

**ACUPUNCTURE IN SUPPORTING OF IMMUNE SYSTEM  
AND RELIEVING SYMPTOMS OF UPPER RESPIRATORY INFECTION  
(no needle, do it yourself at home technique)**

In these difficult times of humanity being under attack by COVID-19 it is prudent to use all our knowledge to limit our possible exposure to the culprit, by social distancing, self-isolation and practicing CDC recommendation of hygiene. It is also prudent to add all potential resources available to us to maintain our health and wellbeing by increasing our resistance toward infections as well as to support our response to the symptoms in case that we are infected.

Acupuncture is an ancient traditional Oriental medicine approach to treating a variety of conditions by triggering specific points on the skin with needles. It has been reported that it can increase resistance toward diseases of the individual and it can treat symptoms of the diseases.

We are utilizing a new method of acupuncture point stimulation using 3x3 cm skin patches without the use of needles. Patches last 4 to 7 days and could be used at home without going to the clinics.

Patches are sold in the US as 5 Minute Relief Patches (5MRP) and as Recovery Patches (RP) in Europe. When applied to the skin patches emit Extremely Low Electromagnetic Frequency (ELEMf) at the acupuncture points. They have no side effects and have no added medication or herbals and will not interfere with any medication or supplements that you might be using. We applied patches in a limited number of volunteer patients in the US and Europe with severe acute flu-like symptoms who had lung congestion and cough. We used patches as an adjunct to their regular treatment and had significantly faster improvement of symptoms and shortening of recuperation comparing to those without patches and with only regular treatment. One of the patients was 85-year-old and 3 others were 65 and older. They not only survived but recuperated to full capacity quickly. Those patients did not have COVID-19 testing done. 5MRP are an excellent solution to use as acupuncture techniques at home. We recommend applying patches on both sides of the body than changing 1, alternating side, every 4 days. Use Bearing Point (B36) to increase and stimulate the body's natural resistance toward disease. K27 is used to increase resistance toward disease and support the lung function as a preventive measurement. If symptoms appear use Lu1, B38 and St 36.

Appropriate hydration is essential for ELEMf to work. Drink water approximately one half of your body weight in ounces. (if you weight 150 lbs. drink 70 oz. or 2 liters of water daily)

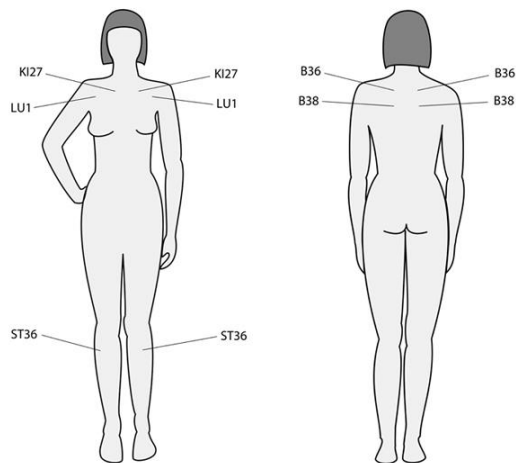
**We do not claim any treatment nor cure for COVID-19, we are reporting success in relieving symptoms of Upper Respiratory Infections by needle-free acupuncture method. Acupuncture is well-established and recognized for thousands of years.**

**Warning! This is not a cure for COVID-19. One may use needle-free acupuncture as support to preventive measurements recommended by CDC and support for upper respiratory symptom relief. If symptoms worsen one should call emergency services.**

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\*Acupuncture points as described in acupuncture textbooks:

1. **Lu 1** relieves difficult breathing, chest congestion, coughing and chest tension.
2. **K 27** relives chest congestion, breathing difficulties, coughing and anxiety. **Stimulates immunity.**
3. **B 38** Relieves coughing, breathing difficulties, and respiratory problems. This calming point also helps balance emotions.
4. **B 36**, called **Bearing Point** is especially good for stimulating the body's natural resistance to disease.
5. **St 36** relieves fatigue, general weakness, strenghtens immune system and tones the musculature throughout the body



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