



## Self-healing the Side Effects of the Coronavirus Vaccines Naturally, Which Opens the Way to Treat Covid -19 and Covid-19 Complications

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### Abstract

The pain, irritation feelings, in traditional medicine, mainly cause stiffness or blocking in the blood circulation. All of the feelings are gone after removing the trigger points of pain by hot rubbing, oil rubbing, massage, clapping, hot therapy apply. The author saw that some of these therapies can self-apply to treat the side effects of the coronavirus vaccines. Best of all are all can try these simple techniques and can have the results after 10 minutes of practicing.

**Keywords:** Clapping; Hot Pack; Herbal Oil; Sugar Juice; Energy Drink; Qigong Exercise; Side Effects of the Coronavirus Vaccines; Pain; Fever

### The writing

After injecting, the body needs a lot of energy to deal with the antigen to create the antibody. If the body is weak or has other health problems, the side effects may severer than the healthy body.

Sugar juice, sweet juice, fruit juice, energy drinks supply the body enough energy, vitamin and mineral which are very important for the body to digest antigen, produce antibodies.

Clapping and punching on the back or body parts can create the vibration of the blood fluid in the body. Boosting blood circulation can help to increase the protective functions of the body [2,9,10].

In biochemistry, all functions of the body come from countless changes in biochemistry reactions in the cells. Which takes energy from the catabolism of nutrition in the body. So take as much as possible when the body is severe illness is very important. The is no medicine for the flu. The main symptoms of flu are pain, head-

ache, fever, rhinitis, sore throat, there are no medications for flu, only medicines for the symptoms, but the medicine also causes side effects. During practice, the author can easily treat these symptoms of the patients by drinking sugar juice, clapping on the back, neck, headache, inhale tube with herbal oils, and some other simple exercise that impacts blood circulation [4,7,8,10].

It is safe to try.

It is easy to understand and practice.

The results can be seen after 10 to 20 minutes after practice.

There are simple steps which can try by everybody, the feeling when doing these will tell how is the health. If pain when just slightly clap, punch on the back, the chest indicates that there are lots of trigger points in the lungs and that people have forgotten illness, which can make them get severely ill, complication after getting coronavirus vaccine and infected coronavirus.

Side effects of the coronavirus vaccines	The way to self-treating
These are mild and short term	Drinking a glass of sugar juice or sweet fruit juice and the following instruction.
Painful, heavy feeling and tenderness in the arm where you had your injection	Slightly clap on it for 10 minutes or slight flap the hands Or slight clap on the table for 10 minutes
Headache or muscle ache	Clap on the pain areas for
Joint pain	
Chills	After drinking, comfortably clap all the back, neck, and forehead for 20 minutes.
Nausea or vomiting	A glass of warm sugar juice with a piece of ginger.
Feeling tired	The energy in the body may burn out, take a glass of sugar or any sweet juice, the tired will gone
Skin rash	Apply the hot pack on rash areas.
Fever (temperature above 37.8°C).	Press on the lower abdomen for 10 minutes, and clap on the chest and back for 10 minutes
Swollen lymph nodes	The activation of the immune system, the swollen will has gone when the body is healed. Just give enough energy for the body and immune system to work by drinking then slightly massage and press in the swollen nodes.
Rare blood clots	Boost the blood circulation by pressing on the hands and foot, clap on the object, we can see the object vibrate, so the body and the blood, fluid in the body circulate and vibrate well, this can stop the blood clots.

**Table 1:** The possible symptom after injecting coronavirus [1-3,12] vaccines and the way to deal with it [4-7,11].

Severe side effects	
Shortness of breath	Drink sugar juice can help prevent this.  Slightly clapping on the back and the chest regularly, with the right degree can reduce chest pain and shortness of breath. Do it regularly can temple the chest pain, shortness of breath
Rapid heartbeat	
Chest pain	

**Table 2:** Severe side effects of the coronavirus vaccines [8,9,12].

The more people do this, the more they boost their health and immune system.

The more they do it, the more they understand how to cope with the covid-19 epidemic, how to prevent and treat covid-19.

- Eat more and drink more to have energy for the body to fight the antigen.
- Exercise is good, body jogging and many other exercises are too hard for people to practice. Exercise has a main effect on the speed up the blood circulation.
- Slightly tie the legs with an elastic crepe, or a rubber string then takes a walk or walk on the stair to boost blood circulation.
- Clap on the table, or flap the hands for 5 to 10 minutes to shake the body, muscles, and fluid in the body and in the hand
- Cover the tower on pain areas, using a hairdryer to warm it for 5 minutes, then clap on it comfortably for 10 minutes. Most of the pain and irritation have gone after practicing.
- Before sleep, place an object of 0.5kg on the lower abdomen for 30 minutes, this can create a rhythmic force on the lower abdominal, which creates a rhythmic force on the blood circulation and organs inside. Placing an object on the lower abdominal will facilitate the distribution of the nutritions in the body, repairing of the body, and balancing the metabolism.

**Conclusions**

The techniques can help people in self-treating and minimizing the effect of injecting vaccines. It is simple to understand and apply to self-treating covid1-19 at home, and self-healing covid-19 complications. The results can be easily seen after 10 minutes of applying, which will open the way to find a natural cure for coronavirus. [4,6,9,11,12].

**Summary**

Simply dealing with the side effects of the coronavirus vaccines will open the way for finding the real mechanism of covid -19 and chronic illness in the body. This can also easily apply to self-treating covid1-19 at home and self-healing covid-19 complications. The results can be easily seen after 10 minutes of applying, which will help to find real treatment coronavirus.

**Recent Publications**

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