

# Natural Processes and Hygiene to Protect Against Spread and mutations of Covid-19

Evgeny Bryndin \*

Research Department of Research Centre Nature Informatic, Technological Platform Future Medicine, Russia.

**\*Corresponding Author:** Evgeny Bryndin, Research Department of Research Centre Nature Informatic, Technological Platform Future Medicine, Russia.

**Received date:** January 30, 2023; **Accepted date:** February 10, 2023; **Published date:** February 17, 2023

**Citation:** Bryndin E (2023), Natural Processes and Hygiene to Protect Against Spread and Mutations of Covid-19. *Psychology and Mental Health Care*, 7(1): DOI:10.31579/2637-8892/201

**Copyright:** © 2023 Evgeny Bryndin. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

## Abstract

Our planet is a living being that has its own protective viral mechanism. Viruses are activated when people intervene too zealously in the natural processes on the planet and worsen the environment. With a decrease in the spiritual level of society, deterioration of the environment, climate change, pollution of water and soil and other catastrophic violations of natural processes on the planet, an epidemic and the process of mutation of viruses begins, as a result of which more and more of their species and strains appear. The coronavirus is becoming more and more infectious, more and more often affects the young and, according to some reports, aggravates the course of the disease. Covid-19 acquires variability and increases infectiousness in people with weak immunity. Mutations of covid-19 and infection will stop if the path of transmission of coronavirus from person to person is interrupted. To do this, you need to observe natural and medical protective measures, acquire appropriate knowledge and skills and have protective equipment available.

**Keywords:** coronavirus; medical rules and protective equipment; natural processes

## Introduction

Today, the whole world is closely monitoring the mutations of the coronavirus. Viruses use human organisms as a reservoir to select new, more adapted variants. This selection allows them to survive. Mutations in the genome of a new type of coronavirus always arise as a result of damage or incorrect editing of an already finished copy of the RNA of the virus. There is a natural process of new adapted, more infectious options, so alpha, beta, gamma, delta, omicron, kraken and other strains arise [1]. Kraken eludes natural and specific immunity. It emerged from the mutation of two different strains of omicron BA.2. Their combination led to the formation of recombinant authenticity of the omicron strain of coronavirus - the kraken XBB.1.5 virus.

The strain was first identified in the United States and has already spread in 25 countries around the world, more so in Europe. At the same time, the number of coronavirus infections is growing exponentially. WHO experts expect new pandemic spikes across the planet. Kraken has a high propagation rate. He learned to bypass the body's defense system faster, to attach to the cell more aggressively and self-copy.

It is necessary to build a universal barrier to the spread of coronavirus infection and its mutation. The article considers protection against the spread of coronavirus by the ether field and biological field, hygienic means, social rules, magnetic therapy, mental setting.

## 2. Protection against coronavirus by ether field and biofield

The main immunity is a strong ethereal field. The silver-bluish ethereal field, the field of life, permeates our physical body, every organ, system, every cell. It ensures integrity and vitality, reflects the state of the physical body and life systems, serves as a conductor and regulator of life energy, as well as a repository of life forces and clean energy of life. The state of the ethereal field as a whole, a person feels like the level of his vitality, energy, cheerfulness, tone, immunity.

In the ether field, energy flows through channels and meridians. It is necessary to clean and work on the ether field so that it is dense. The blocks and clamps that arise in it, if possible, must be immediately identified and neutralized, and the energy flow restored. It is also necessary to clean and keep clean the energy filling it.

### Contaminates and reduces the density of the ether field:

- Excessive stress in the physical body interfering with the flow of energy.
- Fuss, waste of energy.
- Negative emotions and desires.

- Negative thoughts and attitudes.
- Improper breathing: not rhythmic breathing, mouth breathing, etc.
- Poor nutrition introduces deviations from a healthy condition, such as overeating.
- Alcohol, tobacco, etc.
- Contamination of the physical body.
- No contact with nature and fresh air and the sun.
- Unbalanced psyche.

### The purity and density of the ether field retains:

- Maintaining a smooth, harmonious and balanced energy flow.
- Positive feelings.
- Purity of thoughts, attitudes.
- Staying in inner peace.
- Keeping the body in tone.
- Proper nutrition.
- Drink clean water.
- Cleansing the physical body in the sauna.
- Physical activity.
- Strengthening the immune system by pouring a contrasting shower on the body.
- Massage helps normalize the flow of energy in the body.
- Outdoors and sunshine.
- Life activity in harmony with the surrounding world.
- Correct day mode.

The density of the ethereal field determines the state of a person:

30-50% - good health, cheer, stamina.

50-70% is an excellent state of health.

70-100% is good health!

If a person has an etheric field with a density of 60% or more, then the coronavirus will bypass it. Thanks to the density of the field, he will just slip and walk by.

The light silver-bluish glow of the ethereal field indicates 100% density. The dark silver-bluish glow of the ethereal field indicates a density of less than 100%. The density of the ethereal field is more accurately measured by spectral analysis of silver-bluish glow [2-4].

There are a certain group of individuals who do not get sick when in repeated contact with patients with coronavirus, who are its excretors. This group of people has more biofield energy than coronavirus biofield energy. The biofield is formed by nerve centers absorbing various spectra of light energy and associated with endocrine glands. The energy of the biofield is measured by spectral analysis. The great light energy in people with a righteous good spirit [5].

### 3. Hygienic protection against coronavirus infection

**Medical mask:** To a certain extent, it protects us from the virus entering the airway - but only a certain time - until it gets wet from your breath. Then viruses will be able to penetrate the nasal cavity through the wet capillaries of the mask - although not in such an amount. So if you use a mask, change it every 1.5 hours. And only a respiratory agent can significantly block the access of viruses to your body - but in everyday life this is little real. However, in the midst of an epidemic, it is better to wear a regular mask than to be near the carrier of the virus without it - just change it regularly.

**Wash your hands more often:** This simple rule allows you to remove most of the viruses that stuck to your palms when contacting ATMs, door handles, railings, elevator buttons, etc. After each touch of a potentially infected surface, simply wash your hands with soap and warm water,

wiping each finger. How does soap affect coronavirus Sars-CoV-2 and most other viruses? In short, it destroys the lipid bilayer that covers this microbe. Soap breaks up the fat membrane, and without it the virus breaks down into pieces. Well, then, even if the soap doesn't break the membrane of viruses, they'll just wash the soap water into the sink. So that frequent use does not destroy the natural fat film protecting against harmful bacteria, choose a solid hypoallergenic soap with a neutral Ph and with an age mark of 0+. Wash your hands only after contact with potentially infected items.

**Avoid crowding:** If this cannot be avoided, then try to keep your distance. If you can stay at home and not go where there are many people (concert, cinema, market, nightclub), then do not go. It is better to avoid the crowd and do not approach outsiders on the street - observe a distance of at least a meter.

### During the epidemic of handshakes, hugging and kissing:

With the inevitable reduction of distance with strangers (especially coughers), turn away and hold your breath for 5-6 seconds, and when the distance breaks, take an energetic exhalation through the nose, cleaning the airways. Take three vigorous exhalations through the nose and two through the mouth, cleaning the lungs, trachea and bronchi from adhering viral particles. To more vigorously exhale and clear the airways of viruses, connect the diaphragm, straining the muscles of the abdominal press.

**Rinse your nose with saline:** Saline is a 0.9% solution of NaCl (table salt). A very effective procedure invented by Indian yogis a few millennia ago. Pharmacies have various devices and sprays for this purpose. If you prepare the solution yourself, it is better to use sea salt or salt enriched with KCl and Mg (in grocery stores it is sold under the brand name "Salt with reduced sodium content"). But in principle, ordinary food salt, which is in any house, will be suitable. Take about 2 grams of salt on a glass of warm water, stir and wash your nose with this solution.

**Use protective gloves:** In crowded places, where you have to touch surfaces (transport, shops, hospitals) it is advisable to use gloves. It is better to use conventional non-sterile rubber gloves, and if they are not available, then any technical fabric analogues. If you use dress gloves, change them daily, wash them thoroughly in disinfectants, and smooth them with a hot iron.

### Do not touch staircase railings, desks, other people's gadgets, toys and public doors:

If possible, open and close the doors using elbows or shoulders. If you did this without gloves, be sure to wash your hands after each such contact. Using ATMs, wipe your hands with wet napkins. To reduce the risk of coronavirus infection in the elevator (both from contact with infected people and when touching the elevator buttons) - move along the stairs on foot. If you need to climb to 4-5 floors, or go down from 5-6 - definitely go up the stairs. And reduce the risk of infection in the elevator, and strengthen your cardiovascular and musculoskeletal systems. Move for years and heart attacks and osteoporosis.

Brush your teeth in the morning and in the evening.

Disinfection of the room with antiseptics.

Use personal cutlery and utensils.

**Strengthen cellular immunity:** A healthy adult will be able to provide the body with vitamins and strengthen immunity. Vitamin D is found in fish oil, salmon, cod liver, egg yolk and dairy products. Vitamins B2, B6, B12 are found in milk, eggs, cereals, legumes, nuts, seafood. Vitamin E contains nuts, seeds, vegetable oils and seafood. Vitamin C contains rosehips, pomegranate, green tea, fermented cabbage, citrus fruits,

currants and pepper. Vitamin A contains carrots, milk, eggs, butter, cheese and hawthorn.

**Walk outdoors away from people:** At the same time, you can not only slowly walk along the alleys of the park, but from time-to-time practice fast walking or jogging. Such activity not only allows you to better clear the lungs from the infection, but also stimulates immune surveillance cells that can find and neutralize harmful bacteria and viruses. On the street, do not touch the face, do not touch the eyes and mucosa of the mouth and nose.

#### 4. Magnetic Coronavirus Therapy

The use of magnets as a physiotherapeutic agent has a long history. Famous doctors of ancient times used the power of magnetic fields to treat various diseases. Since the middle of the 20th century, magnetotherapy has been undergoing a rise, new devices have appeared, while the debate about the effectiveness of the method does not subside. In Russia, the physiotherapeutic school has a great history, and the methods of magnetic therapy are recognized as medical. Treatment with magnetic factors as part of physiotherapy today is one of the links of non-drug and non-surgical rehabilitation.

Studying the effects of magnetic fields on the body and a wide variety of devices in our time have led to a significant expansion of indications for the use of magnetic therapy. Today it is difficult to find a disease in the treatment of which one or another type of magnetotherapy could not be used. Softness of exposure, wide possibilities for personalization and accessibility of the method made magnetotherapy a popular type of treatment and prevention [6-9].

Clinics, sanatoriums and other medical institutions are developing rehabilitation programs after the COVID-19. Mechanisms for recovery from illness are still under study. But it is already clear that magnetic therapy can be safely added to basic medical recommendations - breathing gymnastics, outdoor walks and quality sleep.

All microorganisms, ranging from viruses to fungi and microbes, reach the negative magnetic field. Negative magnetic field is such a great universal antibiotic. Magnetic therapy helps the body become a diamagnet and neutralize coronavirus.

#### 5. Mental protection against coronavirus

In an environment with positive mental energy, pathogenic organisms do not develop: bacteria and viruses, including coronavirus.

Scientists have identified a mental field around the brain. The mental field ensures the normal course of all neurophysiological processes. It is determined that this mental field is highly energetic on special carriers, which are epiphysis crystals. They make it possible to keep a huge energy information volume in the protein body.

In the situation with coronavirus, when the problem must be solved immediately, the active generation of mental energy of enormous strength begins. On this field, a psych energetic process of countering coronavirus is carried out.

Psychological protection is associated with positive content of thoughts, feelings and behavior [10]. God's Word teaches us to protect ourselves from all diseases. My son! Listen to my words, and to my speeches bend your ear; yes, they don't depart from your eyes; store them in your heart: because they life for this purpose who found them, and health for his all body (Parable 4:20-22). And one spirit that connects with the Lord is one spirit with the Lord (1 Corinthians 6:17).

#### 6. Conclusion

Long-term studies of viral mass diseases indicate the realizing role of natural processes and the governing role of social and spiritual protective processes in the international phenomenon of pandemics. Research results outlined in the paper and publications. confirm this. The pandemic can be stopped by observing spiritual, hygienic, sanitary and environmental standards to benefit humanity and nature. Now in public places of accumulation of people it is necessary to conduct constant testing for coronavirus [11]. Constant testing and self-isolation is the necessary vital sanitation for a pandemic.

No one wants to get sick with coronavirus. But citizens are not making enough efforts to prevent the spread of coronavirus infection. Health organizers are weakly activating society to comply with hygienic and social measures of protection against coronavirus infection. The World Health Organization does little to protect against coronavirus infection internationally. The World Health Organization is designed to solve such international problems.

Universal observance of spiritual, hygienic, sanitary and environmental standards will stop the transmission of coronavirus infection from person to person and interrupt its mutation.

#### Consent for publication

All authors are delighted with the publication of this article.

#### Competing interests

There is no authors' conflict of interest.

#### References

1. Evgeny Bryndin. (2022). Mutational Lines of Strains and Mutational Adaptive Selectivity of Coronaviruses. *Biomed Journal Scientific & Technical Research*. Volume 43- Issue 5. pp.34945-34947.
2. Evgeniy Bryndin, Irina Bryndina. (2019). Supporting Technology of Vigorous Activity by Normalization of Biofield and by Healthy Lifestyle. *International Journal of Healthcare and Medical Sciences*, Vol. 5, Issue 2. Pages: 1–11.
3. Evgeniy Bryndin, Irina Bryndina. (2019). Technological Diagnostics of Human Condition According to Spectral Analysis of Biofield. *Advances in Bioscience and Bioengineering*. Volume 7, Issue 3, Pages: 64-68.
4. Bryndin E.G. Putmakov A.N. (2019). Frequency color visualization of a condition of the person according to spectral analysis of biofield and biodiagnostics. *Journal of Medical Practice and Review*. 3(4). Pages: 505-509.
5. Evgeniy Bryndin. (2020). Self-Healing of Healthy Condition at Cellular Level. *Medical Case Reports and Reviews*, Volume 3, London. Pages: 1-4.
6. Markov M., Nindl G., Hazlewood C. and Cuppen J. (2006). Interactions Between Electromagnetic Fields and Immune System: Possible Mechanism for Pain Control. In: S. Ayrapetyan and M. Markov (eds.), *The Mechanisms of Biological Effects of Extra High-Power Pulses*, NATO Advance Research Workshop series, Springer.
7. Slotema, C. W.; Dirk Blom, J.; Hoek, H. W.; Sommer, I. E. (2010). Should we expand the toolbox of psychiatric treatment methods to include Repetitive Transcranial Magnetic Stimulation (rTMS)? A meta-analysis of the efficacy of rTMS in psychiatric disorders. *Journal of Clinical Psychiatry*. 71 (7): 873–84.
8. Alsayed Abd Elhameed Shanb, Enas Fawzy Youssef. (2020). The Efficacy of Adding Electromagnetic Therapy or Laser Therapy to Medications in Patients with Diabetic Peripheral Neuropathy. *Journal of Lasers in Medical Sciences*.

9. Teresa Paolucci, Letizia Pezzi, Antonello Marco Centra, Niki Giannandrea, Rosa Grazia Bellomo, et al. (2020). Electromagnetic Field Therapy: A Rehabilitative Perspective in the Management of Musculoskeletal Pain – A Systematic Review. *Journal of Pain Research*:13, pp. 1385-1400.
10. Evgeny Bryndin. (2021). Spiritual Foundation of Being and the Source of the Right Life. *Scholars Journal of Arts, Humanities and Social Sciences*, Volume 9, Issue 9. pp. 367-370.
11. Evgeniy Bryndin. (2020). Resonance approach of detection and neutralization COVID-19. *Japan Journal of Medical Science*, Volume 1, Issue 2, pp.11-15.



This work is licensed under Creative Commons Attribution 4.0 License

To Submit Your Article Click Here:

[Submit Manuscript](#)

DOI: [10.31579/2637-8892/201](https://doi.org/10.31579/2637-8892/201)

**Ready to submit your research? Choose Auctores and benefit from:**

- fast, convenient online submission
- rigorous peer review by experienced research in your field
- rapid publication on acceptance
- authors retain copyrights
- unique DOI for all articles
- immediate, unrestricted online access

At Auctores, research is always in progress.

Learn more <https://auctoresonline.org/journals/psychology-and-mental-health-care>