

Preparing for the problems of home-care in case of influenza, respiratory problems or Covid19

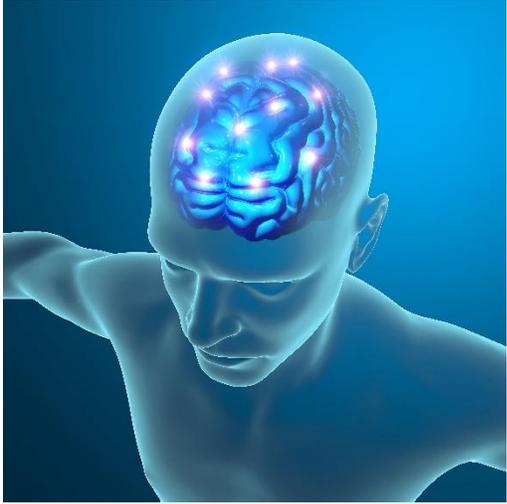
People who are at home due to respiratory issues that characterize winter’s contagious flu viruses, or people suffering from respiratory difficulty, COPD, shortness of breath, asthma, sinusitis, or as is the case these days, respiratory symptoms resulting from the Corona pandemic - all suffer from a range of considerable physical and emotional problems particularly issues derived from difficulty in observing the directives given.

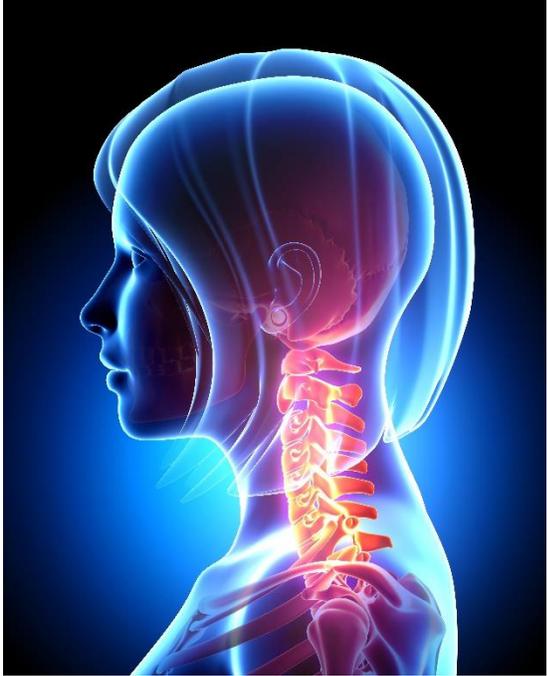
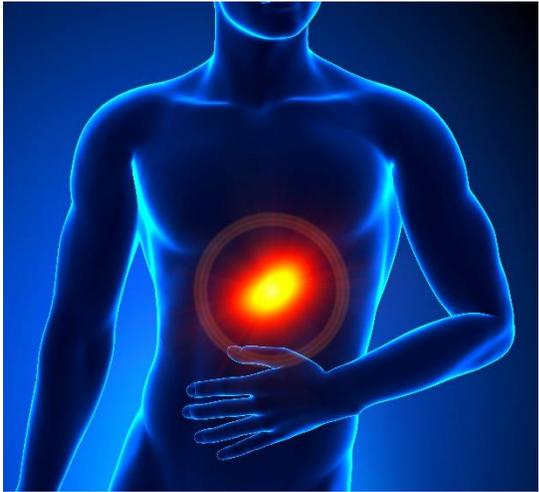
The good news is that there is an efficient solution that significantly lessens these problems as is detailed below, and enables improved and more efficient functioning of the respiratory mechanism.



Fig.1 - Prone Position on Respine4u

Directives and identified problems	Solutions - use of Respine4u	
<p>1. The instruction to lie face down entails serious difficulty, as this position causes stress on various body systems, as well as discomfort and even pain.</p>	<p>It facilitates the optimal position of lying face down comfortably, enabling release, and relief, reduction of pain, relaxation and even deep sleep.</p>	

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<p>2. The necessity of both resting and exercising, avoiding long hours in front of screens which entails lack of sufficient motion.</p>	<p>This palette enables advanced alternating between waking and a method of resting that generates diaphragmatic breathing and allows for improved lung function without effort, while lying face down.</p>	
<p>3. Directive to allow the body to rest, but need to avoid prolonged supine position, and rather lie face down as much as possible</p>	<p>Rest and sleep – improving lung functions while sleeping face down. Resting or sleeping face down for unlimited hours, thus avoiding as much lying on the back (as much as possible) which entails superficial breathing and only partial lung activity.</p>	
<p>4. Required to stay home, quarantined for a prolonged period of time, in a limited space, sometimes even one room, while making sure to be physically active including aerobic activity, to ensure use of the lungs.</p>	<p>Reduces physical stress and improves spine and nervous system functions, as well as communication between brain and body, reducing pressure from the back, generating natural decompression of the spine, "Dry Hydrotherapy" and improving the neck and shoulder posture, while causing internal motion aligned with the respiratory rate and the biomechanics of the spine.</p>	

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<p>5. Striving to relax in order to relieve emotional, physical and mental stress, despite the situation which in itself is the cause of anxiety, loneliness, social isolation, weakness, exhaustion, and anger at having contracted the virus. This together with respiratory difficulty and fear of asphyxia, lack of air. During the Corona, a fear of hospitalization, intubation, and deterioration due to complications or belonging to a risk group</p>	<p>Lessens depression and emotional stress by the very possibility of self-administration, managing the brain function by resting, relaxation and being in a meditative state.</p>	
<p>6. Recommended to maintain a diet that prevents digestive issues which increase physical stress.</p>	<p>Improved the digestive activity since lack of motion is likely to generate digestive and intestinal problems.</p>	

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<p>7. Recommendation to achieve emotional balance and avoid stress</p>	<p>Enables a state of deep and effective rest, balance of the sympathetic and parasympathetic systems, calming and meditation that allow the brain to reduce emotional stress naturally.</p>	

Detailed Appendix

<p>Problems that arise and need solutions For people at home due to the respiratory issues that characterize winter’s contagious flu viruses, or people suffering from ARDS, shortness of breath, asthma, sinusitis, or currently, respiratory symptoms as a result of Corona, it is recommended amongst other things:</p>	<p>Solutions provided by Respine4u To support their emotional and physical situation when quarantined alone for 10-14 days, is limited space at home and to also be active, and necessarily do what it takes for their health to avoid deterioration and hospitalization, and this too generates physical and emotional stress.</p>
<p>1. The demand for people to rest and yet avoid spending prolonged hours in bed on their backs</p>	<p>Enables resting at any time as needed in a prone position during many hours for relief, relaxation, sleep and meditation without the brain having to demand a change of position, thanks to the distribution of pressure where the upper body is in contact with the pallet.</p>
<p>2. The requirement to stay isolated at home, but to maintain physical activity. To activate the body in general and the lungs in particular.</p>	<p>Activity is thought by many to refer to open space movement, nature walks, running or walking in open spaces in order to activate the respiratory system and deep breathing. The Prone Position on Respine4u enables activating the lungs using efficient diaphragmatic breathing which improves lung functions. It also generated internal motion between the vertebrae and increased peristalsis of the intestines.</p>

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<p>3. The need to calm the brain and the body, and give ourselves time to recuperate and recover, while experiencing emotional stress – feeling weak, exhausted, angry about having contracted the virus and experiencing difficulty breathing as a result, fear of asphyxia, lack of air; during the Corona period there is even fear of death from complications due to being in a risk group.</p>	<p>On Respine4u, the emotional state is taken care of by calming and balancing the sympathetic system and by increasing the parasympathetic activity, reducing physical pressure and relieving pains that do not stem from specific medical causes. Entering a meditative state, or falling asleep or a sensation of floating, all assist the brain to naturally reduce emotional stress, lessen negative thoughts, anxiety and fears. For anyone who practices meditation, this situation enables effortless meditative focus, without even noticing you are already there.</p>
<p>4. Lack of activity can lead to many waking hours and sleep interruption, requiring a balance between the parasympathetic and sympathetic systems.</p>	<p>Improving sleep quality as a result of improved breathing and reduced stress on the spine and the nervous system, along with improved communication between the brain and the body, allows the brain to lull us to sleep in order to recuperate and manage the treatment of the suffering body.</p>