Revival Protocol for Emergency Natural Healthcare

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Background: Acupressure forms part of the ancient whole system of medicine known as Traditional Chinese Medicine (TCM) and is a very safe, easy-to-use method with profound potential to save lives. A 3 point protocol is put forward as a ‘life-saving revival protocol’. Historically, Du 26 is well known as an emergency and revival point.

Abstract: A life-saving protocol with two key acupressure points Lu 1 and Du 26. Treatment plan for emergency natural healthcare. Acupressure can save lives.

Diagnostic Criteria	What to do
Collapse when starting to go into respiratory failure ‘Death’ expected or unexpected Low energy Near ‘death’ Respiratory failure SIDS Significant weakness Sudden ‘death’ Unconscious but breathing Unconscious and not breathing Wrongly diagnosed as deceased (use this protocol even after a Medical Certificate of the Cause of Death or Verification of Expected Death has been issued) ‘Death’ really means respiratory failure – breathing and speech have stopped, mouth is open, eyes are open and staring although there will likely be a pulse and urination etc may still proceed. Use this protocol even if there is no or a very faint pulse. You may need to support the mouth if there is a delay in revival.	Sit the person down ideally on a safe chair with back support or have them lying down. If you notice them collapsing try to catch them and prevent any injury **Support the person’s head, neck, jaw and back if necessary. Do not remove any clothing unless the person has on a very thick coat. Use three finger pads to rub around the Lu 1 area on the person’s right for a few seconds (hollow below the lateral end of the clavicle). Repeat same on Lu 1 area on the person’s left. Press a finger pad firmly on Du 26 (on the philtrum underneath the nose, closer to the nose than the lip) and rub or hold for around 10 seconds or until the person revives or becomes stronger. Repeat the above process if the person does not revive or is still weak** Be prepared for the person reviving suddenly. They will not know that they have been in respiratory failure! Keep them sitting or lying if too weak. Do not let them walk around initially (even if they think that they are ok) as they may be too weak or even disorientated especially if they waken up in a different location. Open a window to allow fresh air to circulate. If too hot remove excess clothing or if cold, add extra clothing or a throw or blanket. Hydrate and eat as below. The person may need supported if then using the bathroom.

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Note: CPR, chest compressions, defibrillator (current method of usage), resuscitation and rescue breaths are not required and could cause unnecessary injury as well as delay revival.

Keywords: Acupressure, crisis, emergency, Du 26, Ren Zhong, Lu 1, Zhongfu, respiratory failure, TCM, Lung Mu point, Front Mu point.

Do not put the person in a coffin, through a wake, funeral or burial. Do not remove or donate any blood, tissue or organs. Do not embalm the person and do not carry out a postmortem. Do not donate the person's body to medical science. Definitely do not cremate the person! While this protocol has not been tested on anyone in or removed from a coffin, it is suggested that the person is removed safely from the coffin and brought to a place of safety before beginning to work on their body. Removal from a grave is outside the scope of this paper but is certainly worth considering.

Remember the **good news** is that the recently 'deceased' person from a TCM perspective is likely still alive even though western medicine usually considers the person 'deceased'!

In an ideal world the person would be revived in situ provided it is a safe place, as soon as possible, as it can take a very short time to revive the person. Take care if you have to move the person's body. However, please note that they can collapse again so break any news to them gently about what has happened and perhaps wait until after they have hydrated and eaten! Reuse the protocol again should they collapse. If conscious ask the person to press the acupressure points, especially if they become unwell or you can work on the acupressure points for them.

Follow up Treatment

• **DRINK:** Ask the person to drink water or tea (including herbal) as soon as possible even before using the bathroom. All liquid should be non-alcoholic. It would be best to sit while drinking or eating.

• **EAT:** Ask the person to eat food as soon as possible but choose soft food initially such as blended soup, yoghurt, soft sandwich or soft fruit. Advise to eat slowly until you are sure the person can swallow. Withdraw food and drink if the person feels faint and press on the acupressure points again. Once well enough continue to finish the food or meal. For babies use normal bottle or soft food that is age appropriate. Some people for example may need false teeth put in to enable them to eat more easily.

• **REST:** Rest after eating for at least one to three hours (consider raising the legs). A short walk in fresh air maybe useful but only when well enough. This will depend on the severity of the situation, mobility and any root causes. Anyone who is particularly weak may take longer to recover and require good nutrition and further treatment over an extended time period.

• **SYMPTOMS:** Deal with any other crisis symptoms, if they occur. TCM is very flexible and can be used for many conditions. Acupressure in the first instance will likely suffice. Remember that the person's body is starting to function again and symptoms may depend

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on how long they were in respiratory failure or any pre-existing health issues as they will still be there! Note not all previous health diagnosis may have been accurate. The person for example may have sudden loose or even smelly stools or need to urinate. They may collapse again so don't panic use the protocol. After a few hours the person may appear to be a yellowish colour. If this happens, a walk in the fresh air with some gentle exercises should be considered as well as further liquid and food. Normal colour should hopefully return reasonably quickly. TCM should be considered for any follow up treatment should any symptoms still persist along with good nutrition or even extra nutritional support. Please follow the prevention list below and consider root causes.

Prevention

- **Eat regular meals (3 a day plus healthy snacks). Do not fast.**
- **Keep hydrated regularly each day. Avoid alcohol.**
- **Do not take any medication that can cause dizziness, fainting or nausea.**
- **Do not have any vaccines.**
- **Do not have any blood tests (not even a pin prick). Do not donate any blood.**
- **Aim to avoid sunburn or excessive heat. If very hot, stay in the shade or somewhere cooler. Remove any excess clothing.**
- **Use natural ways to deal with stress.**
- **Ensure you have regular rest and avoid overwork.**
- **Do not ever let a blood pressure cuff be put around your upper arm.**
- **Keep warm in cold weather.**
- **Avoid medical procedures and surgery where possible. TCM and natural therapies can assist in many cases instead.**

Consider Root Causes: Did the condition just happen that day, has it happened before or how often has it occurred? Do you or the person know the cause(s)? Identify issues relevant to that day, recently or on an ongoing basis. For example check the body for sunburn, insect bites or stings, abscesses, wounds not healing, injuries, allergies, pain, blood loss etc. Has a meal like breakfast, lunch or dinner been missed or is it dehydration or alcohol dependency? Is there ongoing medication or what medication was taken that day? Has alcohol been consumed, anything different or unusual eaten or drunk? Were there any recent medical or dental procedures? When was the most recent menstruation or could there be a pregnancy? Has there been a shock, upset or stress? Has there been any recent injury or accident? Has there been enough sleep? Was there any illness or health issue recently or any longer term condition? Is there any odour from the body? Are there any issues from the prevention list above? Treat root causes naturally, if required.

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Further Treatment: Prevention (see above), TCM and natural healthcare treatment may help address underlying health issues. Childbearing, childbirth and menstruation may weaken women. Blood testing is also weakening. Manage safety of anyone intoxicated.

The acupuncturist should work to maintain their own health also! Dealing with people in this state can be stressful and it takes energy to manage these situations particularly given the complexities involved.

Conclusion: Du 26 is a natural healthcare life-saving point and a pivotal acupressure point for you to remember in a crisis! This protocol using Lu 1, the Front Mu point of the Lung provides extra power when trying to revive someone. It is recommended that revival is carried out by someone qualified in TCM as they will know other acupressure points to use should they be required however after a revival I would consider light touch or minimal acupressure on that day. But I would deal with any symptoms that are causing distress. For pain consider acupressure on Li 4 (do not use if pregnant) or Ren 17 if tightness or pain is in the chest area or there are breathing issues. If the person does not want to eat, for example, light touch on points such as St 36 and Sp 6 (do not use if pregnant) could be considered. Eating regularly does seem to be important. Personally, I would avoid Heart and Pericardium points. Remember it is respiratory failure and even if there is chest pain it is still not a physical heart issue. A TCM qualified person can judge what would be suitable.

Do not give up, even if the person collapses again on the same day. The first hour is particularly critical. Repeat the protocol again. The person may even collapse weeks or months later. Remember that the shock of what has happened to them may take time to heal. Repeat the protocol again each time as required. TCM and other natural healthcare in the interim would likely be useful however not everyone will present for treatment.

Less is more, I feel, during revival with the key follow up requirements of hydration, feeding and rest once consciousness has been regained. Teaching the person to use the Pivotal Point Du 26 themselves, in a crisis, may also be useful as well as using this protocol. Good nutrition, gentle exercise and keeping their blood are important in the longer term.

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