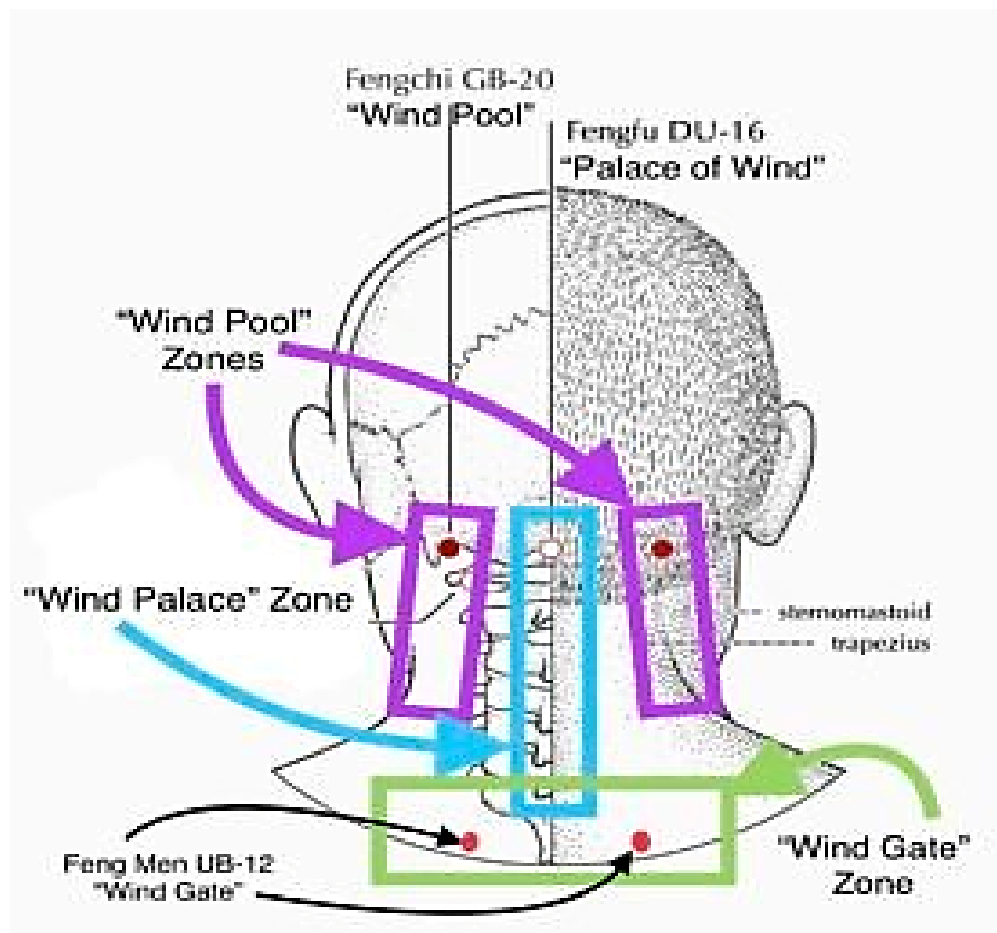


Self Help for Post Viral Fatigue – Daily Acupressure and Vitamin D protocol

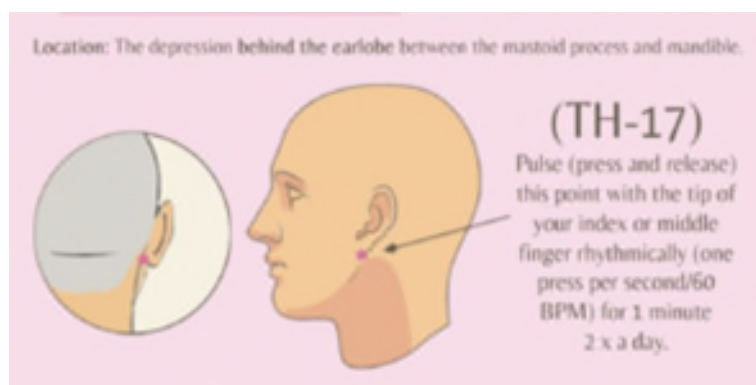


A pathogen is a virus, bacteria or other microorganism that causes disease or unwellness to a host. When our body is attacked by an external pathogen, our immune system gears up to fight off the organism. If the body is unable to completely fight off the pathogen, it will remain in the body or various locations in the body and its tissues. This is a lingering pathogen. This provokes an incessant immune response to contest with the pathogen, which can create chronic low-grade inflammation, general unwellness, and sometimes other strange symptoms which can all be very draining on our body and its energy reserves or lead to dysfunction or illness. Ancient principles of Chinese medicine leading back to the Han Dynasty (206 BCE-220 CE) and further, teach us that these situations involving lingering pathogens need to be resolved to restore health.

Acupuncture Point Massage for Post Viral Issues: [Du 16/Feng Fu/ "Palace of Wind"](#)

Kiiko Matsumoto has found this point important in treating post viral conditions. With lingering infections this point will usually be quite sore or tender on palpation, and that can extend to further down the neck (in the Blue Zone in the diagram). **So homework, is to regularly massage several times a day (pressing or pinching) the whole blue zone marked in the diagram, for several minutes, and particularly where it is sore or sensitive in that area, until it has reached a point where the whole zone is no longer sore or sensitive to the touch (which may take days or weeks depending on the case). Some of the great side effects of this treatment can be clearer thinking and brain power too, especially if brain fog was a symptom of your condition, so give it a go. Also you can include massaging daily [GB 20/Feng Chi /Wind Pool](#) (as marked in purple on the diagram above) in addition to enhance the effectiveness of the protocol.**

Acupuncture Point Massage for Post-COVID19 Cases: TH 17/Yi Feng/"Wind Screen"



Kiiko Matsumoto and Tsuyoshi Shimamura have both independently identified the TH17/"Wind Screen" acupuncture point as a powerful post-COVID19 treatment strategy to assist those recovering from COVID19. Practise simple self-massage on the TH 17 Point.

Pulse (press + release) this point with the tip of your middle finger or index finger rhythmically (1 press per second at 60 BPM) for 1 minute, 2-3 times + daily during your recovery phase. For the location, please see our diagram above:

Dr. Omura's Optimal Dosage Vitamin D3 Protocol:

Professor Yoshiaki Omura has a vast number of unique and effective protocols for a variety of health conditions. His **Optimal Dosage Vitamin D3 Protocol** was developed over several years of experiments determining that the application of a precise dosage of Vitamin D3 taken at 8 hours intervals, 3 times in each 24-hour period of the day leads to some very unique physiological changes in the body that lead to optimal health. It was discovered that the optimal dosage for the majority of the population is 400 I.U every 8 hours, unless someone has a very specific reason suggesting they require more or less, such as serious health issues like cancer (require more) or Liver and Kidney issues (require less).

Whilst too much Vitamin D3 may lead to negative effects, and not enough can lead to deficiencies, for most people, this suggested dosage is optimal according to Omura. Whilst the scope of the various beneficial effects of the protocol are too numerous to outline in this article, **the important thing to know is that various viruses, bacteria, fungi, single cell parasites, Beta-Amyloid, toxic/heavy metals (Lead, Mercury, Arsenic, Cadmium, Aluminium, Etc.), Asbestos and other foreign particles (which can be breathed into the lungs and nasopharyngeal area and embed in those tissues), as well as other toxic substances, are excreted efficiently from the body in various excretions such as urine, sputum, etc. whilst undergoing this protocol, leading to this protocol being considered a suitable method of clearing a Lingering Pathogen from the body.** It also has a significant effect on improving blood circulation to all body tissues and can be considered an excellent method for general health care, even if someone is not specifically trying to clear pathogens from the body.

The protocol involves taking a moderate dosage (400 I.U) of Vitamin D3, strictly, every 8 hours (totalling 1200 I.U daily). This can be achieved by using commonly available paediatric Vitamin D3 Drops (usually 2 or 4 drops), or the easier 400 I.U. tablets which are available online or at pharmacies.

Some examples of daily schedules for Dr. Omura's Optimal Dosage Vitamin D3 Protocol:

7am (D3-400 I.U), 3pm (D3-400 I.U), 11pm (D3-400 I.U).

or

6am (D3-400 I.U), 2pm (D3-400 I.U) and 10pm (D3-400 I.U).

An important thing to note is that the 8 hour schedule is important, as the optimal dosage is active for about 7-8 hours in the body, prior to the body requiring the optimal dosage again, so as general advice, if you miss a dosage in the day by accident, then skip it until the next dosage is due (or moderate the dosage times left in the day), as opposed to doubling up, otherwise the properties of what the optimal dosage does in the body will not be activated if the dosage is too high within that period of time, and it may throw the daily schedule out. The aim is to constantly have the body in a state of utilising the optimal dosage (to prolong and maximise the unique effects on the body that it activates) for a sustained period. **NB:- *If you experience any sustained negative effects from taking vitamin D3 in this way, then stop taking it immediately as the dosage may not be right for you!***

Whilst there are several vitamin D3 protocols available out there, some with moderate dosages, and some with massive dosages, and some in between, this has been found to be an excellent protocol for most people with some amazing effects. We also feel that it fits with the Chinese medicine principles of balance in the prescription of supplements and herbal medicines, where more is not always better.

PS: Common symptoms of lingering pathogens include:

- Recurrent infections
- Unusual fatigue
- Low-grade fever
- Allergies or food intolerances (usually a new emergence of these issues)
- Abnormal sweating
- Muscle or joint aches
- Swollen glands/lymph nodes in various locations of the body
- Skin rashes
- **Chronic symptoms of an unknown cause**

Our thanks also to the late blind acupuncture master and genius Kiyoshi Nagano, whose apprentices, Kiiko Matsumoto and Tsuyoshi Shimamura have carried on and further developed Master Nagano's amazing legacy and clinical mastery.

Stroud Acupuncture acknowledges and thanks Tonika for this extract. A full version of this information (aimed possibly more at acupuncturists) can be found at:- <https://tonikahealth.com.au/lingering-pathogens/>