



## Inner firewall against the Corona virus Precious method from TCM and Tibetan medicine

Good day to all people in this crisis,

We have been witness to an unprecedented disaster in China. Many people all around were caught completely unprepared by the coronavirus and died in front of our eyes without our being able to help them. On the other hand, we have also experienced some incredible healings.

It is our greatest heart's desire that all Europeans and people worldwide to not be as hard hit as us Chinese. For this reason, we are sharing a very effective method with you to protect yourselves against the virus.

We are a team of doctors who, under the guidance of the Buddhist Master Shangshi, have studied and compared hundreds of scientific articles, documentations and field reports from Chinese hospitals. Since the outbreak of the virus in China, we have collected and analysed an incredible amount of information about the corona virus and compared it with knowledge from Traditional Chinese Medicine (TCM) and Tibetan medicine. We have been testing and researching day and night to find the most effective way of protecting yourself in the shortest possible time. As the essence of our intensive research, this method has been developed on the basis of all the knowledge and finding from China in recent months.

This method is based on the over 2000 years old and very effective Traditional Chinese Medicine (TCM). Through the acupuncture system we activate the points which give a strong push to our defences and build up a kind of firewall for the respiratory tract. We stimulate these points with a special herbal mixture. The substances penetrate quickly and no detours, on a deeply level and directly where we need them to create an effective protection for our respiratory tract. This method is very common in TCM and Tibetan medicine and is often used because its effects are fast and deep.

The method was born from our heart and soul and the deep desire that as many people as possible can go through this crisis safely and healthily. For this reason we share our knowledge and experience with you for free and hope you will share this method with many others as well.

If we use this method daily, our body can build up a kind of firewall against the virus. The method may seem simple, the substances are easy to get, but don't let that deceive you. The method can very effectively activate our defences and strengthen and protect our airways, especially the lungs, which are most at risk from the corona virus.

The sooner we start with the method, the greater the chance that our immune system will be able to expel the virus so that it cannot penetrate the lungs. **The earlier we protect ourselves, the greater the chance that we will not get sick or that the disease will be moderate.**

## IMPORTANT:

The best protection is and still remains: take the necessary steps not to come into contact with the virus at all. Don't be naive or careless, otherwise you risk infecting yourself. Avoid groups of people, keep a proper distance to other people, wash and disinfect your hands regularly, do not touch our faces (mucous membranes of nose, eyes and mouth), wear a protective mask, and frequently air rooms.

If you display symptoms of the disease, you should get tested for the virus at publicly known sites and put yourself in quarantine to protect others.

[www.ecdc.europa.eu/en/novel-coronavirus-china/sources-updated](http://www.ecdc.europa.eu/en/novel-coronavirus-china/sources-updated)

## The principle of the method:

We permanently (10 h daily) stimulate very special acupuncture points, which work specifically against the virus and against fever and respiratory diseases. At the same time we strongly stimulate our defences, our lungs are strengthened and protected and the whole system is given inner strength.

We stimulate 12 special acupuncture points by sticking plasters with selected substances on these 12 points. Through this intensive stimulation of the points on the neck, crook of the arm, the thumbs and legs, our defences are stimulated so strongly that a kind of natural firewall of the upper respiratory tract is created.

A. This can prevent the virus from entering the respiratory tract.

B. For those who already have mild symptoms, this method can prevent any worsening and reduce the course of the disease.

## The method:

We stick plasters with certain substances on 12 selected acupuncture points:

**Variant A.** Buy plasters that are sealed all around (with 1" / 2 cm diameter contact surface) and Tigerbalm in a glass or tin. Before sticking the plasters on the acupuncture points, spread a small blob of Tigerbalm (about the amount of 1-2 grains of rice) on the inside of the patch and stick the patch on the acupuncture point so that the Tigerbalm permanently penetrates the skin through the acupuncture point (only on the first acupuncture point, RenMai 22 we take a little less Tigerbalm, 1 grains of rice).

**(Variant B:** Alternatively, you can use heat plasters or pain-relief plasters. Cut them into pieces of 2 x 2 cm and stick them on the acupuncture points).

Variant A has a deeper effect, as substances from the Tigerbalm also enter the body. Variant B is easier to perform and works by strongly stimulating the points.

Let the patches stick to the acupuncture points for 8-10 hours a day.

For 14-16 hours the skin should be free of patches, without any stimulation. Repeat the procedure every day for 7 days, then pause for 2-3 days so that the acupuncture points don't get overstimulated. After that, start again until you don't need to protect yourself any more.

Anyone can use this method from now on. It is very easy to learn. If you follow this description, anyone can use it.

## Important:

**Those who are allergic to the substances used should not use this method or use the alternative substances.**

Apply the patches daily (10 h, no longer!) to the following acupuncture points:

1. RenMai 22: TianTu 天突, in the hollow above the breastbone at the base of the neck, between the knobs on the collarbone: Preventing coughing, strengthening the lungs, clearing the throat.
- 2./3. Intestine 18, FuTu 扶突, at the height of the Adam's apple on the large cervical muscle (sternocleidomastoid muscle), on both sides of the neck: Strengthens the respiratory tract, prevents inflammation of the respiratory tract, works against hoarseness and coughing.
4. DuMai 14, DaZhui 大椎, directly below the 7th cervical vertebra: Immune-strengthening, protects and strengthens the lungs, builds up a very strong immune system
- 5./6. Bladder 13, FeiShu, at the height of the 3<sup>rd</sup> thoracic vertebrae, halfway between spine and shoulder blade (on both sides): Immune-strengthening and immune-balancing, protects and strengthens the lungs, builds up resistance.
- 7./8. Intestine 11, QuChi 曲池, with elbow bent, halfway between the crease of the elbow and the knuckle of the elbow in a depression (on both sides): Prevents fever, reduces fever, reduces tightness in the throat.
- 9./10. Lung 10, YuJi 鱼际, in the middle of the ball of the thumb in a distinct depression on the line of transition of red and white flesh (on both thumbs): Prevention against cold/flu, pushes cold and flu out of the body, acts against fever and chills, relieves cough.
- 11./12. Stomach 36, ZhuSanLi, 足三里, four fingers wide under the kneecap, a bit laterally in a depression, usually a painful point (on both legs): increases immune power, strengthens the whole system very effectively, strength-building and general condition strengthening.

*Below you will find pictures where you can easily find each point.*

This manuscript was born out of a deep desire to help the people of the West. Master Shangshi shares this knowledge out of deep love and compassion for all people and in the hope that as many people as possible will survive this crisis healthy. Together with the doctor Dr. Weihua Zhang and the entire Living Dao team he has worked very hard to compile this knowledge to the best of his ability in such a short time. He shares it free of charge. He wishes, that you share this manuscript with as many people as possible.

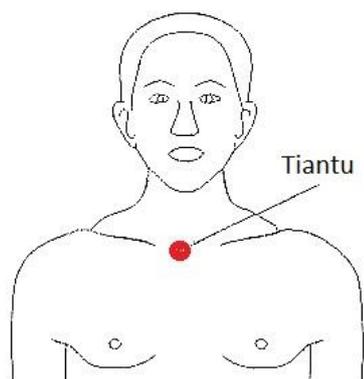
In addition, we provide a treatment method for doctors who already have experience with TCM and are allowed to inject prescription substances ([www.praxis-dr-lu-stolley.de](http://www.praxis-dr-lu-stolley.de)).

May you all stay healthy, get healthy,  
your Master Shangshi and Dr. Weihua Zhang  
and the Living Dao Team  
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www.living-dao.com

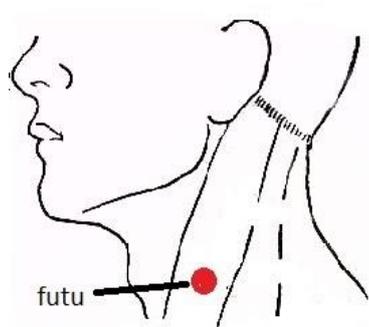
The information and advice in this brochure has been compiled by the publisher and the authors to the best of their knowledge and belief. They have not been scientifically confirmed and have not been tested by conventional medicine. They are solely the result of our collected knowledge. We do not accept any liability for its success. The application is at your own risk. The information and advice given does not replace a visit to a doctor or psychotherapist. Should symptoms of illness occur or an infection be suspected, we strongly advise you to follow the advice and instructions issued by the Ministry of Health of your respective country: [www.ecdc.europa.eu/en/novel-coronavirus-china/sources-updated](http://www.ecdc.europa.eu/en/novel-coronavirus-china/sources-updated)

## How to find the 12 acupuncture points:

ReMay 22, TianTu, 天突, in the pit above the sternum, at the lowest point of the jugular fossa:  
Preventing coughing, coughing, strengthening the lungs, clearing the throat.

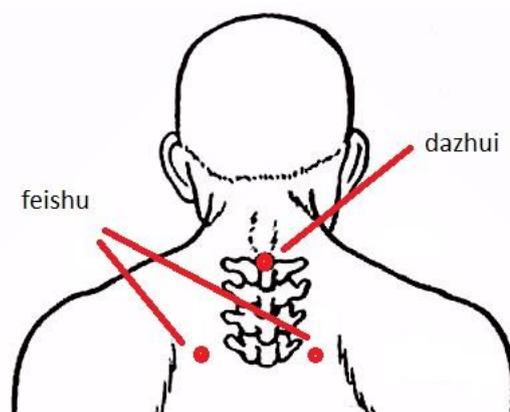
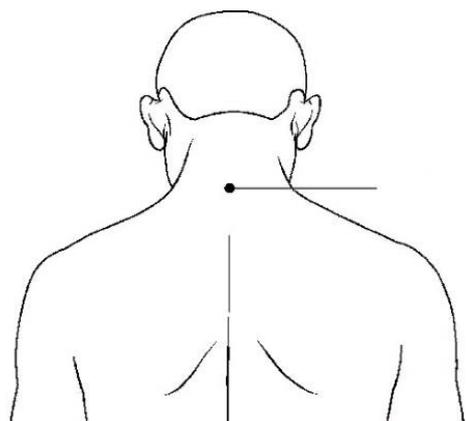


Large intestine 18, FuTu, 扶突, at the height of the Adam's apple on the large neck muscle (sternocleidomastoid muscle), on both sides of the neck: Strengthens the respiratory tract, prevents inflammation of the respiratory tract, acts against hoarseness and coughing.

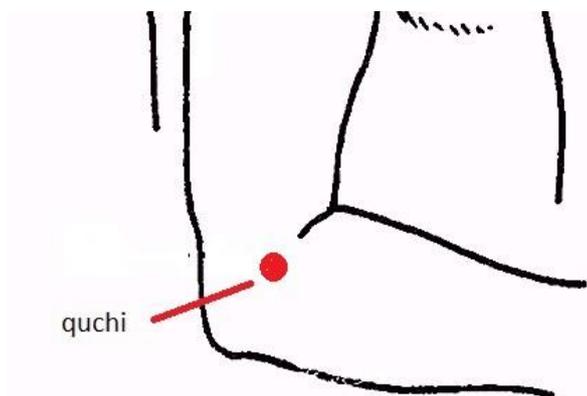


DuMai 14, DaZhui, 大椎, directly below the 7th cervical vertebra: Immune-strengthening and immune-balancing, lung-protecting, lung strengthening, constructive.

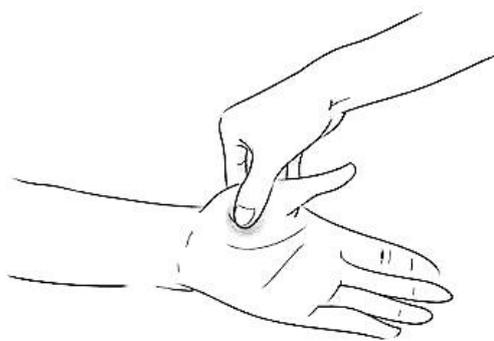
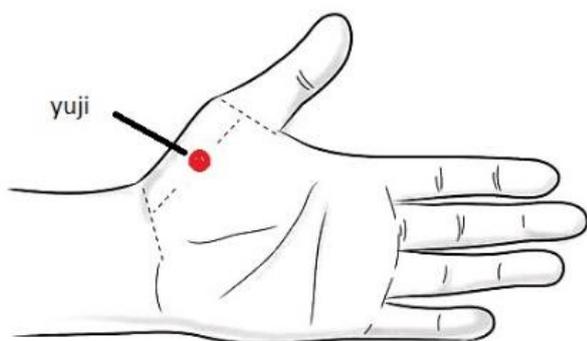
Bladder 13, FeiShu, 肺俞, 1.5 thumb's breadth lateral to the 3 thoracic vertebrae (both sides): immune-strengthening, immune-protecting, lung strengthening, constructive.



Large intestine 11, QuChi, 曲池, with bent elbow between elbow crease and lateral knuckles of the elbow in a depression (on both elbows): Prevents fever, lowers fever, prevents tightness in the neck.



Lung 10, YuJi, 鱼际, in the middle of the ball of the thumb in a distinct depression on the line of transition of red and white flesh (on both thumbs): Prevention against cold/flu, pushes cold and flu from the body, effective against fever and chills and feeling of pressure in the chest



Stomach 36, ZhuSanLi, 足三里, 4 fingers width below the kneecap, slightly laterally in a depression, usually a painful point. One finger's breadth laterally of the edge of the shinbone, between the edge of the tibia and the extensor digitorum longus.

