

Recent Advances in Clinical Trials

Prevention and Treatment of Influenza and COVID by Thermootherapy

Penny Thompson^{1*} and Kwasi Donyina²

¹PhD Student, Department of Immunotherapy, Wellness and Longevity University, Toronto, Ontario, Canada.

²Chancellor and Professor, Department of Immunotherapy, Wellness and Longevity University, Toronto, Ontario, Canada.

***Correspondence:**

Wellness and Longevity University, 1822-525 Adelaide Street West, Toronto, Ontario Canada, Tel: 1-647-907-9381.

Received: 02 Apr 2022; **Accepted:** 29 Apr 2022; **Published:** 03 May 2022

Citation: Thompson P, Donyina K. Prevention and Treatment of Influenza and COVID by Thermootherapy. Recent Adv Clin Trials. 2022; 1(2); 1-3.

ABSTRACT

Objective: Influenza and COVID have killed millions of people. Allopathic or western medicine and Big Pharma use vaccines to prevent diseases caused by viruses. Over the years, humans have experienced several side effects of vaccines which are overlooked by the vaccine producers and world governments. These governments are controlled by allopathic medical practitioners and Big Pharma. Other medical remedies that cannot be patented to bring trillions of profits are neglected by Big Pharma and allopathic medical practitioners who see diseases as a cash cow. Vaccines are ineffective. By the time the vaccine is manufactured, the viruses have mutated making vaccines ineffective and sometimes lethal. COVID vaccines are ineffective, with several side effects which are sometimes lethal. It is rather unfortunate that Big Pharma and allopathic medical practitioners have dehumanized governments with their quackeries about vaccines. Big Pharma and allopathic medical practitioners will use whatever means, including death, to suppress other proven medical information pertaining to the prevention and treatment of Flu and COVID. One should check the growing mountain of insurance claims due to death and other deformities and illness as the result of the COVID vaccines in USA and Great Britain to learn how dangerous the vaccines are. Our research and clinical practice indicate that viruses, including influenza and COVID, can be prevented and cured by heat.

Methodology: Prevention and Treatment of Influenza and COVID Using Steam Bath.

The clinic for the study was located in Edmonton, Alberta, Canada is shown in Figure 1. The weather in Edmonton is cold throughout the year except a brief period of summer (Table 1) [1]. As viruses survive in colder temperature, Edmonton is a perfect location to study and treat diseases caused by viruses. The Steam Bath Studio was open from 10 am to 11 pm, 7 days a week. On the average 20 people attended the studio daily or approximately 7,200 people per year. Some of the attendees were perfectly healthy and others were suffering from influenza or COVID. The duration of staying in the steam bath was 30 to 60 minutes.

Results and Conclusion: Over 14,000 patients with Flu or COVID were treated at the Steam Bath Studio in Edmonton over a period of two years. Heat kills all viruses including FLU and COVID. It has been proven scientifically and medically that viruses are killed by heat; hence diseases that are caused by viruses, such as Flu and COVID can be prevented and cured by thermootherapy. Vaccines are ineffective and have several side effects which could be lethal and shall not be used to prevent viral diseases.

Keywords

Influenza, COVID, Virus, Thermootherapy, Steam Bath, Allopathic Medical Quackeries.

Introduction

The 1918 influenza (Flu) pandemic was one of the most severe pandemics in world history. The Flu, which was caused by an H1N1 virus, spread worldwide during 1918-1919. It was estimated

that about 500 million people became infected with this virus. The number of deaths was estimated to be at least 50 million worldwide [2]. While the 1918 H1N1 virus has been synthesized and evaluated, the properties that made it so devastating are not well understood [3]. With no vaccine to protect against influenza infection and no antibiotics to treat secondary bacterial infections that can be associated with influenza infections, control efforts worldwide were limited to non-pharmaceutical interventions such as isolation, quarantine, good personal hygiene, use of disinfectants, and limitations of public gatherings, which were applied unevenly. The Flu has caused several deaths and it was not until October 5, 2009, that the first doses of monovalent H1N1 pandemic vaccine were administered [4].

In February 1957, a new influenza A (H2N2) virus emerged in East Asia, triggering a pandemic (“Asian Flu”) [5].

The 1968 pandemic was caused by an influenza A (H3N2) virus comprised of two genes from an avian influenza A virus, including a new H3 hemagglutinin, but also contained the N2 neuraminidase from the 1957 H2N2 virus. It was first noted in the United States in September 1968 [6].

In the spring of 2009, a novel influenza A (H1N1) virus emerged. It was detected first in the United States and spread quickly across the United States and the world. This new H1N1 virus contained a unique combination of influenza genes not previously identified in animals or people. This virus was designated as influenza A (H1N1) pdm09 virus. Ten years later (i.e., 2019) work continues to better understand influenza, prevent disease, and prepare for the next pandemic [7].

In February and March 2020, the first cases of infection with SARS-CoV-2 were reported in domestic cats and dogs from household of COVID-19 patients in Hong Kong SAR, China, and Belgium [8]. This is where we are at the present, the COVID pandemic.

As noted above, there have been several pandemics over the years and the scientific world researched and found mitigative ways for the diseases by using pharmaceutical drugs or vaccines. The Flu and its cousin, COVID-19 pandemic, have caused the loss of several lives and world economies are being destroyed. The races to find treatments are ongoing. Currently, various vaccines are being used to provide immunity to the pandemic. Vaccines are generally not effective as the viruses mutate. For example, influenza vaccines are produced for an upcoming flu season. The manufactured flu vaccine is generally not effective as the upcoming viruses have mutated. In addition, a large percentage of the populations are anti-vaxxers due to the side effects of vaccines and ineffectiveness. The objective of this study was to find an alternative medical therapy which will prevent and cure the flu and coronavirus infections, other than using pharmaceutical drugs or vaccines.

Literature review indicates that viral infections cannot be treated with antibiotics. The joint author conducted a clinical trial using

infrared irradiation to cure HIV/Aids on August 14, 2009, and COVID [9,10]. Acquired immune deficiency syndrome or acquired immunodeficiency syndrome (AIDS or Aids) is a collection of symptoms and infections resulting from the specific damage to the immune system caused by the human immunodeficiency virus (HIV) in humans. The late stage of the condition leaves individuals prone to opportunistic infections and tumors. Although treatments for AIDS and HIV exist to slow the virus progression, there is no known cure. The HIV/Aids clinical trial was successful. The COVID clinical trial was also successful, and people worldwide are using the therapy for the prevention and curing of COVID [10].

Human agency and oversight

It includes both the ethical and the legal dimension as it refers to fundamental rights protection aimed at maintaining the balance between human control and technical progress in terms of human agency and oversight. Human beings shall be protected both as individuals and groups, considering inclusiveness, fairness, non-discrimination, and vulnerabilities protection as paramount interests.

Table 1: 30-Year Temperature Averages for Edmonton, 1981 to 2010 [1].

High °F	Low °F		High °C	Low °C
21	5	January	-6	-15
27	10	February	-3	-12
36	19	March	2	-7
52	31	April	11	0
64	42	May	18	5
70	50	June	21	10
74	54	July	23	12
73	52	August	23	11
63	42	September	17	6
51	32	October	10	0
32	17	November	0	-8
24	8	December	-4	-13
49	30	Year	9	-1



Figure 1: Steam Room for Prevention and Treatment of Virus Infections. A Lady in the Steam Room at Fort Road Studio, Edmonton, Alberta, Canada.

Discussion

The results of the patients at the Edmonton Steam Bath Studio indicated that heat killed the flu virus and COVID. Furthermore, the article by Hirayama explains how thermotherapy works against RNA viruses, including the Flu and COVID. The article states that, “Heat shock protein-70 (HSP 70) is increased by sauna therapy and inhibits viral protein export and replication” [11]. In other words, heat kills viruses. The human immune system is enhanced by heat which increases the body temperature. The normal body temperature is approximately 36.5°C-37.5°C. Irradiation by heat increases the body temperature to the range of 37.5°C-39.0°C which is equivalent to fever temperature. The temperature could even be higher than 39.0°C or high fever range, depending on the temperature setting of the steam bath. The high body temperature causes an unbearable environment for pathogens and viruses. White blood cells also rapidly proliferate due to the suitable environment and can also help fight off the harmful viruses, pathogens and microbes that have invaded the body.

The body temperature in the fever range has several important functions in the healing process:

- Increased mobility of leukocytes
- Enhanced leukocytes phagocytosis
- Endotoxin effects decreased
- Increased proliferation of T Cells
- Enhanced activity of interferon

The Centers for Disease Control stated that, “Generally, coronaviruses (and other viruses, including the Flu and COVID) survive for shorter periods at higher temperatures and higher humidity than in cooler or dryer environments” [12]. Abraham, provided, “a reasonable estimate for near complete thermal destruction of coronavirus. For temperatures above 65°C (149°F) it is expected to cause near complete inactivation with exposures greater than 3 minutes. For temperatures between 55°C and 60°C (131°F-140°F) heating should last 5 minutes or more. However, for temperatures in the range 50°C-55°C (122°F-131°F) we recommend 20 minutes or longer of exposure. At these levels, we expect the viral concentration to be lowered by log 5-7, near or below the detectable limit”. Hence, when a patient infected with Flu or COVID is exposed to 37.5°C-39.0°C in a steam bath, the virus dies [13].

It is note worthy that the use of steam bath to kill viruses cannot be patented. Every family can buy such a system to be used at home or visit numerous steam bath studios in several cities. Since the use of steam baths to cure the Flu and COVID cannot be patented to obtain trillion dollars of profits, allopathic medical practitioners and Big Pharma will do whatever possible to suppress this thermotherapy. It is about time for the world to wake up to the quackeries of allopathic medical practitioners and use alternative medical protocols that are inexpensive but effective in CURING diseases, including the Flu and COVID.

Conclusion

Several million people have died of Flu and COVID all over the world. Allopathic medical practitioners and Big Pharma are ADVOCATING a pill or injection for each disease. These synthetic pills and injections do not cure any disease but modify the symptoms of diseases. The world governments and humans are being fooled as to the efficacy of these toxic drugs and useless vaccines. The case in point is COVID and Flu vaccines. Why do humans have to take several jabs? It is because the vaccines are ineffective, have several side effects and can even be lethal. One should check the growing mountain of insurance claims due to death and other deformities and illnesses as the result of the COVID vaccines in USA and Great Britain to learn how dangerous the vaccines are. Such information is covered up by the media who are controlled by Big Pharma, rich individuals, and co-operations. We and other truthful medical researchers, have proved, without reasonable doubt, that the efficacy of thermotherapy is 100%. There are no safety concerns. It is up to individuals to choose ineffective and toxic pharmaceutical drugs and vaccines or use effective natural and non-toxic medical protocols for their health and longevity. **THE CHOICE IS YOURS.**

References

1. <https://www.currentresults.com/Weather/Canada/Alberta/Places/edmonton-temperatures-by-month-average.php>
2. <https://www.cdc.gov/flu/pandemic-resources/1918-commemoration/1918-pandemic-history.htm>
1. <https://www.cdc.gov/flu/about/qa/1918flupandemic.htm>
2. <https://www.cdc.gov/nonpharmaceutical-interventions/index.html>
3. <https://www.cdc.gov/flu/pandemic-resources/1957-1958-pandemic.html>
4. <https://www.cdc.gov/flu/pandemic-resources/1968-pandemic.html>
5. <https://www.cdc.gov/flu/pandemic-resources/2009-h1n1-pandemic.html>
6. <https://www.who.int/publications/m/item/who-convened-global-study-of-the-origins-of-sars-cov-2>
7. Donyina K. Treatment of HIV/Aids Using Vitality Therapy™. J Clin Trials. 2021; 11p: 456.
8. Donyina K. Prevention and Treatment of COVID-19 Infections using Vitality Therapy™. J Clin Res Bioeth. 2021; 12: 375.
9. Hirayama E, Atagi H, Hiraki A, et al. Heat shock protein 70 is related to thermal inhibition of nuclear export of the influenza virus ribonucleoprotein complex. J Virol. 2004; 78: 1263-1270.
10. CDC. Generally, Coronaviruses Survive for Shorter Periods at Higher Temperatures and Higher Humidity than in Cooler or Dryer Environments. 2019.
11. Abraham JP, Plourde BD, Cheng L. Using heat to kill SARS CoV-2. Rev Med Virol. 2020; 30: e2115.