

Healing Roots Acupuncture

Getting to the root of the problem

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NAET version of Corona-Virus Prevention

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The following is an acupressure self-balancing method, which can often decrease symptoms of an acute viral infection and reduce the chance of being infected. Follow this procedure in the exact order and this can sometimes have a dramatic effect in forestalling a full-blown episode of virus, flu or cold.

Begin collecting a sample of your saliva and/or sinus mucous in a small baby food jar (must be a glass jar). Wash your hands and then hold the jar in your right hand. There are 6 important acupressure points you will be stimulating clockwise (from right to left again to right on your body) for 30 seconds on each point in the following order:

1. Right hand (LI4) = at point of V between thumb and forefinger
2. Right elbow (LI11) = at outside edge of crease
3. Left elbow (LI11) = at outside edge of crease
4. Left hand (LI4) = at point of V between thumb and forefinger
5. Left foot (LV3) = at top of crease between big toe and the next toe
6. Right foot (LV3) = at top of crease between big toe and the next toe
7. Restimulate the beginning point on the right hand to complete the clockwise circle around the body.

Now relax and hold the jar for 15 to 20 minutes, avoiding touching, tasting, or smelling other objects. No pets or small children allowed in the room. Remain quiet and restful, avoiding stressful thoughts, reading, watching TV, or talking on the phone. Do not cross arms or legs during this time. After 20 minutes has elapsed, you discard the saliva /mucous samples and rub palms vigorously or wash your hands.

If you or family or friends have been exposed to a serious virus such as flu, it is often helpful to repeat the above step every two hours, possibly alternating samples of saliva / mucous and urine in the jars.

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