

## Facing Corona Virus with the Body's Own Resources

**Giuseppe Piola**

*Crestwood Dr. Port Macquarie, NSW, Australia*

Correspondence should be addressed to Giuseppe Piola, [g.piola@iinet.net.au](mailto:g.piola@iinet.net.au)

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### **OPINION**

Given the present health situation, I think it would be sensible to refer to the invaluable amount of information accumulated within the human brain and available twenty four hours, any time, day or night; such enormous mental volume of practical knowledge is referred to as life experience, is stored within the brain even if we are not aware of its existence and assists the individual during difficult situations because is part of the human intelligence. Is accumulated in the course of generations and generations, does not wear out and no artificial intelligence will ever replace it. With this in mind, I think it would be proper to use it in conjunction with the body's own resources attempting to confront the problem at hand and possible future ones. Before, the corona virus attacks the lungs and heart in particular; second, the concept that the action of tapping and vibrating the muscles when cramped, or even just stressed, for the purpose of relaxing them, is considered a form of massage because it stimulates the cells promoting a better blood circulation.

For approximately 28 years every morning, for at least 15 minutes, I have practiced what can be defined a humming exercise. With the use of the vocal chords proceeding, two points have to be clarified and accepted as valid: First, as strongly stressed by the specialists, I noticed that

I can vibrate the chest area where the lungs, heart and other body parts are located. Practically speaking, the lungs are filled to their maximum capacity keeping the mouth shut, (refer to paragraph on mask below) then, by exhaling, a humming sound generates a vibrating movement of the upper portion of the chest. The exercise can also be considered a breathing exercise having the added benefit of gradually increasing and maintaining the lung's capacity. As mentioned, after nearly 30 years, substantiated by regular medical controls, my heart and lungs, including the chest area, are still in perfect conditions.

I want to emphasize absolutely clearly that I am not advocating a perfect remedy but just a possible course of action; first because I do not possess the medical knowledge and second because is not based on a number of cases already trialled but solely on the number of hours of daily practice by a single person. Nevertheless does not involve complicated medical equipment or medications, but solely the use of the body resources freely supplied by nature and available to anyone capable of filling up the lungs, exhaling the air and activate the vocal chords. This is something every living person should be able to do, even many times a day; if, what is suggested, could be tested and proven effective it can be executed by persons of any age, young or old, rich or poor requiring only the willingness to do it without

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taking into consideration the reduction on the need for hospital beds.

Briefly, the moral of the issue is very simple, people must be told clearly, plainly without trying to sugar the reality, that they have to “GET OFF THEIR BOTTOM SIDE” and do something themselves instead of just waiting for others to act, the body does not become stronger by resting it but by using it, but not abusing it. Presently all eyes are turned towards a possible vaccine while the most effective one is resting within ourselves ready to be called, even unconsciously, into action twenty four hours a day and such vaccine is named “IMMUNE SYSTEM”, it can also be powerful against future mutations, tolerances or rejections without any side effects. Essentially the vaccine is a stimulating request to the immune system to find attack and eliminate the virus. That is why, in my opinion, the line of research and investigation should not only be turned towards the killing of the virus but also towards assisting and improving the immune system because ultimately that is the last warrior to be called in to win the battles. People have to help their body to help itself and do it on a daily bases, for years not just weeks or months, without excuses or compromises, remembering that a healthy life is directly dependent on: 1) healthy life style, 2) healthy diet, 3) daily exercise.

### **THE MASK**

Is scientifically accepted that the virus can only enter the body by breathing, in other words through the mouth or the nose since the skin, unless damaged, is considered to be an impenetrable barrier; therefore, looking closely at how the human body is formed, in my opinion, the masks should not be required, please note that I am not attempting to suggest to people not to use the mask, but I am simply saying that the mask should not be needed. The statement is based on the consideration that nature has equipped us with the most efficient and effective

mask nobody could ever improve, has all the necessary requirements for a healthy life and is called NOSE. The nose has a triple purpose: 1) filters the air by means of a cluster of nasal hairs constantly coated with mucus trapping particles and viruses trying to enter the lungs and cause damages, (consider asthma); once these foreign particles are stopped they can be eliminated with a simple blow into a tissue or handkerchief because the brain forces us to that by inducing a tickling sensation. 2) Warms the air to a tolerant body's temperature and finally, 3) humidifies the air making it suitable to enter the lungs without irritating them. It is essentially a complete air conditioning system freely supplied by nature.

Consequently, it is important to become accustomed to breathe with the nose all the time specially because, breathing with the mouth, must be regarded nature's plan B and is there as a back-up system. It is not too difficult to get used to breathe through the nose, it is not necessary to keep the mouth tightly shut and the jaws can be held relaxed, the only requirement is to get into the habit of constantly blocking the back of the mouth with the tongue till the action becomes automatic. Essentially do not inhale with the mouth. We are constantly and unsuccessfully trying to imitate and duplicate, instead of using properly, what nature has already provided for us during thousands of years. No scientist can claim to possess, on the long or short term, more knowledge and experience than the human body. In my opinion the presently widely used face shield is not only not necessary but it could potentially make a bad situation even worse because the virus does not come at the body like an arrow but, if the person does not breathe exclusively through the nose, the air is sucked under the bottom of the shield directly into the mouth. Plus considering the fact that the nose warms and humidifies the air on its way to the lungs, could very well be a

collateral benefit to prevent sore throat during the period of cold weather. As for the mask, if humans needed something extra for surviving through the centuries,

nature would have provided it, if it did not provide any extra is simply because is already there.