



我对当前冠状病毒防病治病的看法 My view on prevention and treatment of coronavirus

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Abstract: 摘要: 今后医院为感冒发烧病人挂水设备条件未具备时，不要随意挂水输液治退烧。节是需要放化疗的病人，虽然需要将药物通过挂水输液，形成的是新分子结构的机体，以确保活体细胞的生存和恢复的环境。但人身体内是一个复杂系统工程，如水多水少，水温度高低及进入身体内速度快慢都有一定讲究标准量。水可以缓解疼痛，水又会加重病情等大问题。

In the future, when the equipment for hanging water for cold and fever patients is not available, do not lightly hang water infusion to treat fever. Saving refers to patients who need radiotherapy and chemotherapy. Although the drugs need to be put through water infusion, the body with new molecular structure is formed to ensure the survival and recovery environment of living cells. But the human body is a complex system engineering, such as more water, less water, water temperature and speed into the body have certain standards. Water can relieve pain, water will aggravate the disease and other major problems.

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关键词: 新型冠状病毒 气候变化 传染病 流行病 中药 挂水 媒体

这次病，是地球围绕自转极转的周期 25800 年中的，已经运行了 14000 多年加速推挤摩擦发热，转化出大夏天的热气候结束，已进入到不规则运动大秋天的气候环境到来了。到了秋 冬季，北极冰川融化的冷空气蒸发到高空，扩散南下时，也就夹杂着各种小分子和病毒之类物质在冷空气中，同一地区污染物结合，就演化和加大某地区季节性流行病大发作率增多，是一个重要因素。也就是气候变化不规则运动时期，如人们突然受到更多的冷气进入到身体内，就同身体内温度差，首先转化成身体内水分子增多，也就中医术语湿气重，就容易身体内发低烧。

In the summer, the climate of the earth has been turning into a heat cycle of 14000 years. In autumn and winter, when the cold air melted by the Arctic Glacier evaporates to the upper air and spreads southward, various small molecules and viruses will be mixed in the cold air. Combining with the pollutants in some areas, the cold air will evolve and increase the incidence of seasonal epidemics in a

certain area, which is an important factor. In other words, in the irregular movement period of climate change, if people suddenly receive more cold air into the body, the temperature difference will be the same as that in the body, which will first turn into the increase of water in the body. In terms of traditional Chinese medicine, the moisture is heavy, and it is easy to have a low fever in the body.

报错

report errors

例如冬天人们穿棉袄。特别学生每天早操跑步锻炼身体活动量大，身体内发热甚至流出汗浸在内衣内裤，没有及时换内衣或洗澡，就坐在课堂上听课，慢慢地内衣凉了，或者本人困睡觉了，受汗的冷衣服就容易使身体受凉，就引起身体发烧。或天冷空调温度调得高，可出门上班或上学，冬天室外天气冷，也容易受凉及发烧。或者是在浴室洗澡后

身体还是暖和和的，因此穿的单衣时间超过了半小时，而且没有做体力劳动增强体质，也会受凉发烧了，或者是洗澡后身体暖和和，就连续吹空调二十五分钟以上甚至就睡着的人，或者是到了夏天热身体，连续吹半小时左右电风扇或冷气空调等降温，甚至也是睡觉了。或者是冰箱里冷饮冷食吃多了，如冰箱里的冷牛奶喝多了，或吃冷盘菜如冷西瓜之类吃多了，又没有去运动，甚至也是休息或睡觉了。或者是精神压力过份大，加之受凉及劳累。这些事都容易使身体内立刻三十分钟后就感觉身体不好受，也会感冒发烧。

For example, in winter, people wear cotton padded jacket. Special students exercise in the morning every day. They have a large amount of physical activity. They have a fever and even sweat in their underwear. If they don't change their underwear or take a bath in time, they sit in class and listen to the class. Their underwear is cold slowly, or they are sleepy. The cold clothes that sweat easily make the body cold and cause body fever. Or cold weather, air conditioning temperature is adjusted high, can go out to work or school, winter outdoor weather is cold, also easy to catch cold and fever. Or the body is still warm after taking a bath in the bathroom, so I have been wearing single clothes for more than half an hour, and I have not done physical work to improve my physique, They may also catch a cold and have a fever, or if they are warm after taking a bath, they will blow the air conditioner for more than 25 minutes or even fall asleep. Or they will be hot in summer and blow electric fans or air conditioners for about half an hour to cool down, or even go to bed. Or they eat too much cold food in the refrigerator, such as drinking too much cold milk in the refrigerator, or eating too much cold dishes such as cold watermelons, but they don't go to exercise, or even have a rest or sleep. Or mental pressure is too big, coupled with cold and tired. After 30 minutes of fever, the body will not feel well immediately.

就去医院治病，如先量体温已发烧，就当无症状或阳性治疗，甚至是天天挂水治退烧。由于挂水治疗医学书上没有详细说明和规定，如必须要有附属配套设备齐全才能挂水输液。

Go to the hospital for treatment. If you take your temperature first and have a fever, you should treat it as asymptomatic or positive, or even treat the fever with water every day. Because there is no detailed description and regulation in the medical book of hanging water treatment, if it is necessary to have a complete set of auxiliary equipment, the hanging water infusion can be carried out.

因水多水少，水温度高低，水流速快慢，身体是一个大系统，都是有一定标准要求，才能同身体各处作用力平衡。否则，身体内运动失调。如每一

细胞与细胞之间的壁上一个个小孔，它们吸收水分子的速度慢。快速进入到身体内更多冷水，就向身体内扩散流。同发烧的病人体温如 38 度，而冬天挂水的水仅在十度左右。首先冷热对流推挤摩擦发热，身体内就低烧不退。

More water, less water, high and low water temperature, water flow speed, the body is a large system, all have certain standard requirements, in order to balance with the various forces of the body. Otherwise, the body movement disorders. For example, each cell and the cell wall between the holes, they absorb water molecules slowly. Quickly into the body, more cold water into the body, the diffusion flow into the body. The body temperature of a patient with a fever is as high as 38 degrees, while the water hanging in winter is only about 10 degrees.

医生会加大药量甚至用抗生素药挂水输液来加快退烧。因医生必须要按照教科书来治病，不知道医学理论也不是动态场的物理学医学理论。对某些病的起源和挂水后与病情的发展，就不能彻底了解。所以有些治疗事倍功半。甚至造成病情更严重。如转化成肺炎及肺结核等病大问题。治这种病的效果就没有中药好。

Doctors will increase the dosage and even use antibiotics to drop the fever. Because doctors have to treat diseases according to textbooks, they don't know that medical theory is not the physical medical theory of dynamic field. They can not fully understand the origin of some diseases and the development of the disease after hanging water. Therefore, some treatments can achieve half the result with twice the effort, and even cause more serious diseases, such as pneumonia and tuberculosis. The effect of treating this disease is not as good as that of traditional Chinese medicine.

报错 笔记

Error report notes

所以中国这次冠状病毒，一方面是大自然杰作。另一个方面是西医学理论不科学。先为感冒发烧的病人挂水输液治疗，由于冷水进入身体及细胞内，就同病人发烧的温度差推挤摩擦发热，至少延迟了退烧时间。可还天天挂水输液治病退烧，确转化成肺炎病甚至转化成肺结核。病人发烧的温度更高精神压力更大，就将细胞内的水分子转化成气，又被身体内进化出高温高压，将气烧毁转化成一个一个小分子就在细胞内空穴场上，被系统的加速涡旋作用力，就像被滚雪球似地，涡旋成球状团，必然被加速离心力也是惯性力，将球状团空穴中心的小分子特别是气，推出细胞壁上的一个个小空穴。由于细胞是存在身体内，出去的气流就不像跑出皮肤上一个个小毛孔的空穴，被涡旋成一根根汗毛或

长成一根根管状头发。

So the coronavirus in China is, on the one hand, a masterpiece of nature. On the other hand, Western medical theory is not scientific. First, the patient with a cold and fever was treated with water infusion. As the cold water entered the body and cells, the temperature difference between the patient and the patient was pushed and rubbed for fever, which at least delayed the time of fever abatement. But also daily hanging water infusion treatment fever, really into pneumonia, even into tuberculosis. The patient's fever temperature is higher, and the mental pressure is greater. The water molecules in the cell are transformed into gas, which is evolved into high temperature and high pressure in the body. The gas is burned down and transformed into small molecules one by one. On the cell cavity field, the system accelerates the vortex force, Just like being snowballed, the vortex into a ball must be accelerated. Centrifugal force is also an inertial force, which pushes the small molecules in the center of the spherical cavity, especially the gas, out of the small holes on the cell wall. Because the cells are present in the body, the air flow out is not like the holes running out of the pores on the skin, which are whirled into hairs or tubular hair.

而细胞内冲出出去的气旋流，确被皮肤挡住，它就在细胞壁上旋转成大圆弧冠。因此，冠状吸收身体内气流向心涡旋加速环绕成气旋团，就加强细胞内自我复制能力，甚至还有转化出新质量的作用力，就加重病情了。而且任何药物进入细胞中，就失去药效。

However, the cyclone flow out of the cell is really blocked by the skin, and it rotates into a large circular arc crown on the cell wall. Therefore, the coronal absorption of the body's internal airflow, centripetal vortices, accelerate the formation of cyclones, enhance the ability of cell self replication, and even produce new amounts of force, which aggravate the disease. Moreover, any drug entering the cell will lose its efficacy.

但它在细胞内如同监狱里的劳改犯，翻不了天，就是病毒伤害不了其它器官。这要病人认真睡觉吃药，不能胡思乱想，不能有恐慌感及不能有精神压力。就增强人体免疫力，冠状病毒就能早日治好，也会随着细胞新陈代谢死亡了。或随大小便被排泄掉。

But it's like a prison inmate in the cell. It can't turn over the sky, that is, the virus can't harm other devices. This requires patients to sleep and take medicine seriously, and they can't have a sense of panic and mental pressure. On the enhancement of human immunity, coronavirus can be cured as soon as possible, and will die with cell metabolism. Or be excreted with defecation.

所以，包括各个学校的学生发现受凉生病发烧了，一定要吃中药，或者是不挂水吃药片治退烧，还要衣服穿暖和一些，脚上一定穿袜子，在家里或在学校最好认真卧床保暖睡觉，一两天后就加快病好，千万不能惊慌失措。

Therefore, students in all schools must take traditional Chinese medicine, or take medicine without water to reduce fever. They should also wear warm clothes and must wear Zodiac on their feet. It is better to stay in bed seriously at home or at school to keep warm and sleep. After one or two days, they will get better soon.

因每一年冬天和春天的都有正常的发病率和死亡率，而且还比其它季节多些。若媒体宣传报导时进行对比往年的发病率和死亡率。人们就知道了不是传染病，就少惊慌。发病率就降低了。

Because of the normal incidence rate and mortality rate each winter and spring, it is also more than other seasons. If the media report, we will compare the incidence rate and mortality rate in the past years. People will know that it is not an infectious disease, so they will not panic. The incidence rate is reduced.

可媒体网络上为了提醒人们重视，指出冠状病毒病会人传人的。而且是不容易治好死亡率高的病。

However, in order to remind people to pay attention to it, it is pointed out that coronavirus disease can be transmitted from person to person, and it is not easy to cure the disease with high mortality.

如原来每年十万个人中，本来就有两三个人会到了冬春季节时生病或发烧。这时听到这些消息，更会有三四个人以上信冠状病毒是传染性病，让人很难防。就恐慌意念作用力大，若再受点凉三十分以上，就立即感觉身体没劲甚至发烧。

If it turns out that out of 100000 people a year, two or three people will get sick or have a fever in winter and spring. At this time, hearing these news, more than three or four people believe that coronary disease is an infectious disease, which is very difficult to prevent. On panic disorder, the force of mind is big, if you get a little cold for more than 30 minutes, you will immediately feel tired and even have a fever.

这个发病率突然增加的信息，当别人知道某人也发烧住院，就一个传一个，造成三五万个人中有两三个人恐慌感大，发烧的病人就多。若再没有治病价值，去进行核酸普查更多的人，必然会发现发烧的病人或阳性的病人也在增多。

Have a fever incidence rate, when others know that someone is also have a fever, one in every one, causing two or three people to panic and a fever. If there is no therapeutic value, go to the nucleic acid screening more people, it is bound to find that the number of patients with fever or positive patients is

also increasing.

因此新闻媒体统计员就将这些发病率，宠统地称为无症状阳性病人，或冠状病毒病人。包括原进行隔离挂水治病也一时未好的病人，均发表网上。就造成社会更多的人受影响，发病率也会增加了。

Therefore, the media statisticians have referred to these incidence rate as "asymptomatic positive patients" or "coronavirus" patients. It will cause more people in the society to be affected and the incidence rate will increase.

而且，现在条件好的包括各个机关办公室和家庭及学校都有空调电风扇。实不知道吹电风扇或吹空调，时间不能太长，否则就会引起身体内局部突然降温，冷热交界处转化出更多水分子，身体内就温气重，稍有点儿受凉或受惊吓，就感冒发烧生病了。

What's more, good conditions now include air-conditioning fans in offices, homes and schools. I don't know how to blow an electric fan or air conditioner for a long time. Otherwise, it will cause a sudden temperature drop in the body, and more water molecules will be produced at the junction of hot and cold. The warm air in the body will be heavy. If you are slightly cold or frightened, you will have a cold, fever and illness.

包括夏天热身体不能去大河里攻猛子游泳，大河底水是冷的。就会立即使身体内受冷抽筋，人在水底下就活动不方便，溺水死亡率增高。

In summer, the body can't go swimming in the big river in hot summer, and the bottom water of the river is cold. It will immediately make the body cold and cramp, make it inconvenient for people to move under the water, and the death rate of drowning will increase.

所以，当人们感觉身体不舒服可能发烧。也可以将家里橱房内生姜切七八片再放胡椒粉一大匙，一同放入大茶杯里，冲上一茶杯开水，泡几分钟后就剩热喝下肚，最好是再上床睡觉两个小时以上，床上要放暖和些。甚至脚上穿袜子睡觉，不要吹空调睡觉，因电磁波也会干扰神经系统休息，有两个小时后就退烧了，身体就感觉轻松许多。今后要常去浴室洗澡。身体内湿气容易被除掉就少生病。

So when people feel sick, they may have a fever. You can also cut seven or eight pieces of ginger in your home cupboard, and then put a teaspoon of pepper into a big tea cup. After soaking for a few minutes, you can drink hot water. It is better to go to bed for more than two hours, keep warm in bed, and even wear socks on your feet, Don't blow the air conditioner to sleep, because electromagnetic wave will also interfere with nervous system rest. The fever will subside after two hours, and the body will feel much more relaxed. In the future, you should often go

to the bathroom to take a bath. The moisture in the body is easy to get rid of, so you will be less sick.

今后医院为感冒发烧病人挂水设备条件未具备时，我虽然不是医生，建议不要轻意为病人挂水输液治退烧。否则，长期挂水输液后果是害多利少的。若是非要通过挂水输液治病，我建议任何医生为任何种的病人，只能挂水四天输液后，坚决不允许再连续挂水输液治病，只允许给病人吃药打针等方法治病和护理。对久病慢性病更要慎重，可根据病情每隔约停4天后，再只挂四天水为一个周期性，而且挂水的速度也不能太快，就是吊瓶不能挂得太高，挂水量正常病人，一天只能挂一并水，就可避免身体吸收不了的多余水流向肺，积蓄在肺膜外形成的水肿块等大问题。就可减少每一年全世界500万以上各种病人的死亡率，也少发生转化成的肺结核。肺结核等结核病。

In the future, when the hospital does not have the conditions for hanging water equipment for patients with cold and fever, although I am not a doctor, I suggest that we should not treat the fever by hanging water infusion for patients lightly. Otherwise, the consequences of long-term hanging water infusion will do more harm than good. If it is necessary to treat patients by hanging water infusion, I suggest that any doctor can only hang water for four days after infusion, and it is not allowed to continuously hang water infusion for treatment. Only medication, injection and other methods are allowed for treatment and nursing of patients. We should be more careful about chronic diseases. According to the condition of the patient, we should only hang water for four days every four days. Moreover, the speed of hanging water should not be too fast, that is, the hanging bottle should not be too high. For patients with normal water volume, only one water can be hung in one day, so as to avoid excessive water flowing to the lung that cannot be absorbed by the body. By accumulating large problems such as edema masses formed outside the pulmonary membrane, the mortality of more than 5 million patients in the world every year can be reduced, and the transformed tuberculosis, such as tuberculosis and bone tuberculosis, will be reduced.

否则，包括媒体将感冒发烧的病人，或者其它病，宠统乱报成冠状病毒的疫情发布在网上，都应该受到法律严厉制裁。这样做法，就不敢误报误诊误治，大大提高治愈率，减少病人的发病率和死亡率。是人命关天必须严肃把关的问题。

Otherwise, including the media will have a cold fever patients, or other diseases, pet Tong randomly reported as a coronavirus epidemic on the Internet, should be subject to severe legal sanctions. This way, we dare not misreport misdiagnosis, mistreatment, and increase the rate of treatment, and reduce the incidence

rate and mortality of patients. It is a matter of human life that must be seriously checked.

若全世界或全国连续半个月没有直接发生真正冠状病毒的病人，为了慎重起见，立即再组织专业人员进一步普查，核实医院以前住院病人的病历，是感冒发烧的病人，还是直接冠状病毒的病人来住院，以及如心脏病 白血病 癌病 艾滋病等病住院和死亡的病人，都要严格区分开来，这样普查清楚。

If there is no real coronavirus patient in the world or in the whole country for half a month in a row, in order to be prudent, we should immediately organize professionals to conduct a further census to verify the medical records of the patients who were hospitalized in the hospital before, whether they were patients with cold and fever, or patients who were hospitalized with direct coronavirus, and those who were hospitalized and died of diseases such as heart disease, leukemia, cancer, AIDS, etc. They should be strictly distinguished so that the census can be made clear.

若发现住院前的病人还有其它老毛病。一直为病人以先进西医挂水输液治疗。确发生病情周期长甚至有死亡率发生。这就说明冠状病毒疫情不是传染病，也不存在中间宿主，是因气候变化的季节性瘟疫病，而且如中医能够治疗好这种病。今后医院看感冒发烧的病人，不在用如阳性或疑似病人，再回到以前的医学名词，如感冒或病毒性感冒发烧的病。人们就不瞎折腾治病。

If the patient is found to have other chronic problems before hospitalization. The patient has been treated with advanced western medicine by hanging water infusion. It is true that the disease cycle is long and even mortality occurs. In addition, it is not a good reason for the occurrence of epizootic diseases, such as the occurrence of epizootic diseases, that is, the occurrence of epizootic diseases can not even be caused by the long-term occurrence of coronavirus. In the future, the hospital should not use positive or suspected patients to see patients with cold and fever, and then return to the previous medical terms, such as cold or viral cold fever. People don't treat diseases blindly.

这时政府有关部门就要敢当，就大胆地宣布，冠状病毒在中国在世界被治住，胜利结束了。

At this time, the relevant government departments should dare to declare that the coronavirus has been controlled in the world in China and the victory is over.

一 立即要求全国各行各业全面恢复到以前那样工作环境和去学习环境中去。包括学生全部返校上学，教学质量才能有所提高，也就带动各行各业市场经济活跃起来，个个投入到大干四化伟大的事业中去！

1. All walks of life across the country are

required to return to their former working and learning environments. Only when all the students return to school can the teaching quality be improved, and the market economy of all walks of life will be activated, and each of them will be devoted to the great cause of "four modernizations"!

二，要求广大医务人员和防疫站及各级地方政府有关工作人员，思想上不能麻痹放松，要做好一切防病治病工作。任何医院在挂水设备条件未具备时，不准为病人轻易采取挂水输液治病，由中医或中西医结合来治病。否则挂水输液出了医疗事故，均依法处理造成严重医疗事故的由当事医生担责。

2. It is required that the vast number of medical personnel and the relevant staff of epidemic prevention stations and local governments at all levels should not be paralyzed and relaxed in mind, and should do a good job in preventing and treating diseases. Any hospital is not allowed to use hanging water slug liquid for treatment of patients when the conditions for hanging water equipment are not met. The patients should be treated by traditional Chinese medicine or combination of traditional Chinese and Western medicine. Otherwise, medical accidents caused by hanging water infusion should be dealt with according to law. If serious medical accidents occur, the doctors concerned should be held responsible.

三 今后若发生某地传染性疫情，需要封城封路的 必须要有当地至少半个月以上连续发生多次多人和牲畜死亡。特别牲畜死亡率较高，而且经当地专家们技术鉴定为传染病，并写出书面材料上报省级以上政府。政府再派出主管部门专家组，到当地进一步核实无误，政府才批准首先将暴发疫情地段封闭阻断同外界流通。进行重点治疗传染病，任何人和任何地方部门，未经上级政府批准，是无权封城封路。

3. In the future, if there is an infectious epidemic in a certain place, it is necessary to close the city and road for at least half a month. In particular, the mortality rate of livestock is relatively high, and it has been identified as an infectious disease by the technical supervision of local experts, and the written materials shall be submitted to the government at or above the provincial level. Only the government approved that the epidemic area should be closed and the circulation with the outside world should be blocked. Anyone and any local department, without the approval of the higher government, has no right to close the city and road.

四 政府的各种新闻媒体，一方面大力宣传各行各业新气象及好人好事 鼓干劲。另一方面包括各行各业机关学校及居民小区，还要宣传防病治病的好文章，就能减少冬季发病率 并且要求各企事业单位 学校及居民，特别要做好空调的使用操作。

4. The government's various news media, on the one hand, vigorously publicize new developments in all walks of life and the good things that are good. On the other hand, it includes all industries and schools and residential communities, and also publicizing all kinds of good articles on disease prevention and treatment. It can reduce the incidence rate in winter and require enterprises, institutions, schools and residents to do well in the use of air conditioners.

如冬季和夏季;甚至要上门指导或是抽查住户空调冷气热气,只能保持同当天外部的温度约10度左右升温或降温[也可以责成空调器厂配置一个限温器]。

For example, in winter and summer; even if you have to go to the door for guidance or spot check on the air conditioning hot air of the residents, you can only keep the external temperature of about 10 degrees on the same day to raise or lower the temperature [the air conditioner factory can also be ordered to install a temperature limiter].

另无论家庭还是公共聚会的饮食店,冰箱里冷饮冷菜,要放在桌上约停十分钟后才能吃,也不能多吃冷菜冷饭,就少生感冒发烧病。

In addition, no matter family or public restaurant, cold food in the refrigerator should be put on the table for about 10 minutes before eating. It is also not allowed to eat more cold food and cold rice, which will reduce the incidence of cold and fever.

五 不信谣不传谣,不要乱害怕,注意劳逸结合不贪凉。

5. Do not believe rumors, do not spread rumors, do not panic, pay attention to work and rest, not greedy.

六 要求每一家特别秋天要储存生姜胡椒粉,当受凉要发烧生病时,就将家里储存的生姜切七八片同胡椒粉两匙一同放入茶杯中,冲上一杯热开水,约一分钟后稍微冷点儿,就剩热喝下肚,床上放暖和些睡一觉,人就有精神也不发烧生病。更不会生冠状病毒病,今后秋冬春季节,都要每约五天去浴室洗澡一次,和冬季要穿羽绒服之类保暖的轻衣服,少穿皮衣皮鞋,也是很好的防疫药。

6. Every family is required to store ginger and pepper powder in the autumn. When it is necessary to have a fever and get sick from the cold, cut seven or eight pieces of ginger stored at home together with two spoons of pepper powder into a tea cup, and then add a cup of hot boiled water. After about a minute, it will be a little cold, and then you will have a warm bed and have a good sleep. In the coming autumn, winter and spring, we should take a bath in the bathroom every five days. In winter, we should wear warm light clothes such as down jacket and less leather and leather shoes, which are also good anti epidemic drugs.

七 要做好疫情期各方人士捐款捐物工作,不许媒体或任何人,任何借口,对他们的捐款捐物多与少,好与坏,在公共场所品头品足差。疫情后续工作,如在刊物上陆续宣传表扬他们的义捐精神,或像佛教那样,在发生疫情所在地,如武汉建捐款捐物功德碑,特级到一千元约八个级差,填写各个人姓名在对应的极差中。及发证书给他们作精神鼓励。

7. It is necessary to do a good job of donating money and materials from all parties during the acid period. The media or anyone is not allowed to donate more or less, good or bad, or poor in public places. In the follow-up work of acid situation, such as publicizing and praising their spirit of donation in journals, or, like Buddhism, building a monument of merit and virtue for donating goods and materials in the place where the sour situation occurs, such as Wuhan. The grade of the tablet is about eight grades of 1000 yuan. Fill in the names of each person in the corresponding range. And give them certificates for spiritual encouragement.

八,要大力宣传正能量,要广大青少年向好人好事学习,要爱国爱民爱劳动,献身干四化大业。

8. We should vigorously publicize positive energy, encourage young people to learn from good people and good deeds, love their country and people, love labor, and devote themselves to the four modernizations.

我希望国家应尽快解除掉疫情,不能再拖延下去。否则每一年冬季都是发病率和死亡率的高峰期,会被人利用,疫情永远结束不了,就不利于生产力发展,就影响社会的安定团结。

I hope that the country should eliminate the epidemic situation as soon as possible and can not delay any more. Otherwise, every winter is the peak period of incidence rate and mortality rate. It will be used by people, and the lax will never end. It will be harmful to the development of productivity and affect the stability and unity of society.

如当年2003年广州和北京发生了非典时,我见扬州报纸上北京副市长孟学农被免去副市长职务,而且扬州也封路两三天,我早上看完报纸,立即写建议信并用挂号信寄给温总理 大标题

For example, when SARS broke out in Guangzhou and Beijing in 2003, I saw that Meng Xuenong, vice mayor of Beijing, was removed from his post as vice mayor and Yangzhou was also closed for two or three days. After reading the newspaper in the morning, I immediately wrote a letter of advice and sent it to Premier Wen by registered mail.

请求立即解除封路不当做法 以免被坏人利用, It is requested that the road closure be lifted immediately to avoid being used by the ring people,

三天后全国立即解除了封路不当做法，从此非典病也没有了。

Three days later, the improper road closures were lifted and the SARS epidemic was eliminated.

并且我这次一月十四号就在头条网上发评论，中医能治好这种瘟疫病，西医只要不挂水输液治病，也能治好病等评论。今天都得到验证 正确。

And I posted a comment on the headline on January 14, saying that traditional Chinese medicine can cure this plague, and Western medicine can cure the disease as long as it does not hang water infusion

当您看到头条和看点快报上从一月十四号起到十月底全部评论，就知道了世界性的疫情都在我预测中发展。可我民科没有话语权，留下遗憾。

When you see the headlines and all the comments in the newsletters from January 14 to the end of October, you will know that the world's sour feelings are developing in my prediction. However, our civil science department has no voice, leaving a regret.

所以我就有胆量向国家向全世界建议，请求立即解除对疫情的不当做法，全面恢复到以前正常的社会秩序。

Therefore, I have the courage to suggest to the country and the whole world that the improper practice of epidemic situation should be lifted immediately and the normal social order should be restored in an all-round way.

另我收到曾为我出版太极话天下书写（序）读《太极话天下》

In addition, I received that I had published taijihua Tianxia (Preface) and read taijihua Tianxia

王德奎（研究员）的好建议正确，就附在文章后面。

Dekui Wang's good advice is correct, which is attached at the end of the article

孙老您好，你向世卫组织提意见好。从 2020 年全球新冠肺炎疫情蔓延，已快一年，在我国以外的全球各国的政府、新闻媒体，包括世卫组织，每天只公布本国或全球感染新冠疫情的总人数，以及感染新冠疫情死亡的总人数，从来没有公布过每天本国或全球感染新冠疫情治疗好出院的总人数。王德奎

How do you do, Mr. Sun. Please give your advice to who. The global novel coronavirus pneumonia spread in 2020 has been spreading for nearly a year. The governments, news media, including who in other countries outside China, only publish the total number of new crown infections worldwide and the total number of new deaths infected by the new crown every day, and no one has ever announced the total number of patients discharged from the national or global new crown infections every day. Dekui Wang

我认为王德奎 (Dekui Wang), 四川绵阳日报社 专家的建议正确。

I think Dekui Wang, an expert in Mianyang daily, Sichuan, is right.

世卫组织应该要各国家公布每天治好出院的总人数。这样做，人们就增强战胜疾病的信心和希望，就可在全世界人民共同努力下早日结束疫情万事大吉！！

Who should ask all countries to announce the total number of people discharged from hospital every day. In this way, people will have strong confidence and hope to overcome the disease, and the epidemic can be ended as soon as possible with the joint efforts of people all over the world!!

以上个人看法，仅供参考。

The above personal views are for reference only.

参考文献:

reference:

发表在看点快报以下部分内容

Published in the following part of the news

这种病是季节性病 中医中药能治好 2020 年 1 月 16 日

This disease is a seasonal disease, Chinese medicine can be cured by January 16, 2020

我的防病治病经历 2020 年 1 月 24 日

My experience of disease prevention and treatment January 24, 2020

请求立即解除封城封路不当做法 2020 年 1 月 28 日
Request for immediate lifting of improper practices of city and road closures in January 28, 2020.

一般的人被网上的病毒谈虎色变吓得害怕极了 2020 年 2 月 1 日

Ordinary people are scared to death by the virus on the Internet in February 1, 2020.

为什么现在全国患感冒病人反而猛增 2020 年 2 月 6 日

Why does the number of cold patients in China soar February 1, 2020.

千万不能对病人再挂水治病。2020 年 2 月 7 日

We must not treat patients with water. February 7, 2020

网上的谈虎色变吓得害怕极了 2020 年 2 月 12 日

The talk on the Internet is frightening. February 12, 2020

让中医治这些病 2 月 13 日

Let Chinese medicine treat these diseases February 13

这个图是细胞外壳周围有小球棒一个个 2020 年 2 月 20 日

This picture of the small balls and sticks around the cell shell. February 20, 2020

当某一个地方发现病人身体内有新型肺炎冠状病毒。2020 年 2 月 21 日

When a new type of pneumonia coronavirus is found in a patient's body somewhere. February 21, 2020

无论生了什么病 2020 年 2 月 23 日

Whatever the disease, February 23, 2020

从尸检我的理论得到了验证

From the autopsy, my theory was verified

《太极话天下》小说和文章发表学术领域竞技场上
"Taiji talks about the world" novels and articles published in the academic arena

<http://www.sciencepub.net/academia/aa2012suppl>

请求立即停止放化疗治白血病癌病艾滋病

Request immediate cessation of chemoradiotherapy for leukemia, cancer, AIDS

我对太极图理解和运用

My theory and application of Taiji diagram

冰河期为什么有规律地到来

Why does the ice age come regularly

二氧化碳不是气候变暖罪魁祸首

Carbon dioxide is not the culprit of climate warming

基因为什么两个旋臂打不开

Why can't two arms of gene open

I submit to mahongbao1995@gmail.com and log on

灸友会 8 月 19 日空调为“寒湿”入侵大开方便之门

Moxibustion friends association on August 19, air conditioning opened the door for the invasion of "cold and wet"

灸友会第 262 期

Moxibustion Association no.262

如果读者认为好，希望请接受爱心转发出去，作者定感谢你们。

If the readers think it is good, please forward the love, and the author will thank you.

一般的人被网上的谈虎色变吓得害怕极了

Ordinary people are scared to death by the talk on the Internet

什么电梯扶手等不能摸，什么与人交流时如果不戴口罩，那个人的口中吐出沫，都感染上《新型冠状病毒》等问题，【当然戴口罩的好处，从科学角度讲，冬季寒冷 身体弱的人，每一天呼吸时吸进身体内冷气，就同身体内热气流进行推挤摩擦发热生水分子，时间长了身体内积余下来水份子更多，就引起身体内湿气重，轻者人感觉身体困没劲，重者感冒或者身体发烧。就像北极冷空气南下，而南方到了春季后进入夏季，赤道的热气流也是源远流长地加速向北方低压区运动，两者冷热气流在空中发生了推挤摩擦发热生水分子，南方如江苏省等地区，夏季就产生梅雨季节性降雨多的过程一样。戴口罩也减少精神上的压力，不瞎想病菌进入身体内，就增强意念的作用力，人就少生病。】

What kind of elevator handrail can't be touched, what people can't touch if they don't wear a mask when they communicate with people, and they all get infected with "new type of pneumonia coronavirus" and other problems, As the cold air in the Arctic goes south, and the South enters into summer after spring, the hot air in the equator also accelerates to move toward the northern low-pressure area for a long time. The cold and hot air of the two streams push and friction in the air to generate water molecules, In southern China, such as Jiangsu Province, plum rain occurs in summer, and the process of seasonal rainfall is the same. Wearing a tight mouth also reduces the mental pressure. If you don't blindly think that germs

enter the body, you will enhance the force of your mind, and you will be less sick.]

所谓传染病如监狱里将不交待罪犯犯人十多个，用如传染病肺结核的病人，强制将两个犯人头抱住嘴对嘴十多分钟，仅胆小和有病体弱的两个犯人传染上肺结核病。

The so-called infectious diseases, such as the prison, will not account for more than a dozen criminals, such as infectious diseases of tuberculosis patients, forced to hold two prisoners head to mouth for more than ten minutes, only the timid and sick weak two prisoners infected with tuberculosis.

有一点点科学知识的人都知道，每一个人如手上都是有各种细菌和病毒，包括空气中都有。也是有矛就有盾，如每一个人身体内实是一道钢铁长城，任何细菌或病毒要穿过每一道钢铁长城是不容易的事，如人体内白细胞的防疫功能，立即将病毒挡住或者不论好坏，全部打包，存放在偏心的质量再生空穴场上，进行聚合成团改造成小分子。或人们的大小便，或是身体内新陈代谢淘汰掉一批，或被药物消灭它。

People with a little bit of scientific knowledge know that everyone has all kinds of bacteria and viruses on their hands, including in the air. If there is a spear, there is a shield. If every person's body is really a great wall of steel, it is not easy for any bacteria or viruses to pass through each steel wall. For example, the anti epidemic function of white blood cells in the

human body can block the virus immediately or pack them all, store them in the eccentric mass regeneration cavity field, and then aggregate them into small molecules. Or people's urine or urine, or metabolism in the body eliminated a batch, or drugs to eliminate it.

若与到一些恐怖感大的人。就像战场上不敢同敌人拼刺刀的人一样，病毒就寄生到人的身体内，及是它进入细胞偏心空穴场上，这时人就没办法想吗？实人也有办法想《请求立即停止放化疗治白血病癌病艾滋病》文章中，艾滋病毒有生老病死，它离开人如坚持住思想入定放松在最受身体病灶处，一心归一不乱想，当屏住气不呼吸的意念力松到极限时，首先是艾滋病毒内就失去系统的气流作用力，它猖狂活动不了，病人立即感觉好受些，这样每一天或左或右侧俯睡时，就是身体向前倾点儿躺床上做几次，也可深吸慢呼出气一次次，及床上放暖和一些，吃中药，不能挂水输液，连续甚至做几个月时间，就不给艾滋病毒它生存所需要的气流作用力，包括冠状病毒它们就自然死亡。

If it comes to some people with a strong sense of terror. Just like the people who dare not fight with the enemy on the battlefield, the virus will parasitize into the human body, and it will enter the eccentric cavity field of cells. At this time, people can't think about it? In fact, there are ways to think about the article "request immediate cessation of radiotherapy and chemotherapy for leukemia, cancer and AIDS", HIV also has birth, aging and death. If it leaves people, if they hold on to their minds, relax in the most difficult body lesions, and do not want to return to one's mind. When the mental power of holding one's breath and not breathing is relaxed to the limit, the first thing is that the air force of the system will be lost in HIV. It can't move wildly, and the patient will feel better immediately, It is the body to lean forward to lie on the bed for several times, but also deep inhalation slow exhalation time and again, and warm the bed, eat Chinese medicine, can not hang water infusion, continuous or even do a few months time, it does not give HIV it the airflow force it needs to survive, including coronavirus, it will naturally die.

而且每一天产生出新细胞，也约十多天老细胞就分裂死亡，钻进细胞内的冠状病毒就被人身体内新陈代谢淘汰。而且冠状病毒是个寄生物，离开人的身体，它自己没有自我复制出更多冠状病毒的能力，也就是它死后不可能再有同样的病毒出现。

Moreover, new cells are produced every day, and the old cells divide and die in about ten days. The coronavirus that penetrates into the cells is eliminated by metabolism in human body. Moreover, coronavirus is a parasite. Without human body, it has no ability to self replicate more coronaviruses, that is to say, it is impossible to have the same virus after death.

而且西药若不挂水，专注吃西药片多喝热水吃药片，可以打药水针，西药的吧向威力也是大的，病就加快好！有命过了。当然冠状病毒吃中药标本兼治和没有副作用，病好得快，也不会有死亡率发生，应该让中医参加治这次季节性瘟疫病。

And if Western medicine does not hang water, focus on eating western medicine tablets, drink hot water to eat pills, you can play water injection, western medicine to the power of the bar is also big, the disease will accelerate good! I'm dead. Of course, Chinese medicine should be allowed to take part in the treatment of this seasonal plague.

人们不能被网上的谈虎色变吓得害怕极了。您们想一想，假如那些病毒是独立的活体，能够被您封城封路等措施挡住它不运动吗？如我搞科研发明新产品，和写如《我对太极图理解和运用》等文章，百度互联网都搜索到期刊发表的文章，包括出版的《太极话天下》等书，孔子旧书网上有。

People can't be scared to death by the talk on the Internet. Would you like to think, if those viruses are independent living beings, can be blocked from moving by such measures as blocking cities and roads? For example, I have been engaged in scientific research and inventing new products, and I have written articles such as "my understanding and application of Taiji diagram". Articles published in journals have been searched on Baidu Internet, including books such as Taiji talks about the world. There are old Confucius books on the Internet.

是体力劳动和脑力劳动的辛苦活，如我常用小磨钢机磨机上铁板零件，到了吃中饭时拿下口罩，鼻孔内外还是有黑呼呼的灰尘，用毛巾角包住手指进鼻孔中绞四次，才没黑灰，但鼻孔深处毛巾是绞不到。可我四十多年如一日苦干在实验室，我仅靠自我护理一套方法，请看《我的防病治病经历》文章，就知道二十多年未住过扬州大小医院，十多年未生感冒发烧病，今年 73 岁还干劲十足献身科研事业。

It's hard work of physical and mental labor. For example, when I take off my mask when I have lunch, there is still black dust inside and outside my nostrils. I wrap my finger in the corner of a towel and wring it into my nostril four times. But I can't wring a towel deep in my nostril. However, I have been working hard in the laboratory for more than 40 years. I only rely on a set of methods of self-care. If you read the article "my experience of disease prevention and treatment", you will know that you have not lived in a hospital in Yangzhou for more than 20 years. I haven't had a cold or fever for more than 10 years. At the age of 73, I still devote myself to scientific research.

报错 笔记

Error report notes

所以每一个人要相信自己，如同户枢不蠹，流水不腐的道理，冠状病毒想寄生人身体细胞内就寄生不了。它们没老婆没儿子的绝八代死光了。也不能再次演化出冠状病毒来害人。因大自然每一年有几万个新物种产生，也有上万个老物种自然消失死亡。

Therefore, everyone should believe in themselves, just like the truth that the water does not rot, coronavirus can not parasitize in human body cells if it wants to parasitize. Eight generations of them without wives and sons are dead. It can't evolve coronavirus again to harm people. Tens of thousands of new species are produced in nature every year, and tens of thousands of old species disappear and die naturally.

因此，大家要多保重，不要太劳累和受凉，不吃冷食冷饮，少用 慎用空调。和冬季要穿羽绒服之类保暖的轻衣服，少穿皮衣皮鞋，秋冬 春季节每约五天去浴室洗澡一次，睡觉时床上放暖和些，就不容易生病，这次季节性瘟疫大灾难就很快全部结束！

Therefore, we should take more care, not too tired and cold, do not eat cold food and drink, less use of air conditioning. In autumn, winter and spring season, go to the bathroom once every five days. When sleeping, keep the bed warm, you will not be easy to get sick. This seasonal plague disaster will be all over soon!

祝您们好运连连！万事大吉！下一步人人发大财！！加油加油于！！

Good luck to you! everything will be fine! Next, everyone will make a fortune!! Come on, come on!!!

2020年1月29日
January 29, 2020

我防病治病经历供参考！**My experience of disease prevention and treatment for reference!**

我四十多年前由于劳动过度和营养不良，首先患上强直性脊柱炎。以及阑尾炎开刀后肠粘连，由于我只争朝夕发明新产品，还写月球医生书又患上风湿性心脏病，头痛药吃了还是痛说脑癌，是大医院的老病号，如北京和上海大医院名医生都说治不好，如强直性脊柱炎扬州市医院骨科陈其亮主任说，唯一趴在床上睡，强迫腰弯九十度了再直起来。因此我每天将床面打扫干干净净，并床面上放暖和些，就趴在床上至少睡一个小时，是趴在床上时用手指先对腰弯最凸起处，用点力感觉痛时抓揉几分钟，以后还是趴在松软的床上意念放 松 松 松腰弯凸起处，特别如病灶处立即在松极限时，就猛烈地甚至全身抽搐动一次，就感觉腰弯凸起处轻松

些。可肠粘连处趴在床上更加痛，我也放松肠粘连痛处，让它更加痛，或深吸气时要吸足气，以后慢呼出气，每一次慢呼出气时，意念还保持放 松到极限时，就自然身体震动下，就排出病灶处毒气，肠粘连痛处包括头痛立即就减轻了，有时躺床上侧睡特别将身体还要向前倾点儿，意念放松在肚脐眼或丹田处。或者哼唱几首歌。人立即心旷神怡。或喝如福建铁观音红茶，用开水泡一大杯，稍微凉一下喝下肚，立即感觉身体困倦好多了。

I first developed ankylosing spondylitis more than 40 years ago due to overwork and malnutrition. And intestinal adhesion after appendectomy, Because I have been busy inventing new products, writing lunar doctor's books and suffering from rheumatic heart disease, brain pain medicine or pain to say brain cancer, is an old disease in large hospitals. For example, famous doctors in Beijing and Shanghai say that they can't be cured. For example, director Chen Qiliang, orthopedic Department of Yangzhou hospital, said that the only person who sleeps in bed is forced to bend his waist 90 degrees and then straighten up. Therefore, every day I clean the bed surface and keep it warm, I lie on the bed and sleep for at least an hour. When lying on the bed, I first point my fingers at the most convex part of the lumbar curve, and then rub it for a few minutes when I feel pain. Later, I still lie on the soft bed to relax the bulge of the lumbar curve, especially when the lesion is immediately in the limit of loosening. Violent even the whole body twitch once, feel the lumbar curve bulge more relaxed. However, it is more painful to lie on the bed at the site of intestinal adhesion. I also relax the pain area of intestinal adhesion to make it more painful. Or when I inhale deeply, I need to breathe enough air and then exhale slowly. Every time I slowly exhale, my mind is still relaxed. When I reach the limit, I will discharge the poisonous gas from the focus under natural body vibration. The pain of intestinal adhesion, including the brain pain, is immediately relieved, Sometimes lie on the side of the bed, especially lean forward, relax in the navel or Dantian, or sing a few songs. Human heart mineral spirit immediately Yi. Or drink such as Fujian Tieguanyin black tea, with boiling water bubble a large cup, a little cool drink down, immediately feel the body sleepy much better.

而且我搞科研和开厂时，更加陷入生活困境和精神困境。但我几十年坚持到现在，连走路都力争挺腰直项脖，腰真的直起来了和正常人差不多。并且我更有精神在试验室日夜干科研。其它病如肠粘连风湿性心脏病等病也陆续好了。我后二十多年从未再去扬州各医院看病，也十多年未生感冒病。现在回想起来，可能是每一天趴在床上强迫腰弯再直起来时，还一心归一放松病灶处或肚脐眼处，实全身都处于快速放松了，如中枢神经 颈椎腰椎，心脏

肝脏肠胃。也就排出了身体内一次次毒气，就增强了身体免疫抗体能力。其它睡姿没有这个作用全和功效立竿见影大。[因人体内最大能量消耗实是呼吸气，包括身体皮肤上细胞与细胞之间也进气和被排出气，都是消耗掉能量)这样意念保持放松病灶处，或脐眼处到极限时，实为细胞内储存了气能量，增强体质]而且还排出身体内湿气，人就不容易生感冒病。

And when I was engaged in scientific research and opening a factory, I was even more in a dilemma of life and spirit. But I have persisted for decades to now, and even try to straighten my waist and neck. My waist is really straight, which is similar to that of normal people. And I am more energetic to do scientific research day and night in the laboratory. Other diseases such as intestinal adhesions, rheumatic heart disease and so on also gradually recovered. I never went to any hospital in Yangzhou for more than 20 years, nor did I have a cold for more than 10 years. Now in retrospect, it may be that every day when I lie down on the bed and force my waist to bend and straighten up again, I still concentrate on relaxing the focus or the navel, which makes the whole body and mind relax quickly, such as the central nervous system, vertebrae, lumbar vertebrae, heart, liver, intestine and stomach. It also discharges toxic gas in the body again and again, which enhances the body's immune antibody ability. Other sleeping positions do not have this effect, and the effect is immediate. [because the maximum energy consumption in the human body is actually breath gas, including the air intake and exhaust between the cells on the body's skin, all of which consume energy) such an idea keeps relaxing at the focus or when the umbilicus reaches the limit, it actually stores gas energy in the cell to strengthen the body's Constitution] and it also discharges moisture in the body, so people are not easy to have a cold.

网友们可以参考此法，特别这次季节性流行病，作早期保健身体用，(如中午休息先将床面打扫干净，以后趴在床上的松软被子上，嘴靠在床边外，或人趴在枕头上嘴靠在枕头前。或侧俯睡一个手放身体傍边，另一手趴在枕头上，睡二三十分钟，晚上睡觉前也趴在床上睡觉半小时左右，思想归一松松字，就能快速放松全身。或侧俯睡床上时，将手腕握起来，就用大姆指对食指第二节中间处机械地上下拨动十五分钟左右。每约机械地大姆指上下拨动在食指第二节中段处二十次左右时，身体内也是病灶处就自然排放掉微微的湿气就是毒气。而且肠胃肺，肝脏肾脏，腰脊柱都放松了，人就感觉有精神些。但不能停手指继续机械地上下拨动，当身体内释放出约十五次左右的毒气，就可以不做。

Netizens can refer to this method, especially the

seasonal epidemic, for early health care. (for example, clean up the bed surface at noon, and then lie on the soft quilt on the bed, with the mouth on the edge of the bed, or people lying on the pillow, with the mouth in front of the pillow. Or sleep on your side, one hand on the side of the body, the other hand on the pillow, sleep for 20 or 30 minutes. Before going to bed at night, you also lie down on the bed and sleep for about half an hour. You can quickly relax your whole body by thinking of relaxing the words. Or when you lie on the bed, hold your wrist up and move it mechanically for about 15 minutes with your thumb to the middle of the second segment of your index finger. When the thumb finger is mechanically moved up and down about 20 times in the middle of the second segment of the index finger, the slight moisture emitted from the body is also the focus of the body, which is the poisonous gas. And the intestines, stomach, lungs, liver, kidney, waist and spine are relaxed, people feel more energetic. But you can't stop your fingers and continue to move them up and down mechanically. When the body releases about 15 times of poisonous gas, you can not do it.

当然有病没病都可以这样做，来防病治病做好保健作用。特别要感冒发烧时，趴俯在床上半小时左右，最好是意念在肚脐眼处不乱想。[时间长短由您掌握，身体背后也要盖上被单保暖勿受凉，]立即就释放掉身体内毒气。或趴在床上时也可默唱三大纪律八项注意歌，或也唱您喜欢的歌(这些歌谱在唱歌换气时，容易释放出身体处微微的毒气若干次，唱一遍休息一会儿，双眼闭着意念松松十几分钟后，也可再默唱一遍歌，人立即精神就不同。以后正常呼吸或先深吸气慢呼出气，以后或睡觉，夜里还不容易做恶梦。要左右侧睡或侧俯睡，尽量不要正着睡，内裤松紧带越松越好，或内裤腰拉到屁股后睡觉，或换成布条做内裤带。就像没有精神压力并且长期胸罩系得松的女生，就不容易患上乳腺癌一样。

Of course, there is no disease can do so, to prevent and treat disease, do a good job in health care. Especially when you have a cold and fever, lie prone on the bed for half an hour or so. It's better to think about it in the navel. [the length of time is up to you. "Cover the back of your body with a sheet to keep warm and catch cold. Immediately release the poison gas in your body. When you are lying on the bed, you can also sing the songs of three disciplines and eight points for attention, or you can also sing the songs you like. (these songs are easy to release a little poisonous gas from the body when singing for breath. Sing once and have a rest for a while. After relaxing for more than ten minutes with your eyes closed, you can also sing the song again. People's spirit is different immediately. After normal breathing or first inhale

slowly exhale, later or sleep, it is not easy to have nightmares. To sleep on your left and right sides or side down, try not to sleep in front of you. The looser the elastic belt of your underwear is, the better. Or you can sleep after your underwear waist is pulled to your buttocks, or change into cloth to make underwear belt. Just like girls who have no mental pressure and whose bras are loose for a long time, they are not easy to develop breast cancer.

平时要注意劳逸结合，特别冬季身上流了汗，就要及时换内衣内裤，或洗澡一次。也不能贪凉和

冷食过多，少用空调和电风扇。因灸友会第 262 期也介绍，利用空调不当会导致皮肤毛孔开闭功能失常，引起体内气血循环不畅；接着就会影响正常的散热排汗功能；然后引起脾胃的运化功能。若是女性遭受反复的寒冷刺激，还会影响到子宫和卵巢的功能，出现月经失调、痛经等。

Pay attention to the combination of work and rest, especially in winter when you sweat, you should change underwear or take a bath in time. We can't be greedy for cool and peaceful. Too much cold food, less use of air conditioning and fans. Because moxibustion friends association 262 also introduced that improper use of air conditioning will lead to abnormal opening and closing of skin pores, resulting in poor circulation of Qi and blood in the body; then it will affect the normal function of heat dissipation and perspiration; and then cause the transport function of the spleen and stomach. If women suffer from repeated cold stimulation, it will also affect the function of the uterus and ovary, menstrual disorders, dysmenorrhea, etc.

以上至少选择去做，就能将全身心快速地进一步放松了。节是已经感冒发烧的病人。一方面吃中药治病效果好，无后遗症和治病费用价格低。

At least choose to do the above, will be able to quickly further relax the whole body. The festival is a patient who has a cold and a fever. On the one hand, taking traditional Chinese medicine has good curative effect, no sequelae and low cost.

据我经验生感冒病的人，主要是精神上过度疲劳睡觉少了，免疫力就下降。发烧的病人是冷热不均或恐怖感大，或常外出，或假日暴食都是诱因，引起了身体内发烧，吃中药无副作用，不能去挂水输液治退烧的病。因水多水少，水温度高低及进入身体内速度快慢都有一定讲究。水可以缓解疼痛，水又会加重病情。

According to my experience, people with colds are mainly mentally overworked and sleep less, and their immunity will decline. The patient with fever is uneven in temperature or terror, or often go out, or holiday gluttony are incentives, causing fever in the body, eating Chinese medicine has no side effects, can not go to hang water infusion treatment fever. Because of more water and less water, the temperature of water

and the speed of water entering the body have certain attention. Water can relieve pain and aggravate the condition.

而现在挂水输液是冷水从高向下加速涡旋进入身体内，就同病人身体内发烧的温度差发生推挤磨擦发热，生水分子，身体内就有湿气，至少延迟退烧的时间。或低烧不退，病人身体更虚弱。而且身体内细胞，是由若干个小分子组合成的细胞壁上，它们之间的一个个小空穴也是小，当挂的冷水输液向细胞内低温处流就慢，多余水加速流向心脏和肺等器脏。

But now hanging water infusion is cold water from high to low speed vortex into the body, with the patient's body temperature difference occurred push friction fever, water molecules, moisture in the body, at least delay the time of fever. Or low fever does not subside, the patient's body is weaker. Moreover, the cells in the body are composed of a number of small molecules, and the small holes between them are also small. When the cold water infusion is hung, it flows slowly to the low temperature inside the body, and the excess water accelerates to flow to the heart, lung and other organs.

可肺和心脏也是由若干个小细胞组合的肺和心脏。它们细胞与细胞之间的一个个小空穴也是小，加速进入心脏部分的水气流，就被偏心的心脏涡旋系统，像滚雪球似地复制出一个个白细胞。复制过程中的涡旋惯性力也是离心力，就将白细胞推挤磨擦转化成红细胞推出心脏，给其它器脏补充新陈代谢的作用。而且心脏外多余的水就流向肺处，肺细胞壁上之间的一个个小空穴也是小，挂水是加速流，可肺吸收慢，多余的水就积余在肺膜外形成了水肿快。就挡住水气流进入肺内。因此肺内得不到更多水气分子补充，可肺内的水气分子，就被转化成像雾霾的痰，这粘液的痰，使病人感觉呼吸困难就咳嗽，甚至会病加重。

But the lung and heart are also composed of several small cells. The small holes between their cells are also small. When the water vapor flows into the heart, they are snowballed into white blood cells. The vortex inertia force in the process of replication is also centrifugal force, which transforms white blood cells into red blood cells and pushes them out of the heart to supplement the metabolism of other organs. Moreover, the extra water outside the heart flows to the lung, and the small holes between the lung cell walls are also small. Hanging water accelerates the flow, but the lung absorbs slowly. The excess water accumulates outside the pulmonary membrane and forms edema quickly. It blocks the water flow into the lung. Therefore, the lung does not get more water vapor molecules to supplement, but the water vapor molecules in the lung are transformed into haze phlegm, which makes the

patient feel dyspnea and cough, and even aggravate the disease.

如有些重病人已进入到第三杀手，特别是还患上其它疑难病经长期挂水治病，确久治不好，身体越来越虚弱肾气不足。可自己如内裤头松紧带确越扣越紧腰部，病人逐步感觉到连全身都进入痛不可忍的地步。所以内裤松紧带是第三杀手。而且药物止不住痛，就为病人打度冷疗止痛，就可能中毒病人死亡。

For example, some serious patients have entered the third killer, especially other difficult diseases. After long-term treatment with water, they can not be cured for a long time, and their health is increasingly weak and kidney qi is insufficient. Can oneself be like underwear head elastic belt really buckle more tight waist, the patient gradually feels even whole body enters painful unbearable condition. So underwear elastic is the third killer. Moreover, if the medicine can't stop the pain, it will relieve the pain for the patient and the patient may die of poisoning.

若是病人咳嗽。这时病人更需要卧床休息，床上放暖和些，要吃止咳化痰的中药，多次喝点热水。

If the patient coughs. At this time, the patient needs to stay in bed, keep warm in bed, eat Chinese medicine for relieving cough and resolving phlegm, and drink some hot water many times.

同时，今天地球正向 25800 年的自转极运动到 14000 年左右的大夏天结束了，正向不规则大秋天的降速小冰河世纪运动，就在各国家地型位置等条件，形成不同的大气环流中，就进化出各国家不同状的新病毒病。

At the same time, the earth's positive rotation pole movement of 25800 years ended in the big summer of about 14000 years, and the downward speed of small ice age movement in the irregular big autumn has formed different atmospheric circulation in different countries, and new virus diseases of different states have evolved.

或生感冒发烧的病人，直接喝中医开的中药煎的药水乘热喝。或吃药片或药丸时都要喝大半碗热水，及内裤松紧带换成布条，或内裤松紧带越松越好，要认真卧床休息睡觉。并无论夏天还是冬天，发烧的病人脚上一定要穿袜子，甚至睡觉都穿袜子，床上还要放暖和些，就能在两三天身体内逐步退烧，和身体上的无名痛也逐步减轻，感冒病就好。

Or patients with a cold and fever, directly drink the decoction of traditional Chinese medicine opened by traditional Chinese medicine, and drink by heat. Or take pills or pills to drink more than half a bowl of hot water, and underwear elastic belt into cloth, or underwear elastic belt more loose the better, to seriously bed rest and sleep. And no matter in summer or winter, patients with fever must wear socks on their

feet, and even wear socks when they sleep. If they need to keep warm in bed, they can gradually reduce their fever in two or three days, and their nameless pain on their bodies will gradually reduce, and the cold will be better.

今后任何人还要注意在冬和早春季节，特别是晨练跑步要根据各人的身体强弱，跑步时间也不能太长，尽量冬季少跑步运动为好。

In the future, anyone should pay attention to the winter and early spring seasons, especially the morning exercise and running. The running time should not be too long according to the strength of each person's body. It is better to do less running in winter.

因人们冬季穿的衣服和鞋子，是比夏季衣服和鞋子重量相当于共多重约一斤，每一个人一天站或坐按照十个小时计算，到晚共约六百分钟，就是多消耗掉身体内能量的作用力至少六十斤，若连续十天计算，就是六百斤。人们对身体内营养品补充速度及是达到了，可身体内已被连续负荷重，引起身体活动和运动推挤磨擦力加大，就转化出更多水分子在身体内细胞的周围，形成了湿气。当人们劳累或者受点儿凉，就转化成感冒，甚至身体发烧，而且冬季和春季早晨是寒冷，人们以为冬季多运动增加了热量。确不知道跑步为人们身体内也添这个麻烦事。

Because the weight of clothes and shoes people wear in winter is about one kilogram more than that of clothes and shoes in summer. If one stands or sits for 10 hours a day, it will take about 600 minutes at night, which means that the energy in the body will be consumed at least 60 Jin. If it is calculated for 10 consecutive days, it will be 600 Jin. The speed of nutrition supplement in the body has reached the maximum. However, the body has been continuously loaded with heavy load, which leads to the increase of pushing and friction force of physical activities and sports. More water molecules are transformed around the cells in the body to form moisture. When people are tired or have a little cold, they will turn into a cold, Even the body has a fever. And it is cold in winter and spring morning. People think that more exercise in winter increases the heat. I really don't know that running adds this trouble to people's bodies.

如衣服保暖将跑步或劳动时转化出的热量，保存在内衣内裤内。特别是学生每一天早操跑步量大，以后坐在课堂上听课，这时息下来内衣开始降温，内衣上汗的盐份也刺激皮肤神经系统。就像婴儿睡醒了要撒尿没人理，甚至还哭出一身汗，尿也撒在裤子上又睡着了。当妈妈下班回来等待小孩醒了，才喂奶时却发现小孩裤子湿了，或者是按照一些专家要求勤用自来水冲洗手。防止传染病毒。这些冷气进入到到身体内，都容易使身体内发烧，立即去

医院治疗，以免生冠状病毒病一样。[可动物它们不穿衣服，仅身体上毛长出许多更细绒毛御寒，仅一两重左右。而且这些绒毛就像恒温器似地自动调温，所以动物发病率少了。]

At this time, the heat of the underwear will be stored in the underwear during the class. It's like a baby who wakes up and wants to pee without any attention, even crying out a sweat, urine also sprinkles on the pants and falls asleep again. When the mother comes back from work and waits for the baby to wake up, she does find that the baby's pants are wet, or according to the requirements of some experts, wash hands frequently with tap water to prevent the transmission of virus. These cold air entering the body will easily make the body have a fever, so go to the hospital for treatment immediately to avoid the occurrence of coronavirus disease. [animal but they do not wear clothes, only the body hair grows many fine villi, and only one or two or so. And these villi are like thermostat, so the animal incidence rate is less.]

如果冬季家里房子凉气重，冬天病人还要戴着帽子脚上穿袜子睡觉，每一天还要喝热水两三次，每一次喝约半杯热水就行。

If the air in the house is very cool in winter, the patients have to wear a hat and put on their feet to sleep, and drink hot water two or three times a day, about half a cup of hot water each time.

因人身体内约百分之七十是温水，所以喝的热水，比汽车上用的润滑油作用还要多。是喝下肚再经过胃处理加工后，进行了如同消毒处理后，并匀速输送给如细胞等去补充水份，和被细胞内温度转化成气的作用力，细胞就膨胀大，膨胀大的细胞一个推一个细胞的作用力，将每一个人身体内至少几百亿个以上细胞被推挤了，细胞壁之间的间穴更小，就像大海中波浪一浪推一浪形成的涟漪作用力巨大。可能气功大师就是运用这原理，才焕发出巨大作用力。

Since about 70% of the body is warm water, hot water is more effective than lubricating oil used in cars. After drinking, the stomach is treated and processed as if after disinfection, At the same speed, it is transported to cells such as cells to replenish water, and is converted into gas by the temperature inside the cells. The cells will expand greatly. The force of the expanded cells pushing each cell will push at least tens of millions of cells in each person's body. The holes between cell walls are smaller, just like the ripple force formed by waves pushing one wave in the sea. It is possible that qigong master used this principle to radiate great force.

要关照小孩，特别是冬季不能喝冷水止渴。任何人也不能早上喝一碗冷水防治病，否则也容易生感冒发烧等病。

Take care of children, especially in winter, do not drink cold water to quench thirst. No one can drink a bowl of cold water in the morning to prevent and cure the disease, otherwise it is easy to have a cold, fever and other diseases.

节是夏季也不能喝冷饮和‘冷菜吃太多’。因每一滴冷水如从冰箱里取出冷盘菜或西瓜，当每一片进入口中，立即刺激口腔胃子等细胞内减温减压，因此身体弱的人，更容易半小时左右，感觉身体不舒服甚至发烧生病人就缺乏精神力气。

In summer, you can't drink cold drinks and eat too much cold food. Because every drop of cold water, such as cold dishes or watermelons taken out from the refrigerator, when each piece enters the mouth, it immediately stimulates the oral cavity and stomach cells to reduce the temperature and pressure. Therefore, the weak people are more likely to feel uncomfortable and even have a fever for about half an hour, resulting in a lack of mental strength.

千万不能热身体吃下冷食就去睡觉，就更容易发烧生病。

Never hot body, eat cold food to go to bed, it is more likely to have a fever and get sick.

包括夏天热身体不能去大河里攻猛子游泳，大河水是冷的。就会立即使身体内受冷抽筋，人在水底下就活动不方便，溺水死亡率增高。

In summer, the body can't go swimming in the big river in hot summer, and the bottom water of the river is cold. It will immediately make the body cold and cramp, make it inconvenient for people to move under the water, and the death rate of drowning will increase.

当然，我冬天不穿皮衣皮鞋，穿如羽绒服之类轻衣服和鞋子。

Of course, I don't wear leather clothes and down clothes in winter.

我身体上那里有疼痛（不是外伤是属气血运行受阻不畅）我就用手指由轻到重点儿快速抓或揉，

（当然对感到胸闷，虽然手抓抓胸或抚摸着胸部几分钟，肺里气阻就散就感觉好多了。但不会操作的人，不能对胸部器脏抓抓治病，以防万一手头重伤害了器脏）我甚至还在身体上其它部位，配合用拳头敲打不舒服处几分钟，或也在酸痛处贴几张膏药，或用五毒活络膏，用手指沾点儿涂搽患处包括头脑上太阳穴等处，对腰背及腿处，是用点儿力涂擦患处连续十多次，就舒筋活血效果更好。

There is pain in my body (not trauma, it is due to blocked Qi and blood circulation). I use my fingers to quickly grasp or rub them from light to key points. (of course, I feel chest tightness. Although I hold my chest or touch my chest for a few minutes, I feel much better when I feel the air block in my lungs. But those who can't operate can't scratch the chest organs, just in case

of hand injury to the dirty organs) I even beat the uncomfortable parts with my fist for a few minutes on other parts of my body, or paste a few plasters on the sore places, or use the five toxin activating collaterals ointment to rub the affected parts, including the temples on the head, the back and legs, It is better to use a little force to smear the lesion for more than ten times.

心里烦就哼唱几首不同的歌曲，有时也原地跑步式几分钟，也是最好的防病治病的免疫力药物。

In my heart, I hum a few different songs, sometimes I run for a few minutes in situ, which is also the best immune medicine for disease prevention and treatment.

我搞科研的人，未成功前讨万人谦，所以我自己关心自己。还家里买些备用药如伤湿解痛膏，（若是镇江膏药贴到身上化了，就用薄塑料袋套在手上捂住化了的膏药，就在一次次按住塑料袋时，身体上化了的膏药全部粘到塑料袋上了，衣服上膏药就用洗衣服粉多放点儿在衣服膏药上，在水里搓搓：再放洗衣粉搓搓，膏药就没有了。因镇江膏药特别治老旧伤瘀血，止痛效果比任何膏药好。而且治病种类多，缺点是容易融化在衣服上）创可贴，退烧药，六味地黄丸（因我省吃俭用日夜忙科研是肾阴虚不是肾阳虚病，我身体弱时就吃此药。但感冒发烧的病人不能吃。吃后发烧会更严重），消炎软膏，五毒活络膏，还买复合型多功能药效，如复方丹参片，七合一以及又治中暑和治一般退烧等病的藿香正气水，这是老中医推荐的。

I do scientific research, before the success of thousands of humble people, so I care about myself. If Zhenjiang plaster is pasted on the body, cover it with a thin plastic bag. When pressing the plastic bag again and again, all the plaster on the body will stick to the plastic bag. The plaster on the clothes will be put more on the plaster on the clothes and rub it in the water. Then put the washing powder and rub it in the water. No, because Zhenjiang plaster has better analgesic effect than any plaster in treating old wounds and blood stasis. It has many kinds of treatment, but the disadvantage is that it is easy to melt on clothes) band aid, antipyretic medicine, Liuwei Dihuang Pill (because I'm frugal, day and night, scientific research is kidney yin deficiency, not kidney yang deficiency disease, I take this medicine when I'm weak. But patients with a cold and fever can't eat it. After eating, the fever will be more serious), anti-inflammatory ointment, Wudu Huoluo ointment, and compound multi-functional efficacy, such as compound Danshen tablets, seven in one tablets, Huoxiang Zhengqi water, which is recommended by the old Chinese medicine, is also used to treat diseases such as zhongshuo and general antipyretic.

并且我将购买的几斤黑豆，下锅炒半熟，放在

瓶子里用醋泡几天，每一天吃七八颗黑豆咬碎咽下肚，当然我喝酒时。先用开水将酒杯泡热，以后将酒杯中热水倒碗里，将酒杯放在温水碗中，每次喝酒吃黑豆二十颗内也咬碎咽下肚。继可以降低精神压力，也是美容美发好保健食品。

And I will buy a few catties of black beans, stir fry, put in the bottle with vinegar soak for a few days, every day to eat seven or eight black beans bite broken swallow stomach, of course, when I drink, first with boiling water to soak the wine cup, then pour the hot water into the bowl, put the wine cup in the warm water bowl, each time drink, eat black beans, within 20, also bite and bite the stomach. Besides, it can degrade mental stress and is also a good health food for beauty salon.

天气突然寒流来，可我确在外面甚至七八里远，我们是只要名也是争一口气，所以不要命去干活。但到晚到家，我也是回家甚至穿上大棉袄先保暖，再喝热水一茶杯，有条件生姜切五六片同胡椒粉一同放入茶杯中，冲上一杯热开水，稍微凉点儿，就一口气似地地喝下肚。或冲两袋黑芝麻糊，继当茶又当晚饭喝过后就洗脸，以后用一大盆热水泡脚，立即将床上被子两条放开，一条被子里放热水袋。如果没有热水袋，我就卫生衣和脚上袜子都不脱，就上床睡觉，就不会夜里发烧了。若是已发烧，到了下半夜也开始退烧。但在家里再休息睡觉一天更好。

The weather suddenly came cold, but I was outside, even seven or eight miles away. We were fighting for our name, so we didn't have to work. But when I got home in the evening, I also went home. I even put on cotton wool to keep warm first, and then drink a cup of hot water. If possible, cut ginger into five or six pieces and put it into the tea cup together with pepper powder. Then I poured a cup of hot boiled water and cooled it a little, and then I drank it in one breath. Or make two bags of black sesame paste, wash your face after drinking tea and dinner, then soak your feet in a large basin of hot water, and immediately let go of two quilts on the bed, and put hot water bags in one quilt. If there is no hot water bag, I will not take off my toilet clothes and socks on my feet, and I will go to bed, so that I will not have a fever at night. But it's better to rest and sleep at home for another day.

其实有些病，只要你不胡思乱想，认认真真在家卧床休息睡觉，床上还要放暖和些，就加快身体内运动结构和能量结构的调整，这就是人体内免疫力来防病治病。（因任何植物动物包括宇宙都是在不同速度的降速，睡眠中能量结构和运动结构才得到了调整。也就才能转化出各种器信功能的强大和自然免疫力增强。而且睡眠好的人，以后生病机会都少了。

In fact, some diseases, as long as you do not

think nonsense, seriously stay in bed at home to rest and sleep, and keep the bed warm, you can speed up the adjustment of the movement structure and energy structure in the body, which is the internal immunity of the human body to prevent and treat diseases. (because any plant and animal, including the universe, is slowing down at an uneven rate, the energy structure and movement structure of sleep are adjusted. Only in this way can we transform the powerful functions of various utensils and enhance the natural immunity. And people who sleep well have less chance to get sick later.

秋冬春季男女老少约五天泡一次浴室，身体弱的人在温池先泡洗十分钟内，以免晕池，先侧睡在浴池里面的那个木框床架上，或侧睡在擦背的小床上休息一会儿，就再下浴池泡洗约十分钟，以后再上来侧睡身体向前倾些休息会儿，再下浴池，全身可以泡在水里几分钟，就不易晕池，就稍微用点力擦擦全身皮肤，身体内受凉转化成的湿气，就被浴池水温度高对流驱散了身体内湿气，可以防治感冒等小病。但洗过澡勿受凉，最好回家睡觉时被窝里还是要放暖和些，就能一觉睡醒真的退烧，感冒病也是疑似病人或阳性病人的病就好得快了。

In autumn, winter and spring, men, women, old and young soak in the bathroom once every five days. For those who are weak, they should first soak in the warm pool for ten minutes to avoid dizziness. They should sleep on the wooden frame bed frame in the bath, or sleep on the small bed board to wipe the back for a while, and then go down to the bath for about 10 minutes, then go up and side sleep, lean forward for a while, and then go down to the bath, The whole body can be soaked in water for a few minutes, so it is not easy to faint in the pool. You can wipe the whole body's skin with a little force. The moisture converted from the cold in the body will be dissipated by the high temperature of the bath water, which can prevent and cure the common cold and other minor diseases. But don't get cold after taking a bath. It's better to keep warm in the quilt when you go home to sleep. You can wake up and really reduce your fever. If you have a cold, you will get better soon if you have a suspected or positive cold.

最好的医生是自己，特别是疫情期间，不信谣不传谣，不要乱害怕，按照自己平时不生病的好习惯去做，就没有胡思乱想意念的作用力。就创造了宽松环境，就是创造生命力，以身心宽松去防病治病。

The best doctor is himself, especially during the epidemic period. If you don't believe in rumors, don't spread rumors, don't be afraid. If you follow your good habit of not getting sick, you will not have the force of your imagination. To create a relaxed environment is to create vitality, to prevent and treat diseases with

physical and mental relaxation.

另外，平时要多做善事不图回报，就将身体内血液中的铁质，被做好事多磨，将铁质转化成磁，做好事更多更大的人，推挤摩擦力更多更大，就将磁转化成电磁波。有了电磁波比保安还要好，就能为病人理疗防病治病，逢凶化吉延年益寿作用。

In addition, if you want to do more good deeds without any return, you will transform the iron in the blood of your body into magnetism. If you do good deeds, you will turn the iron into magnetism. If you push the friction force more and more, you will convert the magnetism into electromagnetic wave. With electromagnetic wave better than security, we can treat patients with physical therapy, prevent and treat diseases, and prolong the life of patients.

就免去核酸检查的风险性。若是检查出来无症状或阳性，说明您平时太辛苦了和受凉，而且精神压力也大。这时吃中药治疗，病好得快，而且无后遗症。更要认真卧床休息睡觉前，有条件就在家用塑料浴帐，将木盆内多放温水，并放两三个热水瓶在浴盆旁边，坐在浴盆里用毛巾将浴盆中热水一次次用点力擦擦全身。水凉了就倒热水瓶里热水加进浴盆。这样洗好澡后，穿好内长袖褂子和长裤上床睡觉，床上还要放暖和些。也可生姜切七八片同胡椒粉一同放入茶杯中，冲上一杯热开水，稍微凉点儿，就一口气似地地喝下肚，夜里就退烧病就好了。夏季时也可喝藿香正气水治退烧。当然，到了夏天少用空调或电风扇。因长时间空调的冷气进入身体内，就同身体内温度对流交界处，转化出水分子，身体内湿气重。而且电磁波会干扰神经系统休息。这些事都要注意才能防病治病。

The risk of nucleic acid testing is eliminated. If the test is asymptomatic or positive, it means that you are usually too hard and cold, and mental pressure is also great. At this time to eat Chinese medicine treatment, the disease quickly, and no sequelae. More seriously to bed rest, before going to bed, if possible, use plastic bath tent at home, put more warm water in the wooden basin, and put two or three thermos bottles beside the bathtub, sit in the bathtub and use towel to wipe the whole body with hot water in the bathtub again and again. When the water is cold, pour hot water into the hot water bottle and add it to the bath pan. After taking a bath like this, wear a long sleeve coat and trousers and go to bed, and keep the bed warm. You can also cut seven or eight pieces of ginger and put them into a tea cup together with pepper, and then rinse a cup of hot water. If it is a little cooler, you can drink it in one breath, and you will have a fever at night. In summer, you can also drink Huoxiang Zhengqi water to treat fever. Of course, use less air conditioning or fans in summer. For a long time, the cold air of air conditioning enters the body, where the

temperature convection in the body intersects with the water molecules. The moisture in the body is heavy. Moreover, electromagnetic waves will interfere with the rest of the nervous system. All these things should be paid attention to in order to prevent and treat diseases.

还认为生命是运动、营养、休息、治疗及做善事这五个方面统一场的文明性。文明性其中如我的膳食，按照如中医所说粗茶淡饭三顿吃饱。买蔬菜也是搭配营养价值买两三样菜，并配一个汤菜吃，一星期增加吃一两次晕菜[晕菜实际上能多吃两三顿]。这样做法就将这些菜营养进入胃中，转化出质量大的的气流，推动更多的水小分子向心脏涡旋加速运动，由于心脏是偏在身体中心的一傍边，这些质量大的气流和水分子及小分子，进入到偏心的心脏一边，如同杠杆的力臂上，被涡旋环绕成一个个白血球，就被偏心的心脏系统的离心力，推挤摩擦发热推出心脏加速运动中，将白血球内的小分子，被转化成更大作用力的红血球。身体更健康。

It is also believed that life is the civilization of the unified field in the five aspects of movement, nutrition, rest, treatment and doing good deeds. For example, if I eat my meal, I will be satisfied with three meals according to the traditional Chinese medicine. When I buy vegetables, I will buy two or three dishes with nutritional value and a soup dish. I will eat dizzy vegetables once or twice a week. In this way, the nutrition of these vegetables will enter the stomach, and a large amount of air flow will be generated, which will push more small water molecules to the heart vortex to accelerate the movement. Because the heart is located near the center of the body, these large quantities of air flow, water molecules and small molecules enter the eccentric side of the heart, like the arm of a lever, which is surrounded by vortices into white blood cells, The eccentric centrifugal force of the heart system pushes the friction heat out of the heart to accelerate the movement of the heart. The small molecules in the white blood cells are transformed into red blood cells with greater force. The body is healthier.

否则，平时若突然精神压力大又缺乏营养，气流和小分子就转化出少，由气流和小分子运动形成的向心力的基因旋臂上，就出现断断续续的旋臂，因此另一个离心力的旋臂被复制不出更多能量的小细胞，人就没有精神力气。到医院检查，医生按照医学书上说，生了白血病或癌病，连基因的旋臂上好细胞，都被病毒破坏了基因链。要交几万元住院治疗费来保命。

Otherwise, if there is a sudden mental stress and lack of nutrition, the air flow and small molecules will be transformed into less. On the gene spiral arm of centripetal force formed by air flow and small

molecule movement, there will be intermittent rotating arm. Therefore, the rotating arm of another centrifugal force can't reproduce small cells with more energy, and people will have no fine energy. To the hospital examination, the doctor according to the medical book said, gave birth to leukemia or cancer, even the good cells on the arm of the gene, the virus destroyed the gene chain. To pay tens of thousands of yuan in hospital treatment fees to protect life.

所以我宁愿平时煮粥甚至煮饭锅里，先放适合当时身体需要吃的，如选红枣、黄茂、或枸杞、黑豆、绿豆等农副产品或药材，先煮约二十分钟以后再放米煮熟吃。还买生姜、大椒粉、五香粉、大蒜头、虾皮壳作做菜配料放在家里备用，营养更均衡充足，平时也只买如小苹果、小西红柿、小桔子、小草莓，一天只生吃一种的一两个。特别冬季不生吃大苹果之类的冷零食，以免受凉胃子不舒服，也是吃多了没必要浪费。身体不好的人，没必要天天坚持早起去锻炼身体，就在室内原地快速跑十几步。因早晨外面的凉气重，而且体弱的人更要注意能量守恒，要以逸待劳静养身体。

Therefore, I prefer to cook porridge or even cooking pot, first put suitable food for the body at that time, such as jujube, Huangmao, or gouqi, black beans, mung beans and other agricultural and sideline products or medicinal materials, first cook for about 20 minutes, and then put rice to eat. Also buy ginger, pepper powder, five spice powder, garlic, shrimp shell as cooking ingredients, put at home, nutrition is more balanced and sufficient. At ordinary times, only buy small apples, small tomatoes, small oranges, small grass mold, one or two of one kind of raw a day. Especially in winter do not eat big apple and other cold snacks, in order to avoid cold stomach discomfort, but also eat too much, there is no need to waste. People with poor health don't need to keep getting up early every day to exercise. They just run a dozen paces indoors. Because the cool air outside in the morning is heavy, and the weak people should pay more attention to the conservation of energy and wait for work to rest.

以上是我防病治病的经历。仅供参考！

The above is my experience of prevention and treatment. For reference only!

祝网友们好运连连！万事大吉！身体健康长寿！发大财！

Good luck to netizens! everything will be fine!
Good health and long life! Make a fortune!

江苏省扬州三力电器集团有限公司退休工人 孙纯武

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If the readers think it is good, please forward the love, and the author will thank you.

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