

Sirikorn Phothijak. (2021, October), A collection of health care methods in the COVID era in the style of Thai traditional medicine: Cheewajit 23 (553) : 34

**Ajarn Wantanee Jetathammachak**, a Thai traditional medicine practitioner from Thammanurak Thai Traditional Medicine Clinic and an expert on Thai traditional medicine. Institute of Thai Traditional Medicine Ministry of Health Revealing health care methods that teachers regularly do to reduce the chance of getting COVID as follows

**Rule 1: Eat immune system supplements.** Focus on eating fresh, cooked and homemade food. Eat all 5 food groups. Eat a variety of vegetables and fruits in season. to get vitamins and minerals

**Rule 2: Practice breathing** to strengthen your lungs, take a deep breath, hold your breath, count 1-5 and slowly exhale long. This method is easy to practice. You can go along with walking, swinging your arms, doing yoga, or even sitting at work.

**Rule 3 Drinking warm water** at least 2-3 glasses per day helps reduce mucus and mucus that remain in the respiratory system. Helps to clear the airway

**Rule 4: Plant 1 pot of paniculata in the house.** When you feel a sore throat, cold, or fever, pick 2-3 paniculata paniculata leaves, wash them thoroughly, put in a glass and pour hot water into the glass. Set aside to warm. Drink 1 glass per day. Continue until the symptoms are reduced.

