

# **How to protect yourself and your community from Pandemics:**

## **A successful practice that stopped the transmission and infection of coronavirus in China.**

### **INTRODUCTION**

The great sages of Chinese Medicine stated one thing above all other, to become a good doctor you need to serve others with your entire being, forget about everything else and use your heart to find the solution.

Watching the pandemic sweep across Italy right now it is clear that the COVID-19 virus or coronavirus is much more serious than what society and governments expected it to be, when it happened in China.

Just like the ancient sages, there are selfless doctors, nurses and volunteers on the front line, risking their lives to take care and heal the sick. We should all feel inspired, that we get to witness such selfless acts at a time where society is self-centered and lacking open heart based consciousness. .

The media would like us to believe that there is no cure to this coronavirus, that there is no prevention other than isolation, that old people will die if they get infected and that there is little or nothing the individual can do to help themselves in this situation.

Let us take a look at the facts for what occurred with the treatments of this coronavirus in China and look at other possible solutions, to how we can help and support our community, the sick and the selfless workers on the front lines of the pandemic.

### **HISTORICAL BACKGROUND**

Chinese Medicine has been involved with the diagnoses and treatment of pandemics over the last 2000 years and has experienced at least 352 big epidemics. Almost once every 6 years a pandemic occurred, and in the Tang Dynasty (618 to 907) totaling 21 times. During the ruling time of the Ming Dynasty between 1368 to 1644, doctors had already developed a vaccine type medicine, and Chinese Medicine had a very rich experience and method of how to treat pandemics. They used these methods for all types of cases.

The Huang Di Nei Jing the ancient medical textbook of Chinese Medicine states, that when one's immune system is high, one's defense against pathogens is strong and this can stop the spreading of infection.

Chinese Medicine doctors have diagnosed COVID-19 this year and have concluded that this approach is still a good way to protect oneself against the virus.

## TREATMENT:

There are many ways to help to boost your immune system as follows:

1. **Do some light exercise such as [Yoga](#) and [Qi-Gong](#)**
2. **Do self-massage and acupressure. [Click here for Acupressure book](#)**
3. **Start living the four times for health to integrate a healthy natural lifestyle routine.**  
**Click here [Time 4 for Health class handouts](#)**
4. **Use Moxi (processed mugwort) to warm the body and boost the immune system.**

There are three ways to use Moxi for this virus: [What is Moxi?](#) [Where to buy?](#)

- Light up a Moxi stick in the room so the smell can disinfect and clear up the air.
- Put Moxi wool (cotton type) into warm water and soak your feet in a foot bath before you go to bed, this is to increase your blood circulation and improve your energy, which through the meridian system will heal the internal organs.
- Use a Moxi stick close to your body at the point ST 36 on the legs and Ren 3, to warm up that specific point. By warming up those points it will increase the white blood cells and strengthen your immune system.

## 5. **Boost your immune system with herbs.**

This treatment is very personalized according to which region you live and according to your body constitution. For cold climates, like for Scotland and Northern Europe, you can do the following:

- Boil 10 grams of ginger and 10 grams of Glycyrrhiza Uralensis (processed Chinese liquorice) and take as an herbal soup once a day. You can find this in Chinese supermarket.

In China herbal formulas were used to treat this virus for those who were infected.

If you wish to use these prescriptions, you must see a local practitioner to get an individual diagnosis or contact [classicalchinesemedicineuk@gmail.com](mailto:classicalchinesemedicineuk@gmail.com).

## CHINESE MEDICINE VERSUS WESTERN MEDICINE

In Western Medicine for a drug to be permitted into the market it needs to go through multiple phases of animal testing. However, it can be questioned how animal testing can be reliable for the human body.

Chinese Medicine on the other hand is effectively treating outbreaks by emphasizing more each patient's individual immune system and how the body will respond to the infection and will respond to each individual treatment.

There is no universal treatment in Chinese Medicine and to effectively treat someone, you need to treat them individually according to the body's needs and depending on how that pathogen is reacting and manifesting in the body.

## DAILY HYGIENE TO BOOST THE IMMUNITY SYSTEM

Other Tips from clinical observation in China:

- Sleep 7 hours per day
- Eat less sugar
- Eat nutritional food
- Eat protein
- Rise early
- Take in sunshine for Vitamin D and boost your energy
- Keep washing hands
- Drink water
- Drink tea
- If you go outside, use salt water to clean out your mouth
- Take a warm bath or shower for hygiene

## CASE STUDIES

### 1<sup>ST</sup> CASE:

*A Western hospital in Henan received four cases from Hubei.*

*The cases arrived at the hospital on the 21st of January having fever of 38 C. Immediately they were put onto Chinese Medicine remedies with diagnosis of a common cold according to this region's tradition. On the 24th of January, western gene tests diagnosed that the patients were infected with COVID-19. On the 26th of January they started to use Chinese herbs to treat these cases. The four persons completely recovered.*

*Seeing the results, after these cases both doctors of Chinese Medicine and Western Medicine in this hospital started to use Chinese herbs on themselves as a preventative measure. Of these 1200 doctors who took the herbs and were working with infected patients, none of them contracted the virus.*

*This is one such case which reflects the reason of the much lower numbers of severe cases in the Province.*

## 2<sup>ND</sup> CASE:

*Another such instance occurred in the Gansu province on the 24th of January.*

*The province was informed of the infectious disease spreading their way and set up a panel of experts of both Chinese Medicine and Western Medicine doctors. In the end they collaborated and decided to use Western Medicine to diagnose the virus and used Chinese Medicine for treatment. The cure rate was 87.9% because of this approach.*

## 3<sup>d</sup> CASE:

*When Henan province, which neighbors the province of Hubei (where Wuhan city is), found out about the spread of the coronavirus, they immediately closed their border. The district then quickly contacted a local company and asked them to make an ancient herbal liquid package.*

*This pocket size package dissolves into a tea and was designed to be taken once a day for five days. These remedies were immediately given to all those on the front line such as medical professionals, policeman, security guards and volunteers. They were then given to the 220,000 people in the district. It was from these methods that the virus was able to be contained.*

## 4<sup>th</sup> CASE:

*Wuhan was the first severely affected region, where the Government quickly decided to put the whole province of Hubei into total quarantine. They set up 16 sport stadiums into temporary hospitals for 13000 mild patients, by realizing that the patients needed to be separated according to the degree of their symptoms and to treat the severe cases in the national hospitals in the ICU department separately.*

*In the beginning Chinese Medicine was only permitted for the mild cases, since the Chinese Scientist imposed Western medicine for the severe cases. With time they realized the efficiency of the Chinese Medicine and the Central Government asked 3 Chinese Medicine Leading Doctors to collaborate with the Western Medicine Doctors to implement their treatments also for severe cases.*

*One of the hospitals with 576 patients treated their patients exclusively with Chinese Medicine. None of their patients turned into severe cases and they remained all minor cases.*

*This experience leads to that the other provinces started treating their patients, from the very beginning with Chinese Medicine. Not only did it permit them to maintain the cases in minor cases, but also helped them to heal the people in a softer and more natural way with ancient knowledge. This type of treatment also permitted to favorize the psychological aspect of the patient to overcome better their fear and their anxiousness or depression, by introducing a soft lifestyle method into their daily lives.*

*Outside of Hubei, the Chinese Leaders asked to prepare herbal and Chinese Medicine formulas to be distributed to the population to increase their immune system for prevention. This measurement lead to that 10 provinces ended up with only 1261 new cases, with no ordinary cases transferred into severe cases, and no mild cases transferred into severe cases.*

*They diagnosed and treated patients with a 97% success rate.*

## **DIFFERENT APPROACHES**

So why in Wuhan City was the outbreak more severe than the other provinces in China?

While it is true that a quickly enacted quarantine played a major role in the preventing of the disease, the fact is there are five main reasons why provinces such as Henan Province suffered less of an outbreak than Wuhan city in Hubei Province.

In Wuhan having been the first city affected did take their time to figure out how to implement the 5 below measurements. They implemented Chinese Medicine at a later stage than other provinces, which caused them to recover in a slower pace than the other provinces.

### 5 Measurements:

1. The central government took effective action.
2. There was an effective quarantine.
3. Chinese Medicine had an early involvement.
4. Chinese Medicine worked together with Western Medicine.
5. The community and society collaborated and acted with the greater good in mind.

If you look at statistics <https://www.worldometers.info/coronavirus/#countries> , it shows that countries who have made quick and effective quarantine count with lowest cases of deaths.

When the SARS infection broke out in 2003, as soon as Chinese Medicine was introduced to fight this virus what was called the four zeros were achieved.

The four zeros means:

- Zero deaths
- Zero transmissions
- Zero infections
- Zero side effects

The outbreak was completely stopped, and no new patients were infected thanks to their immunity being boosted by Chinese Medicine.

## **CONCLUSION**

Looking at the situation objectively, the above mentioned explains the reasons why the situation with the Coronavirus changed so quickly for the better.

In recent weeks, society has become more open and has been quickly upgrading to respond to this pandemic.

Some have been asking when will the system return to normal? When will I be able to go back to work? When will I be able to go back to buying things? When can I go back to not living in fear over this virus?

In 12 months, the coronavirus might be gone, and the system will return to normal. Speaking from the philosophical point of view of Chinese Medicine, the real problems for why our health and wellbeing are suffering, and why the virus really occurred will remain.

Maybe then as a society we could be asking ourselves:

- Is being what we consider normal, healthy?
- Is normal really what we want?
- What is the point of any of this, if we are not a part of nature, since animals are rediscovering their territories and we finally have less pollution and breath clean air?
- Are we more connected to each other and connected to our inner self and souls?

The real reason the pandemic was turned around so quickly in China is because the whole of society started to act through solidarity, open hearts and with compassion. It was from this incredible energy that the above strategies were able to be utilized. Previous conflicts which were separating them from each other and nature through the politics of their minds were overridden. Hopefully this example can come to serve the rest of the world in the following months and serve humanity.

***Please note this is not medical advice. This was released to let people know that there are ways to boost your immunity from the virus and Chinese Medicine did play a critical role in treating cases in China, particularly in the Henan Province.***