her eye reduced to only 0.5 degrees and the ophthalmologist was somewhat impressed with the result found, for she had measured about ten times to prove such an improvement. In this case, the refractive system is commanded by the Kidney's energy, and the treatment used to treat obesity was using rebalancing the energy in the root of the tree and not just treating the symptoms and all her problems resolved at the same time, treating the cause and not just the manifestations in the leaf level of the tree [14].

Therefore, all the things that will affect the balance of the internal energies of our organs (such as wrong eating habits and emotional factors), which command our external sensory organs, will affect all the functions of these external organs, in this case, the eye, responsible for our vision [1,3,6,14].

In addition to dietary guidelines, today we need to understand that we are living in a modern world in which different technologies have been built to streamline all communication and work processes. The use of these new work tools caused an alteration in our internal

energy, therefore creating a series of diseases, where the real cause is at the energy level, but as our faculties of medicine do not teach this side, studied by traditional Chinese medicine, the most diseases today are not treated at their cause, and only at their symptom [16,17].

Therefore, when measuring the energy of our internal organs today, we are facing a new type of human being total without energy these days, caused mainly by exposure to the electromagnetic radiation of the 4G and 5G technology from cell phones and computers, leading to a picture of the general immunosuppression of our world population. The need to systematically treat each pathology today, including eye pathologies, is due to the fact that everything is interconnected and nothing works isolated and separately, as Galen (129 ce - c. 216), a Greek physician who lived 500 years after Hippocrates and who influenced the way of thinking of most medical schools nowadays [9,17].

The use of highly diluted medications to restore the energy of these organs, such as homeopathic through the theory of *Constitutional Homeopathy of the Five Elements Based on Traditional Chinese Medicine*, is very important in the treatment of various infectious and non-infectious pathologies today, as it is treating the root of all problems, as I reported in the case of the patient at the beginning of this article who had pain in the legs but treating the root, it was important to treat the cause of his glaucoma, which was not improving only with the use of eye drops to reduce the intraocular pressure [1,18].

The picture of energy deficiency can cause alterations in the eyes in the physical exams, where you can see that the white part of the eyes (the conjunctiva is not white anymore but can be a light rose of red) due to the formation of internal Fire, manifesting in the eyes as conjunctival hyperemia as I am showing in the article also wrote by myself (2019) entitled *chakras energy deficiency as the cause of chronic conjunctival hyperemia* [5].

To end this article, I would like to say about the importance of integrating current medicine with the oldest ones, recommended by Hippocrates (460 BCE - 375 BCE), in this case, I am showing the importance to combine the reasoning of the oldest medicine's reasoning such as the thoughts used by traditional Chinese medicine, that exists for more than 5000 years, to explain the influences of our diet in the manifestation of eye problem [1,9].

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