

HERBALS-HEALTHY-FOOD

A Diet Lacking in Tryptophan Alters Gut Microbiota, Increases Inflammation

Aug 14, 2021

<https://scitechdaily.com/a-diet-lacking-in-tryptophan-alters-gut-microbiota-increases-inflammation/>

Top Foods High in Tryptophan

<https://www.webmd.com/diet/foods-high-in-tryptophan#1>

1. Milk
2. Canned Tuna
3. Turkey and Chicken
4. Oats
5. Cheese
6. Nuts and Seeds
7. Bread
8. Chocolate
9. Fruits

Proteolytic Enzymes: What are they, How They Work, Benefits and Sources

<https://www.healthline.com/nutrition/proteolytic-enzymes>

Food Sources for proteolytic enzymes:

Two of the best food sources of proteolytic enzymes are papaya and pineapple.

Papayas contain an enzyme called papain, also known as papaya proteinase I. Papain is found in the leaves, roots and fruit of the papaya plant.

Papain is a powerful proteolytic enzyme. In fact, it has been used for thousands of years as a meat tenderizer due to its ability to break down protein (4Trusted Source).

Meanwhile, pineapples contain a powerful proteolytic enzyme called bromelain.

Bromelain is found in the fruit, skin and sweet juice of the pineapple plant and has been used for centuries by the indigenous people of Central and South America as a natural treatment for a number of ailments (5Trusted Source).

You can get papain and bromelain by eating raw papaya and pineapple, respectively. You can also buy these proteolytic enzymes in concentrated supplement form.

Though pineapples and papayas are the most common sources of proteolytic enzymes, other dietary sources include (6Trusted Source, 7Trusted Source, 8Trusted Source):

- Kiwifruit

- Ginger
- Asparagus
- Sauerkraut
- Kimchi
- Yogurt
- Kefir

KEFIR (Good for the gut)

New Mutations T205I and D399N Evades Detection By PCR Tests. Fermented Yoghurt (Kefir) Can Prevent SARS-CoV-2 Cytokine Storms

May 08, 2021

<https://www.thailandmedical.news/news/covid-19-research-new-mutations-t205i-and-d399n-evades-detection-by-pcr-tests--fermented-yoghurt-kefir-can-prevent-sars-co-v-2-cytokine-storms>

Yogurt as a cure for Covid-19 and Crohn's disease?

Apr 18, 2021

<https://www.israel21c.org/yogurt-as-a-cure-for-covid-19-and-crohns-disease/>

Do labels on commercial kefir products report microbial levels correctly?

May 14, 2021

<https://www.news-medical.net/news/20210514/Do-labels-on-commercial-kefir-products-report-microbial-levels-correctly.aspx>

Tip from Good Doggy Iceland Kefir

<https://www.icelandicprovisions.com/>

Also enjoyed Indian Mango Lassi Kefir drink

<https://champagne-tastes.com/mango-lassi-with-kefir/> (edited)

Telomeres, lifestyle, cancer, and aging

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3370421/>

Ultimate polyphenol guide for better gut health | Gundry MD

<https://youtu.be/wF8Y3fTXsG8>

Basil: check <https://www.westonaprice.org/> for some good information. If you get one of the cookbooks, half of each page provides historic information about foods and some science studies. Meat is good. Just make sure you are eating organic. You don't need large amounts. Don't eat the processed and gmo soy oils etc. <https://www.westonaprice.org/category/our-blogs/recipe-of-the-week/>

Natural Ways - Your Place To Find Wellness - New Video Every Day!

<https://www.youtube.com/c/NaturalWaysandNaturalCures/videos>

Menaquinone Content of Cheese

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5946231/>

Statins stimulate atherosclerosis and heart failure: pharmacological mechanisms

<https://pubmed.ncbi.nlm.nih.gov/25655639/>

Why Macadamias, Pecans and Walnuts Should Be on Your Shopping List

<https://www.midlandscbd.com/articles/why-macadamias--pecans-and-walnuts-should-be-on-your-shopping-list--video--9299>

Discover the Health Benefits of Intermittent Fasting

<https://www.mercola.com/calendar/2018/fasting.htm>

How Dark Chocolate Can Help You Improve Your Health

<https://www.purenaturalmiracles.com/blogs/cacao-nibs/health-benefits-of-dark-chocolate-purenaturalmiracles>

Interview of Vitamin K2 and Calcium Paradox author by Dr. Mercola - Dec 2012

<https://vitamindwiki.com/Interview+of+Vitamin+K2+and+Calcium+Paradox+author+by+Dr.+Mercola+%E2%80%93+Dec+2012>

Resveratrol for Alzheimer's disease

Aug 16, 2017

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5664214/>

Glucosamine - Uses, Side Effects, And More

<https://www.webmd.com/vitamins/ai/ingredientmono-807/glucosamine-sulfate>

Also depletes with age.

Coenzyme Q10 - Uses, Side Effects, and More

<https://www.webmd.com/vitamins/ai/ingredientmono-938/coenzyme-q10>

The myth of sat fats & cholesterol bad, carbs good, which led to countless premature deaths.

Fat and politics - Nina Teicholz on how the Seven Countries Study influenced dietary policy

<https://www.diabetes.co.uk/in-depth/fat-politics-nina-teicholz-seven-countries-study-dietary-policy/>

Everything You Need to Know About the Ketogenic Diet

<https://www.mercola.com/calendar/2018/keto.htm>

Honey and Nigella sativa against COVID-19 in Pakistan (HNS-COVID-PK): A multi-center placebo-controlled randomized clinical trial
<https://www.medrxiv.org/content/10.1101/2020.10.30.20217364v4.full>

Removal of Senescent Cells "Might Transform Medicine"
<https://www.lifeextension.com/magazine/2018/ss/a-biomedical-renaissance>

Antitumour activity of resveratrol on human melanoma cells: A possible mechanism related to its interaction with malignant cell telomerase (2017)
<https://www.sciencedirect.com/science/article/abs/pii/S0304416517302465>

Long-Term Administration of Triterpenoids From Ganoderma lucidum Mitigates Age-Associated Brain Physiological Decline via Regulating Sphingolipid Metabolism and Enhancing Autophagy in Mice
<https://www.frontiersin.org/articles/10.3389/fnagi.2021.628860/full>

Antitumour activity of resveratrol on human melanoma cells: A possible mechanism related to its interaction with malignant cell telomerase
<https://www.sciencedirect.com/science/article/abs/pii/S0304416517302465>

"We hope aspirin can dampen down bad inflammation so the immune system can get on with the job of killing cancer cells,"

Aspirin may help treat aggressive breast cancer
<https://www.bbc.co.uk/news/health-58229082>

"In recent studies, pharmacological agents that directly activate AMPK, such as aspirin and its metabolite salicylate, as well as A-769662 and C24, resulted in similar life extension effects as do AMPK indirect activators (e.g. metformin, dietary restriction and resveratrol) [71-75]. Therefore, these results indicated that AMPK has potent ability to modulate life-span and it is an ideal target for promoting healthy longevity."

When Anti-Aging Studies Meet Cancer Chemoprevention: Can Anti-Aging Agent Kill Two Birds with One Blow?
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4705552/>

Intermittent fasting, magnesium, cancer prevention, and elephants
<https://www.peace-is-happy.org/post/intermittent-fasting-magnesium-cancer-prevention-and-elephants>

Existing drugs block or reduce SARS-CoV2 infection in cells
<https://www.news-medical.net/news/20210819/Existing-drugs-block-or-reduce-SARS-C>

oV2-infection-in-cells.aspx

Nine showed anti-viral activity at reasonable doses, including lactoferrin, a protein found in human breastmilk that is also available over the counter as a dietary supplement derived from cow's milk.

"We found lactoferrin had remarkable efficacy for preventing infection, working better than anything else we observed," Sexton said. He adds that early data suggest this efficacy extends even to newer variants of SARS-CoV2, including the highly transmissible Delta variant.

Long-Term Administration of Triterpenoids From *Ganoderma lucidum* Mitigates Age-Associated Brain Physiological Decline via Regulating Sphingolipid Metabolism and Enhancing Autophagy in Mice
<https://www.frontiersin.org/articles/10.3389/fnagi.2021.628860/full>

Niacin and Butyrate: Nutraceuticals Targeting Dysbiosis and Intestinal Permeability in Parkinson's Disease
<https://pubmed.ncbi.nlm.nih.gov/33374784/>

K2 is vastly under reported.

Proper Calcium Use: Vitamin K2 as a Promoter of Bone and Cardiovascular Health
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4566462/>

Quinone oxidoreductases and vitamin K metabolism
<https://pubmed.ncbi.nlm.nih.gov/18374191/>

Aspirin helps cases of CV19

Small interfering RNA controls TEs, <https://pubmed.ncbi.nlm.nih.gov/32434916/> so dietary consult: make sure there are nucleotides in diet. Yes we can make them, but it takes 14 steps to make one. Each RNA needs many, each protein has lots RNA, etc, Meat, dairy, seafood, Nutritional yeast flakes
<https://twitter.com/deNutrients/status/1431413018357903360>

Viral infection impacts transposable element transcript amounts in *Drosophila*
<https://pubmed.ncbi.nlm.nih.gov/32434916/>

Neuroprotective properties of ECGC against neurodegeneration:
https://res.mdpi.com/d_attachment/biomolecules/biomolecules-11-00767/article_deploy/biomolecules-11-00767-v2.pdf

Sauerkraut! I have made lots of it.

1 tsp sea salt(no iodine) per pound of cabbage.

I use a large pickle jar. I use the freezer bags as shown in the video. I do

have a ceramic kraut crock with weights, but it is so big my kraut usually doesn't turn out.

I usually add whole garlic cloves, diced onion, and caraway seeds (add some additional salt for the veggie additions based on the ratio 1 tsp per pound. other tips: I check my kraut at 3 or 4 days (remove the salt water baggie and press everything down and taste a piece...it should be crisp). If there is too much salt, if the cabbage wasn't under the brine fully, or if the temp is too warm...the kraut may be mushy and ruined. I also make a plain cabbage batch (that liquid can be used to treat pink eye for example). Not advice.

I find that the fermentation is usually good at 10 days and I transfer it to jars and store it in the fridge (sometimes I need to add a little extra salt water). 1 cup of boiled cooled water with 1 tsp of salt. Only add enough extra salt water to cover the kraut and make sure it is packed down. A natural probiotic!

Here is a great starter vid: <https://youtu.be/P4QivmKfQRE>

Daily walnut consumption lowers LDL cholesterol levels and may promote cardiovascular health

<https://www.news-medical.net/news/20210830/Daily-walnut-consumption-lowers-LDL-cholesterol-levels-and-may-promote-cardiovascular-health.aspx>

The clinical effect of Nano micelles containing curcumin as a therapeutic supplement in patients with COVID-19 and the immune responses balance changes following treatment: A structured summary of a study protocol for a randomised controlled trial

Oct 22, 2020

<https://trialsjournal.biomedcentral.com/articles/10.1186/s13063-020-04824-y>

The Role of Curcumin in the Modulation of Ageing

Mar 2019

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6429134/>

Curcumin and Cancer

Oct 2019

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6835707/>

Green tea extract and cocoa-supplemented diets improve survival rate of aging mice

<https://www.news-medical.net/news/20210901/Green-tea-extract-and-cocoa-supplemented-diets-improve-survival-rate-of-aging-mice.aspx>

Study In BMJ Journal Says Women Do Modestly Benefit From Multivitamins, Omega-3 Supplements And Probiotics In Terms Of Decreasing Risk Of COVID-19

Sep 03, 2021

<https://www.thailandmedical.news/news/study-in-bmj-journal-says-women-do-modestly-benefit-from-multivitamins,-omega-3-supplements-and-probiotics-in-terms-of-decreasing-risk-of-covid-19>

Melatonin may decrease risk for and aid treatment of COVID-19 and other RNA

viral infections

<https://openheart.bmj.com/content/8/1/e001568>

OMEGA-3

Alzheimer's patients taking omega-3 supplements have stable memory test scores, study finds

<https://www.news-medical.net/news/20210907/Alzheimeres28099s-patients-taking-omega-3-supplements-have-stable-memory-test-scores-study-finds.aspx>

Study examines the effect of omega-3 fatty acids in people with Alzheimer's disease

<https://www.news-medical.net/news/20210907/Study-examines-the-effect-of-omega-3-fatty-acids-in-people-with-Alzheimers-disease.aspx>

Healthy plant-based foods may lower COVID-19 risk and severity

<https://www.news-medical.net/news/20210909/Healthy-plant-based-foods-may-lower-COVID-19-risk-and-severity.aspx>

Common nutrition apps are devoid of content features dedicated to behavior change

<https://www.news-medical.net/news/20210908/Common-nutrition-apps-are-devoid-of-content-features-dedicated-to-behavior-change.aspx>

Italian Study Shows That Oral Probiotics Comprising Of Lactic Acid Bacteria And Bifidobacteria Decreases Risk Of Respiratory Failure In COVID-19

Sep 09, 2021

<https://www.thailandmedical.news/news/breaking-italian-study-shows-that-oral-probiotics-comprising-of-lactic-acid-bacteria-and-bifidobacteria-decreases-risk-of-respiratory-failure-in-covid>

LACTIC ACID BACTERIA

<https://www.sciencedirect.com/topics/immunology-and-microbiology/lactic-acid-bacterium>

Lactic Acid Bacteria from Kefir Increase Cytotoxicity of Natural Killer Cells to Tumor Cells

<https://pubmed.ncbi.nlm.nih.gov/29584690/>

BIFIDOBACTERIUM

<https://www.sciencedirect.com/topics/immunology-and-microbiology/bifidobacterium>

Important paper, contending that it is type of food, not just calories, that promotes obesity: carbohydrate-insulin model: a physiological perspective on the obesity pandemic | The American Journal of Clinical Nutrition | Oxford Academic
<https://twitter.com/michaelpollan/status/1437407105263230977>

Artemisia plant extract prevents SARS-CoV-2 replication in vitro
<https://www.news-medical.net/news/20210913/Artemisia-plant-extract-prevents-SARS-CoV-2-replication-in-vitro.aspx>

High adherence to Mediterranean diet improves cognitive functions and memory
<https://www.news-medical.net/news/20210916/High-adherence-to-Mediterranean-diet-improves-cognitive-functions-and-memory.aspx>

Substantial and Sustained Improvements in Blood Pressure, Weight and Lipid Profiles from a Carbohydrate Restricted Diet: An Observational Study of Insulin Resistant Patients in Primary Care
Jul 26, 2019
<https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC6695889/>

Higher intake of dairy fat associated with lower risk of cardiovascular disease
<https://www.news-medical.net/news/20210922/Higher-intake-of-dairy-fat-associated-with-lower-risk-of-cardiovascular-disease.aspx>

MIND diet may benefit older adults, research shows
<https://www.news-medical.net/news/20210922/MIND-diet-may-benefit-older-adults-research-shows.aspx>

Compound extracted from orchid could be a potential treatment option for prostate cancer
<https://www.news-medical.net/news/20210922/Compound-extracted-from-orchid-could-be-a-potential-treatment-option-for-prostate-cancer.aspx>

Healthy eating pattern improves weight, reduces cardiovascular disease risks in overweight children
<https://www.news-medical.net/news/20210922/Healthy-eating-pattern-improves-weight-reduces-cardiovascular-disease-risks-in-overweight-children.aspx>

Statins. Years ago I spent a few minutes reading the literature after a doc tried to put me on them and soon concluded it was most likely another huge money making scam. There are some benefits from antioxidant action but outwayed by the K2 depletion etc

LDL-C does not cause cardiovascular disease: a comprehensive review of the current literature
<https://www.tandfonline.com/doi/full/10.1080/17512433.2018.1519391>

I just found out that NAC is sold as FLUIMUCIL in some countries. Quite over priced but better than nothing.
<https://www.fluimucil.it/en/Products/Fluimucil-Mucolitico/600mg-Effervescent-Tablets>

KEFIR (Good for the gut)

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May 08, 2021

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Yogurt as a cure for Covid-19 and Crohn's disease?

Apr 18, 2021

<https://www.israel21c.org/yogurt-as-a-cure-for-covid-19-and-crohns-disease/>

Do labels on commercial kefir products report microbial levels correctly?

May 14, 2021

<https://www.news-medical.net/news/20210514/Do-labels-on-commercial-kefir-products-report-microbial-levels-correctly.aspx>

Tip from Good Doggy Iceland Kefir

<https://www.icelandicprovisions.com/>

Also enjoyed Indian Mango Lassi Kefir drink

<https://champagne-tastes.com/mango-lassi-with-kefir/>

A Diet Lacking in Tryptophan Alters Gut Microbiota, Increases Inflammation

<https://scitechdaily.com/a-diet-lacking-in-tryptophan-alters-gut-microbiota-increases-inflammation/>

Top Foods High in Tryptophan

<https://www.webmd.com/diet/foods-high-in-tryptophan#1>

1. Milk
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A Diet Lacking in Tryptophan Alters Gut Microbiota, Increases Inflammation

<https://scitechdaily.com/a-diet-lacking-in-tryptophan-alters-gut-microbiota-increases-inflammation/>

Yogurt every day keeps Alzheimer's away? Probiotics, strong gut health may be key to avoiding dementia

<https://www.studyfinds.org/yogurt-alzheimers-disease-probiotics-gut-health-dementia/>

Pine needle ethanol extract (PNE) significantly inhibited Fe(2+)-induced lipid peroxidation and scavenged 1,1-diphenyl- 2-picrylhydrazyl radical in vitro
<https://pubmed.ncbi.nlm.nih.gov/17474862/>

Study sheds light on the beneficial effects of peanut consumption in young and healthy people
<https://www.news-medical.net/news/20211007/Study-sheds-light-on-the-beneficial-effects-of-peanut-consumption-in-young-and-healthy-people.aspx>

Mushroom consumption may benefit a person's mental health
<https://www.news-medical.net/news/20211011/Mushroom-consumption-may-benefit-a-persons-mental-health.aspx>

High intake of alpha linolenic acid associated with lower risk of mortality from all causes
<https://www.news-medical.net/news/20211014/High-intake-of-alpha-linolenic-acid-associated-with-lower-risk-of-mortality-from-all-causes.aspx>

Rutin: A Flavonoid for Your Heart, Brain & Blood Health
<https://draxe.com/nutrition/rutin/>

What Is Horseradish? Everything You Need to Know
<https://www.healthline.com/nutrition/horseradish#intro>

What are the health benefits of barley?
<https://www.medicalnewstoday.com/articles/295268>

7 Bromelain Benefits, Uses & Best Food Sources
<https://draxe.com/nutrition/bromelain/>

Green tea catechins might be useful as pan-coronavirus inhibitors
<https://www.news-medical.net/news/20210624/Green-tea-catechins-might-be-useful-as-pan-coronavirus-inhibitors.aspx>

11 Best Herbal Remedies for Cough
<https://howtocure.com/herbs-for-cough/>

Top 10 Antiviral Herbs To Keep You Healthy
<https://howtocure.com/antiviral-herbs/>

Guaifenesin - must take with LOTS of water.

For coughing up (not for stopping the coughing) makes the phlegm leave the lungs

Extra dairy intake lowers risk of falls and fractures among older adults in

residential care

<https://www.news-medical.net/news/20211021/Extra-dairy-intake-lowers-risk-of-falls-and-fractures-among-older-adults-in-residential-care.aspx>

So WEFs poor meat substitute diets are just as bad as you would expect.

<https://www.eurekalert.org/news-releases/932438>

Targeting SARS-CoV-2 with Chaga mushroom – a natural antiviral compound

<https://www.news-medical.net/news/20211024/Targeting-SARS-CoV-2-with-Chaga-mushroom-e28093-a-natural-antiviral-compound.aspx>

Women and pregnant people understated in studies used to draw up the nutritional guidance

<https://www.news-medical.net/news/20211025/Women-and-pregnant-people-understated-in-studies-used-to-draw-up-the-nutritional-guidance.aspx>

NAC--(N-Acetylcysteine) Potent Antioxidant and Anti-Inflammatory

<https://www.youtube.com/watch?v=0uwIMjIVfI4>

QUERCETIN

<https://www.youtube.com/watch?v=ey10QMPW9Ic>

Polyphenol-rich diet improves the intestinal permeability in older adults

<https://www.news-medical.net/news/20211026/Polyphenol-rich-diet-improves-the-intestinal-permeability-in-older-adults.aspx>

Plants could help in the fight against Covid, study reveals

<https://www.news-medical.net/news/20211026/Plants-could-help-in-the-fight-against-Covid-study-reveals.aspx>

Fermented soy product suppresses airway inflammation in animal models of asthma

<https://www.news-medical.net/news/20211026/Fermented-soy-product-suppresses-airway-inflammation-in-animal-models-of-asthma.aspx>

Chlorophyll catabolite pheophorbide A shows potential against SARS-CoV-2

<https://www.news-medical.net/news/20211027/Chlorophyll-catabolite-pheophorbide-A-shows-potential-against-SARS-CoV-2.aspx>

Nutrient-rich potatoes can be part of a healthy diet for adolescent girls, study shows

<https://www.news-medical.net/news/20211027/Nutrient-rich-potatoes-can-be-part-of-a-healthy-diet-for-adolescent-girls-study-shows.aspx>

Phthalates and other plasticizers found in US fast foods

<https://www.news-medical.net/news/20211027/Phthalates-and-other-plasticizers-found-in-US-fast-foods.aspx>

Maternal vitamin D deficiency associated with higher risk of ASD in offspring

<https://www.news-medical.net/news/20211029/Maternal-vitamin-D-deficiency-associated-with-higher-risk-of-ASD-in-offspring.aspx>

Glucosamine for Osteoarthritis: Biological Effects, Clinical Efficacy, and Safety on Glucose Metabolism

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3941227/>

<https://covid19criticalcare.com/wp-content/uploads/2020/11/FLCCC-Alliance-I-MASK-plus-Protocol-ENGLISH.pdf>

The ability of natural flavonoids to inhibit SARS-CoV-2

<https://www.news-medical.net/news/20211031/The-ability-of-natural-flavonoids-to-inhibit-SARS-CoV-2.aspx>

Curcumin, a bioactive component of turmeric, effectively neutralizes SARS-CoV-2 in vitro

<https://www.news-medical.net/news/20211101/Curcumin-a-bioactive-component-of-turmeric-effectively-neutralizes-SARS-CoV-2-in-vitro.aspx>

Irish Study Shows That Anti-Inflammatory Diets Comprising Of Mediterranean Cuisine, Vitamin C, D, Omega-3 Fatty Acids And Zinc Helps In COVID-19

Nov 03, 2021

<https://www.thailandmedical.news/news/irish-study-shows-that-anti-inflammatory-diets-comprising-of-mediterranean-cuisine,-vitamin-c,-d,-omega-3-fatty-acids-and-zinc-helps-in-covid-19>

Anti-inflammatory diets in COVID-19

<https://www.news-medical.net/news/20211103/Anti-inflammatory-diets-in-COVID-19.aspx>

Study shows cognitive effects of ready-to-use enhanced therapeutic food in malnourished children

<https://www.news-medical.net/news/20211102/Study-shows-cognitive-effects-of-ready-to-use-enhanced-therapeutic-food-in-malnourished-children.aspx>

UTSW scientists discover a possible strategy to combat obesity

<https://www.news-medical.net/news/20211102/UTSW-scientists-discover-a-possible-strategy-to-combat-obesity.aspx>

Zinc supplement may help prevent symptoms of respiratory tract infections,

analysis finds

<https://www.news-medical.net/news/20211102/Zinc-supplement-may-help-prevent-symptoms-of-respiratory-tract-infections-analysis-finds.aspx>

Reactive oxygen species, proinflammatory and immunosuppressive mediators induced in COVID-19: overlapping biology with cancer†

<https://pubs.rsc.org/en/content/articlehtml/2021/cb/d1cb00042j>

German Study Shows That Phytochemicals From Turmeric Inhibit SARS-CoV-2 In Vitro And Could Be Used As Potential Therapeutics For COVID-19

Nov 04, 2021

<https://www.thailandmedical.news/news/breaking-german-study-shows-that-phytochemicals-from-turmeric-inhibit-sars-cov-2-in-vitro-and-could-be-used-as-potential-therapeutics-for-covid-19>

Study Confirms That SARS-CoV-2 Infections Regulate Protein Arginylation And Also Discovers That Tannic Acids And Merbromin Can Reduce Viral Loads

Nov 05, 2021

<https://www.thailandmedical.news/news/study-confirms-that-sars-cov-2-infections-regulate-protein-arginylation-and-also-discovers-that-tannic-acids-and-merbromin-can-reduce-viral-loads>

What coffee is high in tannins?

When a group of researchers compared the tannin content of coffee with tea, they discovered that green coffee contains around 0.7% by weight in tannins, roasted coffee around 1.8%, and tea up to 3.7%.

7 Benefits and Uses of CBD Oil (Plus Side Effects)

https://www.healthline.com/nutrition/cbd-oil-benefits#TOC_TITLE_HDR_8

Stronger, Faster, 'Higher'? - Is Weed The New 'Performance-Enhancing' Drug Of Choice For Pro-Athletes

Nov 05, 2021

<https://www.zerohedge.com/medical/stronger-faster-higher-weed-new-performance-enhancing-drug-choice-pro-athletes>

Rush University Medical Centre's Silico And Vivo Study Shows That Eugenol From Holy Basil (Tulsi) And Cloves Is Effective Against COVID-19

Nov 08, 2021

<https://www.thailandmedical.news/news/breaking-rush-university-medical-centre-s-silico-and-vivo-study-shows-that-eugenol-from-holy-basil-tulsi-and-cloves-is-effective-against-covid-19>

Australia Now Turning To Oysters As A Cure For COVID-19! Cavortin A Compound Found In Oysters Could Be A Potential SARS-CoV-2 Antiviral

Nov 08, 2021

<https://www.thailandmedical.news/news/breaking-australia-now-turning-to-oysters-as-a-cure-for-covid-19-cavortin-a-compound-found-in-oysters-could-be-a-potential-sars-cov-2-antiviral>

Pacific oyster shows antiviral activity against human coronavirus HCoV-229E
<https://www.news-medical.net/news/20211107/Pacific-oyster-shows-antiviral-activity-against-human-coronavirus-HCoV-229E.aspx>

Pacific oyster as a weapon against SARS-CoV-2
<https://www.news-medical.net/news/20211107/Pacific-oyster-as-a-weapon-against-SARS-CoV-2.aspx>

Low amount of caffeine intake during pregnancy may help reduce gestational diabetes risk
<https://www.news-medical.net/news/20211111/Low-amount-of-caffeine-intake-during-pregnancy-may-help-reduce-gestational-diabetes-risk.aspx>

MainPain's Excellent Coffee Recipe

- 1 Liter of Water
- 4 Tablespoons Coffee
- 1 little sack Vanilla Sugar (8g)
- 1 Tablespoon Cacao powder
- Little bit of Cardamom powder
- A sniff of Salt

1. Warm up 1 Liter of water in a open pan and let it boil for two minutes to get rid of all the nasty stuff in the water.

2. Add 4 Tablespoons of Coffee and let it fizzle out (takes around an estimated 30 seconds).

3. Add 1 Tablespoon Cacao powder, 1 little sack Vanilla Sugar, Little bit of Cardamom powder, a sniff of Salt and let it boil for a minute.

4. Turn off the heat and let sit for a about a minute or so to let the debris sink to the bottom.

Et voilà, you can pour the Coffee out for your guests or pour it in an (preferably double sided) insulating jug.

Of course you can always experiment around with the ingredients and amounts given above according to your own taste.

The Phytochemical Xanthohumol Extracted From Hops Flowers Is A Potent Broad Spectrum Antiviral Against Most Coronaviruses Including SARS-CoV-2

Nov 13, 2021

<https://www.thailandmedical.news/news/breaking-the-phytochemical-xanthohumol-extracted-from-hops-flowers-is-a-potent-broad-spectrum-antiviral-against-most-coron>

aviruses-including-sars-cov-

Study assesses whether medicinal mushrooms and Chinese herbs can help treat COVID-19

<https://www.news-medical.net/news/20211112/Study-assesses-whether-medicinal-mushrooms-and-Chinese-herbs-can-help-treat-COVID-19.aspx>

Study: Coffee offers protection against COVID-19

Jul 13 , 2021

<https://www.israelnationalnews.com/News/News.aspx/309793>

Study Shows That A Healthy Diet Including Lots Of Vegetables and Black Coffee May Protect Against COVID-19! Avoid Processed Meats

Jul 21, 2021

<https://www.thailandmedical.news/news/study-shows-that-a-healthy-diet-including-lots-of-vegetables-and-black-coffee-may-protect-against-covid-19-avoid-processed-meats>

GREEN TEA

Green tea catechins might be useful as pan-coronavirus inhibitors

<https://www.news-medical.net/news/20210624/Green-tea-catechins-might-be-useful-a-pan-coronavirus-inhibitors.aspx>

Green tea extract and cocoa-supplemented diets improve survival rate of aging mice

<https://www.news-medical.net/news/20210901/Green-tea-extract-and-cocoa-supplemented-diets-improve-survival-rate-of-aging-mice.aspx>

New study investigates how green tea could lead to a drug for tackling Covid-19

Jun 05, 2021

<https://www.news-medical.net/news/20210605/New-study-investigates-how-green-tea-could-lead-to-a-drug-for-tackling-Covid-19.aspx>

Could a green tea compound combat SARS-CoV-2?

Jun 03, 2021

<https://www.news-medical.net/news/20210603/Could-a-green-tea-compound-combat-SARS-CoV-2.aspx>

A green tea compound shows anti-SARS-CoV-2 properties in vitro

Mar 22, 2021

<https://www.news-medical.net/news/20210322/A-green-tea-compound-shows-anti-SARS-CoV-2-properties-in-vitro.aspx>

Xanthohumol as a potent pan-inhibitor for various coronaviruses

<https://www.news-medical.net/news/20211112/Xanthohumol-as-a-potent-pan-inhibitor-for-various-coronaviruses.aspx>

Xanthohumol <https://en.wikipedia.org/wiki/Xanthohumol>

Xanthohumol is a natural product found in the female inflorescences of *Humulus lupulus*, also known as hops. This compound is also found in beer and belongs to a class of compounds that contribute to the bitterness and flavor of hops. Xanthohumol is a prenylated chalconoid, biosynthesized by a type III polyketide synthase (PKS) and subsequent modifying enzymes.

Study finds beneficial and harmful short-term health effects of caffeinated coffee consumption

<https://www.news-medical.net/news/20211115/Study-finds-beneficial-and-harmful-short-term-health-effects-of-caffeinated-coffee-consumption.aspx>

Coffee and tea consumption may be associated with lower risk of stroke, dementia

<https://www.news-medical.net/news/20211116/Coffee-and-tea-consumption-may-be-associated-with-lower-risk-of-stroke-dementia.aspx>

Lesser sodium and higher potassium intake associated with lower cardiovascular disease risk

<https://www.news-medical.net/news/20211116/Reducing-Sodium-And-Increasing-Potassium-May-Lower-Risk-Of-Cardiovascular-Disease.aspx>

Potassium Rich Foods

<https://www.webmd.com/diet/foods-rich-in-potassium#1>

COVID-19 - MOUTHWASH

A systematic review of in vitro studies evaluating the efficacy of mouth rinses on SARS-CoV-2

<https://www.news-medical.net/news/20210820/A-systematic-review-of-in-vitro-studies-evaluating-the-efficacy-of-mouth-rinses-on-SARS-CoV-2.aspx>

Cetylpyridinium chloride-containing mouthwashes shown to inhibit SARS-CoV-2 in oral cavity

<https://www.news-medical.net/news/20210809/Cetylpyridinium-chloride-containing-mouthwashes-shown-to-inhibit-SARS-CoV-2-in-oral-cavity.aspx>

A Rutgers study shows two types of mouthwash disrupt SARS-CoV-2 in laboratory

<https://www.rutgers.edu/news/certain-mouthwashes-might-stop-covid-19-virus-transmission>

If you get Vitamin D3 supplementation in the range of the 4000 to 10,000 daily units (100 to 250 µg) needed to generate the optimal 40-60 ng/mL - you could hypothetically reduce covid risk to zero. It has been shown to be completely safe when combined with approximately 200 µg vitamin K2.

<https://www.youtube.com/watch?v=V5g9AVqRsjo>

Melatonin

<https://en.wikipedia.org/wiki/Melatonin>

Astragalus

<https://en.wikipedia.org/wiki/Astragalus>

NAC - Acetylcysteine

<https://en.wikipedia.org/wiki/Acetylcysteine>

Wormwood (with black walnut)

<https://mountainroseherbs.com/wormwood>

Lomatium (be careful with doses)

<https://en.wikipedia.org/wiki/Lomatium>

Coenzyme Q10

https://en.wikipedia.org/wiki/Coenzyme_Q10

Kombucha

<https://en.wikipedia.org/wiki/Kombucha>

Chaga

https://en.wikipedia.org/wiki/Inonotus_obliquus

Turmeric/Kurkuma - with black pepper

<https://en.wikipedia.org/wiki/Turmeric> (edited)

Tea and coffee consumption associated with lower risk of stroke and dementia

<https://www.news-medical.net/news/20211118/Tea-and-coffee-consumption-associated-with-lower-risk-of-stroke-and-dementia.aspx>

WORMWOOD - *Artemisia absinthium* (wormwood, grand wormwood, absinthe, absinthium, absinthe wormwood, mugwort, wermout, wermud, wormit, wormod) is a moderately poisonous species of *Artemisia* native to temperate regions of Eurasia and North Africa, and widely naturalized in Canada and the northern United States. It is grown as an ornamental plant and is used as an ingredient in the spirit absinthe and some other alcoholic beverages.

https://en.wikipedia.org/wiki/Artemisia_absinthium

VITAMIN D

More than 80 per cent of hospitalized COVID-19 patients had vitamin D deficiency: study

Oct 27, 2020

<https://www.ctvnews.ca/mobile/health/more-than-80-per-cent-of-hospitalized-covid>

-19-patients-had-vitamin-d-deficiency-study-1.5162396

A Supercomputer Analyzed Covid-19 – and an Interesting New Theory Has Emerged
Sep 01, 2020

<https://elemental.medium.com/a-supercomputer-analyzed-covid-19-and-an-interesting-new-theory-has-emerged-31cb8eba9d63>

Aha!

Interestingly, Jacobson's team also suggests vitamin D as a potentially useful Covid-19 drug. The vitamin is involved in the RAS system and could prove helpful by reducing levels of another compound, known as REN. Again, this could stop potentially deadly bradykinin storms from forming. The researchers note that vitamin D has already been shown to help those with Covid-19. The vitamin is readily available over the counter, and around 20% of the population is deficient. If indeed the vitamin proves effective at reducing the severity of bradykinin storms, it could be an easy, relatively safe way to reduce the severity of the virus.

Can Vitamin D help combat the coronavirus?

Aug 04, 2020

<https://www.news-medical.net/news/20200804/Can-Vitamin-D-help-combat-the-coronavirus.aspx>

Vitamin D, First clinical trial

Sep 06, 2020 Dr. John Campbell

<https://www.youtube.com/watch?v=V8Ks9fUh2k8>

Vitamin D Update

Jun 10, 2020 Dr. John Campbell

https://www.youtube.com/watch?v=_fIMkigtnc4

Coronavirus Pandemic Update 74: Vitamin D & COVID 19; Academic Censorship

May 22, 2020 MedCram - Medical Lectures Explained CLEARLY

<https://www.youtube.com/watch?v=-zK8LgVx2G8>

Dr Shelton, Part 2, Vitamin D

May 21, 2020 Dr. John Campbell

<https://www.youtube.com/watch?v=JVg8opQkQXc>

Vitamin D dose

May 09, 2020 Dr. John Campbell

https://www.youtube.com/watch?v=Bga_qG30JyY

Vitamin D and Immunity, Lots of Evidence

Apr 15, 2020 Dr. John Campbell

<https://www.youtube.com/watch?v=GCSXNGc7pfs>

Vitamin D and immunity

Mar 09, 2020 Dr. John Campbell

<https://www.youtube.com/watch?v=W5yVGmfivAk> (edited)

Other thing is that around 20% of the population is vitamin D deficient.

In winter, it tends to be a lot higher - more than 50%. In some communities it could be as high as 80%. Probably 95% of people won't be anywhere near optimal levels.

ANTI-INFLAMMATORY - SWELLING

RUTIN

<https://en.wikipedia.org/wiki/Rutin>

ANTI PHLEGM AND MUCUS

Horseradish (Anti phlegm/mucus - one table spoon a day)

<https://en.wikipedia.org/wiki/Horseradish>

Pinapple (will help brake up the phlegm/mucus)

<https://en.wikipedia.org/wiki/Pineapple>

Barley

<https://en.wikipedia.org/wiki/Barley>

Apple

THE IMPRESSIVE BENEFITS OF AVOCADO OIL AND FLAXSEED OIL

<https://www.bitchute.com/video/L1zudWoE6dlJ/>

COVID-19 Mortality Risk Correlates Inversely with Vitamin D3 Status, and a Mortality Rate Close to Zero Could Theoretically Be Achieved at 50 ng/mL 25(OH)D3: Results of a Systematic Review and Meta-Analysis
Sep 28, 2021

<https://www.mdpi.com/2072-6643/13/10/3596>

COVID-19 Mortality Risk Correlates Inversely with Vitamin D3 Status, and a Mortality Rate Close to Zero Could Theoretically Be Achieved at 50 ng/mL 25(OH)D3

Conclusions: The datasets provide strong evidence that low D3 is a predictor rather than just a side effect of the infection. Despite ongoing vaccinations, we recommend raising serum 25(OH)D levels to above 50 ng/mL to prevent or mitigate new outbreaks due to escape mutations or decreasing antibody activity. And still it is not the standard procedure to raise levels to 50 ng/ml for vulnerables. Strange isn't it?

Lomatium

<https://www.herbury.com/lomatium/>

A good source of covid-crushing quercetin too, apparently.

<https://www.youtube.com/watch?v=lv7P5MxOP0w>

Coenzyme Q10

https://en.wikipedia.org/wiki/Coenzyme_Q10

Rediscovered Native American remedy kills poxvirus

<https://www.chemistryworld.com/news/rediscovered-native-american-remedy-kills-poxvirus/3003420.article>

Sarracenia purpurea

https://en.wikipedia.org/wiki/Sarracenia_purpurea

Reishi Mushroom

<https://draxe.com/nutrition/reishi-mushroom/>

Milk Thistle

<https://www.verywellhealth.com/the-benefits-of-milk-thistle-88325>

Vitamin E

https://en.wikipedia.org/wiki/Vitamin_E

Purshlane

https://www.healthline.com/nutrition/purshlane#TOC_TITLE_HDR_2

Morning glory

https://en.wikipedia.org/wiki/Morning_glory

Schuessler Cell Salts | Homeopathic Cell Salt Kits

<https://www.homeopathystore.com/collections/schuessler-cell-salts>

MOUHWASH

Mouthwash containing an antiviral phthalocyanine derivative shortens hospitalizations due to COVID-19

<https://www.news-medical.net/news/20211123/Mouthwash-containing-an-antiviral-phthalocyanine-derivative-shortens-hospitalizations-due-to-COVID-19.aspx>

Randomized Clinical Study Shows That Mouthwash Containing The Antiviral Phthalocyanine Derivative Shortens COVID-19 Hospitalizations

<https://www.thailandmedical.news/news/randomized-clinical-study-shows-that-mouthwash-containing-the-antiviral-phthalocyanine-derivative-shortens-covid-19-hospitalizations>

Cetylpyridinium chloride-containing mouthwashes shown to inhibit SARS-CoV-2 in oral cavity

<https://www.news-medical.net/news/20210809/Cetylpyridinium-chloride-containing-mouthwashes-shown-to-inhibit-SARS-CoV-2-in-oral-cavity.aspx>

A Rutgers study shows two types of mouthwash disrupt SARS-CoV-2 in laboratory
<https://www.rutgers.edu/news/certain-mouthwashes-might-stop-covid-19-virus-transmission> (edited)

Antigenic cocktail produced in Nicotiana benthamian plant as a potential COVID-19 vaccine candidate
<https://www.news-medical.net/news/20211123/Antigenic-cocktail-produced-in-Nicotiana-benthamian-plant-as-a-potential-COVID-19-vaccine-candidate.aspx>

Currently available vaccines may not be very effective against emerging SARS-CoV-2 variants, such as the Delta strain (B.1.617).

LACTOFERRIN

Two Common Over-the-Counter Compounds Reduce COVID-19 Virus Replication by 99% in Early Testing
Dec 12, 2021
<https://scitechdaily.com/two-common-over-the-counter-compounds-reduce-covid-19-virus-replication-by-99-in-early-testing/>

Scientists Find That The OTC Drug Diphenhydramine When Paired With Lactoferrin Could Be A New Therapeutic For COVID-19
Dec 09, 2021
<https://www.thailandmedical.news/news/breaking-scientists-find-that-the-otc-drug-diphenhydramine-when-paired-with-lactoferrin-could-be-a-new-therapeutic-for-covid-19>

Study reveals existing drugs that kill SARS-CoV2 in cells
Aug 19, 2021
<https://www.sciencedaily.com/releases/2021/08/210819193402.htm>

Nine showed anti-viral activity at reasonable doses, including lactoferrin, a protein found in human breastmilk that is also available over the counter as a dietary supplement derived from cow's milk.

"We found lactoferrin had remarkable efficacy for preventing infection, working better than anything else we observed," Sexton said. He adds that early data suggest this efficacy extends even to newer variants of SARS-CoV2, including the highly transmissible Delta variant.

Lactoferrin protects against prion protein-induced cell death in neuronal cells by preventing mitochondrial dysfunction
Nov 29, 2012
<https://www.spandidos-publications.com/10.3892/ijmm.2012.1198> (edited)

4 herbs that may help boost your immune system naturally
<https://www.insider.com/herbs-to-boost-immune-system>

1. Echinacea
2. Garlic
3. Ginseng

4. Reishi

7 Foods That Fight Back: Immune System Boosters

<https://www.everydayhealth.com/diet-nutrition/7-foods-fight-back-immune-system-boosters/>

1. Seafood Provides Immune-Boosting Omega-3 Fatty Acids
2. Healthy Proteins Bolster Disease-Fighting White Blood Cells
3. Dark Chocolate Has Magnesium, Which May Strengthen Antibodies and Help Prevent Disease
4. Citrus and Leafy Greens Offer Immune-Supportive Vitamin C
5. Nuts and Seeds Bring Vitamin E, Selenium, and Magnesium – All Immunity Fortifiers
6. Garlic and Onions Contain Potential Antiviral Properties
7. Yogurt Aids Gut Health, Which May Positively Affect Immunity

9 Foods That Can Boost Immunity

<https://www.allrecipes.com/article/foods-that-boost-immune-system/>

1. Broccoli
2. Fortified Orange Juice
3. Eggs
4. Bell Peppers
6. Spinach
7. Salmon
8. Yogurt
9. Chicken Soup

The effect of oleuropein from olive leaf (*Olea europaea*) extract on Ca²⁺ homeostasis, cytotoxicity, cell cycle distribution and ROS signaling in HepG2 human hepatoma cells

May 2016

<https://pubmed.ncbi.nlm.nih.gov/27016494/>

Anticancer potential of garlic and its bioactive constituents: A systematic and comprehensive review

Aug 2021

<https://pubmed.ncbi.nlm.nih.gov/33301861/>

Chaga supposedly helps against HIV, 'Smallpox', Flu, Covid & cancer. Thanks to Clif, I've been drinking it since the beginning of the pandemic, I use quarter of a teaspoon of the powder version in coffee (about 4 times a week)

How to banish brain fog and boost energy this winter

https://www.bbc.co.uk/food/articles/brain_fog

How your diet can improve Covid-19 recovery

https://www.bbc.co.uk/food/articles/diet_for_covid19_recovery

6 Natural Alternatives to Ivermectin

<https://www.mynaturaltreatment.com/natural-alternatives-to-ivermectin/>

In This Article You Will Find:

Why Ivermectin Works Against Covid-19

6 Natural Alternatives to Ivermectin & How to Use

1. Wormwood
 2. Tansy Tincture
 3. Centaury Powder
 4. Herbal Laxative Blend
 5. Artichoke Powder
 6. Male Fern & Wormwood Sitz Bath
- Foods that Feed Parasites (MUST AVOID)

MainPain – 11/30/2021

FROTHY WOO - EXPLORERS GUIDE TO SCIFI WORLD

Nov 28, 2021 Clif High

<https://www.bitchute.com/video/DsUCVPd5vxMD/>

About CHAGA Against SMALLPOX.

Influence of olive and rosemary leaves extracts on chemically induced liver cirrhosis in male rats

March 2015

<https://www.sciencedirect.com/science/article/pii/S1319562X14001016>

Group cancer protocol, Total 5 weeks, week 3 is no supplement break, test after week 5, then continue with dosage adjustment based on need. Save it, save your life before they remove it.

Nov 26, 2021

<https://twitter.com/DGroup/status/1464968239776251910?s=20>

Industrially processed foods increase the risk of a second heart attack or a fatal stroke

<https://www.news-medical.net/news/20211130/Industrially-processed-foods-increase-the-risk-of-a-second-heart-attack-or-a-fatal-stroke.aspx>

Caffeine increases alertness and detection accuracy for moving targets

<https://www.news-medical.net/news/20211201/Caffeine-increases-alertness-and-detection-accuracy-for-moving-targets.aspx>

Daily prune consumption has a protective effect on men's bone health, research reports

<https://www.news-medical.net/news/20211130/Daily-prune-consumption-has-a-protective-effect-on-mens-bone-health-research-reports.aspx>

Green seaweed extract exhibits anti-SARS-CoV-2 activity in vitro

<https://www.news-medical.net/news/20211202/Green-seaweed-extract-exhibits-anti-SARS-CoV-2-activity-in-vitro.aspx>

Natural triterpenoids in licorice found to inhibit SARS-CoV-2

<https://www.news-medical.net/news/20211202/Natural-triterpenoids-in-licorice-found-to-inhibit-SARS-CoV-2.aspx>

Green tea shown to increase the defensive capabilities of cells

<https://www.news-medical.net/news/20211203/Green-tea-shown-to-increase-the-defensive-capabilities-of-cells.aspx>

Coronavirus treatments: What progress is being made?

<https://www.bbc.co.uk/news/health-52354520>

Cannabidiol (CBD)

<https://en.wikipedia.org/wiki/Cannabidiol>

Cassia Herb - Canela

<https://www.home-remedies-for-you.com/herbs/cassia-herb.html>

Camu Camu (*Myrciaria dubia*)

https://en.wikipedia.org/wiki/Myrciaria_dubia

St. John's Wort

<https://www.organicfacts.net/health-benefits/herbs-and-spices/st-johns-wort.html>

Health Benefits of Purslane

<https://www.webmd.com/diet/health-benefits-purslane#1>

Purslane

<https://www.gardeningknowhow.com/plant-problems/weeds/purslane-control.htm>

New genetic evidence for the role of vitamin D deficiency in causing cardiovascular disease

<https://www.news-medical.net/news/20211206/New-genetic-evidence-for-the-role-of-vitamin-D-deficiency-in-causing-cardiovascular-disease.aspx>

Probiotics significantly improve the symptoms of pregnancy-related problems

<https://www.news-medical.net/news/20211206/Probiotics-significantly-improve-the-symptoms-of-pregnancy-related-problems.aspx>

COVID-19 Herbs: American In Vitro Study Shows That Herb Extract Of Artemisia Annua Inhibits SARS-CoV-2 Replication

<https://www.thailandmedical.news/news/covid-19-herbs-american-in-vitro-study-shows-that-herb-extract-of-artemisia-annua-inhibits-sars-cov-2-replication>

Consuming a diet of pro-inflammatory foods linked to frailty risk in middle-aged and older adults

<https://www.news-medical.net/news/20211208/Consuming-a-diet-of-pro-inflammatory-foods-linked-to-frailty-risk-in-middle-aged-and-older-adults.aspx>

Yoghurt intake associated with lower blood pressure for hypertensive people

<https://www.news-medical.net/news/20211207/Yoghurt-intake-associated-with-lower-blood-pressure-for-hypertensive-people.aspx>

Study suggests algal polysaccharide may be a promising anti-COVID-19 candidate

<https://www.news-medical.net/news/20211207/Study-suggests-algal-polysaccharide-may-be-a-promising-anti-COVID-19-candidate.aspx>

Health benefits of algal polysaccharides in human nutrition

2012

<https://pubmed.ncbi.nlm.nih.gov/22909979/>

COVID-19 - WATERBORNE!

Sars-Cov2 has been found in deers, flies and now mussels.

Oct 5, 2021

<https://twitter.com/Covid19Crusher/status/1445316341179817986?s=20>

SARS-CoV-2 in wastewater from Mexico City used for irrigation in the Mezquital Valley: quantification and modelling of geographic dispersion

June 12, 2021

<https://www.medrxiv.org/content/10.1101/2021.06.07.21258522v1>

Using quantitative RT-PCR, we detected the virus in 6 out of 8 water samples from rivers, and 5 out of 8 water samples from irrigation canals.

Coronavirus Warning: SARS-CoV-2 Persistence In Waste Water Needs Immediate Attention

Apr 20, 2021

<https://www.thailandmedical.news/news/coronavirus-warning-sars-cov-2-persistence-in-waste-water-needs-immediate-attention>

SARS-CoV-2 in wastewater may pose risks to marine mammals

Mar 16, 2021

<https://www.news-medical.net/news/20210316/SARS-CoV-2-in-wastewater-may-pose-risks-to-marine-mammals.aspx>

COVID-19 Research Shows That SARS-CoV-2 Coronavirus Can Survive In Water For Up To 25 Days And Could Also Be Water-Borne

Jun 23, 2020

<https://www.thailandmedical.news/news/breaking-news-covid-19-research-shows-that-sars-cov-2-coronavirus-can-survive-in-water-for-up-to-25-days-and-could-also-be-water-borne>

Israeli experts make global stink over coronavirus surviving in treated sewage

Nov 01, 2020

<https://www.timesofisrael.com/israeli-experts-make-stink-over-coronavirus-surviving-in-treated-sewage/>

SARS-CoV-2 can spread through cold-chain transport

Mar 16, 2021

<https://www.news-medical.net/news/20210316/SARS-CoV-2-can-spread-through-cold-chain-transport.aspx> (edited)

First evidence of SARS-CoV-2 genome detection in zebra mussel (*Dreissena polymorpha*)

Jan 01, 2022

<https://www.sciencedirect.com/science/article/pii/S0301479721019289>

Highlights:

- Does SARS-CoV-2 genome can be detected in digestive tissues of zebra mussels?
- Zebra mussels were exposed to raw and treated wastewaters.
- SARS-CoV-2 genome was detected in mussels exposed to various wastewaters.
- Results accentuated the interest of mussels as indicators of anthropogenic contaminants.

Latest German Study Reinforces Past Research Showing Iota-Carrageenan Ability To Inhibit Replication Of All SARS-CoV-2 VOCs

<https://www.thailandmedical.news/news/breaking-latest-german-study-reinforces-past-research-showing-iota-carrageenan-ability-to-inhibit-replication-of-all-sars-cov-2-vocs->

Chaga in Canada. <https://www.annandachaga.com/>

Homemade garlic and onion powder: ready in no time!

https://www.youtube.com/watch?v=Y4MT_OLblXo

Foods That Reduce Alzheimer's and Dementia Risk

https://www.youtube.com/watch?v=5g1_0vjYTV8

New guidelines for heart-healthy eating

<https://www.news-medical.net/news/20211214/New-guidelines-for-heart-healthy-eating.aspx>

Iota-carrageenan inhibits replication of SARS-CoV-2 VOCs

<https://www.news-medical.net/news/20211213/Iota-carrageenan-inhibits-replication-of-SARS-CoV-2-VOCs.aspx>

European Randomized Clinical Study Shows That Echinacea Reduces Risk Of Viral Respiratory Tract Infections Including COVID-19

Dec 15, 2021

<https://www.thailandmedical.news/news/breaking-european-randomized-clinical-study-shows-that-echinacea-reduces-risk-of-viral-respiratory-tract-infections-including-covid-19>

Discovery can pave the way for new strategies to reduce atherosclerosis using omega-3 fatty acids

<https://www.news-medical.net/news/20211215/Discovery-can-pave-the-way-for-new-strategies-to-reduce-atherosclerosis-using-omega-3-fatty-acids.aspx>

Unraveling the Mystery of Longevity on Ikaria, Greece

<https://greekreporter.com/2021/11/29/unraveling-the-mystery-of-longevity-on-ikaria-greece-video/>

Natural Product Compounds in *Alpinia officinarum* and Ginger are Potent SARS-CoV-2 Papain-like Protease Inhibitors

Apr 06, 2020

<https://chemrxiv.org/engage/chemrxiv/article-details/60c74992842e653981db2d97>

Lesser Galangal (*Alpinia Officinarum*) Tincture, Dried Rhizome Liquid Extract, Lesser Galangal, Herbal Supplement 2 oz Alcohol-Based 2 Ounce

<https://lifeirl.com/products/lesser-galangal-alpinia-officinarum-tincture-dried-rhizome-liquid-extract-lesser-galangal-herbal-supplement-2-oz-alcohol-based-2-ounce/>

A Day in the Life of a Nutritionist

<https://www.news-medical.net/news/20211217/A-Day-in-the-Life-of-a-Nutritionist.aspx>

5-Htp - Uses, Side Effects, And More

<https://www.webmd.com/vitamins/ai/ingredientmono-794/5-htp>

Tryptophan

<https://www.healthline.com/health/tryptophan>

<https://www.drugs.com/tryptophan.html>

Echinacea purpurea may help prevent respiratory tract infections during COVID-19

pandemic

<https://www.news-medical.net/news/20211219/Echinacea-purpurea-may-help-prevent-respiratory-tract-infections-during-COVID-19-pandemic.aspx>

Exploring the Mediterranean diet as a potential strategy against SARS-CoV-2

<https://www.news-medical.net/news/20211222/Exploring-the-Mediterranean-diet-as-a-potential-strategy-against-SARS-CoV-2.aspx>

Christmas: How are gold, frankincense and myrrh used in medicine?

<https://www.bbc.co.uk/news/uk-wales-59651783>

Vitamin K2

https://www.healthline.com/nutrition/vitamin-k2#_noHeaderPrefixedContent

Exploring the importance of selenium in COVID-19 patients

<https://www.news-medical.net/news/20211229/Exploring-the-importance-of-selenium-in-COVID-19-patients.aspx>

Selenium Plays A Key Role In The Host During SARS-Cov-2 Infections, Assisting In Redox Homeostasis, Antioxidant Defense, And Minimizing Oxidative Stress

Dec 30, 2021

<https://www.thailandmedical.news/news/selenium-plays-a-key-role-in-the-host-during-sars-cov-2-infections,-assisting-in-redox-homeostasis,-antioxidant-defense,-and-minimizing-oxidative-stress>

Special Promotion Of TMN Prophylactic And Therapeutic Teas For The COVID-19 Era And A New Range For Long COVID

Dec 28, 2021

<https://www.thailandmedical.news/news/special-promotion-of-tmn-prophylactic-and-therapeutic-teas-for-the-covid-19-era-and-a-new-range-for-long-covid>

Clif High was recommending Chaga to counter both internal & environmental spike. I've used this company's products & can vouch for their high quality, ingredients mostly wildcrafted. Their Chaga-probiotic blend contains Korean red pine needle, not to be confused w other pine needle species, it is a trad med & the only one that is safe for internal use.

<https://www.optimallyorganic.com/products/chaga-mushroom-and-wild-herb-concentrated-probiotics>

"Red Pine Needle Oil contains the C10 molecule and due to its extremely small molecular size it can pass the blood/brain barrier. Many people feel an immediate sense of clarity and heightened energy from this precious oil...used for over 4,000 years in Traditional Oriental Medicine to treat over 170 health issues.

Traditional Oriental Medical books "Dongwee Bogam" and "Boncho Kangmok" cite many cases spanning hundreds of years where patients taking this precious oil

had miraculous results in short periods of time. Today, they continue to use this very special oil for the improvement of almost every health issue imaginable, as well as for anti-aging/age reversal, cardiovascular health, physical strength, libido, vitality, and increased brain function. According to modern medical journals and scientists, Japanese Red Pine Needle Oil is "for the maintenance of a healthy body and high energy levels".

<https://www.optimallyorganic.com/products/red-pine-needle-oil-vegan-caps-30-count>

Researchers warn about the dangers of vitamin B12 deficiency in people following plant-based diets

<https://www.news-medical.net/news/20211230/Researchers-warn-about-the-dangers-of-vitamin-B12-deficiency-in-people-following-plant-based-diets.aspx>

EGCG highest in Matcha green tea (not tea bags)

<https://pubmed.ncbi.nlm.nih.gov/33830908/>

Latest Announcement Of TMN Therapeutic Teas

Jan 03, 2021

<https://www.thailandmedical.news/news/latest-announcement-of-tmn-therapeutic-teas>

Zuurkoolstampot - Sauerkraut-Potato Puree with Crispy Bacon

<https://www.thespruceeats.com/zuurkoolstampot-recipe-sauerkraut-1128831>

Horseradish (Anti phlegm/mucus)

https://www.simplyrecipes.com/recipes/how_to_prepare_horseradish/

Grapes could prevent a heart attack by cleaning up your cholesterol

<https://www.studyfinds.org/grapes-heart-attack-cholesterol/>

Recommended choline intake during pregnancy improves child's sustained attention

<https://www.news-medical.net/news/20220103/Recommended-choline-intake-during-pregnancy-improves-childs-sustained-attention.aspx>

Choline <https://en.wikipedia.org/wiki/Choline>

Echinacea, a potent antiviral against SARS-CoV-2

<https://www.news-medical.net/news/20220103/Echinacea-a-potent-antiviral-against-SARS-CoV-2.aspx>

If you're taking curcumin/turmeric make sure it's 3rd party tested. One person exp'd elevated liver enzymes which she & her Dr traced to a "golden milk" she had been drinking daily. #DmitryKats #flushniacin

<https://www.nutraingredients-usa.com/Article/2021/08/06/NOW-testing-raises-conce>

rns-about-potency-heavy-metals-label-accuracy-synthetics-in-curcumin-supplements

Research demonstrates the safety, feasibility of psilocybin administered at doses of 10mg or 25mg

<https://www.news-medical.net/news/20220104/Research-demonstrates-the-safety-feasibility-of-psilocybin-administered-at-doses-of-10mg-or-25mg.aspx>

The research, published in The Journal of Psychopharmacology, is an essential first step in demonstrating the safety and feasibility of psilocybin – a psychedelic drug isolated from the Psilocybe mushroom – for use within controlled settings alongside talking therapy as a potential treatment for a range of mental health conditions, including treatment-resistant depression (TRD) and PTSD.

Sustainable diet can lower the risk of bleeding or blood clots in the brain

<https://www.news-medical.net/news/20220104/Sustainable-Diet-Leads-To-Fewer-Blood-Clots-In-The-Brain.aspx>

Protection of the brain through supplementation with larch arabinogalactan in a rat model of vascular dementia

Sep 28, 2017

<https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC5621360/>

Does larch arabinogalactan enhance immune function? A review of mechanistic and clinical trials

Apr 12, 2016

<https://pubmed.ncbi.nlm.nih.gov/27073407/>

Larch tree fiber also functions as a glyconutrient- enhances production of natural killer cells+ monocytes & may yield twice the protective power of echinacea. Unlike inulin it does not feed bad bacteria or contribute to gas/bloating & is gentler than psyllium.

How diet, supplements and lifestyle changes can help battle COVID

<https://www.news-medical.net/news/20220106/How-diet-supplements-and-lifestyle-changes-can-help-battle-COVID.aspx>

Seaweed extract shows ability to prevent COVID-19 infection

<https://www.studyfinds.org/seaweed-extract-prevent-covid/>

Ulvan is extracted from marine algae called Ulva, an edible ‘sea lettuce’ common in places like Japan, New Zealand and Hawaii.

New Better Health campaign launched to encourage families to eat better

<https://www.news-medical.net/news/20220109/New-Better-Health-campaign-launched-to-encourage-families-to-eat-better.aspx>

Higher olive oil consumption linked with lower risk of cardiovascular disease, cancer mortality

<https://www.news-medical.net/news/20220110/Higher-olive-oil-consumption-linked-with-lower-risk-of-cardiovascular-disease-cancer-mortality.aspx>

This pretty bad tasting but healthy Japanese wartime veggie drink containing Kale (think Quercetin) plus other things that might help if you can get your hands on it (or make yourself). Common in shops in Japan.

<https://en.wikipedia.org/wiki/Aojiru>

Cannabis Compounds Block COVID-19 From Entering Body, Study Finds

Jan 12, 2022

<https://www.zerohedge.com/covid-19/cannabis-compounds-block-covid-19-entering-body-study-finds>

I am grateful to you all posting this useful information here. Does anyone have reliable advice about buying a water distiller? Thanks in advance for any pointers.

<https://tenor.com/view/summer-water-spongebob-heatwave-hot-gif-12150719>

Higher olive oil intake may reduce the risk of premature death

<https://www.news-medical.net/news/20220113/Higher-olive-oil-intake-may-reduce-the-risk-of-premature-death.aspx>

Cannabinoids may prevent infection with SARS-CoV-2, including variants

<https://www.news-medical.net/news/20220113/Cannabinoids-may-prevent-infection-with-SARS-CoV-2-including-variants.aspx>

This is delicious and all the good stuff is in here

<https://www.budgetbytes.com/indian-style-creamed-spinach/>

INGREDIENTS

1 13.5oz. can full-fat coconut milk

8 oz. fresh spinach

1 yellow onion

2 cloves garlic

1 Tbsp grated fresh ginger

2 Tbsp olive oil

2 tsp ground cumin

1 tsp garam masala

1/2 tsp turmeric

1/4% tsp cayenne pepper

1 large tomato

1/4 cup water

3/4 tsp salt (or to taste) (edited)

How To Fillet Every Fish | Method Mastery | Epicurious
<https://www.youtube.com/watch?v=wcueSXGueJs>

6 Almost-Forgotten Uses for Pine Tree Sap
<https://www.primalsurvivor.net/uses-pine-tree-sap/>

Lomatia (Anti Viral - But be very careful with dosage)
<https://debrasnaturalgourmet.com/lomatium-root-possibly-the-best-anti-viral/>

Mastic (plant resin)
[https://en.wikipedia.org/wiki/Mastic_\(plant_resin\)](https://en.wikipedia.org/wiki/Mastic_(plant_resin))

Mastic - Uses, Side Effects, and More
<https://www.webmd.com/vitamins/ai/ingredientmono-565/mastic>

The effect of vitamin D, magnesium and zinc supplements on interferon signaling pathways and their relationship to control SARS-CoV-2 infection | Clinical and Molecular Allergy | Full Text
<https://clinicalmolecularallergy.biomedcentral.com/articles/10.1186/s12948-021-00161-w>

Cannabidiol may improve innate immune response against SARS-CoV-2
<https://www.news-medical.net/news/20220116/Cannabidiol-may-improve-innate-immune-response-against-SARS-CoV-2.aspx>

Revisiting pharmacological potentials of Nigella sativa seed: A promising option for COVID-19 prevention and cure
<https://onlinelibrary.wiley.com/doi/full/10.1002/ptr.6895>

Updates On TMN Prophylactic and Therapeutic Teas
Jan 18, 2022
<https://www.thailandmedical.news/news/updates-on-tmn-prophylactic-and-therapeutic-teas>

Love Your Lungs: How To Make a Potent Mullein Infusion
<https://youtu.be/Vte91ULpbXg>

AveryMk: "Heads up guys, good friend who is a chiropractor/functional med said he's advising patients to use a combination of Black seed oil & Ivermectin. One of his patients was in the end stages of Covid & a w/i a few days of starting the regimen did a complete 180. Apparently it tames the cytokine storm. I do recall Prophet M said black seed cures everything but death."
<https://www.dovepress.com/thymoquinone-a-promising-natural-compound-with-potenti>

al-benefits-for--peer-reviewed-fulltext-article-DDDT

Intestinal bacteria could be behind Japan's low COVID deaths, study says

Jan 14, 2022

<https://www.japantimes.co.jp/news/2022/01/14/national/intestinal-bacteria-covid19-mortality-rates/>

Oral supplement appears to promote muscle endurance and mitochondrial health in humans

<https://www.news-medical.net/news/20220120/Oral-supplement-appears-to-promote-muscle-endurance-and-mitochondrial-health-in-humans.aspx>

Mediterranean diet linked to lower mortality in adults over 65

<https://www.news-medical.net/news/20220120/Mediterranean-diet-linked-to-lower-mortality-in-adults-over-65.aspx>

The association between green tea consumption and SARS-CoV-2 infection among Japanese

<https://www.news-medical.net/news/20220120/The-association-between-green-tea-consumption-and-SARS-CoV-2-infection-among-Japanese.aspx>

Echinacea as a potential force against coronavirus infections

<https://www.news-medical.net/news/20220121/Echinacea-as-a-potential-force-against-coronavirus-infections.aspx>

Cannabidiol found to inhibit SARS-CoV-2 infection in human cells and mice

<https://www.news-medical.net/news/20220121/Cannabidiol-found-to-inhibit-SARS-CoV-2-infection-in-human-cells-and-mice.aspx>

Randomized Clinical Trial Studies Show That Echinacea Is Effective Against A Variety Of Coronavirus Infections Including SARS-CoV-2

Jan 22, 2022

<https://www.thailandmedical.news/news/randomized-clinical-trial-studies-show-that-echinacea-is-effective-against-a-variety-of-coronavirus-infections-including-sars-cov-2>

Harvard Study Finds That Vitamin D Supplements Decreased Risk Of Autoimmune Diseases. Might Also Be Useful For Long COVID

Jan 27, 2022

<https://www.thailandmedical.news/news/harvard-study-finds-that-vitamin-d-supplements-decreased-risk-of-autoimmune-diseases--might-also-be-useful-for-long-covid>

Endive Stew

<https://bosskitchen.com/endive-stew/>

The healing power of endive

https://mens--en--gezondheid-infonu-nl.translate.google.com/translate/g/translate?hl=nl&sl=en&tl=en&tr_pto=wap&tr_sl=nl&tr_tl=en&tr_hl=nl&tr_pto=wap#vitaminen-in-andijvie

Vitamins in endive

Endive is closely related to chicory. In English-speaking countries, chicory is translated as Belgian endive (Belgian endive). Both vegetables taste slightly bitter. Endive is a very healthy vegetable. It contains a large amount of vitamins and minerals. The vitamin most abundant in endive is vitamin K. A 100-gram serving is enough for 192% of the Recommended Daily Allowance (RDA). That is a very high percentage. The percentage for vitamin A is also sky-high; 72% of the RDI. Furthermore, it contains a lot of folic acid or vitamin B11, namely 36% of the RDA. It also contains the vitamins Vitamin B5 or pantothenic acid (18% RDA), vitamin C (11% RDA), vitamin B1 or thiamine (7% RDA), riboflavin or vitamin B2 (6% RDA), vitamin E (3% RDA) and niacin or vitamin B3 (2.5% RDA).

Minerals in endive

Endive is a vegetable that is full of minerals. Manganese is the most in it, 18% of the RDI per ounce. Copper contains 11% of the RDA and 10% of iron. It also contains potassium (7% RDA), zinc (7% RDA) and calcium (5% RDA). Magnesium and phosphorus contain 4% of the RDA.

Cannabidiol inhibits SARS-CoV-2 replication in human cells and mice

<https://www.news-medical.net/news/20220126/Cannabidiol-inhibits-SARS-CoV-2-replication-in-human-cells-and-mice.aspx>

Effects of multi-nutrient supplementation on COVID-19 severity in elderly patients

<https://www.news-medical.net/news/20220127/Effects-of-multi-nutrient-supplementation-on-COVID-19-severity-in-elderly-patients.aspx>

Nutritional supplements used to improve athletic performance can pose risks to the heart

<https://www.news-medical.net/news/20220127/Nutritional-supplements-used-to-improve-athletic-performance-can-pose-risks-to-the-heart.aspx>

Daily supplementation with vitamin D and fish oil may lower the risk of autoimmune disease

<https://www.news-medical.net/news/20220127/Daily-supplementation-with-vitamin-D-and-fish-oil-may-lower-the-risk-of-autoimmune-disease.aspx>

Study investigates how vitamin D or omega fatty acids may affect rates of autoimmune diseases

<https://www.news-medical.net/news/20220128/Study-investigates-how-vitamin-D-or-omega-fatty-acids-may-affect-rates-of-autoimmune-diseases.aspx>

How Regular Exercise Restructures The Brain

Jan 29, 2022

<https://www.zerohedge.com/medical/how-regular-exercise-restructures-brain>

Home Recipe For Hydroxychloroquine (HCQ) - homemade quinine - HCQ is nothing but quinine take zinc

Aug 23, 2021 Mama natural and beyond

<https://youtube.com/watch?v=1jwPeeagXiM>

New AI technology could help reduce malnutrition in long-term care homes

<https://www.news-medical.net/news/20220131/New-AI-technology-could-help-reduce-malnutrition-in-long-term-care-homes.aspx>

US FDA And American Health Authorities Start Exploring Mushrooms, Herbs, Traditional Chinese Medicine And Even Thai Herbal Teas To Treat COVID-19

Feb 02, 2022

<https://www.thailandmedical.news/news/us-fda-and-american-health-authorities-start-exploring-mushrooms,-herbs,-traditional-chinese-medicine-and-even-thai-herbal-teas-to-treat-covid-19>

Japanese and American Scientists Finds That Carnosic Acid From The Herb Rosemary Can be Used To Treat COVID-19, Long COVID And Other Diseases

Feb 02, 2022

<https://www.thailandmedical.news/news/japanese-and-american-scientists-finds-that-carnosic-acid-from-the-herb-rosemary-can-be-used-to-treat-covid-19,-long-covid-and-other-diseases>

Exploring human milk oligosaccharides as a method of COVID-19 prevention

<https://www.news-medical.net/news/20220203/Exploring-human-milk-oligosaccharides-as-a-method-of-COVID-19-prevention.aspx>

Organic Irish Carrageen Moss- Chondrus crispus

https://en.wikipedia.org/wiki/Chondrus_crispus

Why The U.S. Government Decides The Color Of Our Food - Cheddar Explains

Feb 18, 2021

https://youtu.be/6FPnag_rvU8

The VaX WatchMan! some timeless quotes in an 1888 book! Remember, We are PERFECT! Nothin Beats Herbs

Jan 05, 2021

<https://www.youtube.com/watch?v=kq0rfQp4r-k>

<https://ia801807.us.archive.org/26/items/b30478637/b30478637.pdf>

<https://archive.org/details/b30478637/page/40/mode/2up>

Chai Tea

10 Antiviral (Chai Tea) Spices and Herbs
<https://dupischai.com/antiviral-chai-tea-spices/>

Chai Tea

https://www.culy-nl.translate.google.com/recepten/culy-homemade-zelfgemaakt-chai-extract-voor-chai-tea-latte/?_x_tr_sl=nl&_x_tr_tl=en&_x_tr_hl=nl&_x_tr_pto=wapp
(edited)

Culinary medicine curriculum has a positive impact on outcomes for patients with type 2 diabetes

<https://www.news-medical.net/news/20220208/Culinary-medicine-curriculum-has-a-positive-impact-on-outcomes-for-patients-with-type-2-diabetes.aspx>

SARS-CoV-2 cytokine storm inhibited by curcumin nanoparticles

<https://www.news-medical.net/news/20220208/SARS-CoV-2-cytokine-storm-inhibited-by-curcumin-nanoparticles.aspx>

Investigating (herbal drug) taraxerol as a protease inhibitor against SARS-CoV-2

<https://www.news-medical.net/news/20220207/Investigating-taraxerol-as-a-protease-inhibitor-against-SARS-CoV-2.aspx>

About the study

The present in-silico screening bioprospecting study examined the potential of taraxerol, a naturally-occurring pentacyclic triterpenoid, in managing SARS-CoV-2 infection. To put it simply, in silico refers to biological experiments carried out using computers or computer simulations and is a reliable, prudent, and quick method for identifying potential herbal compounds that are active against SARS-CoV-2's main protease enzyme.

Changing from Western diet to an optimized diet could provide gains to life expectancy

<https://www.news-medical.net/news/20220209/Changing-from-Western-diet-to-an-optimized-diet-could-provide-gains-to-life-expectancy.aspx>

Here's how you can detox from the spike protein

<https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>

Chimps have been seen treating wounds with insects. They're not the only animals to practice 'medicine'

Feb 11, 2021

<https://www.abc.net.au/news/science/2022-02-12/chimps-insects-wounds-treatment-medicine-animals/100816186>

The Flavoring Diacetyl Found In Many Foods Increases Susceptibility To SARS-CoV-2 As It Alters Airway Cell Morphology, Inflammatory And Antiviral Response

Feb 15, 2022

<https://www.thailandmedical.news/news/the-flavoring-diacetyl-found-in-many-foods-increases-susceptibility-to-sars-cov-2-as-it-alters-airway-cell-morphology,-inflammatory-and-antiviral-resp>

Study suggests folic acid (Vitamin B9) supplementation linked to increased risk for COVID-19 diagnosis

<https://www.news-medical.net/news/20220215/Study-suggests-folic-acid-supplementation-linked-to-increased-risk-for-COVID-19-diagnosis.aspx>

Study suggests tea polyphenols may modulate COVID-19 via intestinal microbiota

<https://www.news-medical.net/news/20220216/Study-suggests-tea-polyphenols-may-modulate-COVID-19-via-intestinal-microbiota.aspx>

Immune-boosting supplements do not lessen risk of death from COVID-19, review finds

<https://www.news-medical.net/news/20220217/Immune-boosting-supplements-do-not-lessen-risk-of-death-from-COVID-19-review-finds.aspx>

Limited availability of healthy food options can contribute to poor health outcomes

<https://www.news-medical.net/news/20220217/Limited-availability-of-healthy-food-options-can-contribute-to-poor-health-outcomes.aspx>

Foods high in ZINC ionophores (activators) QUERCETIN & Epigallocatechin

<https://michaelsavage.com/foods-high-in-quercetin-epigallocatechin/>

Higher consumption of vegetables unlikely to affect cardiovascular disease risk, study shows

<https://www.news-medical.net/news/20220221/Higher-consumption-of-vegetables-unlikely-to-affect-cardiovascular-disease-risk-study-shows.aspx>

Surfactant-containing oral mouthwashes target the lipid envelope of SARS-CoV-2

<https://www.news-medical.net/news/20220221/Surfactant-containing-oral-mouthwashes-target-the-lipid-envelope-of-SARS-CoV-2.aspx>

High-fiber diet linked with reduced risk of developing dementia

<https://www.news-medical.net/news/20220221/High-fiber-diet-linked-with-reduced-risk-of-developing-dementia.aspx>

Researchers use an integrated approach to reveal constituents in a multi-herb Chinese medicine

<https://www.news-medical.net/news/20220218/Researchers-use-an-integrated-approach-to-reveal-constituents-in-a-multi-herb-Chinese-medicine.aspx>

Early Outpatient Treatment for COVID-19: The Evidence

Jan 23, 2022

<https://peckford42.wordpress.com/2022/01/23/early-outpatient-treatment-for-covid-19-the-evidence/>

Clif High

Feb 02, 2022

https://t.me/Clif_High/8086

Long COVID-19 Therapeutic Teas Are Finally Here

<https://www.thailandmedical.news/news/long-covid-19-therapeutic-teas-are-finally-here>

Prenatal phthalate exposure may impact infants' growth and health

<https://www.news-medical.net/news/20220224/Prenatal-phthalate-exposure-may-impact-infants-growth-and-health.aspx>

Phthalates are endocrine disrupting chemicals that are used in plastics and as food additives.

Scientists estimate PFAS concentrations in breast milk and raise the need for more research

<https://www.news-medical.net/news/20220224/Scientists-estimate-PFAS-concentrations-in-breast-milk-and-raise-the-need-for-more-research.aspx>

Traditional Chinese medicine can be an effective radiosensitizer for patients with nasopharyngeal carcinoma

<https://www.news-medical.net/news/20220225/Traditional-Chinese-medicine-can-be-an-effective-radiosensitizer-for-patients-with-nasopharyngeal-carcinoma.aspx>

Tiny but mighty: Cranberries 'could help prevent cancer AND heart disease'

<https://www.express.co.uk/life-style/health/691553/tiny-mighty-cranberries-health-benefits-prevent-cancer-heart-disease>

Propolis, Bee Honey, and Their Components Protect against Coronavirus Disease 2019 (COVID-19): A Review of In Silico, In Vitro, and Clinical Studies

Feb 25, 2021

<https://pubmed.ncbi.nlm.nih.gov/33669054/>

American And Indian Scientists Explore Phytochemicals Nimbin And Epinimbin From Bark Of Neem Tree As Prophylactics And Antivirals Against SARS-CoV-2 Variants

Mar 01, 2022

<https://www.thailandmedical.news/news/american-and-indian-scientists-explore-phytochemicals-nimbin-and-epinimbin-from-bark-of-neem-tree-as-prophylactics-and-antivirals-against-sars-cov-2-v>

Scientists investigate the antiviral properties of cow milk protein against SARS-CoV-2 variants

<https://www.news-medical.net/news/20220228/Scientists-investigate-the-antiviral-properties-of-cow-milk-protein-against-SARS-CoV-2-variants.aspx>

Licorice Inhibits Replication of Coronavirus

https://www.theepochtimes.com/licorice-inhibits-replication-of-coronavirus_4177389.html?

That's interesting because we have a lot of that stuff in the Netherlands unlike the rest of the world so I am gonna buy that stuff again. Normally I always have some of that stuff in my home.

30 Different Types of Licorice

https://www-aanbiedingenfolders-nl.translate.goog/blog/soorten-drop-24?_x_tr_sl=nl&_x_tr_tl=en&_x_tr_hl=en&_x_tr_pto=wapp

Consuming wine with meals linked to lower risk of developing type 2 diabetes

<https://www.news-medical.net/news/20220304/Consuming-wine-with-meals-linked-to-lower-risk-of-developing-type-2-diabetes.aspx>

Regular nut consumption linked with lower prevalence of abdominal obesity, metabolic syndrome in seniors

<https://www.news-medical.net/news/20220307/Regular-nut-consumption-linked-with-lower-prevalence-of-abdominal-obesity-metabolic-syndrome-in-seniors.aspx>

clif @clif_high

Aug 11, 2021

https://twitter.com/clif_high/status/1425518700942172165

Exploring biomedical literature and clinical trial records to identify new drug combinations for COVID-19 treatment

<https://www.news-medical.net/news/20220307/Exploring-biomedical-literature-and-clinical-trial-records-to-identify-new-drug-combinations-for-COVID-19-treatment.aspx>

Among the two-drug combinations, seven drug pairs were possible to combine without any potential clinical issues, and included the following:

1. ruxolitinib (janus kinase inhibitor) and colchicine (anti-gout);
2. hydroxychloroquine (antimalarial) and favipiravir (antiviral);
3. azithromycin (macrolide antibiotic) and ivermectin (anthelmintic);

4. hydroxychloroquine (antimalarial) and doxycycline (tetracycline antibiotic);
5. Daclatasvir (antihepaciviral) and sofosbuvir (nonstructural protein 5B (NS5B) nucleoside polymerase inhibitor).

Disruption of sleep and circadian rhythm can increase the chances of contracting a virus

<https://www.news-medical.net/news/20220306/Disruption-of-sleep-and-circadian-rhythm-can-increase-the-chances-of-contracting-a-virus.aspx>

Spike Protein Detox Guide

Updated on Mar 09, 2022

<https://worldcouncilforhealth.org/resources/spike-protein-detox-guide/>

Mushroom-derived compounds have potential for use as COVID-19 therapeutic

<https://www.news-medical.net/news/20220309/Mushroom-derived-compounds-have-potential-for-use-as-COVID-19-therapeutic.aspx>

Active compound in Chinese herbs prevents colon cancer in mice

<https://www.news-medical.net/news/20220309/Active-compound-in-Chinese-herbs-prevents-colon-cancer-in-mice.aspx>

A balanced diet with proteins from various different sources may reduce risk of hypertension

<https://www.news-medical.net/news/20220310/A-balanced-diet-with-proteins-from-various-different-sources-may-reduce-risk-of-hypertension.aspx>

Tannic acid plays a role in inhibiting three key molecular pathways involved in SARS-CoV-2 infection

<https://www.news-medical.net/news/20220310/Tannic-acid-plays-a-role-in-inhibiting-three-key-molecular-pathways-involved-in-SARS-CoV-2-infection.aspx>

What type of tea has the most tannic acid?

<https://treehazz.com/what-type-of-tea-has-the-most-tannic-acid>

The Roles of Vitamin D Binding Protein in Human Immune Function - Kevin Bethel MD

Feb 25, 2011 DigiVision Media

<https://www.youtube.com/watch?v=MmXMQMftfP4>

Walter M Chesnut @Parsifaler

Mar 01, 2022

<https://twitter.com/parsifaler/status/1498652550601527296?s=12>

1) VITAMIN D, OR VITAMIN D BINDING PROTEIN: It May Be That Vitamin D Binding Protein Is More Important Than Vitamin D Itself In COVID-19 Pathology

Immune-Boosting, Antioxidant and Anti-inflammatory Food Supplements Targeting Pathogenesis of COVID-19

Oct 07, 2020

<https://www.frontiersin.org/articles/10.3389/fimmu.2020.570122/full>

Zinc (Zn)

Vitamin D (VD)

Vitamin C (VC)

Curcumin

Cinnamaldehyde

Allicin

Piperine

Selenium (Se)

Propolis

Probiotics

Lactoferrin

Quercetin

How to put the flavour back into food

https://www.bbc.co.uk/food/articles/flavour_food

Vitamin D Binding Protein: A Historic Overview

Jan 10, 2020

<https://www.frontiersin.org/articles/10.3389/fendo.2019.00910/full>

Endothelial injury, F-actin and vitamin-D binding protein after hematopoietic stem cell transplant and association with clinical outcomes

May 2021

<https://haematologica.org/article/view/9700>

The Roles of Vitamin D Binding Protein in Human Immune Function - Kevin Bethel MD

Feb 25, 2011

<https://www.youtube.com/watch?v=MmXMQMftFP4>

Astragalus Root and Elderberry Fruit Extracts Enhance the IFN- β Stimulatory

Effects of Lactobacillus acidophilus in Murine-Derived Dendritic Cells
2012

<https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC3484152/>

The Truth about Elderberry (Sambucus nigra)

Mar 23, 2020

<https://www.donnieyance.com/the-truth-about-elderberry-sambucus-nigra/>

Sambucus nigra (black elder) as alternative treatment for cold and flu

Jul 10, 2020

<https://link.springer.com/article/10.1007/s13596-020-00469-z>

Current evidence that vitamin D is effective against COVID-19 neurological sequelae

<https://www.news-medical.net/news/20220314/Current-evidence-that-vitamin-D-is-effective-against-COVID-19-neurological-sequelae.aspx>

In silico screening of natural ACE2 inhibitors

<https://www.news-medical.net/news/20220314/In-silico-screening-of-natural-ACE2-inhibitors.aspx>

Ethyl lauroyl arginine hydrochloride (ELAH) nasal spray as potent antiviral against SARS-CoV-2

[https://www.news-medical.net/news/20220315/Ethyl-lauroyl-arginine-hydrochloride-\(ELAH\)-nasal-spray-as-potent-antiviral-against-SARS-CoV-2.aspx](https://www.news-medical.net/news/20220315/Ethyl-lauroyl-arginine-hydrochloride-(ELAH)-nasal-spray-as-potent-antiviral-against-SARS-CoV-2.aspx)

Acacetin shows potency against SARS-CoV-2 spike protein

<https://www.news-medical.net/news/20220315/Acacetin-shows-potency-against-SARS-CoV-2-spike-protein.aspx>

In silico identification of novel curcumin derivatives as potential inhibitors against SARS-CoV-2 enzymes

<https://www.news-medical.net/news/20220316/In-silico-identification-of-novel-curcumin-derivatives-as-potential-inhibitors-against-SARS-CoV-2-enzymes.aspx>

New trial finds signs of preventive cardiovascular effects for cocoa flavanols

<https://www.news-medical.net/news/20220316/New-trial-finds-signs-of-preventive-cardiovascular-effects-for-cocoa-flavanols.aspx>

Cocoa Flavanols <https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC6520706/>

Home Recipe For Hydroxychloroquine (HCQ) homemade quinine HCQ is nothing but quinine take zinc

<https://www.youtube.com/watch?v=1jwPeeagXiM>

Lithium use linked to reduced risk of developing dementia

<https://www.news-medical.net/news/20220317/Lithium-use-linked-to-reduced-risk-of-developing-dementia.aspx>

Lettuce could protect astronauts from bone density loss in microgravity

<https://www.news-medical.net/news/20220322/Lettuce-could-protect-astronauts-from-bone-density-loss-in-microgravity.aspx>

Daily consumption of cranberries for one month improves cardiovascular function

<https://www.news-medical.net/news/20220322/Daily-consumption-of-cranberries-for-one-month-improves-cardiovascular-function.aspx>

Another option, if you have some space outside, is straw bale gardening. Pretty simple!

<https://joegardener.com/podcast/gardening-in-straw-bales/>

TTUHSC secures \$1.87 million grant to investigate the impact of vitamin A depletion on Alzheimer's disease

<https://www.news-medical.net/news/20220321/TTUHSC-secures-24187-million-grant-to-investigate-the-impact-of-vitamin-A-depletion-on-Alzheimer28099s-disease.aspx>

Vitamin C deficiency associated with cognitive impairment among older hospitalized patients

<https://www.news-medical.net/news/20220321/Vitamin-C-deficiency-associated-with-cognitive-impairment-among-older-hospitalized-patients.aspx>

Study unveils several natural marine products as potential agents against SARS-CoV-2

<https://www.news-medical.net/news/20220321/Study-unveils-several-natural-marine-products-as-potential-agents-against-SARS-CoV-2.aspx>

Daily coffee intake associated with benefits to heart health

<https://www.news-medical.net/news/20220324/Daily-coffee-intake-associated-with-benefits-to-heart-health.aspx>

Aspirin use associated with lower rates of death in hospitalized COVID-19 patients

<https://www.news-medical.net/news/20220324/Aspirin-May-Reduce-Death-In-Hospitalized-COVID-19-Patients.aspx>

Breast milk components show potent in vitro SARS-CoV-2 inhibition

<https://www.news-medical.net/news/20220324/Breast-milk-components-show-potent-in-vitro-SARS-CoV-2-inhibition.aspx>

Study finds fractionation of sulfated galactan from red alga can isolate its anti-SARS-CoV-2 properties

<https://www.news-medical.net/news/20220324/Study-finds-fractionation-of-sulfated-galactan-from-red-alga-can-isolate-its-anti-SARS-CoV-2-properties.aspx>