



## What Do We Need to Know to Prevent and Control Nosocomial Infections Completely? - Part 2

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### Abstract

**Introduction:** Nosocomial infections are a widespread problem around the world. The Center for Disease Control (CDC) estimates that nosocomial infections affect around 1.7 million patients per year, and cause 99,000 deaths. According to CDC, 32% of all health-care acquired infections are urinary tract infections, 22% are surgical site infections, 15% are pneumonia and 14% are bloodstream infections. Nowadays, only 1/3 of nosocomial infections can be prevented with the Infection Control Programs. The other 2/3 cannot be prevented with the programs used nowadays. In USA, 31 billion of dollars are spent in the treatment of nosocomial infections per year.

**Purpose:** The purpose of this study is to demonstrate how this 2/3 of nosocomial infections could be controlled with the use ancient medicines reasoning, such as traditional Chinese medicine and Hippocrates theories. Another goal is to make evident the possible economy to healthcare when using these techniques and tools in the treatment of nosocomial infections.

**Methods:** The methodology used was a review of studies, such as those presented by Hippocrates ("Natural forces within us are the true healers of disease"), as well as others from oriental medicines, which comprehend the disease as originated from three factors: external (exposure to Cold, Heat, Humidity, Wind and Dryness), internal (emotional) and dietary.

**Findings:** When comprehending the patient in a broader view, considering the energy imbalances of *Yin, Yang, Qi*, Blood and Heat retention and also, the energy pattern in the chakras' energy centers of our populations nowadays, it is possible to control and prevent better more nosocomial infections, reducing the costs for the healthcare's.

**Conclusion:** The 2/3 of not controlled nosocomial infections cannot be prevented because of the reasoning used Western medicine, considering only what we can see by the naked eyes as scientific and the part of the human being that is formed by energy, is not study nowadays but it is this part that is affecting the whole population in the globe, leading to increasing risks for nosocomial infection.

**Keywords:** Nosocomial Infection; Energy; Chakras; Traditional Chinese Medicine; Diet; Homeopathy; External Pathogenic Factors

### Introduction

The definition of hospital infections, also called nosocomial infections, is a type of infection that occurs within 48 hours of hospital admission, after 3 days of discharge from the hospital or 30 days after an operation [1].

Infections manifested during one year after prosthesis-placement surgery are also considered nosocomial infections [1].

Throughout history, the need for infection control programs can be seen after a study by Semmelweis in 1841 [2].

At that time, he observed that medical students had more hospital infections if compared to midwives, when doing delivery of babies because they usually went to dissecting room prior to delivery babies [3].

After his discovery, Semmelweis instituted mandatory hand washing in a solution of chlorinated lime before each examination. In May eighteen forty seven, infection rates dropped dramatically, which was a milestone in medicine's history [3].

In 1976, it was established a law in Brazil, that no hospital would be legally functionable if healthcare agents, patients and visitors could not be protected from harmful effects associated with nosocomial infections [4].

## Purpose

The purpose of this study is to demonstrate that infection control and prevention programs can only prevent 1/3 of hospital infections and in this study, I will demonstrate how we can control the remaining 2/3 of hospital infections that have not yet been controlled due to type of reasoning used by Western medicine, which understands that it is only scientific, what we can see with the naked eye. Therefore, all changes in the energy level, before materializing, are not understood until today, they are invisible to the naked eye, which are the main changes we are facing today, according to a study carried out in Brazil, studying a thousand chakras energy centers of my patients'. To understand all the changes that are taking place in the energy level, prior to the formation of hospital infection itself, I will use older medical traditions, such as the reasoning used by Hippocrates and traditional Chinese medicine.

## Methods

Through an extensive study of articles in Western medicine and in traditional Chinese medicine regarding the formation of nosocomial infection formation, I did the metaphor of the tree, showing the different viewpoints in Western medicine perspective and in traditional Chinese medicine concerning the formation of nosocomial infections. I will use thought from Hippocrates (460 bce - 375 bce), that said that "natural forces within us are the true healers of the diseases". Another quote from him used by me to construct this article is the make your food your medicine and your medicine your food. The third quote very important that I usually use in all my treatments is we need to treat the patient and not the diseases. In this last phrase, I will show the different perspectives when the physician treats only the infectious manifestations and when the doctor treats the root (that are the energy imbalances) that is causing the symptoms in the leaf level of the tree.

This representation of tree like figure will be shown in the discussion section.

## Results

Through the tree metaphor, I am going to show the different points of view between Western medicine and traditional Chinese medicine that could answer the question of how to control the remaining 2/3 of nosocomial infections that are still not controlled today, to completely control hospital infection.

In this metaphor, I am saying that this tree symbolizes the human body. As you can see, this tree has a trunk with several branches. Each branch represents a medical specialty and coming out of each branch we can see many leaves. Each leaf on the tree means a symptom or diseases treated by each specialty. Western medicine generally treats each symptom or illness at the leaf level of the tree. Therefore, the treatment focused only on the leaf will have only a partial effect, because often, when using medication to treat the symptoms, depending on the type of medication used to cure the process, this same medication can further harm the energy imbalances that are located at the root of the tree, imbalances that these patients could have even before hospitalization and can worsen with the various other medications used, diets and procedures that these patients could be suffering during their hospital stay.

And the other 2/3 of hospital infections are not caused by the entry of bacteria, viruses or fungi into the patient's body, but due to energy imbalances at the root of this tree, caused by inadequate eating habits in the hospital environment that may be maintaining the imbalances energy at the root level, and may also be affecting emotional aspects that are generally not addressed in the hospital environment (because chronic emotions, if not promptly treated properly), can cause energy imbalances and maintain the disturbances they are causing in this case, hospital infections. I'm going to show the tree design in the discussion session.

The other aspect that is not considered by Western medical professionals in the control of hospital infection is the influence of external pathogenic factors (Cold, Wind, Heat, Dryness and Humidity) in the hospital environment and what would be the impact of these influences on the human body, triggering energy imbalance and leading to the formation of symptoms of hospital infections.

All these factors are not currently considered important in the control of hospital infection from the perspective of Western medicine, due to the curriculum offered by medical schools today, especially after the implementation of the Flexner report, in 1910, when considering what is scientific only what could be proven by laboratory tests or what could be seen with the naked eye. But I will show that this type of reasoning can only make the diagnosis at a very late stage in the evolution of disease formation.

**Discussion**

This study will follow the thinking of Hippocrates (460 BC - 375 BC), who said it was important to consider other ancient medical traditions before the knowledge we have today [5].

The main purpose of this study is to approach another form of hospital infection prevention, completely new in relation to what is done in conventional control programs. I believe that very simple measures that I will list below could massively reduce the number of nosocomial infections, proposing an explanation for the 2/3 of nosocomial infections not understood or prevented by Western Medicine today [1].

Today, we know that it is possible to prevent only a third of these nosocomial infections, according to SENIC, with infection control programs. This prevention would save at least \$10 billion dollars annually [6].

The other 2/3 of hospital infections that are not preventable, there is still no explanation as to why they cannot control all hospital infections [7].

If followed, the measures I am going to propose here in this article could save 20 billion dollars a year [7].

In a study written by me (2018) entitled *Why do patients still get nosocomial infections despite the practice of control programs?* presented for the first time at the 13th World Congress on Infection Prevention and Control, in Rome, Italy, in December 2017, I concluded that the measures already taken in the Infection Control Programs are not enough. It is not just about hand washing or sterilization techniques or other procedures associated with control programs [1,8].

The Western medicine practiced nowadays, due to the priorities and approaches of medical schools, creates a gap between the hospital infection control programs and what is necessary to know in order to achieve better control of this type of infection. In some articles of my own, I am explaining that the curriculum offered by medical schools today is focused on teaching new doctors that only what is considered scientific is what they can see with the naked eye and without taking into account, the part of energy that the human being is formed. Therefore, all reasoning is cut in half, because Western medicine only treats diseases at a very late stage, when there are energy imbalances and changes in laboratory tests. In table 1, I am showing that the transformation from health to disease is divided into five phases and in the first three phases, there are energy imbalances and no changes at the laboratory and radiological level. Only in phases four and five of energy imbalances that changes occur in laboratory and/or radiological exams, and it is in these phases four and five that Western medicine diagnoses are performed, at a very late stage, as shown in table 1 [1,9].

Progression from Health to Disease				
	Organ	Exams	Energy Reserve	Symptoms
Phase 1	Slowing down of organ functions	Normal	Energy Reserves-normal	Without clinical symptoms
Phase 2	Slowing Down of organ functions	Normal	Consumption of internal Energy Reserves	With symptoms in other organ
Phase 3	Slowing Down of organ functions	Normal	Consumption of External Energy Reserves	With symptoms in same organ
Phase 4	Reversible cellular lesion	Little alternation	Consumption of blood Reserves	Curable disease
Phase 5	Irreversible cellular lesion	Excessive alteration	Metabolic exhaustion	Incurable disease

**Table 1:** Progression from health to disease.



Spicy food can induce energy imbalances in the Lung meridian and/or Lung meridian imbalance can cause the need to eat spicy foods and can lead to sadness [9].

Very salty foods can induce energy imbalances in the Kidney meridian and can induce problems with teeth, bones, memory and concentration, hearing, reproduction and sexuality [10].

The sour taste can unbalance the Wood element, and chronic ingestion of this sour food can induce energy imbalances in the Liver

meridian and cause problems in energy distribution and in eyes and eyes [9].

The bitter taste of food can unbalance the Fire element and induce problems in the sleep process and communication [11].

All these explanations can be seen in table 2, where it is divided according to the type of element involved, the type of season, climate, fabric, color, flavor and type of voice, in addition to other information [1,9].

	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
Colors	Blue/Green	Red	Yellow	White	Black
Taste	Sour	Bitter	Sweet	Pungent	Salty
Voice	Shout	Laugh	Sing	Cry	Groan

Table 2: Five elements and their correspondent representations.

Each element has an emotion that can unbalance the organ corresponding to that element, as you can see in the Figure 4. For example, the Wood element (Liver) becomes unbalanced with excess anger. The Fire (Heart) element becomes unbalanced with too much joy. The Earth element (Spleen) gets out of balance with excessive worry and the Metal element (Lung) goes out of balance with excessive sadness. The last emotion that can unbalance the system is excessive fear and can induce an energy imbalance in the water element that corresponds to the Kidney (Table 2), and also in the energy of the Gallbladder, as I demonstrated in the article recently published by me (2021) entitled is *Why Patients with Panic Syndrome Do Not Improve Their Symptoms When Using Psychotropic Medications?* [12,13].

Why am I trying to explain all these factors that can induce energy imbalances throughout the system?

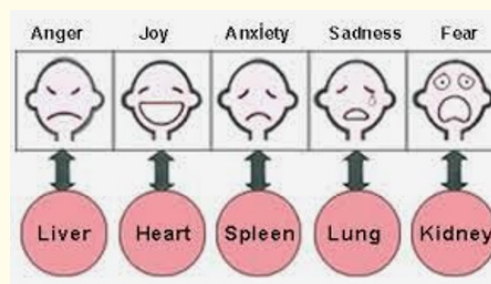


Figure 4: Five internal massive organs and the five emotions.

Because there are factors nowadays that are influencing the balance state of the human being's internal energy that is not well explained by Western medicine, because Western medicine only understands what it can see with the naked eye, when the energy materializes. But the energy that has not materialized is not studied by Western medical schools, because after the implementation of the Flexner report in 1910, all medical schools working with a more holistic approach had to be closed as they were no longer meeting the criteria to continue functioning and were considered at that time as a non-scientific approach. However, Flexner, backed by the Rockefeller and Carnegier foundations, was not a doctor but only a school teacher and therefore did not have a holistic view of disease formation, from its roots. This partial view of the human being is making it difficult today to control hospital infection because all changes, which are at the energy level, at the root of the tree, as shown in Figure 1, before materializing at the leaf level, are not fully understood today by Western medicine, and often only the symptoms (which are at the leaf level) are treated, without knowing all the energy changes that are at the root level of the tree, showed in the Figure 1. This partial view of the human being is causing a problem in the entire health system around the world, as all changes at the leaf level are just manifestations of energy imbalances at the root of the tree (caused by emotional changes, inappropriate eating habits and the influences of the invasion of external pathogenic factors), and understanding the entire process, from the changes that are happening from health to the formation of diseases (showed in the Table 1), is of great importance today to understand what we need to do to control all manifestations of nosocomial infection these days, which we are still not controlling, despite hospital infection control programs. This theme was presented for the first time at the 13th World Congress on Infection Prevention and Control, which took place in December 2017 in Rome, Italy. Thereafter, it has been presented at many infection control conferences and infectious disease conferences, such as at the 9<sup>th</sup> Global Summit on Microbiology and Infectious Diseases, which took place on March 04-06, 2019 in Prague, Czech Republic [1,8,14].

According to Elizabeth Craik, in the Hippocratic Corpus, Hippocrates also speaks about the importance of diagnosing diseases in the beginning in order to perform a better treatment, as showed in the Table 1 [5].

In this book, Elizabeth Craik explain how, for Hippocrates one recurrent concern was the importance of attention to the beginning of illness, the need of early action and the dangers of not acting or acting wrong. According to the Table 1, we need to act in the phase one to three, where there are energy imbalances and the laboratorial exams are still normal [5].

The other very important factor to say is that Western medicine does not take into account the influences of external pathogenic factors, which can initiate the formation of diseases, leading to energy imbalances at the root of the tree, and manifesting at the leaves level of the tree (Figure 1). These external pathogenic factors are the invasion of Cold, Wind, Heat, Dryness and Humidity and if the doctor does not understand all the factors involved in the formation of diseases, in the infection control process, this is not only caused by the invasion of bacteria in the outside body (from the hospital environment), but due to the energy imbalances that the patient already had before hospitalization and that worsened after hospitalization, with the use of various drugs to treat the various pathologies that motivated the hospitalization, inadequate nutrition, etc. Not all patients who suffer from exposure to external pathogenic factors will induce disease formation and this will depend on whether the patient's internal energy, which normally protects him from this invasion, is intact or not. This strength is called *Zheng-Qi* and will depend on many factors such as the energy of the parents before conception and after birth, the type of diet, whether adequate rest is taken, the amount of water ingested, the sleep process to restore energy, if have excessive sexual activities, etc. All these explanations were made by me (2020) in an article entitled *Invasion of Wind and Cold as Cause of Respiratory Tract Infection Outbreak in the School Kinder Garden Group of Kids* and in a second article also written by me (2021) entitled *Is SARS -CoV- 2 Strong or Our Body Is Weak?* [1,15].

The other two-thirds of hospital infections, which are not yet controlled by hospital infection control programs, are actually caused by the invasion of external pathogens and inadequate eating habits and emotional factors, are not being considered by professionals who deal with control programs of hospital infection. The use of antibiotics in this situation has generated treatment failures because the real cause of the infectious manifestations are

not generated by the contamination of the bacteria from the hospital environment to the patient and the use of antibiotics in this situation will not work, as the real cause is the energy imbalances leading to the manifestation of symptoms of infection. The use of antibiotics in this situation will often not work and may lead to the problem of inducing bacterial resistance because, due to constant therapeutic failures, there is a use and change of antibiotics from one to the next, more broad spectrum, and this is a constant in hospitals nowadays, because the real cause of the infection symptom is not the infection itself, because all the factors that are inducing the formation of diseases at the leaf level are all at the root of the tree, which every physician responsible for controlling of infection in the hospital environment is not seeing because all changes are at the energy level, invisible to the naked eye [1].

The use of air conditioning throughout the hospital environment in order to reduce the temperature of the hospital, to reduce the multiplication of bacteria, reducing the chance of bacterial proliferation in the hospital environment, is another factor that has been causing an increase in hospital infection, if we analyze the point of view of traditional Chinese medicine. The invasion of Wind and Cold is the main cause of onset of energy imbalances and can be the cause of upper and lower respiratory tract infection, as I showed in the article written by myself (2020) entitled *Invasion of Wind and Cold as Cause of Respiratory Tract Infection Outbreak in a School Kinder Garden Group of Kids* and in the article also written by me (2020) entitled *Can We Treat Children With Chronic Respiratory Tract Infections Without Using Antibiotics?* [16,17].

As shown in some studies in the literature, such as the article entitled *Health effects of heating, ventilation and air conditioning in hospital patients: a scoping review*, written by Lenzer, et al. (2020), they are talking about the influences of these climatic factors on induce or cause disease [18].

In this case, the most important thing is to turn off the hospital's air conditioning or at least avoid the flow of Cold air directly into the patient. The temperature should be ambient and the entire patient needs to be covered by a sheet in hot climates and with blankets in cold places, to reduce the invasion of external pathogens into the body, decreasing the chance of inducing energy imbalances by the entry of Cold and Wind, because these factors can induce the formation of diseases, mainly infectious, as reported in the article

I wrote (2019) entitled *Is It Possible to Treat Community-acquired and Nosocomial Infectious with the Same Method, Without the Use of Antibiotics?* In this article, I am showing it through a case report of a patient who was treating chronic sinusitis with antibiotics without improving his condition. Infections usually appeared on cold days and he could only cure the process when subjected to Chinese dietary guidelines, avoiding foods that contained Cold energy and using acupuncture to release the Wind Cold that was causing the energy imbalances that kept the symptoms, which was sinusitis [19].

In all these patients, there is a need to improve *Zheng-Qi*, which is the energy that protects against the invasion of external pathogenic factors, characterized by Kidney energy, as demonstrated in the article I wrote entitled *Invasion of Wind and Cold As Cause of The Outbreak of Respiratory Tract Infection In a Group of Children In Kindergarten* [12,16].

And in a study I published (2021) entitled *Are We Vaccinating Immunocompetent or Immunocompromised People for COVID-19?*, I am showing that the majority of our population today is considered immunocompromised rather than immunocompetent due to the low energy pattern that most of my patients are having in the five internal massive organs in Brazil and all these data was published in the article I wrote (2021) entitled *Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection*. In this study, I analyzed energy centers from the chakras of 1000 patients through the dowsing procedure and what I found in this study is that 90% of all these patients do not have energy in the five massive internal organs (showed in the Figure 5 and Table 3), which is compromising the formation of *Yin, Yang, Qi* and Blood energy, important for our health [20,21].

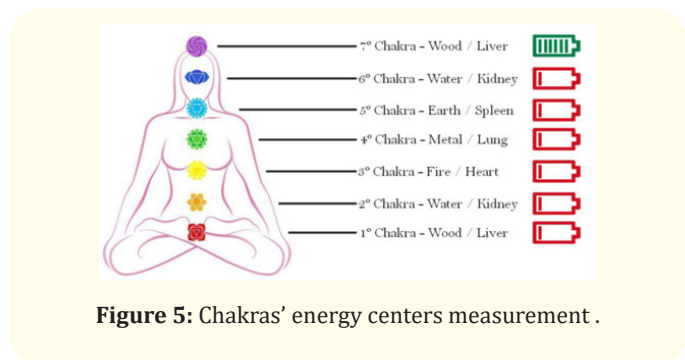


Figure 5: Chakras' energy centers measurement .

Chakras Ages	0-19	20-59	60-90
7	8	8	8
6	1	1	1
5	1	1	1
4	1	1	1
3	1	1	1
2	1	1	1
1	1	1	1
Total Patients	26	170	86
Main Western Diagnoses	Anxiety	Anxiety	Anxiety
	Depression	Headache	Knee Pain
Main Oriental Diagnoses	Yin/Yang	Yin	Yin
	Yin/Blood	Yin/Yang	Yin/Yang/Internal Heat

**Table 3:** Results of the measurements of 1000 chakras’ energy centers.

To study what my patients’ energy is like, I use a technique called dowsing, which uses a crystal pendulum to measure the energy of the 7 major chakras. Chakra energy is rated on a scale of one to eight (one representing the lowest level and eight representing the normal level). The chakras are the main energy concentration points that are responsible for sending energy necessary for each organ it commands to have its normal function. There are seven main chakras present in the body and their relationship between them is extremely important for the health of the body. Since there are seven chakras and five elements, the seventh chakra is governed by the first (Wood or Liver) and the sixth chakra is governed by the second (Water or Kidney). The fifth chakra is ruled by Earth (Spleen-Pancreas), the fourth is ruled by Metal, or Lung, the third is ruled by Fire or Heart. The second is ruled by Water or Kidney and the first chakra is ruled by Wood or Liver [9].

The results found in this study can be a sample of what is happening in the world, as the most likely cause of this low energy may be related to exposure to electromagnetic waves, to which almost the entire world population is exposed to pollution between heaven and earth, brought about by the modernization of telecommunications. In this study, I am showing that 97% of the population studied do not have *Zheng-Qi*, leading to less protection against the invasion of these external pathogenic factors that are inducing disease formation [20,21].

The meaning of this result is that, the organs that are producing the energy for maintaining the health of the patients are very compromised and depending on type of medications that the physician is using to treat the patients, the energy of this patient can improve or not. For example, in this COVID-19 pandemic, I showed that the majority of our patients were in the lowest level of energy, prior to COVID-19 pandemic, as I showed in the article I wrote (2021) entitled *Energy Alterations and Chakras’ Energy Deficiencies and Propensity to SARS-CoV-2 Infection*. Depending on the type of medications that the physician is using to treat the diseases, the patient will reduce or not the vital energy even more, leading to more complications, if receiving highly concentrated medications instead of highly diluted medications. (as demonstrated in Arndt-Schultz Law, in the Figure 5). In the table 4, I am showing the homeopathy medications that I usually use in the treatment of all my patients, to replenish the energy of the chakras’ energy centers [1, 21, 22].

Chakras	Five Elements	Homeopathy Medications
1 <sup>o</sup> Chakra	Wood/Liver	Phosphorus
2 <sup>o</sup> Chakra	Water/Kidney	Natrum Muriaticum
3 <sup>o</sup> Chakra	Fire/Heart	Sulphur
4 <sup>o</sup> Chakra	Metal/Lung	Silicea
5 <sup>o</sup> Chakra	Earth/Spleen	Calcarea Carbonica
6 <sup>o</sup> Chakra	Water/Kidney	Tone 2 <sup>o</sup> chakra
7 <sup>o</sup> Chakra	Wood/Liver	Tone 1 <sup>o</sup> chakra

**Table 4:** Homeopathy medications used to treat the condition of lack of energy in the chakras’ energy centers.

The first step we need to understand is that each patient is unique and has their own energy imbalances. Therefore, each patient needs to be assessed on their energy level during their stay in the hospital, to see what kind of food and medication that patient may be using, in order to reduce infectious and non-infectious complications. These statements were made by me at the Global Summit on Microbiology and Virology, which was held on 25<sup>th</sup>-27<sup>th</sup>, March in Prague, Czech Republic [14].

In the study presented by me entitled *Are We Admitting Immunocompetent or Immunocompromised People in The Hospital?* I am showing that most of our hospitalized patients are considered im-



munosuppressed and non-immunocompetent patients, as many doctors think they are. This information was written by me (2021) in the article entitled *Are We Vaccinating Immunocompetent or Immunocompromised People for COVID-19? and Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection* [20,21].

The state of energy deficiency is leading to the formation of internal Heat, which is the energy change responsible for the yellowish secretion and symptoms of hyperemia in most of the infectious symptom processes, at the level of the leaves of the tree, as demonstrated in the Figure 1. All this reasoning was published by me (2018) in the article entitled *Why do Patients Still Catch Hospital Infectious Despite the Practice of Infection Control Programs?* and in another article also written by me (2019) entitled *Is It Possible to Treat Community-acquired and Nosocomial Infectious with the Same Method, Without the Use of Antibiotics?* [1,19].

In these publications, I am showing the need to change the dietary aspects of the food that is served in the hospital because Western eating habits of eating too many dairy foods, raw foods, Cold water and sweets were causing more energy imbalances in the Spleen and the pancreas, leading to the formation of phlegma, responsible for the formation of secretion in the Lungs and in all human cavities. The Western medical doctor usually interprets these symptoms as the formation of an infection and usually starts with the use of antibiotics. The use of drugs in high concentrations can lead to a reduction in the vital energy of our patients, which is already low, as the article written by me (2018) entitled *Why Do Patients Still Catch Hospital Infections Despite the Practice of Infection Prevention and Control Programs?* [1].

As Hippocrates said (c. 460 BC, c. 375 BC), father of medicine, make your food your medicine and your medicine your food. The foods that we need to serve in the hospital environment need to meet the needs of patients according to the components of each food, but what I want to convey in this article is that each food has its own energy function and is divided into Cold, Neutral, Hot energy and Hot and depending on the energy imbalances presented by each patient (if you have retention of *Yin, Yang, Qi, Blood or Heat*), the patient will receive food according to their energy imbalance, to rebalance this state of imbalance to get back to having health,

often without the use of medication, because depending on the type of medication used in the hospital environment, the patient will have more energy disturbances at the root level, causing more complications instead of improvement, manifested at the leaf level of the tree, as shown in Figure 1 [1,9].

Foods that can induce energy imbalances in the Spleen and pancreas meridians, responsible for the absorption of nutrients, are: dairy products, raw foods, Cold water and sweets. They are foods considered healthy from the Western point of view, but they do not study the energy changes that are causing energy alterations, leading to the formation of secretion and less absorption of nutrients for the formation of Blood, causing less Blood production. This state of energy deficiency can lead to Heat formation in the body, simulating the signs and symptoms of hospital infections, which are hyperemia and yellowish secretions from any part of the patient's body, such as hyperemia in the surgical incision, or yellowish pulmonary secretions. According to traditional Chinese medicine, these manifestations are just symptoms or internal energy imbalances and if the doctor uses highly concentrated medications to treat this condition, such as antibiotics or anti-inflammatory drugs, this will further damage the impaired internal energy, leading to greater Heat production and formation of signs and symptoms of hospital infections, as showed in the Arndt Schultz Law, in the Figure 6 [1,9,22].

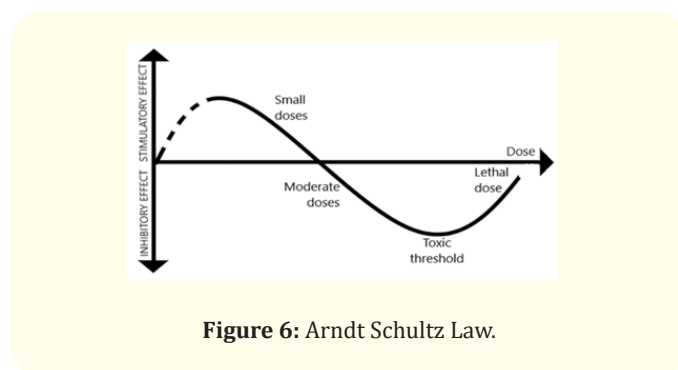


Figure 6: Arndt Schultz Law.

According to this law, the use of highly concentrated medications is harming even more the vital energy of the patients and causing complications or even death. The use of highly diluted medications is the medication of choice in the treatment of all kinds of diseases, infectious and non- infectious, due to this new energy pattern of the whole population in the world [1].

Antidepressants, anxiolytics, anti-inflammatory drugs, diabetes control medication, sleep inducers, antacids, antihypertensive... All of these are daily high-concentrated medications that patients take at home and continue to take in the hospital, and that certainly will be associated with other medicines during the patient's stay in the hospital, which increases the energy imbalance the patient was already suffering at home. The point is that in addition of hospital drugs and other procedures during admission, the body starts to simulate a hospital infection due too many drugs in high concentration and decrease of the vital energy, according to Arndt-Shultz's Law. Decreasing the vital energy, can lead to another energy imbalance in the root of the tree, causing the formation of internal Heat inside the patient's body, and consequently leading to the manifestation of hospital infection symptoms such as hyperemia in the surgical wound or yellow secretion in the upper respiratory tract infection, for example [22].

For this reason, the problem of hospital infections nowadays, which is usually reported in many scientific articles that are the result of the abusive use of antimicrobials, causing induction of bacterial resistance, can be solved if we start to understand all these processes involved in formation of nosocomial infections because if we control all these factors (diet, external pathogenic factors and emotions and strengthen the patient's internal energy, the five massive internal organs, the patient will be stronger and not likely to develop infectious diseases when subjected to exposure to external pathogenic factors (Wind, Cold, Dryness, Humidity, Heat), as shown in the article I wrote (2021) entitled *Is SARS-CoV- 2 Strong or Our Body Is Weak?* [15].

In many articles written by me (2020), for example in the article *Can Hospital Osteomyelitis Be Treated Without the Use of Antibiotics?*, I am showing that even the patient has multiresistant bacteria proven by culture and antibiogram, showing only sensitivity to Polymyxin B, the rebalancing of *Yin, Yang, Qi* and Blood and removing Heat retention can remove the factors that could be maintaining the infectious process and only by using these techniques, it was possible to treat the patient's infection, even being multiresistant, removing the factors that were causing the bacteria to adhere to the cells, promoting and perpetuating infection if treated with highly concentrated medications such as antibiotics, because these

drugs were inducing more energy deficiency in the root level, leading to more formation of internal Heat, causing more hospital infections symptoms [1,9,10,23].

According to my experience, and published in several articles as in the case of the treatment of hospital osteomyelitis, and written by me (2018) in the article *Can Hospital Osteomyelitis Be Treated Without the Use of Antibiotics?*, I am showing that the symptoms of hospital osteomyelitis were caused by the continuous and prolonged use of medicines in high concentrations, such as antibiotics and anti-inflammatory drugs, leading to imbalances in the Gall Bladder meridian and Heat retention in this meridian in these patients. The rebalancing of these energies brought about an improvement in this type of hospital infection, without the need for the use of antibiotics, as the real cause was not the infection of the bacteria itself, but the energy imbalances that were causing the formation of internal Heat, leading to adherence of bacteria to cells. When the internal Heat was removed through Chinese dietary therapy and using apex ear bloodletting and acupuncture, rebalancing the *Yin, Yang, Qi*, Blood and taking out the Heat retention, it was no longer possible for the bacteria to adhere to the cells (even though they were considered multiresistant bacteria), and in this way it was possible to cure hospital osteomyelitis in both patients reported in that article, without the use of antibiotics [23].

In another article I wrote (2020) entitled *Is it Possible to Treat Nosocomial Cellulitis Post Placement of Hemodialysis Catheter without the Use of Antibiotics?*, I am showing that the patient reported in that article had nosocomial cellulitis due to the state of energy deficiency that this patient was suffering before the placement of the hemodialysis catheter, caused the manifestation of nosocomial infections symptoms and the rebalancing of the internal energy (*Yin, Yang, Qi* and Blood), and taking out the Heat with homeopathy medicines (Sulphur) and doing apex ear bloodletting, replenishing the massive internal organs (Liver, Heart, Spleen, Lung and Kidney) in TCM using homeopathy medications according to the theory *Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine*, were important to treat the root of the problem, which were energy deficiencies, very common in hemolysis patients and not just treating the symptoms [12,24].

For this reason, reasoning looking only at the leaf level and not taking into account the root level of the tree, can only control one third of nosocomial infections and the remaining two thirds of nosocomial infections can be controlled when older medicines such as the thought of traditional Chinese medicine is taken into account, as we will be associating the mechanism of action between Chinese medicine and the perspective of Western medicine, looking at the patient as a whole and not just in parts [1].

According to some physics such as Albert Einstein (1879 - 1955), he is affirming that what all the things that exists in our universe is made by energy, including the human body. For this reason, it is very important to understand the formation of diverse diseases formation, in the energy point of view and not just when it is materialized in the leaf level, as showed in the Figure 1 [9].

To understand why two-thirds of the patients continue to have nosocomial infections, we must amplify our vision and focus not only on the infectious process itself. Today what is generally done in the hospital infection control programs is surveillance methods, healthcare practitioners training programs, antimicrobial use control and community and nosocomial infection treatment protocols, antibiotic prophylaxis protocols in required surgeries. I vouch that in order to obtain a better prevention of infection within hospitals, physicians have to look at the patient individually and as a whole, formed by physical, mental and spiritual parts, which have in common its energy structure [1].

The life of the patient has to be analyzed, considering the living environment, outside and inside the hospital: patient's diet, emotional factors, daily medications previous to hospitalization and medications intake inside the hospital [1].

The Arndt-Schultz Law have been extensively studied scientifically, in order to support the hypothesis of the influence of Homeopathy in immunity, increasing the vital energy that is our immune system, and in the general health of the body [1].

For example, the several studies of Paolo Bellavite, one of them entitled Immunology and Homeopathy 2. Cells of the Immune System and Inflammation, in which the author analyzes the use of homeopathy in cells and establishes the effectiveness of the Arndt-Schultz Law in this aspect [22,25].

In this new thinking in the prevention and control of hospital infections, the problem is not just in the hospital environment or that the doctor or hospital staff are not washing their hands. The problem lies in the state of internal energy deficiency of the majority of the population that is hospitalized in the hospital and depending on the type of medication (whether highly concentrated or highly diluted) and the types of food the patient is receiving in the hospital, he will or will not progress manifestations of hospital infection as in the article I wrote entitled *Could Postsurgical Nosocomial Cellulitis be Treated without the Use of Antibiotics?* In this article, I am showing a patient who had a motorcycle accident in Brazil and had to undergo surgery to repair the fractured bone. After surgery, the patient was receiving anti-inflammatories and antibiotics for a long period and noticed that there were symptoms of hyperemia in the surgical site, which confused the orthopedic surgeon if the problem caused was the colonization and infection of the metallic implants that they inserted in this patient and making the infection in the skin or bone. Fortunately, this patient came to my clinic after suffering from this infection for over 6 months, without any improvement, even using various antibiotics and anti-inflammatory drugs. The patient sought another type of treatment and went to my office to see if there was any possibility of a cure for that infection, as he was using antibiotics without any improvement in his condition. What I did during his treatment was to guide him to avoid foods that could reduce the absorption of nutrients through the Spleen and pancreas meridian (Cold water, raw foods, dairy products, sweets) and foods that could induce more internal Heat formation (frying, egg, chocolate, honey, coconut, alcoholic beverage, melted cheese). In addition, he was also instructed to avoid drinking coffee, soda and mate tea. The second stage of his treatment was to do the apex ear bloodletting, to release the build-up of internal Heat, which was causing the symptoms of the infection to manifest in the surgical incision. The patient has improved his symptoms of nosocomial infections since the first ear and acupuncture sessions, but he is still treating his condition to balance his internal energy and prevent the formation of energy imbalances, leading to hospital infections [26].

To control hospital infections, we need to broaden our vision and understand all aspects of the human being, from the energy point of view (root level) and after the materialization of this energy (leaf level) and not just looking at bacteria, viruses, fungi, and

trying to understand more deeply the real origin of disease formation, as I showed the different stages of disease development, in table 1 [1].

The questions that we need to do in all patients to evaluate their energy status were demonstrated in the article written by me (2019) entitled *Why Are Diabetic Patients Still Having Hyperglycemia Despite Diet Regulation, Antiglycemic Medication and Insulin?* In this article, I am showing the five questions that I usually ask in all my patients in the first appointment, to evaluated if they have any kind of energy deficiency or retention of internal Heat [9].

My idea to reduce the nosocomial infections and complications during hospital admittance proposes to evaluate the energy of the patients before performing surgery or other procedures to reduce complications associated with nosocomial infections. In an elective surgery, for example, if the patient’s energy is weak before the surgery, the ideal would be to treat the energy imbalance before, in the same way we prepare the patient’s physically, for example treating anemia, malnutrition, uncontrolled diabetes, etc. This idea was presented in the 9th Global Summit on Microbiology and Infectious Diseases, which took place on March 04-06, 2019 in Prague, Czech Republic [14].

What is currently done is requesting laboratory tests to assess whether the patient is well, but a normal laboratory test, as shown above, does not necessarily denote that the patient is healthy, as the tests only appear altered in phases 4 and 5, about five years after the onset of the energy imbalance [9].

The chakra theory coincides with the Five Elements Theory and there are some studies showing the relationship between chakras’ energy centers and the five elements in traditional Chinese medicine, such as in the study written by Chase (2018) entitled *The Geometry of Emotions: Using Chakra Acupuncture and 5-Phase Theory to Describe Personality Archetypes for Clinical Use*. In this way, when we measured the chakras’ energy centers, we are measuring the energy of each internal massive organ described by TCM, and as showed in many articles written by me, these organs are responsible for the production of *Yin* and *Yang* (kidney or second chakra), *Qi* (Liver and Lung – first and fourth chakra) and *Blood* (Spleen or fifth chakra), that are the internal energy important to maintain our health, as I am showing in the Figure 7 [27].

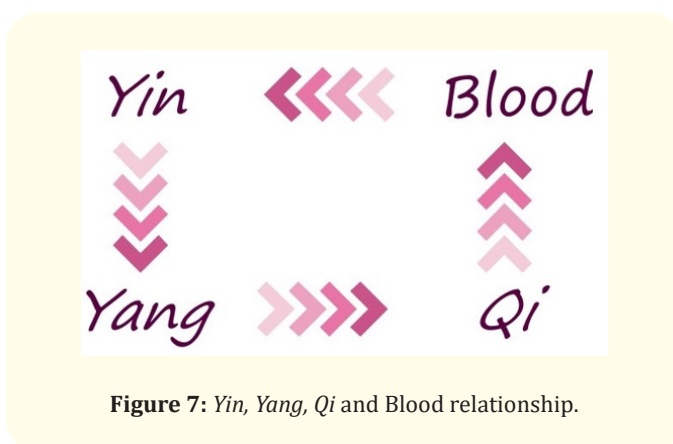


Figure 7: Yin, Yang, Qi and Blood relationship.

The energy evaluation is also important for the patient to comprehend his own energy situation, as many times is hard to explain the necessity of a treatment in the energy level. If the patient has low energy, there might be higher chances of complications or development of nosocomial infections [1,9].

When the body’s energy disharmonies are treated appropriately, the chances of having a nosocomial infection can be reduced, as the patient will go through the procedure stronger, reducing the chances of complications by Heat formation which can simulate the symptoms of a hospital infectious process [1].

In the Hippocratic Corpus, the sentence “Nature is sufficient in all things for all” is stated to explain how the physician should act in order to maintain the patient in a balance state [5].

In the Hippocratic Corpus, it is stated: The importance of the changing seasons is considered: the different climatic conditions and atmosphere of summer and winter have significant effects [5].

Hippocrates, in the Hippocratic Corpus, states that the main cause of infections is the excessive formation of Phlegm, one of the four humors in his Humoral theory, created by him [5].

One of Hippocrates hypotheses was the treatment of the patient using only diet such as in the phrase he said: “Make your food your medicine and your medicine your food” [5].

I also recommend my patients to avoid the consumption of pepper, cinnamon, ginger and cloves to reduce the formation of nosocomial infections, because all these spices can cause the formation of internal Heat, leading to higher incidence of hospital infections [1].

The Italian project of Integration of Homeopathy and Complementary Medicine in the Tuscan Public Health System and the Experience of the Homeopathic Clinic of the Lucca Hospital is made only with homeopathic medicine and acupuncture, to correct the energy imbalances that lead to the symptoms presented by the patients. It is this model of hospital that we need to have in modern medicine as the population in this world are in the lowest level of energy, demonstrated in the article wrote by me, entitled *"Is the population the same as in the past?"* [28].

As once said Hippocrates (460 bce - 375 bce), "Natural forces within us are the true healers of diseases" [5].

As the patient's energy falls, internal Heat formation again can simulate an infectious condition, such as hyperemia in the surgical wound, which was maintaining the infectious condition, and would worsen with the use of antibiotics. We have a general principle used in every hospital in the world that the more antibiotics we use, the more infection we will have, usually by multiresistant bacteria. Therefore, in order to better control the occurrence of nosocomial infection in these surgical or hospitalized patients - but especially the surgical ones - we should try to avoid as much as possible the prescription of medication in high concentrations, to avoid the reduction in the vital energy that was already low, and preventing the formation of more internal Heat, that is causing the infections symptoms as I wrote (2021) in the article *What Do We Need to Know to Reduce Complications for Our Surgical Patients?* [29].

To understand at the deepest level what is going on inside the patient's body, from an energetic point of view, we need to have both types of remedies in mind. For this reason, I created the *Yin* and *Yang* metaphor (shown in Figure 8), saying that Western medicine and traditional Chinese medicine need to work together to achieve what we need today, namely, understand why we need to



**Figure 8:** *Yin* and *Yang* metaphor of Western and traditional Chinese medicine.

know to fully control nosocomial infections today, which accounts for two-thirds of all nosocomial infections, which we still can't control today [9].

### Conclusion

The conclusion of this study is that for control nosocomial infections completely the comprehension of the functioning of the human body, has to be seen in a holistic way, on the point of view of the energy level, not considered nowadays. The study of *Yin*, *Yang*, *Qi* and Blood energies, and the formation of Heat retention due to energy imbalances are crucial for the comprehension of the reason why the other two thirds of nosocomial infections is still not controlled even with the nosocomial infections control programs.

The better comprehension of these factors, regarding diet, emotional and external pathogenic factors, considering the energy point of view, are the key points that Western medicine does not yet consider, and the comprehension of these aspects in their depth is one of the factors to create better control in the formation of nosocomial infections that corresponds to the 2/3 of hospital infections that still not controlled nowadays.

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