

**ACUPUNCTURE IN STIMULATION OF IMMUNE SYSTEM
AND RELIEVING SYMPTOMS OF UPPER RESPIRATORY INFECTION
(no needle, do it yourself at home technique)
Srbislav Brasovan, MD, FACOG.**

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 for treating a variety of conditions by triggering specific points on the skin with needles. It is a minimally invasive method to stimulate nerve-rich areas of the skin surface in order to influence tissues, glands, organs, and various functions of the body. It has been reported that it can increase the immunity of the individual (increase resistance toward becoming ill) and that it can treat symptoms of a disease by stimulating specific points of the skin. We utilized the new method of acupuncture point stimulation using 3x3 cm skin patches that have no needles, and last for days, that could be practiced economically at home without acupuncture needle or going to the clinics. This becomes exceptionally important during this self-isolation times that one can increase own resistance toward disease and treat symptoms of upper respiratory infection. Acupuncture is not limited only to supporting the treatment of the above problems; however, we are concentrating on nowadays most urgent acupuncture points: lungs and immunity.

We have done research using 3x3 cm patches in the US known as 5 Minute Relief Patches (5MRP) and in Europe as Recovery Patches (RP) in supporting pain management. We published articles in peer-reviewed journals and did a presentation in 2018 and 2019 at the European Congress of Integrative Medicine after acceptance by peer review. Besides scientifically reviewed and published data's we have thousands of anecdotal data available. Patches work as Extremely Low Electromagnetic Frequency (ELEMf) stimulators at the acupuncture points and in random trials that was confirmed. We utilized acupuncture point Lu1, K27, and B38 for supporting breathing, coughing and chest congestion. We utilized acupuncture points B36, K27 and St36* that according to acupuncture texts stimulate body natural immunity and resistance to the diseases.

We applied 5 Minute Relief Patches (5MRP) in a limited number of the volunteer patients with acute flu-like symptoms who had lung congestion and cough as an adjunct to their regular treatment and had significant fast improvement of symptoms and shortening of recuperation comparing to those with regular treatment. One of the patients was 85-year-old and she not only survived but recuperated to full capacity without problems. Those patients did not have COVID-19 testing done.

5MRP are 3x3 cm patches imprinted with the ELEMf blend. They have no medication or herbals. Being doped semiconductors, they are passive ELEMf products. 5MRP are activated by a Human Biofield. When in contact with the skin, skin acts as a capacitor. 5MRP were researched in a phase I study for safety and mode of action.

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Safety study was done at MSU as a double-blind study on experimentally injured hairless rats and reported in correspondence as safe and without side effects. The mode of action was analyzed by Professor Cosic from RMIT in Melbourne, Australia using the computerized Resonant Recognition Model (RRM). This study has been published in peer-review journal: Cosic, I., Cosic, D.: "Influence of Tuning Element Relief Patches on Pain as Analyzed by Resonant Recognition Model", IEEE Transactions on NanoBioscience 2017;16(8): 823-825. * RRM analysis found that 5MRP acts through resonances with calcium and sodium related ion channels that support the cells normal function. The phase II double-blind clinical pilot study has been completed on 20 postoperative abdominal surgery patients utilizing the Won-Baker Pain Rating Scale and that has been published in peer-reviewed journal: Brasovan, S.: "Passive Extremely Low Electromagnetic Frequency Role in Pain Management" MD-Medical Data 2018;10(3): 139-141.* The above findings were presented after peer review approval to the 2018 and 2019 European Congress of Integrative Medicine*. 5MRP are applied to the skin and are emitting ELEMf for 4 to 7 days. They are water-resistant and do not come off during bathing. We studied pain support, behavioral support as well as hormonal harmony using different frequency blend, however, ELEMf has the same mode of Resonance Recognition on a cellular level and provides lasting acupuncture points stimulation for days.

New modality with nanotechnology ELEMf has shown to stimulate acupuncture points for 4 to 7 days.

5MRP are excellent solution to use acupuncture techniques at home. One does not have to apply patches to all the acupuncture points mentioned. 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 before any symptoms appear, and K27 to stimulate resistance and support the lung function as a preventive measurement. 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 60 to 70 oz. or close to 2 liters of water daily).

Although results are extremely promising, further studies on large scale are warranted.

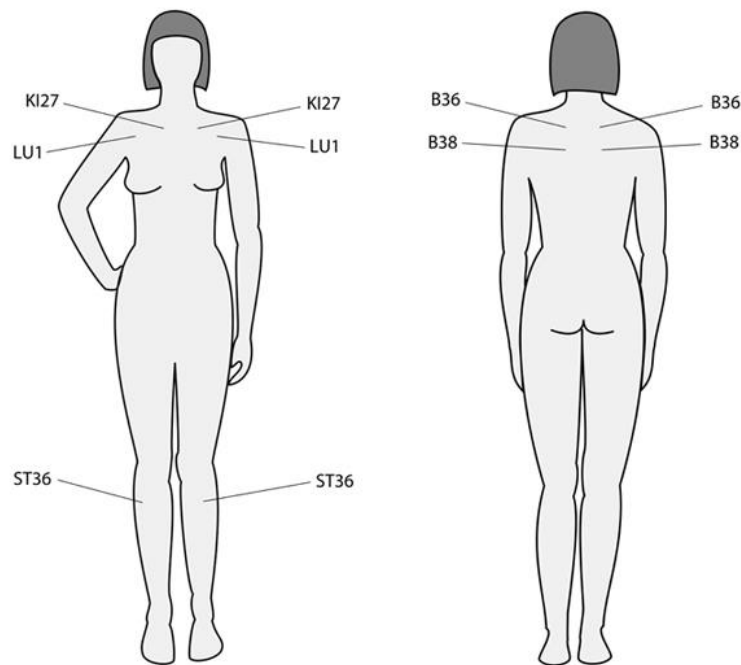
We do not claim any treatment nor cure for COVID-19, we are reporting success in relieving symptoms of Upper Respiratory Infections by no-needle acupuncture method utilizing well-established acupuncture points recognized for thousands of years.

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. **Ki 27** relieves 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, strengthen immune system and tones the musculature throughout the body.



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