

3rd International Conference on **FOOD AND NUTRITION**

August 25, 2022 | Webinar

The importance of eating correct foods to prevent complications in Coronavirus infected patients**Huang Wei Ling***Medical Acupuncture and Pain Management Clinic, Brazil*

Introduction: Coronavirus is a novel viral infection, which first appeared in Wuhan, China, on November and December of 2019. In traditional Chinese medicine (TCM), coronavirus is classified as external pathogenic factor invasion. In order to understand which foods the patients infected with coronavirus need to ingest, we must understand how the infectious process works at the energy level.

Purpose: to show the energy aspects of each food that must be given or avoided in this infection.

Methods: Study of TCM literature was carried out regarding the energy of each food. The mechanism of invasion of the coronavirus in the energy point of view was also studied. A thousand chakras energy measurement were done in a clinic in Brazil where 409 medical records were raised to study the most frequent diagnoses in western and traditional Chinese medicine.

Results: Depending on the type of external pathogen that is Wind, Cold, Heat, Humidity, Dryness, we will use foods that will facilitate the elimination of these external pathogens. If the infection progress to the second phase (inflammatory), foods that could induce more inflammatory process should be avoided. And if the infection progress to a third phase, the food should be given to keep the absorption of nutrients adequately to distribute the energy to all organs to maintain their functioning until the end of the infectious process. In the study, the author is demonstrating that more than 90% of the patients had no energy at all in the chakras, meaning a weak immune system. Conclusion: to understand which type of food we should give or avoid in patients infected with coronavirus infection, we must understand the infection process at the energy level and understand the energy of each food in promoting energy balance or imbalance, leading to improvement or the worsening of the evolution of these patients.

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..