

# Strengthening the Immune System

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Strengthen and Maintain a Good Immune system and Avoid any Virus infection OR Overcome the Infection if you Contracted One during an Epidemic or Pandemic, Through ACUPUNCTURE and NAET.

Novel Coronavirus (the mutated form of original Corona virus) has spread through most cities in almost all countries and continents by now. Several sources are providing instructions to prevent the spread of virus further. USA is taking strict precautions to prevent the further spreads. Schools are closed for next two weeks in most cities. On the whole, People are very scared now. People are trying to follow instructions from medical experts very faithfully. People from all ages are under a lot of stress now not knowing the outcome of the course of this virus and how long this will last before it comes under control. By observing proper handwashing instructions, avoiding direct contact with others, avoiding handshaking, and touching, avoiding possible droplet infections, maintaining suggested distance of 6 feet from others, avoiding group meetings and other crowded places, seeking necessary medical assistance at the first sign of any upper respiratory symptoms or even symptoms of novel coronavirus itself, I am sure the virus spread will be contained very soon here in USA as well as in other countries as well.

The virus will affect people with underlying health conditions more. People with good immune system will not get affected by the virus. If at all they get it, they will be able to shake it off faster than people with lowered immune system. Along with all preventive measures suggested by the authorities and medical experts, it is very important for you to take further steps to maintain a good immune system. No matter how old you are, if you have a strong immune system, if you have healthy lungs and respiratory system, you can avoid getting viral infections including this current novel coronavirus infection. IT IS TIME TO TAKE CHARGE OF YOUR OWN HEALTH AND SUPPORT THE GOVERNMENT AND AUTHORITIES TO BRING THIS PANDEMIC UNDER CONTROL SOON.

#### HOW DO YOU STRENGTHEN YOUR IMMUNE SYSTEM?

This article will show you Healthy Ways to strengthen and maintain a good immune system as well as healthy lungs, heart and a respiratory system for all ages.

1. Quit smoking.
2. Eat healthy. Foods have great healing power. Eat a diet high in antioxidants. Fruits and vegetables have loaded with them.
3. Drink adequate amount of water daily.
4. Maintain a healthy elimination.
5. Practice good hygiene.
6. Try to include immune system strengthening vitamins and herbs in your daily regimen.
7. Exercise regularly.
8. Maintain a healthy weight.
9. If you drink alcohol, drink only in moderation.
10. Get adequate sleep. (7 to 8 hours of sleep daily).

11. Maintain a healthy, happy and positive attitude towards life and others cohabiting in the world with you. Love your neighbors and help others who are in need of your assistance.

12. Take steps to avoid infection such as washing your hands frequently and avoid touching unhygienic surfaces then touching your face and body parts.

#### 1. QUIT SMOKING Quit smoking and avoid passive smoking or secondary smoke

The best thing you can do to protect your lungs and respiratory system is to quit all kind of smoking right away. Protect your family, friends and those who love you at home and workplace from second-hand smoke by giving a permanent vacation to your smoking. When you smoke, the smell of the smoke will be lingering on your body, clothes, in the car, in your patio or balcony wherever you stand or sit and smoke, for long hours causing people around you to get the effect of second-hand smoke. Make sure your house, car and workplace remain smoke free.

2. Eat healthy - Eating is one activity people do everywhere no matter which country or continent you live. Without food none of us can survive for too many hours. However, if you make a habit to eat sensibly, you can utilize the healing power of the food to strengthen your immune system.

Take the baby steps towards better health by strengthening your immune system by consuming lung and heart-friendly foods.

Avoid consuming raw vegetables especially during the time of stress. If you must eat raw vegetables as in salad, etc. then wash the vegetables with clean water, soak them in salt water for 15 minutes, rinse them again with clean water to remove the excess salt, before consuming. You can also steam vegetables before eating them. Steamed vegetables are easier to digest than eating them raw, especially when you are under stress. Stress may be from physical stress (excess physical activity, working long hours, etc.), or physiological stress (suffering from digestive disorders or some other heart and lung conditions), or emotional stress like unwanted or untimely or sudden anxiety, fear and insecurity like the one most people all over the world are going through right now from the news of spreading the corona virus pandemic.

If you are a meat eater, cook the meat very well. Eat well cooked, small frequent meals (at least three times a day). Avoid too many fried foods or too much spicy or fried foods that may be hard to digest and cause digestive problems in some people. Simple, nutritious food in the stomach reduces the effect of anxiety and fear in most people.

Try to consume foods rich in antioxidants. Drink a glass of vegetable juice daily.

Some of the lung friendly foods are given below. A long list of foods is given here. You don't have to eat all of them. Select a few items from the list those are easy to find in your area and try to include them in your daily diet.

Apple,

Apricot,

Avocado,

Banana,

Black tea,

Beans and bean sprouts,

Blueberries,

Broccoli,

Brussels Sprout,

Cabbage,

Carrot,

Cauliflower,

cayenne pepper,

Cheese,

Eggs,

Flax seed,

Garlic,

Ginger,

Grapefruit,

Green leafy vegetables (kale, spinach, Cilantro, Dandelion, etc.)

Green tea,

Melons (cantaloupe, watermelon),

Nuts (Almonds, Brazil nuts, Hazelnuts, Macadamia nuts, Melon seeds, Pecan, Pumpkin seeds and Walnuts). (Walnuts are a great source of omega-3 fatty acids. Eating a handful of them can help fight respiratory conditions). If you are allergic to nuts, please do not eat nuts.

Oily fish (Salmon, Sardines and Anchovies),

Oranges,

Papayas,

Poultry,

Pumpkins,

Radish,

Red bell peppers,  
Tomato and  
Turmeric.

AVOID THESE BELOW ITEMS if you suffer from any issues with your lungs and respiratory system:

Avoid dried fruits (sulfites found in dried fruits are damaging to the lungs),  
Shellfish (they are not good for lungs),  
Peanuts,  
Pistachio,  
Cashew and  
Chestnuts.

### 3. DRINK ADEQUATE AMOUNT OF WATER DAILY.

Water is essential not only to quench thirst but to circulate the nutrients through the body, to help flush out the toxic build-up inside the body and maintain good health. How much water should you drink each day? The needs vary from person to person. Water is the major component of your body and makes up about 60 percent of your body weight. Your body depends on water to maintain its daily body functions. Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water. Every cell, tissue and organ in your body needs water to work properly. Some of the crucial functions of water in the body:

1. Gets rid of wastes through urination, perspiration and bowel movements.
2. Keeps your body surface clean by washing and bathing regularly.
3. Maintain your body temperature within normal range even in extreme cold or heat weather conditions
4. Functions as a natural moisturizer and lubricating agent to the joints and ligaments.
5. Protects the skin from unwanted insults from various sources.

Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal bodily functions. Dehydration can make you tired and weary, often can put the person in exhaustion and coma at its extreme. "Your body's many cries for water" by Batmanghelidj, M.D is an excellent book with lots of information on the necessity of drinking water.

How much water do you need to drink daily?

To prevent dehydration, you need to drink adequate amounts of water. There are many different opinions on how much water you should be drinking every day. Health authorities commonly recommend eight 8-ounce glasses, which equals about 2 liters, or half a gallon.

For some people, fewer than eight glasses a day might be enough. However, some others may need more. Yet some others may need less. The old theory goes like this: you drink when you are thirsty. The current information on how much water to drink daily doesn't give a satisfying answer. There is no one single formula can fit everyone.

According to NAET theory (Nambudripad's Allergy Elimination Technique Theory), we have come up with a practical solution for everybody about the quantity of water to drink per day. This can be applied to everybody regardless of age.

Step-1: Take the body weight in pounds, divide by two. Convert that number into ounces.

Step 2: Drink that many ounces of water spread out through the day.

Say if you weigh 100 pounds, divide 100 by 2= 50. Convert 50 into 50 ounces. So, 50 ounces of water you need daily. This is the minimum amount of water you need per day. In extreme hot weather conditions, people may drink more. That is ok as long as you meet the minimum daily requirement.

If a child weighs 30 pounds, divide by 2, you get 15. Convert that into ounces, so 15 ounces of water is needed for this child to meet his/her minimum daily need for his/her body.

Drink one 6 – ounce glass of clean water first thing in the morning and another glass last thing before bedtime.

Water can be taken as herbal tea, non-caloric lemonade, soft drinks, clear soups, vegetable juice, etc.

#### 4. MAINTAIN HEALTHY ELIMINATION.

Healthy Elimination: In order to be healthy, we need to eliminate the accumulated waste from the day before on a daily basis. Ideally, this should happen soon after awakening and then maybe once or twice later in the day, preferable one hour after major meals.

Drink one 6 - ounce glass of clean warm or hot water (as much heat you can tolerate) first thing in the morning. In most people this first glass of water will jump start the natural elimination process. If someone has problem in the daily elimination process:

Add more fiber to your Diet. Add more leafy greens to your diet. Eating a few pieces of well-cooked yam with each meal will work great for most people.

Drink a large glass of water one hour after meals.

Schedule a specific time to go to the bathroom daily and make sure you keep up with that time. Your body will adapt to routines faster than you can imagine.

Exercise for 30 minutes a day. Exercise will increase the motility of digested food through your digestive tract and help with normal elimination.

## 5. PRACTICE GOOD HYGIENE.

Wash your body once a day. Wash your hands when you come home after work, shopping, grocery shopping, etc. When you are out of your home shopping or running some errands, you may touch different contaminants left on the shopping cart by previous users. So as soon as you return develop a habit of washing your both hands with clean water (if needed use soap also) before touching other things in the house.

## 6. IMMUNE SYSTEM STRENGTHENING VITAMINS AND HERBS.

### IMMUNE SYSTEM STRENGTHENING HERBS:

Try to include immune system strengthening herbs in your daily diet or regimen. Once again there is a long list of herbs given below to support your immune system. Not necessarily you must use all. Instead select a few that is easily accessible to you in your area and include in your daily regimen. They can be taken as teas, pills, capsules or extracts. Below is a list of herbs that can help improve your immune system:

Astragalus,

Basil,

Chaparral,

Echinacea (can be taken as teas, liquid extracts, a dried herb, and as capsules or pills),

Elderberries,

Eucalyptus,

Fennel,

Fenugreek,

Lemon balm,

Licorice Root,

Lobelia,

Mint and spearmint,

Oregano,

Peppermint,

Rosemary,

Sage,

Sage and

Thyme.

#### VITAMINS AND SUPPLEMENTS TO STRENGTHEN THE IMMUNE SYSTEM:

We all try to eat healthy. However, how hard we try to eat healthy, the foods we consume may be lacking the expected nutrients in adequate amounts due to various reasons. With the result, you may be deficient in nutrients to meet your daily needs. There are several vitamin companies produce these below vitamins and supplements in every country. Nowadays, most of them are available for purchase via internet sources. Please use any brand of supplements that is available to you in your region or country. Try to buy natural, with less additives and fillers added to them. Always drink a large glass (6 or 8 ounce- glass) of clean water with each dose of supplements. Large amount of water is necessary for the supplements to dissolve, digest, assimilate and absorb in your body.

The suggested doses are for normal, healthy adults. Please check with each container for suggested dosage for other ages.

Take 500 mgs of vitamin C, two times a day with a glass of water.

Vitamins A, 5,000 IU (International units) two times a day.

Vitamins D, 400 IU (International units) daily.

Vitamin E, 400 IU (International units) daily.

Zinc 50 mgs daily during the stressful time. May increase to 75 to 100 mgs daily in case of a viral attack.

Calcium in adequate amount for your age (Between 500 – 1200 mgs daily. Read the label).

Magnesium adequate amount for your age (400 mgs or more).

Omega-3 fatty acids one daily (Omega-fatty acids are thought to be anti-inflammatory nutrients with protective effects in inflammatory ailments).

One digestive enzyme after each meal (there are many kinds of vegetable digestive enzymes are available from various companies).

One multivitamin formula daily.

#### 7. EXERCISE REGULARLY.

Exercise regularly, once a day, once every other day, three times a week or twice a week, etc. Whatever schedule you can afford, do it regularly. Exercise can help your heart and lungs function properly.

Take ten deep breaths once every two hours daily while you are awake. You do not have to wake up from sleep to do the breathing exercise. Deep breathing exercise will help the lungs to expel air completely from the lungs. If any mold or virus find ways to get into your lungs, the frequent breathing exercise will help to throw them out of your lungs leaving less opportunity for the virus or mold to stick around and start infectious process in the person. Deep breathing exercise will also help expel trapped,



old, mucous and secretions from the alveoli (lung tissue), leaving less room for mold or virus to settle in. In any stressful condition, taking three to five deep breaths once every fifteen minutes will help reduce anxiety, frustration, fear and maintain overall calmness.

#### 8. MAINTAIN A HEALTHY WEIGHT.

If you eat right, if you drink adequate amount of water, if you eliminate regularly, if you exercise regularly, you will maintain a healthy weight without working hard at it. When people have trouble maintaining a healthy weight, add more fibers to your diet. Increase the water intake, Add more exercise into your regimen.

#### 9. IF YOU DRINK ALCOHOL, DRINK ONLY IN MODERATION.

Too much alcohol can cause dehydration.

#### 10. GET ADEQUATE SLEEP.

Get 7-8 hours of sleep daily. If it is possible try to take a short nap for 30 to 45 minutes halfway through your day's work. Various studies have shown that a 30-45-minute catnap helps lower blood pressure. A daytime snooze could improve heart health, particularly if you're not getting as much sleep as you should at night. This follows a recent six-year Greek study which found that people who took a 30-minute siesta at least three times a week appeared to have a 37 per cent lower risk of heart-related death.

The theory is that napping, by encouraging you to relax, reduces blood pressure. It can also help your brain. A study by the University of California found that after a 90-minute daytime sleep, volunteers performed better in complicated written tests than those who were kept awake. Researchers claim that even if you don't properly fall asleep, lying still and calming your mind will still be doing you good.

#### 11. MAINTAIN A HEALTHY, HAPPY AND POSITIVE ATTITUDE

Maintain a healthy, happy and positive attitude towards life and others cohabiting in the world with you. Maintain calmness, reduce anxiety and fear by doing deep breathing exercise regularly.

#### 12. SPECIAL ADVICE FOR PEOPLE DURING AN EPIDEMIC OR PANDEMIC PERIOD.

Take steps to avoid infection such as washing your hands frequently and avoid touching unhygienic surfaces then touching your face and body parts, etc. Wear a mask and a pair of gloves to avoid contacts of unhygienic surfaces and droplet infection from others near you.

When you return visiting a crowded area like shopping mall, movie theater, large gathering or meeting places, etc. during the viral epidemic season it will be a good idea to change your clothes into freshly cleaned clothes before you move around or associate with others in the house.

Drink adequate amount of boiled, cooled water spread out through the day. Avoid drinking un-boiled tap water. It is highly recommended to boil and cool the bottled water also before drinking during any epidemic or pandemic from virus or bacterial infection.

Usually cold and flu starts in late October, gets into full swing in December and hangs in there until the end of March or early April. The best way to beat the flu is to prevent from getting it.

Why the Virus or Flu Affect people in the Winter?

During the winter, your nasal passages are drier (due to drier air), allowing cold viruses to find their ways into your lungs more efficiently than they can during the spring and summer months. The virus lives longer indoors in winter, because the air inside the house is less humid than outside. When it's humid outside, water droplets in the air fall to the ground. This is because the water droplets are heavier than the humid air. If any viruses surviving in those droplets also fall to the ground.

In the winter, water droplets in the air can survive longer giving an opportunity for viruses to stay around longer. When we spend more time indoors and have closer contact with each other, which makes it easier for the virus to spread.

You don't have to get very close to catch the flu, either. In the winter, we often keep window and doors closed to keep the room warm. That will also allow the viruses to stay in. That's why you can catch the flu from someone in your home or school or workplace even if you're staying far away from the affected person because the virus is in the air around you. When you breathe, they barge into your lungs without invitation.

During the Winter months people also suffer from poor immune system. One of the reasons to have poor immune system during the winter is this: People spend less time outside. If at all they spend time outside, they will be bundled up or wrapped up inside warm clothes keeping their bodies away from sunshine, leading to vitamin D deficiency. Vitamin D is a key nutrient for a better immune system.

After taking all precaution, some people still may experience some symptoms: First, it may be a runny nose, then an itchy throat or a mild throat irritation or a cough. Before you know it, you're bedridden with a sore throat, fever, and general body aches. If this happened to you, try to stay home and rest for a couple of days with warm clothing, warm soup and light hot meals. Increase the vitamin C intake.

There are several herbal and vitamin formulas to control the flu virus available with several vitamin companies. If you begin to use them at the initial stage of the symptom, they all work well to keep the viruses under control. There are several over the counter drugs also available to keep the symptoms under control. Please check with your healthcare practitioners for precise direction if you encountered a viral infection that did not resolve from resting alone.

SUGGESTION FROM NAET:

NAET believes that your body has the innate ability to heal from cold, flu and viruses (any kind of virus including COVID 19) on its own if given the right environment and tools to the body. Getting adequate amount of rest, drinking proper amount of water and fluids, consuming frequent light small meals,

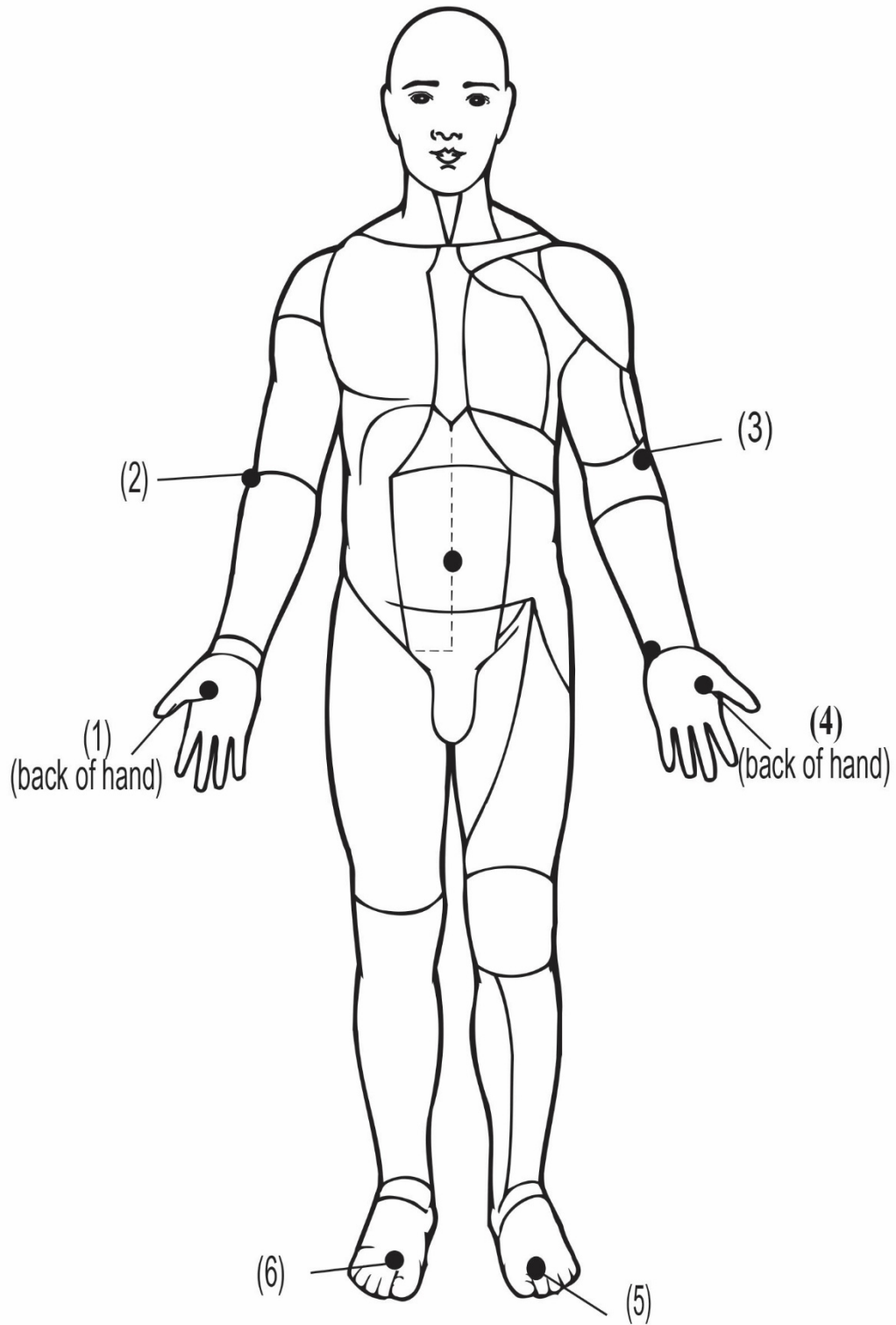
maintaining a healthy emotional status are some of the tools needed for the body to jumpstart the healing.

In addition, you can collect a small sample of your early morning saliva in a small glass jar with a lid. Hold the jar in one hand and massage the immune system strengthening acupuncture points on the chart below. Massage one minute, clockwise on each acupuncture points in the given order. Begin the clockwise massage from point (1) follow through (2), (3), (4), (5), (6), then massage the point (1) once again. End the massage on point 1. That means, the Point (1) will get massaged twice. It will take about 7 minutes to complete the round. After completing one round of massage, Put away the glass jar for 20 minutes, about six feet away from your body. After 20 minutes, take the jar, hold it in your hand, repeat the procedure once again. Repeat this procedure once every 20 minutes until the symptoms subsides. After each round of massage, drink about four ounces of water. With each round of massage on these acupuncture points, body will produce some toxins. Drinking water will help eliminate the toxin as it is produced.

If your symptoms are from a regular cold, or flu or influenza, or from a regular coronavirus or the current novel coronavirus, when your acupuncture meridians get strong through your once every 20 minute massage, when the meridians clear the energy blockages from the virus infection, your body will get strong to throw out not only the toxin produced during the fight with the virus but the virus itself from your body with ease. That means your body will win over the virus. In a short period after that you will be symptom free. Rest for 36 to 48 hours and avoid contact with others during that time. Drink at least 8 glasses of water if you are an adult. Adjust the water for your age and weight. After 48 hours, if you have any opportunity to check your blood through the lab testing, test and see if you still have the virus. Your body should be free of virus by now. Please post your post treatment result here for all of us to see.

Some people may need one round of massage on these acupuncture points to relieve their symptoms, some others may need three to six rounds of repetitions and yet some others may need 10 to 20 or more repetition depending on your age, status of immune system, degree of exposure to the virus, and other underlying factors involved with the person. With each massage, your body will get stronger. Stop the massage when you stop having the symptoms: fever, sore throat, runny nose, cough, shortness of breath, etc. Continue to rest and avoid contact with other people for next 48 hours more until you feel very strong and energetic.

If you have any serious involvement with your heart and lung, please do not use this procedure. Please contact your h



healthcare professional for help right away.