

TALK ON COVID-19

PART I

INTRODUCTION

What is a virus?

It is a single sequence of simple RNA or DNA, genetic material. Viruses are best understood to originate from inside of cellular organisms when there is an error in the process of DNA or RNA replication (transcription) due to toxic overload within the cell or toxic exposure to the cell membrane from outside of the cell.

Endogenous Retroviruses account for 5-8% of the human genome. We have co-evolved with viruses for Millions of years.

SUSCEPTIBILITIES

Aged | Compromised Immune System Intestinal Lining or Microbiome

Respiratory Conditions | Compromised Lungs

Overweight | Obesity | Excessive Mucous

EARLY DETECTION

Signs and Symptoms to look out for:

Fever/Chills Dry Cough Dry and/or Sore Throat Burning Chest Asthma
Wheezing or Shortness of Breath Hyperventilation or Accelerated
respiration Thirst

Headaches Mental incoherence Irritability Body aches and pains Cold
extremities Fatigue Weakness Lethargy Aversion to cold

Abdominal Distension Nausea Loss of Appetite Loose Stools or
Diarrhea Nasal Mucous/Watery Discharge

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RED LIGHT WARNING SIGN

Shortness of Breath | Difficulty Breathing

NB: Sneezing is a sign of healthy immunity

Syndromes and Subtypes in Chinese Medicine

1. Prevention Phase
2. Influenza Phase
3. Pneumonia Phase
4. Recovery Phase

PREVENTION

Routine washing of hands with soap is proven to be more effective than hand sanitizer against most viruses including COVID-19

Practice Hand-to-Face Contact Awareness to greatly reduce susceptibility

DO NOT TOUCH YOUR FACE WITH UNCLEAN HANDS!

Hand Sanitizer

Ethanol more effective than isopropanol | +60% ethanol essential | +80-90% Ethanol most effective for Corona Viruses

Daily sunlight exposure

30-60 mins before 11.30am or after 2.30pm

UVA is particularly effective against Viruses | Heliotropic Therapy irradiates the blood even reaches the organ level and is proven to destroy viruses in the human body

Reduce smoking but don't quit just yet as this could throw you into a healing crisis and make you more susceptible to COVID-19

Daily Fasting 12-18 hours

[must consume your minimum daily caloric requirement for your Age Gender Weight Height and Activity Levels | indexes and calculators can be found on the internet]

Daily Warm Water

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40-60°C with 3 slices Freshly cut Ginger and ½ freshly squeezed Lemon Juice

Greatly reduce or altogether remove **Dairy Eggs and Animal foods** from your diet as these foods are high in protein and feed viruses [viruses are agents made of pure protein]

Predominantly fresh **Fruits and Vegetables**

Supplement with **Low Dose Medicinal Mushrooms** < 1g/day especially Reishi / Shitake / Ganoderma / Red Reishi and Maitake

Eat more **Gourmet Mushrooms**

Shimeji | Enokitake | Oyster Mushrooms Portabello Porcini Brown and White Button Mushrooms

Supplement with **Chinese Medicine Prevention Herbal Formulae**

Low dose 'Yu Ping Feng San' and 'Yin Qiao San' with occasional 'Ban Lan Gen'

China has had a 93% Recovery Rate because their President Xi Jinping, a big supporter and advocate of Traditional Chinese Medicine, decided that Chinese Herbal Medicine in the form of packaged products and decocted herbal teas were indispensable in the treatment and cure of COVID-19 infections, thus enforcing this medication upon all those infected or suspected to be infected with COVID-19 with no risk or side effects

Herbal Teas

Sutherlandia Frutescens / Cancer bush | Mullein | Peony Root | Wild Yam | African Potato | Ginseng | Rooibos Chai | Peppermint | Cacao / Cocoa Hot Drink

Breath-work

Qi Gong | Inspirational Breathwork | Diaphragmatic and Abdominal Breathing | Hatha yoga | Kundalini Yoga
10-20mins per day

Light exercise

10-20mins per day



Stretching | Calisthenics | Swimming | Yoga | Pilates | WuWei | Free
Movement or Conscious Dancing

Meditation

30-60 mins per day of silent sitting Meditation in any preferred posture
or position

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