

Treatment of anxiety and depression using Bach flower and traditional chinese medicine

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Abstract

Bach flower remedies were created by Edward Bach in 1929 who devoted his life to discover 38 remedies that correspond to 38 negative emotional states. Bach believed in a truly holistic form of emotional healing providing to the body a positive state restoring a health equilibrium of the individual. To demonstrate that Bach flower therapy is effective for the treatment of anxiety and depression patients. The two case reports, the first is 42 years-old female patient with symptoms of anxiety and depression after a family problem that was causing many sadness and feelings that will have no solution. The second case report is 23 years-old female patient with anxiety symptoms in November 2019 when she was finishing her graduation in chemical engineering and would present his final work on the process of making printer inks with a focus on the filtration process, which was causing a lot of anxiety and concern at the time of the presentation.. Case two: the patient presented successfully her final work in the graduation after the treatment received and she continued the treatment until nowadays. The Bach flower medication was necessary only in the beginning to help her to be calm during her presentation. Based on these two cases reports, Bach flowers medications is a good option of treatment in patients with anxiety and depression, helping to restore the balance state of the mind and emotions without side effects induced by psychotropic medications.



Biography:

Huang Wei Ling, born in Taiwan, raised and graduated in medicine in Brazil, specialist in infectious and parasitic diseases, a General Practitioner and Parenteral and Enteral Medical Nutrition Therapist. Once in charge of the Hospital Infection Control Service of the City of Franca's General Hospital, she was responsible for the control of all prescribed antimicrobial medication and received an award for the best



paper presented at the Brazilian Hospital Infection Control Congress in 1998. Since 1997, she works with the approach and treatment of all chronic diseases in a holistic way, with treatment guided through the teachings of Traditional Chinese Medicine and Hippocrates. Researcher in the University of São Paulo, in the Ophthalmology department from 2012 to 2013.

Speaker Publications:

1. "World Vaccines and Immunology Market Analysis".
2. "Vaccines Congress Award Content 2020".
3. "Energy Alterations Leading to Dyspnea in Patients with Mitral Valve Stenosis".
4. "The Importance of Correcting Chakras Energy Centers Alterations to Prevent Pacemaker Indication".
5. "The Importance of Correcting Energy Imbalances in the Prevention and Treatment of Myocardial Infarction".

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