



**Ecole de médecine  
orientale**

**HAI THUONG**

**海上東醫學堂**

**Institut Européen du Bouddhisme Appliqué**

## **An effective remedy for Covid-19 has been discovered**

The Hai-Thuong School of Oriental Medicine announces that, for the past five and a half years (since 2020), an Oriental Medicine herbal formula has proven effective against COVID-19 and seasonal flu in the Rhône-Alpes region.

Widely adopted by our fellow local therapists, this formula has consistently shown good results in treating COVID-19. It has been of great help to many people, especially during the early phase of the pandemic when the lack of solutions left many patients without options. Today, the people of this region know that a calm and effective treatment is possible.

In Vietnam, our success has been even greater: in Saigon, since September 2021, we have treated over a thousand COVID-19 patients.

Based on observed efficacy in all these cases, we have found that this formula has undeniable natural antiviral, antibacterial, and anti-inflammatory effects—fast and powerful—especially on the chest, throat, and head area, which are the main sites affected by COVID-19.

A promising treatment based on natural compounds has been identified to help combat SARS-CoV-2 and the viruses responsible for seasonal flu. This remedy appears to ease symptom management and could reduce the severity of these infections.

Although these viruses may persist in the population, this therapeutic advance offers the possibility of more peaceful and effective care, easing the anxiety they generate. Therefore, it would be highly valuable for a research team to carry out a rigorous scientific evaluation to validate our preliminary results.

## The 21-Plant Formula:

A list of 21 traditional Chinese medicinal plants is provided with quantities and preparation instructions. The remedy involves taking a hot herbal infusion over six days (10g/day), with details on preparation and dosage for children. It is safe alongside other medications (e.g., for diabetes, hypertension) and has no contraindication during pregnancy.

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*Radix Rehmanniae Praeparatae* - 熟地 黄- **Shu Di Huang / 80 gr.**

*Radix Ophiopogonis* - 麥門冬 - **Mai Men Dong / 24 gr.**

*Rhizoma Dioscoreae* - 淮山- **Shan Yao / 24 gr.** *Fructus Lycii*

*chinense* - 枸 杞 子 - **Gou Qi Zi / 24gr** *Poria Cocos* -伏苓- **Fu**

**Ling / 12 gr.**

*Radix Angelicae Sinensis* - 當歸 - **Dang Gui / 12 gr.**

*Radix Achyranthis bidentatae* - 淮牛膝 - **Huai Niui Xi / 12 gr.**

*Ramulus Cinnamomi* - 桂 枝 - **Gui Zhi / 24 gr.**

*Radix Codonopsis* - 党 参 - **Dang Shen / 12 gr.** *Colla Corii*

*Asini* - 阿胶 - **E Jiao\* / 12 gr.**

*Rhizoma Atractylodis macrocephalae* - 白朮 - **Bai Zhu / 12 gr.**

*Pericarpium Citri reticulatae* - 陈皮- **Chen Pi / 8 gr.**

*Rhizoma Zingiberis* - 乾 薑 - **Gan Jiang / 8 gr.**

*Radix Bupleuri* - 柴胡- **Chai Hu / 8 gr.**

*Rhizoma Acori graminei* - 石菖蒲 - **Shi Chang Pu / 5 gr.**

*Semen Sinapis albae* - 白芥子- **Bai Jie Zi / 5 gr.**

*Fructus Schisandrae* - 五味子- **Wu Wei Zi / 6 gr.**

*Radix Glycyrrhizae Praeparatae* - 炙甘草- **Zhi Gan Cao / 6 gr.**

*Radix Platycodi* - 桔梗 - **Jie Geng / 4gr.**

*Cortex Radicis Mori Albae* - 桑白皮- **Sang Bai Pi / 4 gr.**

*Schizonepeta Tenuifolia* - 荆芥 - **Jing Jiè / 4 gr.**

## **Preparation of the Decoction:**

10 grams of finely ground herbal powder (equivalent to 1 teaspoon)

- 5 grams of fresh ginger, thinly sliced
- 22 cl of water
- 2 teaspoons of honey
- 1 teaspoon of lemon juice.
- Bring the mixture to a boil and simmer for 5 minutes.
- Strain using a sieve and drink the infusion hot, all at once.

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Dr DO Trong Lê  
*founder and director*

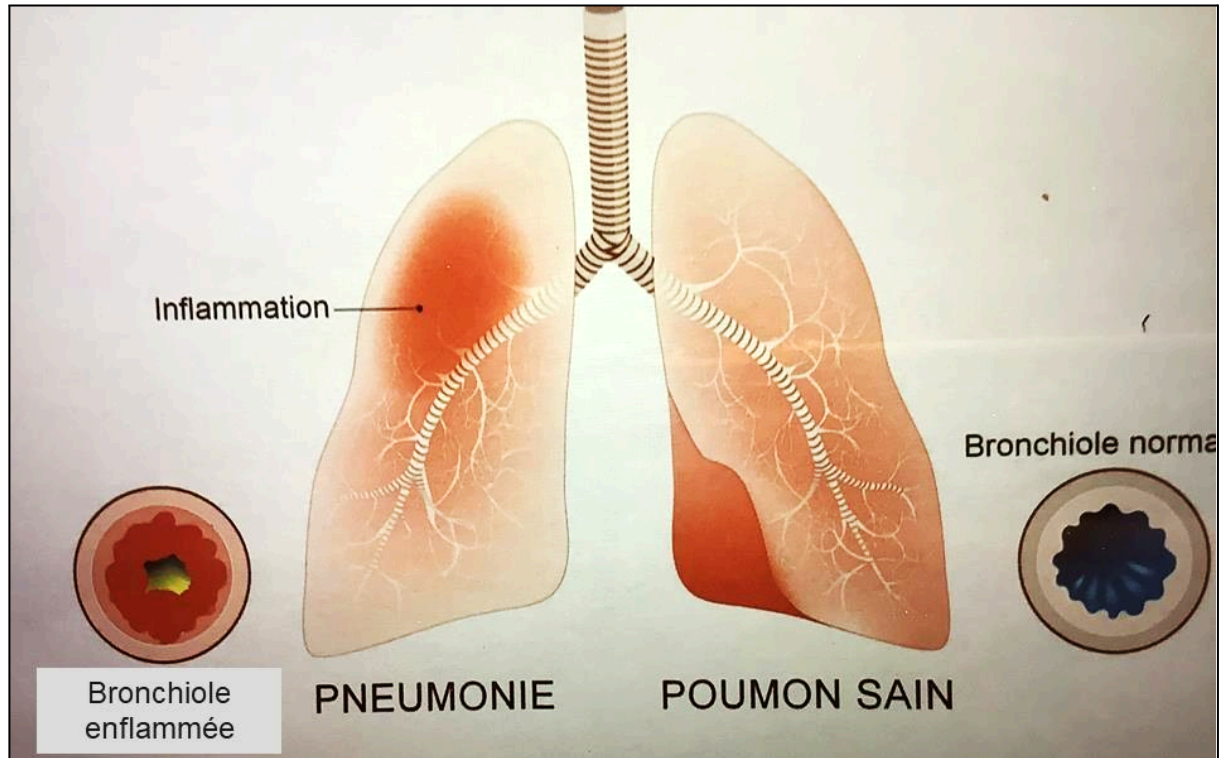
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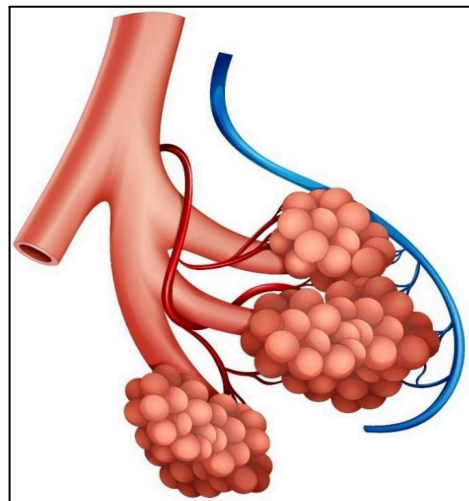
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## Methodology and Results in the Effective Treatment of COVID-19

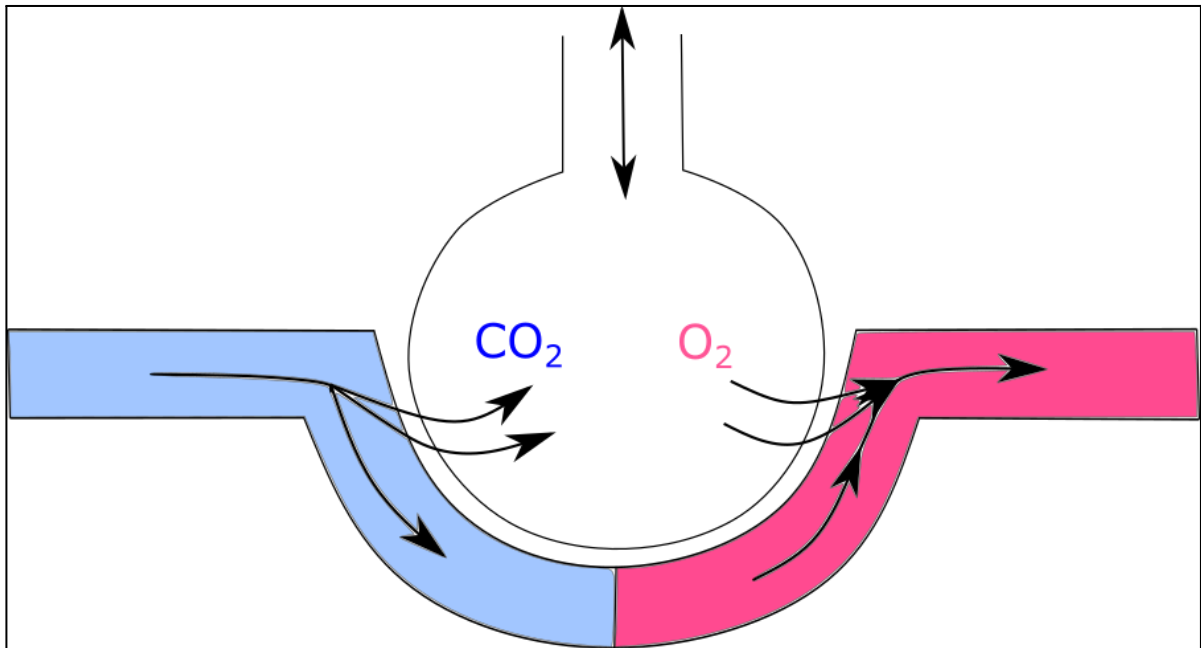
### The Mechanism of COVID-19



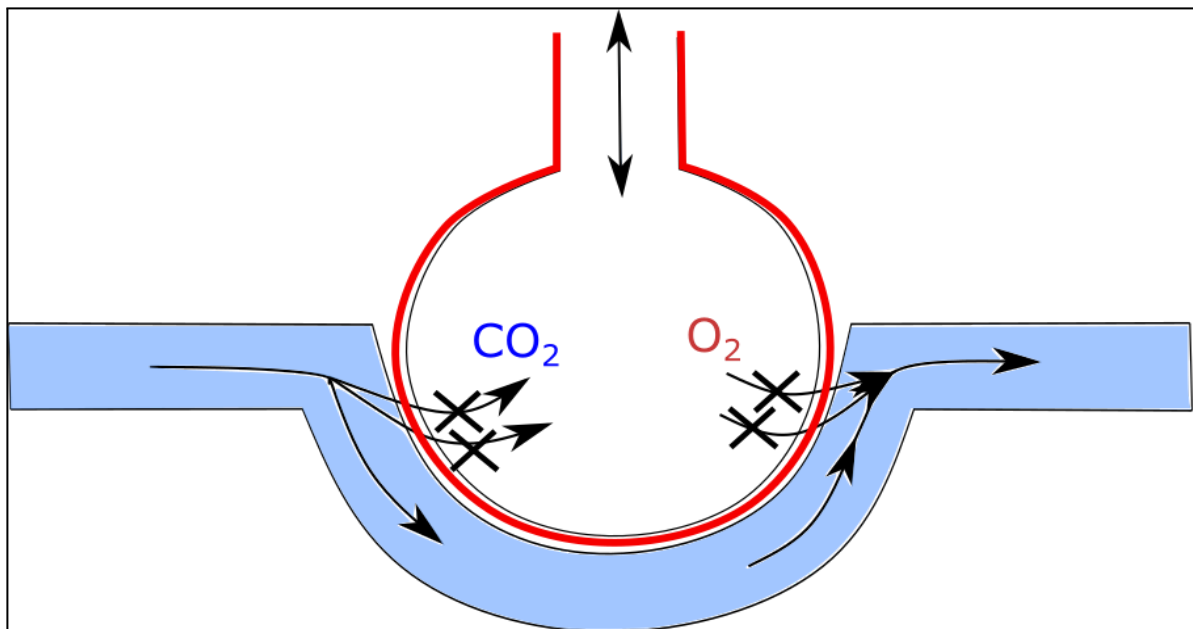
*Pneumonia with inflamed bronchiole and normal bronchus  
(image : Freepik)*



*Alveoli  
(image : Freepik)*



*Healthy alveolus / normal gas exchange*



*Infected alveolus with blocked  $\text{CO}_2$  gas exchange*

COVID-19 primarily affects the respiratory system, especially the lungs. The infection triggers an intense inflammatory response in the bronchioles, which can lead to acute respiratory distress syndrome (ARDS) and, in severe cases, death.

Symptoms include high fever (up to 39–40°C or more), breathing difficulties, fatigue, and low blood oxygen. In severe cases, the oxygen level drops dangerously low. Survival often depends on uninfected lung areas maintaining gas exchange and on oxygen therapy or ventilation.

Unlike bacterial pneumonia, which usually responds to antibiotics, COVID-19 pneumonia often affects both lungs and is not treatable with antibiotics. Due to the absence of effective antiviral drugs, the virus has caused over 6 million deaths worldwide.

Vaccination has reduced severe cases and mortality, but variants continue to be lethal. For example, in early April 2022, Hong Kong recorded an average of 200 COVID-related deaths per day. In France, on July 2, 2022, 130,000 new cases were recorded in a single day. In 2023, after China lifted its "Zero COVID" policy, a surge led to 11,000 deaths per day.

### **Therapeutic Action of the Formula**

This traditional herbal formula strengthens Yin energy, creating a cooling effect that rapidly reduces inflammation in the lungs, allowing oxygen exchange to resume and improving blood oxygen levels. Breathing becomes easier and fatigue decreases. The risk of death from respiratory distress is prevented.

This plant-based formulation, designed to comprehensively support Yin energy, has demonstrated a notable therapeutic effect in pulmonary regions affected by viral infection. Specifically, it facilitates a rapid reduction of inflammation in the bronchioles and alveoli, thereby restoring effective gas exchange and stabilizing blood oxygen saturation (SpO<sub>2</sub>) levels. As a result, patients experience improved respiratory function and a marked decrease in fatigue.

The risk of progression toward acute respiratory distress and potential mortality is significantly reduced. This clinical improvement aligns with the principles of traditional Yin-Yang theory, wherein the rebalancing of excess Yang (manifested as heat and inflammation) through Yin-enhancing agents leads to the restoration of physiological equilibrium.

## **Yin and Yang Dynamics in Nature**

- **Yang:** Fire, heat, expansion, mobility, ascent
- **Yin:** Water, coolness, concentration, stillness, descent

COVID-19 causes an excess of Yang (heat), leading to high fever. The herbal decoction acts like a cooling summer rain, reducing the heat and inflammation.

As fever decreases, the Yin elements of the remedy penetrate inflamed tissues, restoring balance and reducing respiratory symptoms.

## **Why Do COVID-19 Patients Develop a Fever?**

The SARS-CoV-2 infection creates an excess of Yang energy in the human body, resulting in an elevated temperature ranging from 38°C to 40°C, or even higher. This fever represents the body's natural immune response to combat viral invasion.

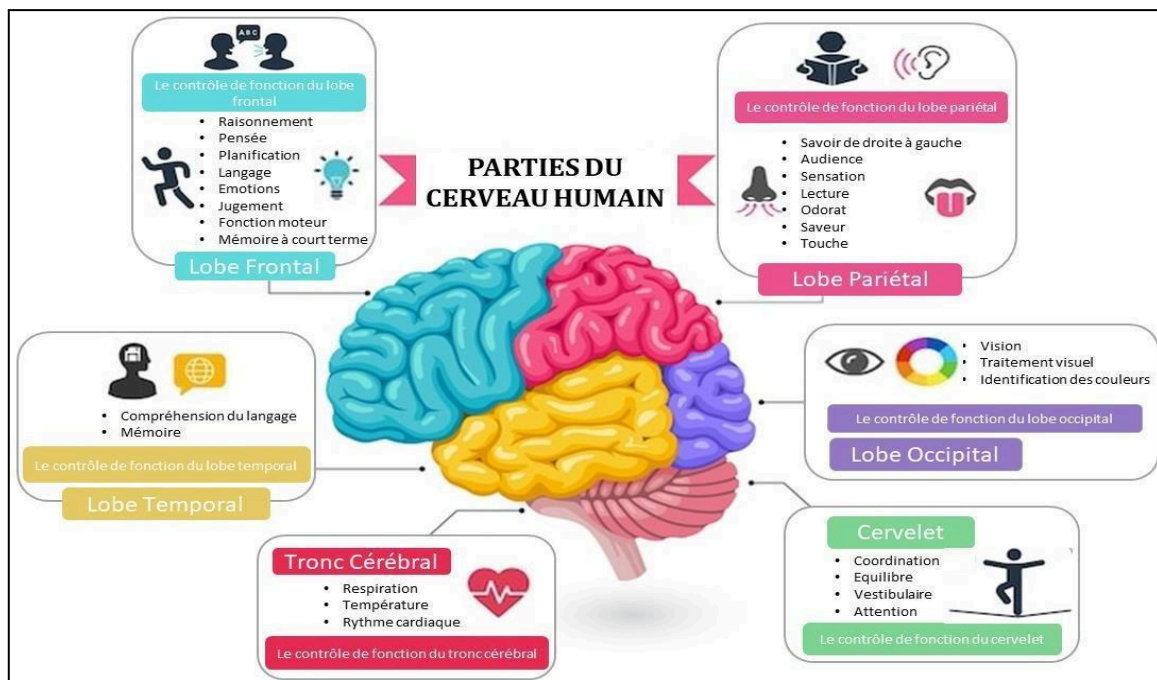
The Yin-tonifying herbal decoction acts metaphorically like a heavy summer rain on a hot, dry afternoon—lowering the internal heat. It helps to temper the excess Yang response, thereby mitigating the harmful consequences associated with excessive Yang energy, such as internal heat, inflammation, and physiological stress.

## **How Severe Fatigue Is Alleviated**

As the fever subsides, the Yin factor—the cooling quality of the decoction—is able to reach the inflamed areas. The excess Yang responsible for the inflammation is quickly neutralized.

Inflammation in the lung tissues decreases, and normal function is restored. The patient begins to breathe more easily and feels significantly less fatigued. The risk of escalation toward acute respiratory distress and potential mortality is thereby prevented.

## Neurological Symptoms (Headaches, Loss of Taste and Smell, Speech Difficulty)



(image : iStock)

## Neurological Manifestations and Restoration of Balance

The excess Yang induced by the SARS-CoV-2 virus tends to rise within the body, often concentrating in the upper regions, particularly the head. This accumulation of Yang manifests as severe headaches and may affect overall brain function. The frontal and parietal lobes—located in the upper part of the brain—are especially impacted, which explains the wide range of neurological symptoms observed in some patients: short-term memory loss, impaired motor coordination, speech difficulties, and loss of taste and smell.

The introduction of the Yin element through the herbal decoction rapidly counteracts this excess Yang in the upper body. As internal pressure decreases, headaches subside, and the Yin-Yang balance is gradually restored within the cerebral region.

Consequently, normal neurological function returns: patients regain their sense of taste and smell, recover their ability to speak clearly, and experience improved coordination and movement.

## How We Treat Long COVID

At our clinic in Lyon, we treat Long COVID and its typical symptoms: persistent fatigue, lack of both physical and mental energy. Although the patient has recovered from COVID-19 more than a year ago, they are often still unable to return to work.



Additional symptoms may include memory loss, speech difficulties, and tremors in the limbs.

These manifestations reflect a depletion of both Yin and Yang energies in the patient's body. Our remedy is composed of medicinal plants that strengthen Yin and Yang, as well as digestive stimulants to help restore appetite, promote healthy eating, and support restorative sleep. In doing so, the patient gradually regains strength.

As vitality returns, fresh blood circulates more effectively throughout the body, the brain receives better nourishment, and nerve cells begin to regain function. Once memory is restored and neurological symptoms improve, the patient can return to a normal state of health. On average, the full treatment course for Long COVID using our formulation lasts between **3 to 5 weeks**.

### **A Source of Hope in the Treatment of Various Infections**

For five years, our school has observed the remarkable effectiveness of this decoction against viral infections (**gout, shingles, hives, Lyme disease**) as well as **colds, tonsillitis, migraines, nasal polyps, urinary tract infections, fibromyalgia pain, and rheumatoid arthritis**. It would therefore be of great interest for a research team to validate our results with the required scientific rigor.

The principle is simple: we induce a "rain effect" in the patient's body, where the Yin factor (coolness) lowers the temperature and reduces bronchial inflammation, instantly facilitating breathing. The pulmonary alveoli regain their normal function, optimizing gas exchange and eliminating fatigue.

Restoring the balance of Yin and Yang is thought to help create an internal environment unfavorable to the survival and proliferation of pathogens, thus facilitating their natural elimination by the body. Unlike antibiotics such as penicillin, which target certain kinds of bacteria and can cause side effects (including altered intestinal flora), this approach aims to strengthen homeostasis and overall immune defenses.

This approach is of particular interest in the context of difficult infections, such as **nosocomial infections, measles, monkeypox, chikungunya, dengue fever, HIV/AIDS, as well as viral hepatitis A, B and C and leprosy**. Although further research is needed to validate its clinical efficacy in these pathologies, preliminary results offer promising prospects for prevention and therapeutic support.

## The Origin of the COVID-19 Remedy

Twenty years ago, I suffered from a severe case of pneumonia with high fever, extremely labored breathing, and, above all, an unusual and overwhelming fatigue—so much so that I lacked the strength to breathe. I felt the danger of imminent death. In an effort to save myself, I composed this formula, which quickly led to my recovery.

Since then, using this 21-herb formula that strengthens Yin energy, I have successfully treated all forms of pneumonia, whether bacterial or viral, including with great success during the COVID-19 pandemic and its variants, such as Delta and Omicron.

I am publishing this COVID-19 treatment in memory of Zen Master Thich Nhat Hanh (1926–2022). At the founding of the Hai Thuong School of Oriental Medicine in Germany, he once said to me: *“We are refugees who have received much help from the host country—it is important to do something concrete to honor these noble human acts.”*

His teaching on mindfulness—so wonderful and exceptional—is now widely recognized in this century. Mindfulness is practiced everywhere as a doorway to reality and to true happiness. Many of his students embody and live this mindfulness, discovering joy and meaning in the heart of ordinary life.

In my own case, his wisdom has offered me a clear vision of the natural world around me and has deeply guided my medical research.

Dr DO Trong Lê, founder and director

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# ANNEXE

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## COVID-19 Testimonial Letter #1 from Dr. Jean Lachanat – October 2, 2020 (Lyon)<sup>1</sup>

Dear sir,

Thank you for your message, 18th September 2020. Here is my testimony:

- Sunday, 18th September, I had a serious cough and heavy fatigue.
- Monday, 19th September, the situation degraded abruptly with breathing difficulties. The fatigue persisted and I was coughing throughout the night. I did not take my temperature.
- Tuesday morning, 20th September, my wife went to your clinic to look for the herbal formula that you had spoken to me about and I took it as instructed. The effect of the herbal drink has surprised me from a medical perspective -- hesitant of *miracles* outside of conventional medicine.

In the span of 2 days of taking this herbal tea, my state improved dramatically. The cough and fatigue diminished in a spectacular fashion with each day.

I took the herbal drink for 6 days straight as directed without any other medication. After one week, the symptoms all disappeared. I strongly advise this herbal formula for all forms of flu or viral infections.

Yours faithfully,  
Dr. Jean Lachanant

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<sup>1</sup> All testimonies were translated to English from the original letters in French, available upon request.

COVID-19 Testimonial Letter #2 from Colette Bourgain, *October 8, 2020 (Lyon)* :

With this letter, I would like to share my experience on the effectiveness of Mr. Do Trong Le's herbal tea.

On Saturday, March 14, 2020, I had a sore throat since the day before, but in the afternoon, I felt extremely tired, accompanied by a headache and an indefinable feeling of malaise. In the evening, my heart also started racing while I was lying down. I took "Doliprane" and went to bed. The next morning, I still had a sore throat, a sore head, and dizziness. At times, I felt like I was going to faint; I had to lie down, and my temperature also reached 38.5°C.

I went to see a doctor at SOS Médecins in Annecy who told me I had all the symptoms of Covid, but couldn't say for sure since there were no tests available at the time. I went home with the pain medicine, Doliprane. By Monday, my health was still not good.

My husband went to see Mr. Do Trong Le, who gave him the herbal formula for me. I drank this tea on Monday evening while I lay in bed with a fever, headache, dizziness, and, still, rapid heartbeat. When I woke up the next morning, I immediately felt much better. I no longer had a fever, no more headache, no more palpitations (which have never returned since), but above all, I felt like I had emerged from a thick fog. I took this preparation for three days, and everything returned to normal.

I can't thank him enough because I'm at risk. I'm 61 years old, I suffer from familial hypercholesterolemia, I have diabetes and I'm a little overweight (all the conditions you need to attract Mr. Covid virus). I hope my testimony will help make this herbal tea accessible to everyone.

Colette Bourgain  
La Grole - 74150 Massingy  
bourgain.laurent10@gmail.com

Octobre 8, 2020

COVID-19 Testimonial Letter #3 from Danielle Bougault-Desarzen, *December 2, 2020*  
(Lyon) :

Dear Dr. Do,

I, the undersigned, Mrs. Danielle BOUGAULT-DESARZENS, confirm having used the herbal tea offered by Dr. DO as part of my COVID-19 symptoms.

Tested positive on October 23, 2020, after a test taken on October 22, I began taking this herbal tea on October 25 for 6 days, as instructed.

My symptoms included: two days of fever with body aches and cough. Soon after, I experienced significant fatigue and diarrhea. After the second dose, I felt improvement. The fever went away, the body aches stopped. The cough took a bit longer to subside, and returning to normal bowel movement took several days. But overall, I experienced a fairly rapid improvement in my general condition.

Please accept, Dr. DO, the assurance of my sincere regards.

**Mrs. Danielle BOUGAULT-DESARZENS**

62 years old

October 24, 2020

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COVID-19 Testimonial Letter #4 from Nadège Hadid, nurse, *December 22, 2020 (Lyon)*  
:

Dr. DO TRONG LE,

My name is Ms. HADID NADÈGE GIRAUD, and I am a patient of Ms. CHOVET, a physiotherapist. I work in a hospital setting and contracted COVID-19 with the following symptoms:

Extreme fatigue, no sense of smell, no sense of taste, high fever, and severe cough with difficulty breathing. I took the herbal tea according to the protocol. 24 hours later, my cough significantly diminished, and three days later, the difficulty in breathing disappeared. After 10 days, I felt less fatigue, and my sense of taste and smell gradually returned. I returned to work after three weeks.

I would like to inform you that my parents also took this treatment as a preventative measure. I recommend it to my friends as well.

Thank you very much.

Madame HADID

COVID-19 Testimonial Letter #5 from Laure Faure, Clinical psychologist, *February 8, 2021 (Lyon)* :

On January 30, 2021, I started to have a fever of 39.5°C (102.2°F) with intense fatigue and severe body aches. I started having difficulty breathing on January 31.

On February 1, a PCR test diagnosed me as COVID-19 positive. My fever remained persistent, still at 39.5°C (102.2°F), with very intense body aches, immense fatigue, and severe nausea.

On February 2, I began to experience severe vomiting and diarrhea. That day, I took my first dose of the herbal tea prescribed by Mr. Do. I immediately felt a surge of energy and the fever began to drop.

On February 3, the vomiting and diarrhea were still very severe, but the second dose of the herbal tea brought my fever down, and I once again felt a surge of energy.

By February 4, my fever had completely subsided. The third stopped the vomiting and diarrhea. The aches and pains subsided also. Although the breathing difficulty remained.

On February 5th, I took the fourth dose. I felt a surge of energy, even stronger and longer-lasting this time. Only the breathing difficulty persisted.

On February 6th, I took the fifth dose. My energy had returned and there was no more breathing difficulty.

On February 7th, I took the last dose. My energy was back, with no more fever, aches, diarrhea, or breathing difficulty.

I would like to sincerely thank Mr. Do who helped me get through this Covid illness with a very rapid and profound improvement, with an almost immediate drop in fever and an immediate increase in energy.

Yours sincerely,

Laure FAVIER  
*Clinical psychologist*  
1, rue Richan - 69004 Lyon  
06 87 33 58 24  
laurefavier@ymail.com

COVID-19 Testimonial Letter #5 from Maud Christianne, nurse, *April 10, 2021 (Lyon)*

Dear Sir,

I am writing to you to provide feedback on the herbal tea you gave to my mother, Nicole Christianne, who then gave it to me to treat COVID symptoms.

I noticed the first symptoms on April 4th: chills, body aches, headaches, and intense fatigue. I tested positive on April 6th, with a progressive loss of taste and smell and constant headaches. I started taking your herbal tea on April 8th, and it has proven remarkably effective.

The next day, I noticed less severe headaches, and I could smell things again. Over the next six days, my condition improved, my fatigue significantly diminished, and my sense of taste and smell eventually returned completely, which was a great relief. As a nurse, I dream of a facility where we could treat patients with this herbal tea. I would recommend it without hesitation.

Thank you,

Maud CHRISTIANNE

*Nurse*

maud.christianne@gmail.com



Letter of testimony of *urinary tract infection* from Nathalie Calmé, journalist, *July 10, 2025* (Lyon):

Dear Dr. Do,

Dat Phan prescribed the PAT formula after I told him about my recurring urinary tract infections. Since the end of 2023, I'd had a string of infectious episodes, sometimes accompanied by a fever, which inevitably led to antibiotics. Over the past nine months, the infections sometimes recurred every two weeks.

The urologist had prescribed various tests—CT scans, ultrasounds, etc.—which revealed no mechanical problems. At the beginning of 2025, he then suggested a preventative treatment with Monuril, taken every ten days. But that wasn't enough: the infections continued, caused by various germs, both intestinal and gynecological. Of course, over the years, I had tried everything in terms of herbal supplements (cranberry, hibiscus, heather, propolis, etc.), in herbal teas or capsules, as well as probiotic courses. I also changed my diet: less gluten, fewer dairy products, more water... Nothing worked, the relapses persisted.

I started the PAT on May 29th, with an initial six-day course. Then I continued with a second twelve-day course, following the rhythm of two consecutive days followed by one day off. Since then, I haven't had a single urinary tract infection. And I am deeply grateful to you for helping me regain my health. It's a real liberation, and a great opportunity!