

# A Simple Way to Deal With Virus and Improve Immunity Quickly

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**Abstract:** Recently, the new crown epidemic has developed into a global outbreak. It is said that it will take a long time for relevant vaccines to enter the human body for vaccination. It is still unknown whether any vaccines can be successfully developed. The good medicine often heard from medical experts is the human body's own immunity, which will be a disaster for the middle-aged and old people with low immunity. Therefore, this paper puts forward a simple method to deal with the virus and improve the immunity quickly, which is very helpful to the middle-aged and old people with low immunity.

**Keywords:** New crown disease; Immunity; Clearing away intestines and removing toxins; Cancer

## 1. Introduction

It is a well-known consensus that people can eat grain without getting sick or getting sick less. To solve this problem, the key is to first find out why people eat grain will have a hundred diseases. Often hear people say clear sleeping stool bowel poison, the reason is on the sleeping stool. The reason for the low immunity is that we eat every day, the unabsorbed residue wriggles into the large intestine, fermentation with the help of bacterial decomposition, and thus produce many toxins, which are absorbed by the large intestine, so the immune system fights with these toxins all the time, thus consuming the fighting ability of the immune system. Long-term exposure to toxins will inevitably lead to the formation of organs of the underlying disease. Because intestinal toxins are constantly being produced, no one can be said to be very healthy and strong, after all, the immune system is always fighting toxins. Another source of intestinal toxins is the parasite, which absorbs nutrients and produces excreta, which may also be more toxic [1].

## 2. Causes of Low Immunity

Why do people usually start with colds first? This is because the body's internal organs directly in contact with nature outside the body is breathing air, lung is the first to perceive and accept cold and hot air and viral bacteria organs, if the body is good immunity people usually cold will not cause cold fever, at most, cough a few times, a few sneezes will be fine. Sneezing and coughing are normal responses to human immunity in battle with viruses or bacteria. Don't think cough, sneeze, runny nose on the big thing bad, in fact, drink some warm boiled water on the line. This is consistent with the idea of western medicine. Although most people will choose to take some Chinese and western medicine to treat or relieve symptoms, but the three-poison drug is also the old

master's teachings. In fact, people infected by the virus with fever symptoms, whether to take medicine, do not give injections will most of the time will stay up to seven days or so will be fully recovered, this is also the consensus. Because the body's immune system is a safety net covering all tissues and organs of the human body [2]. Why is it not easy for children and young people to die from organ failure caused by colds? The reason is very simple, although the child immunity is not very strong, but it has no basic disease. Young people already have considerable immunity, and also have no basic disease, so it is not easy to cause disease death due to low- and middle-grade infection, of course, if the severe infection did not take timely treatment measures are another matter.

## 3. Methods to Deal with Virus and Improve Immunity Quickly

In other words, back to the immune system, if the toxin produced by the food we eat every day is not absorbed by the human body, our immunity will be maintained at a very high level and balance, no matter when the invasion of the outside world comes, the immune system will concentrate all the energy to beat it, so that it will always remain at a healthy level. We eat different foods each day, and each excreta corresponds to different types of toxins. So as long as there is no basic disease, usually people will not be due to the general cold and fever, even if the occasional fever will pass safely. If we continue to reduce until we do not absorb the toxin, our immune system will remain at a very high level, the immunity is super strong, so we should take measures to remove the daily peristalsis into the large intestine of the lodging is the fundamental solution. This is what I'm going to tell the reader later about the specific maintenance operation [3].

### 3.1. Intestinal antitoxin

Please pay attention to what I said is clear intestines "antivirus"! rather than what people often call clearing intestines and detoxifying. The word "enema" is no stranger to people, and medical practitioners know and learn about it, but my approach is to simplify and make it common in hospitals. I divide the method of clearing the intestines into several small sections to tell separately, so that the reader can easily understand.

### 3.2. Operational methods

I have traveled to most of our country and proved that all the local tap water is safe and reliable and can be used safely.

The tools needed for home enema only need a common gas or volumetric electric water heater, which is available in every household. The additional tool is to add a three-way and hose that can convert the water flow to a dedicated position, just top the outlet hole on the anal mouth or insert it directly into the anus, but the fibrous head is smooth and round. If there is no condition to install the special conversion and head, you can also take the shower lotus canopy head off and directly use the hose connection head as a perfusion head, need to pay attention to be scratched, because most metal joints will have sharp edges and burrs, must be polished smooth to rest assured to use, this is my own operation[4-6]. The usual gas water heater has a disadvantage, that is, once the water shut off is suspended, when the fire is used again, the water temperature will be unstable, from the cold suddenly become hot and return to normal, the operation does not pay attention to will bring burns. Volumetric water heaters, whether gas or electric, do not have such concerns.

Water temperature has no specific requirements, as long as you feel comfortable. I also poured cold water directly during the hottest summer.

The flow of irrigation should not be too large too fast, will soon appear abdominal local pain, this is because when the flow of water into the intestinal tract, encounter the obstruction of the stool will produce swelling in the local, the so-called general is not painful, pain is impassable is this truth. So with small flow perfusion is the best, of course, the specific size of their own in the process of many times will find their own experience data.

The total amount of perfusion to the entire abdominal bulging bulge on the line, not bulging fluid to the upper large intestine cannot achieve the desired effect.

After filling need to wait about a few seconds to a minute can be convenient, squat and sitting toilet can be. By this time the lumps have been poured into water to dissolve into small pieces or slag into a mixed liquid, easy to discharge with the liquid. Usually the primary excretion is not clean, but also to stand up and from the top to the bottom of the abdomen, with the help of the palm of the squeeze, the upper abdomen fluid squeeze to the lower

abdomen rectal position, and then excretion before the final discharge of the liquid. I think this problem will be learned several times in my own hands-on experience[7-8].

Discharge the liquid must be drained, or the residual liquid in you inadvertently down to the rectal part, resulting in a convenient demand, embarrassment will slip directly into the underwear, this is people do not want to meet the embarrassment? But such embarrassment only happens occasionally.

I myself is every other day clear intestines, each time perfusion twice the effect has been good. Conditional and poor-body people recommend once a day, but once a time, this can be more ideal to clear the stool, do not allow the chance of fermentation to produce toxins, faster to improve their immunity.

My advice is to integrate the clearing of intestines with three meals a day and sleep into the basic rules of life and develop an essential habit. Daily or required bowel clearing operations are fixed before bedtime. Does not affect and disrupt other life rhythms and patterns.

The body is not good immunity poor middle-aged and old people had better insist on clearing intestines once a day, each time enema once. The better body can be cleared once every other day, twice each time. Perfusion and excretion take about ten to fifteen minutes[9-10].

People don't have to worry that the gut will be flooded with a burst of water, but the human gut is fairly resilient and can withstand considerable internal pressure, plus the entire gut is protected by abdominal muscles. This is not recommended in this state except for people with severe intestinal inflammatory ulcers.

This clearing must be done by people with the ability to understand and act autonomously. Otherwise, it may lead to possible insecurity, specifically children who do not understand the method, bedridden patients and the elderly, and mentally disturbed patients.

### 4. Case Analysis

The following takes me as the research object to verify the above methods. I started to practice in the second half of 2009. I was also cautious at first, but after several times, I completely dispelled my concerns. In the first month or so, a large number of intestinal mucilage can be seen to be discharged along with the liquid every time when the liquid is discharged. The later the mucilage is less and less. At last, the mucilage disappears completely, and then the intestinal tract is completely cleaned. In this process, I have inadvertently found out that a very large and fat roundworm has been discharged, which surprised me. Apart from the impression of eating pagoda sugar and having roundworm since childhood, I haven't seen myself having roundworm for many years.

Since the clearing of the intestine is located in the large intestine, the stomach and small intestine do not have the

slightest impact and influence, so each time after the discharge of the lower abdomen feel empty, but all feel very relaxed and comfortable without any hunger.

Friends around me have also been worried about asking if long-term enema will make people in inconvenient enema and interrupted a few days after the problem will not relieve stool, this I have also done the experiment, in the case of more than two days without enema, because the intestinal tract is always peristaltic, stool will creep to the rectum as usual, it is natural to produce defecation needs, and the discharge of stool is very regular, in a fine shape.

After many years of persistence, every winter and spring alternate season saw a lot of people have cold and even fever symptoms, but I have never appeared once, I feel that immunity has always been maintained in a good state. I used to have a bit of a brisket, weighing nearly 80 kilograms at the top, and now I've been around 74 kilograms for years. I'm 1.67 meters tall. I've never used anything like skincare in winter, and my facial skin is always bright, ruddy and elastic. In the early years, the spots formed in the face and the fat spots in the corners of the eyes also faded. When the weather cools, I'm more cold-resistant than most of my peers. It's not that I can't feel cold, but that I'm conscious of no discomfort to bear, knowing I won't get sick. But I'm a very hot person.

In these years of practice, you can sum up some simple data for your reference, because of the use of water heaters, a person will increase the monthly tap water about one meal, gas and electricity costs have increased accordingly, of course, compared to the cost of visiting a doctor in the hospital is negligible. The toilet paper was completely saved. The most important thing is the strong establishment of the immune system, which relieves itself of the pain and economic stress, and is no longer troubled by all aspects of the illness, and can reprogram the pace of life. Also for their own pension laid a solid foundation. No longer worried about illness, I no longer deliberately save money, not to mention the sale of housing to worry about future medical care costs. As long as good health, no illness, life can take care of themselves, even if live to more than a hundred years old will be carefree, a good health social security month will come. It is said that there is sufficient evidence that cancer in humans is caused by toxins in the body that induce cancer cells, so removing the basis for toxin absorption from the gut can greatly reduce the risk and likelihood of cancer. That is to say, clear intestines and poison can prevent the development and occurrence of cancer. Of course, because of direct outside intervention attacks such as radiation exposure, direct contact with the skin of toxic materials caused by cancer is another matter. So I think that long-term adherence to the integration of clean intestines into daily eating and drinking can avoid cancer,

health and longevity is sustainable. Free from the disease may bring worry, my mentality has been very good!

I think the effect and speed of self-immunity improvement should be different according to their current physical condition, that is, the basis of the immune system, but it is certain that from the beginning of the clearing of the intestines, there is no longer fermentation of toxins in the body, immunity has begun to improve, and initially will be a sudden leap forward to improve, the effect of the practitioners themselves feel. In particular, immunity in the low sub-healthy people should feel the most obvious effect of the promotion, those themselves on the more healthy people may feel the difference is not very large, in short, the measures to clear the intestines is not harmful.

## 5. Conclusion

The reader can see that my article simply recommends to people an idea to improve one's own immunity, a way to try to change people's living habits, to break and change the ultimate curse of eating a hundred grains of disease, to improve the human's own immune system, to prevent the occurrence of diseases caused by intestinal toxin absorption, and to increase the average healthy life span of human beings.

Once this idea and method has been widely accepted by people and spread by less and more, I think it will bring unexpected results to myself as well. Who practices who gains, early practices early gains, although I also began to explore practice from the age of 55. Instead of taking all kinds of energy-supplementing foods to boost immunity, it is better to grasp a balanced and reasonable diet and let yourself practice the effect of clearing the intestines earlier. As long as the beginning of this thing at the moment, there will no longer be intestinal toxin production and absorption, immunity immediately improved! Health and longevity, why not do it!

## 6. Concluding Remarks

For the middle-aged and elderly in Chinese families, with no worries about illness, the economic income of the family will be re-planned. Part of the focus will shift from saving money, preventing illness and old-age care to improving living standards at home. People will be more willing to spend money to buy their favorite things, and the food on the table will be enriched. Home hardware has been greatly improved. Traveling is more common, people no longer feel the pain of worrying about illness, but also reduce the huge economic pressure, and no longer worry about dragging down family and children! In short, no longer for the future illness, bed, hospital and hard to save money, easy and healthy self-care over 100 years is not a dream! mentality will return to normal! If we start from young people, it is reasonable to live to the end of life without a disease!

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