

Guillermou

VITAMIN B6 AND SEPSIS. Oxidative stress plays an important role in the development of sepsis-induced organic dysfunction, the application of antioxidant compounds has been considered a potential and promising treatment. Sepsis leads to a massive generation of reactive oxygen species and nitrogen species, which promote various proinflammatory effects, and promote the onset of oxidative damage due to unbalanced activity of endogenous enzymes, including catalase. N-acetylcysteine and iron chelators reduce the consequences of septic shock by reducing oxidative stress and limiting neutrophil infiltration and mitochondrial dysfunction. In addition to antioxidant and anti-inflammatory properties,

N-acetylcysteine has vasodilatory properties that could benefit microcirculation in sepsis.

insights.ovid.com/.../00003246-200402000-00003 (2004) www.ncbi.nlm.nih.gov/.../28299952 (2018)

B vitamins are essential factors in the immune system, necessary for the proper functioning of the methylation cycle, DNA synthesis, and phospholipid repair and maintenance. A decrease in methylation function leads to chronic neurological disorders. Vitamin B, B2, B3, B5 and B6 help convert food to energy and are essential for healthy skin, muscles, brain and nerve function. Additionally, pantothenic acid is involved in the production of lipids (fats), neurotransmitters, hormones, hemoglobin, and pyridoxine and plays a key role in sleep, appetite, and mood disorders. link.springer.com/.../978-3-030-16073-9_7 (2019)

Posted On 04/06/2020

Guillermou

Vitamin B6 serves as a coenzyme that catalyzes over 150 enzymes that regulate metabolism and synthesis of important bioactive proteins, carbohydrates, lipids, heme, and metabolites. Vitamin B6 is water soluble that is easily found as forms of pyridoxal, pyridoxine, and pyridoxamine in animal and plant foods. After digestion and absorption, the liver converts vitamin B6 to the biologically active form, pyridoxal 5'-phosphate (PLP). PLP binds albumin and corresponds to approximately 60% of circulating vitamin B6. Importantly, PLP serves as a cofactor for countless reactions related to macronutrient metabolism and the immune response. VitB6 blood levels decrease significantly in diabetics. Since vitB6 is a cofactor in tryptophan catabolism, disruption of this pathway leads to increased levels of kinurenine metabolites that inhibit insulin secretion and reduce glucose tolerance.

Vitamin B6 has a wide field of action in cardiovascular, neurological diseases, depression, stress, diabetes and amino acid metabolism. PLP promotes the immunomodulatory function of mesenchymal stem cells Vitamin B6 is abundant in fish, chicken, sweet potato and avocado.

www.ncbi.nlm.nih.gov/.../PMC6253932 (2010) www.mdpi.com/.../htm (2010)

www.hindawi.com/.../3121246 (2019) 15 VITAMIN B-6 RICH FOODS

www.healthline.com/.../vitamin-b6-foods Many health aspects that appear to be affected by vitamin B6, such as cellular metabolism, gene regulation, tolerance to abiotic stress, susceptibility to pathogens, or even virulence of a pathogen, are very promising areas for vitamin research. B 6.

www.mdpi.com/.../htm (2018)

Posted On 04/06/2020

Guillermou

Vitamin B6 deficiency is associated with the development of inflammatory diseases such as allergy and rheumatoid arthritis, as well as neuronal dysfunction. Low plasma vitamin B6 levels have been observed, along with elevated levels of proinflammatory cytokines such as TNF- α and IL-6. Vitamin B6 contributes to intestinal immune regulation through the metabolism of the lipid mediator sphingosine 1-phosphate (S1P). S1P regulates lymphocyte traffic to the intestines, especially in the large intestine. Lymphocytes located between intestinal epithelial cells are known as intraepithelial cells involved in protection against pathogens.

Therefore, vitamin B6 is an important role for immunovigilance in the intestines. In the large intestine, bacteria-derived PLP is converted to free vitamin B6, which is absorbed by passive transport, is transported to the blood, and is distributed throughout the body. Metagenomic analysis has shown that *Bacteroides fragilis* and *Prevotella copri* (Bacteroidetes), *Bifidobacterium longum* and *Collinsella aerofaciens* (Actinobacteria) possess a biosynthetic pathway for vitamin B6.

www.ncbi.nlm.nih.gov/.../PMC6478888 (2019)

www.peirsoncenter.com/uploads/6/0/5/5/6055321/fnut-06-00048.pdf (2019)

Evidence points to an inverse relationship between blood levels of vit B6 and inflammation, as subjects with decreased levels of vit B6 show higher concentrations of inflammatory markers, possibly because PLP is drawn at sites of active inflammation. Recent developments in the molecular role of B6 and its direct interaction with inflammasomes, and the nuclear receptor coactivator, protein 140 with implications for human health. B6 level is affected by many factors, including age, obesity, and inflammation associated with chronic disease. www.sciencedirect.com/.../S0098299716300395 (2017) www.ncbi.nlm.nih.gov/.../29477221 (2018)

Posted On 04/06/2020

Guillermou

Vitamin B6 acts on the antioxidant system and inhibits lipid peroxidation. The inflammatory infiltrate is also responsible for producing a considerable amount of ROS and RNS to kill pathogens and apoptotic cells. Both types of reactive species can contribute to lipid peroxidation, because membrane lipids and lipoproteins are particularly susceptible to oxidative damage due to their composition enriched in polyunsaturated fatty acids. Malondialdehyde produces protein damage. Vitamin B6 shows important antioxidant functions, mainly by eliminating superoxide radicals. Pyridoxine has an essential role for the synthesis of glutathione peroxidase.

Sepsis incited oxidative damage to lipids and proteins in the liver and lung. Vitamin B6 decreased neutrophil infiltration in both organs, oxidative markers in the liver, and restored catalase activity levels in the lung of septic animals. Vitamin B6 exerts anti-inflammatory and antioxidant effects on the peripheral organs after polymicrobial sepsis. europepmc.org/.../2808720 (2012) europepmc.org/.../5372852 (2018) www.scielo.br/scielo.php?script=sci_arttext&pid=S0001-376520190007.. (2019) Sepsis leaves survivors with a consequence of physiological, neuropsychiatric, and functional impairment. Long-term impairment of brain function is temporarily related to mitochondrial dysfunction.

Autophagy activators and mitochondrial biogenesis could rescue animals from cognitive decline. Vitamin B6 interfered with the activation of the kynurenine pathway, which led to an improvement in the neurochemical and neuroinflammatory parameters and, consequently, in the cognitive functions of septic animals. link.springer.com/.../s12035-017-0706-0 (2017) www.ncbi.nlm.nih.gov/.../29687346 (2019) onlinelibrary.wiley.com/.../nan.12502 (2019) portlandpress.com/.../220440 (2019)

Posted On 04/06/2020

juststeve

Thank you Gui, isn't it interesting how the natural compounds and substances found in healthy grown & prepared foods are not only powerful in and on their own right, but can also have a multiplier affect when they interact with each other. Different blends can improve different conditions & as always one size does not fit all. No doubt some of this has to do with different peoples integrating with their regions of origins before immigrating into other areas of the world.

Being as time is so precious right now it was only a headline and teaser saying one doctor is concerned the ventilators are causing more problems than helping. The teaser said the lungs are not being able to absorb oxygen & the ventilators are over inflating the lungs causing damage. There was no time to dig in and see if this was a good source, and this for all appearances one doctor's opinion, there maybe more data but necessities dictate like a tyrant. as to how much can be addressed right now.

Posted On 04/06/2020

lemonchiffon

Thanks once again for your excellent explanation of how these items work and for your sharing of what you know to help others! My daughter thanks you too!

Posted On 04/06/2020

Guillermou

Strongly agree JUST, when a person takes a balanced diet, high in nutrients, phytochemicals, minerals, vitamins and leads a healthy lifestyle, we can say that he is exerting a powerful force to be healthy. Custom supplements are good supplements and very necessary to strengthen the immune system in certain seasons such as this happening with Covid-19. It should be considered when a person becomes ill the deficiencies and recommendations to overcome the disease. Elderly and sick people are largely deficient in vitamins, minerals and proteins. Personally I take all the B vitamins complex in active form, B6, B12 and B9, for the immune system. This link on vitamin B is very complete. link.springer.com/.../978-3-030-16073-9_7 (2019)

For the development of an endogenous protective immune response in the incubation and non-severe stages, the host must be in good general health and an appropriate genetic background (eg HLA) that generates specific antiviral immunity is also desirable. Nutrigenetics and nutrigenomics have to be considered in these situations. The immune responses induced by SARS-CoV-2 infection are in two phases: the first protective phase based on immune defense and the second damaging phase driven by inflammation. Doctors should try to boost immune responses during the first. Since vitamin B3 is highly protective of the lungs, it should be used as soon as the cough begins. www.nature.com/.../s41418-020-0530-3 (2020)

Posted On 04/06/2020

Guillermou

The consumption of Nicotinamide Riboside (NR), a natural substance, a derivative of vitamin B3, orally, is capable of multiplying by 2.7 times the level of the coenzyme nicotinamide adenine dinucleotide (NAD +), in the blood. Administration of NR prevents lung and heart injury, and improves the survival in sepsis, likely by inhibiting HMGB1 release and oxidative stress via the NAD + / SIRT1 signaling. Given NR has been used as a health supplement, it may be a useful agent to prevent organ injury in sepsis. www.sciencedirect.com/science/article/abs/pii/S0891584918309067 (2018)

In this review of micronutrients in sepsis, thiamine can be considered in all septic patients at risk for thiamine and L-carnitine and vitamin C deficiency for those in septic shock.

pubag.nal.usda.gov/.../6512792 (2017) Vitamin D deficiency is common in severe sepsis, with twice the risk of mortality, greater predisposition to hospital infections, increased oxidative stress, increased inflammatory cytokines, and cardiovascular disease, and approaches to correct vitamin D deficiency should be developed. in patients with sepsis. www.discoverymedicine.com/Fernanda-A-Takeuti/2018/06/applications-of-v.. (2019)

In this meta-analysis, eight studies with 1736 patients were included. The results of the general meta-analysis showed that a lower 25 (OH) D on admission was independently associated with a higher risk or mortality (adjusted RR: 1.93) in patients with sepsis.

bmcinfectdis.biomedcentral.com/articles/10.1186/s12879-020-4879-1 (2020) Treatment with the herbal formula QX1 dramatically inhibited the excessive production of interleukin-1 β and tumor necrosis factor- α in sepsis, suppressed apoptosis and myocyte damage by suppressing apoptosis and mitochondrial damage, improving tissue damage cardiac www.ncbi.nlm.nih.gov/.../EMS70940 (2019)

Posted On 04/06/2020

Guillermou

Hi lemonchiffont, is my pleasure to help you and your dear daughter. Let's hope that it is almost finished for the summer, that the infected people regain full health and that the deaths do not increase much, and if another aggravation occurs for the coming autumn, it will be of much less consideration. Especially that the economic crisis does not cause more suffering to people.

Posted On 04/06/2020

Randyfast

...and what's to protect us against the EVIL, GREED and INSANITY of this world? That's exactly what this "pandemic" is all about! I hope people at least understand that our "society" is about to change forever. We are entering a new era of evil and tyranny (it will be the 'new' "normal"). For those who can't see it; you soon will!

Posted On 04/06/2020

Darzoum

I hear you Randyfast. For anyone who still can't imagine that level of tyranny, or at least who still can't imagine forced injections, internal check points, citizen monitoring/surveillance via inserted RFID chips (or other technology, so that, in the 5G Internet of Things, YOU become one of the "things"), well, just go outside for a stroll; could you have imagined the zombie apocalypse we're now enduring, even a few months ago? The fact that that switch could be flipped so suddenly should alarm everyone; if you say it wasn't a flipped switch, but rather the coordinated effort and planning of years or decades to get to the point of exploiting the moment, so much the worse.

Posted On 04/06/2020

Randyfast

Thank you, Darzoum. Yes; what's transpiring these days is and should be alarming. That being said...it in no way, shape or form, surprises me! As you alluded to; these agendas are planned decades ahead of actual deployment. They have to make sure that they haven't failed to cross a T or dot an i. The scenario that we find ourselves in, currently, is the oligarch's "wet dream"!

Posted On 04/06/2020

Guillermou

Yes. governments to face a pandemic and the uncertainty and ignorance about the Covid-19 epidemic has reached markets and economies around the world. The difficulty to stop the spread of the epidemic is forcing governments to apply extraordinary measures, such as closing public buildings, companies, in addition to limiting mobility. However, these measures have reduced production, consumption and tourism in most of the affected countries, producing a serious crisis that caused unemployment, stress and illness.

Some countries, such as Spain and France, have announced that they are suspending the payment of rent and utility bills for electricity, gas or water, while the State itself will be in charge of paying bank loans for people who cannot assume them because of the epidemic. This may trigger a new economic crisis similar to that of 2008, which had effects worldwide, but companies in the pharmaceutical sector are seeing their actions grow and earn money, mainly those that are dedicated to researching a coronavirus vaccine.

Oil has a great influence on the world economy. The coronavirus crisis has also caused a drop in demand for oil, but there is another internal battle between Russia and Saudi Arabia, which are the two largest oil producers in the world. In this crisis, Russia has seen an opportunity to advance to the United States (its eternal rival) and has decided to break the agreement and go it alone. This trade war has effects for the world economy. On the other hand, the Chinese stock market is recovering now that the coronavirus epidemic is under control in the Asian country. If the great powers agree on the crisis, the suffering will be less, although we all know that the opportunities are on the side of the strongest and the working class will pay for the corrupt management of the elites, the large multinationals and the allies of the institutions. who direct the destiny of the planet.

Posted On 04/06/2020

Darzoum

Randyfast, yes, agreed! You cannot do a global lock-down or bring major economies to their knees without a bit of planning! ...and the coordinated complicity of so-called news media and government agencies. Along the way, also weaponize the use of key words like "conspiracy"--a simple fact of history--so that it becomes a name-calling disparagement carrying such social stigma that people automatically recoil and apologize for even thinking along those lines. In whose best interest is it that our thinking & speaking are so corralled-in by an arbitrary and irrational social acceptability? But in such clever co-opting of such terms, I suppose I have to at least acknowledge the attention to detail! Can you share any of your sources for information in these matters? Off hand, I've found value in James Corbett's work, Patrick Wood on Technocracy, Catherine Austin Fitts, Jon Rappoport...there's probably 30 more I'm forgetting; as these matters relate to health-related topics, beside Dr. Mercola, John Bergman, Del Bigtree, RFKjr....

Posted On 04/06/2020

Darzoum

Guillermou, in this discussion between Catherine Austin Fitts and Dr. Joseph P. Farrell, some of the global economic dynamics, including oil interests, are touched upon as you are alluding to...the dollar system vs. oil/de-dollarization forces... not a complete picture and much speculation, but quite compelling. <https://youtu.be/DZIXxcTPDRo>

Posted On 04/06/2020

Randyfast

Darzoum; another good post. We are indeed, in a war against the lamestream media; although, they don't attack us with guns and knives - they attack us with words...the same old narrative and the same old rhetoric, day and night! Gui; I can only speak for Canada; although, from what I see, the Agenda 21 construction hasn't slowed down one bit and although small businesses are in big trouble, the global corporations are still raking it in and laughing all the way to the bank.

Just think about the millions/billions of dollars generated from building materials alone. Now, it's paper products, hand sanitizers, plexiglass barriers for cashiers, extra security...the oligarchs always become richer, during and after a crisis. They've already gotten filthy rich off the "measures" taken after 9/11. IMHO, the 9/11 evil will pale in comparison to this one. Anyone care to think outside the box? I found this article in BC "news" this morning. Could it be that John Kennedy Jr. pissed off the wrong people (what are the odds?) and they have sent him a message, while they are planning mandatory vaccines [theprovince.com/news/world/rfks-granddaughter-her-8-year-old-son-presu..](https://www.theprovince.com/news/world/rfks-granddaughter-her-8-year-old-son-presu..)

Posted On 04/06/2020

Guillermou

Thanks DARZOOM. Yes, The oil and gas industry provides almost 60 percent of the world's energy, is involved in a double crisis. A price war, with producer nations battling for market share, has come in the biggest crisis of the new coronavirus pandemic and what is likely to be the worst recession since World War II. The United States is now the world's largest oil producer, responsible for approximately 40 percent of world oil production, which increases with the discovery of oil in West Texas. The new dominance threatens oil powers, including Russia and Saudi Arabia, which decided to flood the market with oil to put a dagger into the hearts of American producers and challenge the American oil leadership.

Both geopolitics and the economy have been behind the price war. Russia is not only concerned about competition from U.S. oil exports, it is upset by the sanctions imposed by Washington on its national oil company, Rosneft, for its trade with Venezuela. The fact that Saudi Arabia is the current president of the G20 group of countries serves to highlight the weakness of international cooperation in a time of crisis. Vladimir Putin's approach echoes the Cold War, both in his economic show of strength for the US. USA As in its implicit warning to the Saudis that they need to increase their purchases of Russian military hardware.

The nature and magnitude of the current collapse and the geopolitical dispute have created unique challenges for the United States and its energy sector, challenges that will have significant consequences for the United States' economy and foreign policy at an already dangerous time.

www.theguardian.com/business/2020/mar/22/oil-price-war-harms-chances-g..

www.forbes.com/sites/daneberhart/2020/03/23/economic-crisis-is-no-reas..

www.foreignaffairs.com/.../oil-collapse

Posted On 04/06/2020

Guillermou

Yes, Randy, this pandemic is only causing loss of freedoms and expenses, and the most serious thing is that the worst of the crisis is yet to come. In Spain, because infections are decreasing, some restrictions will be lifted soon, especially to walk with children and return to work in stages. It looks like Canada and the US this week will be terrible. Take good care of yourself. More than 10,000 Americans are now dead from coronavirus as infections rise to over 347,000 with new data predicting the peak is still 10 days away where 3,000 will die in 24 hours - but experts warn the true toll is likely to be higher www.dailymail.co.uk/news/article-8192965/More-10-000-Americans-dead-co.. The news of Robert's granddaughter and son. F. Kennedy is terrible.

Posted On 04/06/2020

Randyfast

Gui; I do take good care of my health, as I'm sure you do, also. I've already had two bike rides this morning. I'm considering going for another one after I walk over to the grocery store to see if they have more kidney beans. Actually; the sky is looking quite white. I'm a bit concerned about what particles I might be breathing in...scary times!

Posted On 04/06/2020

Chimonger

We really must be careful to keep nutritionally replete, and keep stocked with the basics needed to keep that maintained, as easily as we can. The current infection has been wildly circulating, for many months back into last year. Many have had symptoms....but, to paraphrase an old saying: "If many are infected, but no actually reliable tests were available, is that plausible deniability that they were infected with it?" ...because THAT helps skew dates, numbers, everything. And, Because...tests are now being claimed to verify infection, AND verify titer against it, AND verify someone's carrying....THAT seems more than a bit questionable.

There are increasing numbers of citizens who have casually cruised by health facilities near them, claimed to be "overflowing" with infection cases..including in NYC. But, people are discovering, and more health practitioners are admitting, facilities are largely empty....burning through money it costs to simply keep facilities open without patient loads... Not only that, but officials EVERYWHERE have been falsifying/short-listing COD's [cause of death] on death certificates....only listing this virus, but omitting listing actual known causes of death, like cancers, heart troubles, etc...post-mortem tests [not even while still breathing] to "prove covid presence", is all they list....even for those actively dying of things like cancer...people given hours or a few days left to live due to deadly ills...death certificates still only list covid. This is now being hyped up in the US, as reporters say there needs to be testing for covid on all deaths.... [See this...listen closely.....then check your local facilities! www.youtube.com/watch?time_continue=7&v=GnwbaZ7j7FM&feature=em..]

Posted On 04/06/2020

Sue12Cross

Yet more good information but how many people living on the verge of hysteria, bombarded daily with World War 2 rhetoric want to take control of their own lives and health? Again all I'm seeing at the moment is a complete 'recipe' for disastrous health both physical and mental. People buying and consuming low quality food, pasta, tinned fish, UHT Milk, tinned tomatoes (these are the items they are rationing in the UK) plus none of these will be organic, so add pesticide residues to the mix. There are millions locked down in unhealthy buildings, glued to the TV, with no access to a garden or even balcony so no Vitamin D3. In the UK when people do go out in the sunshine (and in the photos we see they are practicing social distancing), they are threatened with being completely locked in doors (how the politicians are going to do that they don't say).

Then on comment sections under these articles, presumably by paid contributors (at least I hope these are not real people expressing a real opinion) we have 'Joe public' begging that these 'escapees' should be shot, imprisoned, that Martial Law should be brought in, that the army should be deployed. Beaches are closed, why? Parks are closed, why? Celebrities' and politicians et al., having second or first homes with hundreds or even thousands of acres to walk about in, daily admonish those living in bedsits 'not to be selfish'. Meanwhile in a parallel universe, as it seems now, those eating well, getting out in their gardens, not watching MSM, following the usual protocols for keeping fit, healthy and as stress-free as possible under the present conditions, are just that. Which is healthier free-range grass-fed or battery? We are turning humans into CAFO cattle - just watch out for the stampede.

Posted On 04/06/2020

Guillermou

Unfortunately fear is very widespread as CDC tries to keep the masses vulnerable to COVID-19 so that they can be rescued by some future vaccine that many biotech companies are struggling to develop. The media is overwhelmingly incentivized to produce negative and alarmist headlines without accompanying the historical context and analytical experience for the average person. Assess the severity of those headlines. A report published in Psychiatry Research says: "Fear certainly appears to be a consequence of the mass quarantine." [www.ncbi.nlm.nih.gov/pubmed/?term=the+emotional+impact+of+coronavirus+..+\(new+coronavirus+disease\)+\(2020\)](http://www.ncbi.nlm.nih.gov/pubmed/?term=the+emotional+impact+of+coronavirus+..+(new+coronavirus+disease)+(2020))

John P. A. Ioannidis, a Stanford University Medical School professor of medicine and epidemiology, has reasonably argued that we are making decisions without reasonable data, so it is impossible to make claims about any fatality rate, actual or future. Dr. Ioannidis thinks that when the dust settles and an accurate count is made the true mortality rate for COVID-19 could be five times lower, coming in at 0.025% or maybe 0.625% but certainly not the alarmist WHO figure of 3.4%. "Patients," he writes, "who have been tested for SARS-CoV-2 are disproportionately those with severe symptoms and bad outcomes.

Health systems have limited testing capacity, selection bias may even worsen in the near future." We are seeing here is a global situation, the authorities really have an idea of what is happening, but they are making life and death decisions that affect billions, leaving people without jobs, and locking people in their own homes. .Peter Hitchens, writing for The Daily Mail on March 14, 2020, agreed when he wrote, "Epidemic disasters have been predicted many times before and have not been anything as bad as feared." THE LATEST CORONAVIRUS ATTACK IS A COVER FOR RESTRICTING OUR HEALTH FREEDOMS thenhf.com/2020/04/04/never-has-so-little-done-so-much-harm-to-so-many..

Posted On 04/06/2020

juststeve

Sue, boy are you spot on with all your post this morning, great points and observations.

Posted On 04/06/2020

juststeve

This current run of events seems to point to if not for the massive "traffic pileup" of cases pouring in at the same time, when we look at the whole picture, it looks as though Grandmother's advice to wash your hands with soap & water & if you're sick stay away is the best advice. It also looks as though most yearly rounds of illness pass through the majority of the population with little or few noticeable affects and unfortunately it is the most vulnerable, those with chronic underlining conditions and those of advanced age who are hit the hardest. So we are told everyone has to have a vaccine, for a yearly event driven by mutating viruses so year after year we have vaccines of a poor match at best or useless.

Especially so for the elderly who may face as many or worse complications from taking a vaccine. Also, there is the situation where the immune response is inadequate and those compounds also mutate and go into the wild and people are exposed to them also. In most years, to allow the natural course of Creation so the majority of citizens have the new yearly variation is Creation's Vaccine. It is usually when those of us are hit with one to many situations driving down our immune systems or our age doesn't allow leave enough tools in our immune systems toolbox yearly exposure to illness becomes a major concern. Seems like a better protocol is in order to shepherd better health for our chronically ill and our elderly.

Posted On 04/06/2020

Guillermou

Yes, JUST, we must stimulate our immune system, in order to beat the coronavirus. All Dr. Mercola recommendations are necessary as a preventive and curative medicine. The immune system of people will create antibodies over time, without the need for vaccines that cause dangerous reactions and undesirable immune responses. For the development of an endogenous protective immune response in the incubation and non-severe stages, the host must be in good general health and an appropriate genetic background (eg HLA) that generates specific antiviral immunity is also desirable.

The immune responses induced by SARS-CoV-2 infection are in two phases: the first protective phase based on immune defense and the second damaging phase driven by inflammation. Doctors should try to boost immune responses during the first phase, while suppressing it in the second phase. Since vitamin B3 is highly protective for the lungs, it should be used as soon as the cough begins. In the second phase, cytokine release syndrome (CRS) appears to affect patients with severe conditions. Tissue damage caused by the virus could lead to acute respiratory distress syndrome (ARDS), in which respiratory failure is characterized by the rapid onset of generalized inflammation in the lungs and consequent mortality. Symptoms of ARDS patients include short / rapid breathing and cyanosis.

Serious patients admitted to intensive care units often require mechanical ventilators, and those who cannot breathe must be connected to oxygenation. CT images revealed that there are characteristic white patches called "frosted glass" that contain fluid in the lungs. Recent autopsies have confirmed that the lungs are filled with clear liquid gelatin, much like the wet-drowning lungs. Although the nature of light gelatin has not yet been determined, hyaluronan (HA) is associated with ARDS.

www.nature.com/.../s41418-020-0530-3 (2020)

Posted On 04/06/2020

Guillermou

Nitric oxide, melatonin, Aloe Vera. Curcumin, propolis, quercetin, resveratrol, Epigallocatechin-3-gallate, Ginseng, and flavonoids Inhibit the activation of NFκB and the subsequent expression of various inflammatory molecules such as IL-6 and TNFα and reduce NLRP3 inflammasome. www.nature.com/.../s41418-020-0530-3 (2020) www.hindawi.com/.../5460302 (2016) onlinelibrary.wiley.com/.../mnfr.201800147 (2018) Lung opacities are exacerbated in people with lower vitamin D levels.

Vitamin D deficiency in a cohort of patients with interstitial lung disease and hypothesized that vitamin D deficiency would be associated with an underlying connective tissue disease and reduced lung function. onlinelibrary.wiley.com/.../myc.12879 .---- www.ncbi.nlm.nih.gov/.../PMC3032366 Crackling sounds in the lungs are associated with vitamin B1 deficiency. More than half of the patients who had pneumonia presented this anomaly. Nicotine and alcohol deplete essential nutrients like vitamin B1 and vitamin C.= www.ncbi.nlm.nih.gov/.../27498674 .---- www.ncbi.nlm.nih.gov/.../PMC4318664 . Autophagy, and nitric oxide that can be activated by exercise (preventive) and fasting, maintains cellular homeostasis by selective removal of damaged or aging organelles and pathogens.

Autophagy suppresses stress-induced activation of the organelles of the NLRP3 inflammasome. pubs.acs.org/.../cb400352d (2013) Caloric restriction. Inflammation includes excess nutrient-mediated activation of the innate immune inflammatory NLRP3. At the same time, disruption of mitochondrial integrity is becoming an integral control node in the activation of the NLRP3 inflammasome and is also associated with conditions of caloric overload, including obesity and diabetes. link.springer.com/.../s00018-016-2431-7 (2018)..

Posted On 04/06/2020

Erena5

www.medicalnewstoday.com/.../219545 healthfully.com/366337-list-of-foods-containing-thiamine.html
ods.od.nih.gov/.../Thiamin-HealthProfessional www.myfooddata.com/.../thiamin-b1-foods.php
draxe.com/.../thiamine-foods

Posted On 04/06/2020

Guillermou

Thank you very much ERENA, for your excellent messages on thiamine: foods that contain thiamine, recommended intakes, functions and benefits, risk groups, efficiency symptoms, interactions and recipes.

Posted On 04/06/2020

Darzoum

Like Dr. Mercola, this Dr. also has a clear picture of the situation plus specific, practical interventions that do not buy into the pharma narrative. I found the following interview a very well presented overview, but caution: if you--like me--are not used to hearing so much bold & informed common sense coming from a political candidate--and not another clueless, paid lackey of pharma--you may go into some form of shock. Dr.SHIVA AYYADURAI Interview: www.youtube.com/watch

Posted On 04/06/2020

Guillermou

Thanks DARZOOM. Indeed, Dr. Shiva has a well-directed perspective on the pillars of health and innovation, to take the good path of regeneration of the system, consumed by a destructive capitalist market. Also. Interview with Dr. Shiva Ayyadurai on South Coast Matters – Part 2 . “Dr. Shiva Ayyadurai speaks with Paul Letendre on his run for the U.S. Senate from the state of Massachusetts. Dr. Shiva shares his views on a wide range of issues that concern Massachusetts and the nation as a whole, from governance, immigration, real food, real health, real jobs, innovation and how the Establishment spearheaded by people like Elizabeth Warren makes sure that citizens do not get to have a real choice. They would rather see the Establishment, be it Republican or Democrat, maintain power than have an outsider, who is not a career-politician, but an inventor-scientist, who has actually created jobs and contributed to this country be the next U.S. Senator” vashiva.com/interview-with-dr-shiva-ayyadurai-on-south-coast-matters-p..

A new study published in the peer-reviewed journal AGRICULTURAL SCIENCES applies modern computational systems biology methods to reveal genetically engineered soy (the GMO) creates significant disruption to the levels of formaldehyde, a known carcinogen, and glutathione, an important anti-oxidant necessary for cellular detoxification. Dr. Ayyadurai believes that this study provides a new paradigm to address the safety of GMO's by developing transparent Industry Standards for real testing of GMOs, while employing computational systems biology methods to identify real and relevant criteria, to support such testing. integrativesystems.org/systems-biology-of-gmos

Posted On 04/06/2020

Darzoum

Thanks for the links and input Guillermou. What I appreciate about Dr. Shiva is the emphasis on integrated systems rather than carving-up the body (or any topic of study) into isolated studies. Thus, the Trivium & Quadrivium were education approaches that somewhat acknowledged the need for integrated studies; what we got to replace it, the Prussian system, emphasized isolation of topics and specialization... input --> output (give us the right answer on the test) vs. input --> critical thinking --> output. What we have now is best for creating mindless obedience to authority.

Posted On 04/06/2020

NewlandsWanderer

A fundamental question: If someone sadly dies, are they dying because of Covid-19 or are they dying from other causes but with Covid-19 present? Do the statistics distinguish between the two?

health.hawaii.gov/vitalrecords/guidance-for-certifying-covid-19-deaths..

Posted On 04/06/2020

Guillermou

Effectively. NW. Due to this, the death statistics have high percentages in elderly patients. Speaking to the Anadolu Agency, Dr. Mustafa Altay stressed that 71% of all deaths in the world were caused by chronic conditions, such as hypertension, obesity and diabetes. In people over 65, diabetes and obesity are twice as high, while hypertension is three times more frequent, he added. "These diseases disrupt the functioning of the immune system in various ways and cause a predisposition to some infections," he said. "Based on patient data in China, 80% of coronavirus deaths were seen at the age of 60 or older."

The data shows that approximately 40% of the patients who died from the coronavirus have hypertension and 20% have diabetes. "According to information from Italy, 95% of deaths were observed at the age of 60 years or older, and hypertension was detected in approximately 75% of patients and diabetes in 35%," he said. www.aa.com.tr/en/health/chronic-illness-raises-risk-from-covid-19-expe.. (3-4-2020)

Posted On 04/06/2020

Dene1313

They don't. In fact, there are two different medical codes. One for certain Covid and one that's essentially maybe. Increased reports are coming in that it is being encouraged to use the latter. In Italy, it has been exposed that cause of death is listed as Covid even if the patient actually died of pneumonia, for example, where Covid was present but not the cause of death. People have asked why Italy's numbers are so high. And it has been speculated it's due to up to 88% improper listing of the cause of death.

Posted On 04/06/2020

rrealrose

Yup, the numbers attributed to deaths vary all over, because each country is reporting differently. Last week, saw an article that if you die in a "comfort home" - aka nursing home in Germany, you are not being counted; whereas dying in a hospital is being counted, which may explain some of the wide variance of deaths in Germany. Italy was reporting nearly every death as Covid-19, therefore their reporting skews in the opposite direction...and delays in obtaining test results are making effective isolating and treatment in the US tough to deal with. Don't trust anybody's numbers!

Posted On 04/06/2020

Chimonger

All the more reason to use nutritional yeast daily, esp. when taking high-dose C...it also has magnesium in it.

Posted On 04/06/2020

jdarnall64

People need to think prevention more than anything else. Not only the standard distance, masks, gloves etc. but real prevention. That means the immune system, the most powerful health benefit we have. God has provided many things that can protect us. Study about these great things like herbs and certain vitamins. Elderberry, vitamin D and many others that can fight these viruses. Start relying on something better than what we are getting from the big pharma's .

Posted On 04/06/2020

Dene1313

Other physicians like Dr. Shiva, (four MIT degrees including PhD) also recommend Vitamin A.

<https://vashiva.com>

Posted On 04/06/2020

NewlandsWanderer

That's a great link Dene1313. Dr. Shiva has written a letter to Donald Trump setting out a totally different way of coping with the Covid-19 virus that uses Vitamins C,D,A and iodine. No vaccines - no pharmaceuticals. Probably no side-effects!

Posted On 04/06/2020

Rahdeb

What about using Exogenous Ketone Esters to treat COVID patients especially if having cytokine storm. KE have been shown to suppress the inflammasome and reverse the cytokine storm and improve immune function. Might prevent some patients from getting on a ventilator and those already on the ventilator they might be able to get off of one. It is cheaper than Actemra and probably a lot safer. It isn't a drug just a nutritional supplement. With people so sick it is worth trying. 2 companies make it. Recommend trying 25 grams three times a day until better.

Posted On 04/06/2020

Chimonger

IF that...then everyone who has transitioned to Ketogenic diet, may be the ones who resist infection better...without having to take the extra KE ?

Posted On 04/06/2020

farmercist

Strange that anti-parasite meds like Ivermectin and Hydroxychloroquine are effective treatments for Covid19. Is it because this is a man-made virus or is it because viruses are really parasites and we've been looking in the wrong direction for a cure?

Posted On 04/06/2020

Chimonger

each of those infective agents must have a common mechanism the drugs disrupt, is all I can think of as reason. Which is why vaccines, based on the "germ theory" are wrong approaches...Imho, science needs to find common mechanism of infective agents, to better disrupt them. OTH, WHY do we think germs need disrupted? Its been known for a long time, that certain viruses, for instance, even though infective agents, can be protective against some other conditions...like: malarial infections on a frequent basis, do something to reduce sickle-cell anemia effects. That was known, before the push to provide mosquito nets for those poor suffering africans in the malaria zone...~C

Posted On 04/06/2020

forbiddenhealing

Now we've learned our ABCs; you know what they mean to me....but our corrupt universities, the fraudulent science of pharma medicine and the counterfeit food industry don't get it and don't want to.....Our biochemistry depends on essential nutrients, vitamins and minerals to produce an efficient REDOX system where RED(uctant) e-electron energy generation and antioxidant intake power the organism and maintain an e- electron rich pH to permit O2 oxygen assimilation all to oppose inflammation/oxidative stress/all positively charged germs, metals and toxins...while OX(idant) H2O2 destroys pathogens as key to inflammatory immune response.

Balance means health.....Instead we were misled by the voodoo of a drug for every symptom, while shortcut agriculture manufactured deficient foods as we pissed our vital minerals into the sea....Legal monopolies then smothered the facts and competition..so now we have a legion of university trained doctors and farmers, certain in their idiocy, ruling a populous of purposely brain trained idiots. They can deny their genocidal paradigm, but those with eyes wide open see the chronic disease epidemic and corresponding environmental contamination that prove the systemic dishonesty and their human bondage.

Posted On 04/06/2020

otis101

forbidden, I would add to all that you have mentioned the electrification of the planet and all life forms beginning in the 1700s and advanced to the recent 5G. And the addition of thousands of satellites to circle the earth with more radiation. This is a summary of the book "The Invisible Rainbow" A History of Electricity and Life by Arthur Firstenberg. An easy informative read. It talks about the missing bees, birds, and mitochondria disturbances followed by certain diseases. www.5gexposed.com/wp-content/uploads/2019/04/English-Summary-of-The-In..

Posted On 04/06/2020

forbiddenhealing

THanks Otis...Very interesting link all should read..It absolutely makes sense that electronic smog and magnetic fields monkey with the electromolecular body. Dr. Klinghardt is all over this and the metals/nano metals we are contaminated with, accidentally or purposefully via vaccination...Best to detox those metals and avoid electromagnetic fields as possible..not easy.

Posted On 04/06/2020

Vitamin B1 has a lowering effect on zinc and taking higher doses of B1 with a pre existing zinc deficiency or while fighting infection without an increased co supplementation of extra zinc would contribute further toward a zinc deficiency and make the problem worse. Vitamin B1 (and E also) stimulate adrenal anabolic hormone production and can therefore produce a zinc deficiency by increasing its requirement during anabolism. traceelements.com/Docs/The%20Nutritional%20Relationships%20of%20Zinc.p.. ..."In cases of septic shock, however, dosages of 500 mg B1 may be required" therefore is bad info.

Scientists determined in human cell culture and animal studies that a protein lures zinc into key cells that are first-responders against infection. The zinc then interacts with a process that is vital to the fight against infection and by doing so helps balance the immune response. The team led by Ohio State University researchers found Zinc helps control infections by gently tapping the brakes on the immune response in a way that prevents the out-of-control inflammation that can be damaging and even deadly. When the body detects an infection, zinc is recruited to help produce immune response proteins, and then it's used to stop their production. But zinc deficiency causes a catastrophic malfunctioning of the system, resulting in this magnified and prolonged potentially deadly inflammatory response. This study revealed for the first time that zinc homes in on this pathway and helps shut it down, effectively ensuring that the immune response does not spiral out of control. <https://sha.rest/BHUw3i> <https://sha.rest/B1MK2A>

Zinc reduced the incidence of all infections, including respiratory infections. <https://sha.rest/MqTle2> The elderly may be particularly at risk for marginal zinc deficiency given that there is a high prevalence of inadequate dietary zinc intake among those 60 years of age and older and that plasma zinc concentration declines with age.

datadragon

Zinc deficiency can cause change in taste, appetite loss or loss of smell which are symptoms of covid-19. <https://sha.rest/JRfFzi> Several randomized controlled trials demonstrate that supplementation with low to moderate doses of zinc (ranging from 10 to 45 mg zinc/day) in healthy elderly individuals improves several aspects of immune function, such as restoration of thymulin activity, increased numbers of cytotoxic T lymphocytes, reduced numbers of activated T helper cells (which can contribute to autoimmunity), increased NK cell cytotoxicity, and reduced incidence of infections. Because zinc is not stored in the body, daily dietary intake of the mineral is required in maintaining the integrity of the immune system. Thus, inadequate intake can lead to zinc deficiency and compromised immune responses.

With respect to innate immunity, zinc deficiency impairs the complement system, cytotoxicity of natural killer cells, phagocytic activity of neutrophils and macrophages, and immune cell ability to generate oxidants that kill invading pathogens. Zinc deficiency also compromises adaptive immune function, including lymphocyte number and function. T lymphocytes (T cells) are particularly vulnerable to zinc deficiency. Zinc deficiency causes thymic atrophy, which leads to low numbers of T cells, and creates an imbalance in T helper cell subsets, with a shift towards Th2.

ipi.oregonstate.edu/.../immunity

The intake of zinc, compared with intake of placebo, increased the concentrations of plasma zinc and decreased the concentrations of plasma high-sensitivity C-reactive protein (hsCRP), interleukin (IL)-6, macrophage chemoattractant protein 1 (MCP-1) and Inflammatory Cytokines in Elderly Subjects.

<https://sha.rest/U694EZ>

Posted On 04/06/2020

hut

Thanks for emphasizing this important balancing act with a pitful of cytokynes below the wire: Zn in one hand and B1 in the other.

Posted On 04/06/2020

anne_rockwell

"Vitamin B1 can help any disease"; its an essential Nutrientt:

Posted On 06/19/2020

anne_rockwell

"Hydrocortisone, Ascorbic Acid and Thiamine for the Treatment of Nick Cordoba: I will forward this; T.Y.;

Posted On 06/19/2020

damstadt

Don't comment much, and this is a little off topic but I recently found articles about the anti parasite drug IVERMECTIN. Researchers in Australia have found it wipes out the COVID-19 virus in 48 hours. Shared the info on Twitter, but as if it were a Mercola.com article, it disappeared.

www.ncbi.nlm.nih.gov/.../PMC3043740 www.newsweek.com/anti-parasite-drug-used-since-1980s-may-help-stop-cor..

Posted On 04/07/2020

darnaud

Gui: You are awesome! It's a shame that there aren't more like you out there. But here's my question, with all the discussion of B1, why as'n't there some discussion of benfotiamine. It seems that since it stays in the system longer than regular, water-soluble B1 it might be better? Another question, not related to the current discussion is how can one be asymptomatic and still spread a disease?

Posted On 04/06/2020

Guillermou

Hi Darnaud, Thanks. I am sorry to tell you that my virtues do not reach their qualification, but in any case it is always nice to receive congratulations. In my understanding, B1 and benfotiamine have different applications. Glycation is the pathologic binding of a sugar molecule to the body's proteins or lipid molecules resulting in the formation of nonfunctioning tissue structures. The lens of the eye is especially vulnerable to this type of degeneration. Some of the nutrients that help to inhibit glycation include carnosine, benfotiamine, glutathione, and activated forms of vitamin B6 (pyridoxal-5-phosphate).

Benfotiamina is the fat-soluble form of Vitamin B1, which allows it to pass the cell membranes. Advanced glycation plays a fundamental role in the processes of normal aging and diabetes, as is the case of cataracts. The combination of Benfotiamine / Beta Carotene salts is indicated for the treatment of prevention of complications of diabetes, asthma symptoms , cancers, heart disease, cataracts and other conditions. thebenfotiamineproject.com/.../benfotiamine-eyesight-examine.com/.../benfotiamine www.thieme-connect.com/products/ejournals/abstract/10.1055/s-2001-1739.. www.theorthoticgroup.com/documents/NeuRemedy/The%20multifaceted%20ther.. www.realfoodnutrients.com/Neuropathy/Studies/BenfotiamineBlocksThreeMa..

The second question is easier to answer. Asymptomatic people, which according to studies may be of the order of 30% or more, are infected with Covid-19, but their immune system and their health condition counteract the symptoms, however, by having the coronavirus, they can infect the Others, although it is argued that it may be that said coronavirus is also in a less virulent state. This has happened with other diseases such as tuberculosis and the koch bacillus that produces it

Posted On 04/06/2020

NewlandsWanderer

I've heard that certain people are clubbing together to try hire a plane to fly over the San Francisco HQ of Gilead to try and get them to release remdesivir cheaply to tackle Covid-19.. I certainly like the idea of getting planes to fly over Big Pharma HQ's with short pithy messages like "TRY VITAMIN C + D BEFORE VACCINES!!!" or "TRY LISTENING TO DR. MERCOLA!!!"

Posted On 04/06/2020

Krofter

Don't know about the rest of you, but I've really been appreciating the series of articles that the good doc has been putting out about nutritional approaches to treating COVID-19. This virus is highlighting all of the weaknesses in our capitalistic society, but none more so than how bad the Standard American Diet (SAD) is. It's becoming ever more apparent that those who are at most risk are those who do not pay much attention to diet and nutrition. Hopefully, one of the potentially positive things to come out of this will be an increased awareness of the need to drop the SAD diet and adopt a more healthy standard. I for one am of the belief that something more akin to a Paleo or keto approach would go along way towards solving, not only much of our health crises, but many of our destructive agricultural issues as well. The cultivation of grains and beans on an industrial scale is not good for us or the earth.

Posted On 04/06/2020

Ib1921

I totally agree with you Krofter. For my own situation, eating low carb for over 15 years, my cholesterol numbers have risen, but I have been healthier than my previous 55+ years. Now eating mostly a carnivore diet for the past seven months, my muscle strength has improved, knee pain and joint (fingers) pain resolved and mood and energy levels are pretty good for a 71 year old taking no medications. Also lost 10 pounds...124 to 114. That probably helped my knee too! I really value getting the B vitamins (and others) from the diet rather than supplements. And I know I have mentioned before, my 93 year old husband has been sleeping better, restless leg syndrome resolved and warmer hands. We do supplement with D3 and K2 and magnesium, and during this virus outbreak, have added Vitamin C and Zinc. Such a simple way to eat, and not missing any of the foods we left behind! Take care everyone and stay safe!

Posted On 04/06/2020

M.H.Deal

Mr. Amazon, Jeff Bezos, is being hailed for giving one hundred million to food banks. Is the kind of grub food banks distribute the kind of food the recipients ought to be eating? How much fresh produce or meat do these joints dole out? Perhaps a bit of intermittent fasting is in order because few in the United States are truly "starving", unless you consider those who are on the SAD which means they're deficient in a host of vitamins and minerals. Food bank charity isn't going to fix their essential problem. Those who are reported to have succumbed to the Wuhan virus are said to be compromised with obesity, T2D, etc., although you have to wonder if at this stage of the game anyone who snaps off is tallied as a virus statistic even though another category would be more appropriate. If all this chatter about compromised immune systems is correct, it means that after the country emerges from its current state, a full court press needs to be initiated against obesity, T2D [without adding insulin], etc. No PC excuses about "fat shamming" or other silliness. Anyone who does nothing about their obesity can pay for their medical treatment themselves. Stop inflicting yourself upon others.

Michigan's governor now has her knickers in a knot because virus figures are not being reported by race. She claims one-third of the affected are black. Of these can she, without too much PC hysteria, ask how many are obese or T2D? Skip the purposely divisive race card. Go directly to the conditions - race be damned - which now underlay these deaths and hospitalizations. "Never let a crisis go to waste." Thanks, Rahm, who got out while the getting was good.

Posted On 04/06/2020

epi-cure

Seems going on two weeks ago Greg Palast made a similar observation:

www.gregpalast.com/corona-crow-the-virus-is-a-racist

Posted On 04/06/2020

carolsag53

Would it be better to take a good b complex Or is it better to take b1 and b6 separate?

Posted On 04/06/2020

rrealrose

carolsag53 - Usually considered better to take complete B complex, as individual B vitamins tend to bolster each other's performance. Its not a good idea to overpower by taking one over the many, as that can lead to B vit. imbalances, (with the exception of B-12, which gets increasingly more difficult to break down and extract from food as we age, due to lowering levels of stomach acids). Nevermind B vitamins are produced in the intestines from fiber - so focus on healing your leaky gut and eat plant fibers while you supplement!

Posted On 04/06/2020

farmercist

So much information and so many treatments available (hydroxychloroquine, ivermectin, ozone, etc), it makes you wonder why so many are needlessly dying.

Posted On 04/06/2020

rrealrose

Yes? Woke up to this article today: www.huffpost.com/entry/trump-malaria-drug-fauci_n_5e8a7766c5b6e7d76c66.. - you can draw your own conclusions.

Posted On 04/06/2020

deb657857

I believe it is part of an agenda. There are people who have a lot of power and money who want to reduce the population.

Posted On 04/06/2020

Hi Rose and Farmer, Dr. Vladimir Zelenko a board-certified family practitioner in New York has now treated 699 coronavirus patients with 100% success using hydroxychloroquine, in combination with azithromycin (Z-Pak), an antibiotic to treat secondary infections, and zinc sulfate.

techstartups.com/2020/03/28/dr-vladimir-zelenko-now-treated-699-corona.. Hydroxychloroquine was found to be more potent than chloroquine to inhibit SARS-CoV-2 in vitro.

academic.oup.com/cid/advance-article/doi/10.1093/cid/ciaa237/5801998 Chloroquine Is a Zinc Ionophore. The conclusion that chloroquine is a zinc ionophore is based on the detection of significantly elevated intracellular zinc levels when both zinc and chloroquine were added to the cell culture medium. www.ncbi.nlm.nih.gov/.../PMC4182877

With a zinc deficiency or possibly not taken along with zinc these drugs would not be effective. A new small Chinese Study Shows That Antimalarial Drug Hydroxychloroquine No Better Than Standard Covid-19 Care www.thailandmedical.news/news/covid-19-drug-research-chinese-study-sho..

however as I've mentioned before there is a massive zinc and vitamin A deficiency problem in china even prior to any infection. We found substantial gender differences in dietary zinc intake and zinc deficiency, with nearly half of the men at risk of zinc deficiency. Males of younger age, with higher education and incomes, and who consumed higher levels of meat, had higher zinc intakes, higher zinc intake densities, and higher rates of meeting the EAR. Among all participants, 31.0% overall (49% male) were at risk of zinc deficiency, with dietary zinc intakes of less than the Estimated Average Requirement (EAR) (males 49.2%, females 14.8%, $p < 0.050$) www.ncbi.nlm.nih.gov/.../PMC5986452

Posted On 04/06/2020

Approximately 87% of adults consumed less vitamin A than the Chinese Estimated Average Requirement (EAR), and only 6% of adults consumed more than Chinese Recommended Nutrient Intake (RNI). Chinese adults derived vitamin A mainly from plant source foods, which is supplied as carotenes (67.4% RE or 56.4% RAE). nutritionj.biomedcentral.com/articles/10.1186/s12937-018-0369-3 Converting beta carotene to vitamin A is also extremely variable and estimated that almost half of everyone have variants the BCMO1 gene which cause a 30-70% decrease in the amount of vitamin A that we can convert from beta-carotene. Vitamin A insufficiency is associated with increased mortality to lung infections and immune responses to infection were compromised upon loss of Vitamin A. www.medicalnewstoday.com/.../219513 Vitamin A is important to the normal function of several types of immune cells important in the innate response, including natural killer (NK) cells, macrophages, and neutrophils. Moreover, vitamin A is needed for proper function of cells that mediate adaptive immunity lpi.oregonstate.edu/.../immunity Consider also they had been locked down with far less access to typical food supplies.

Research shows changes in vitamin A intake have effects on Zinc absorption status, and function while Zinc status influences several aspects of vitamin A metabolism, including its absorption, transport, and utilization including conversion to retinoic acid metabolites. Zinc deficiency results in decreased synthesis of retinol-binding protein (RBP), which transports retinol through the circulation to peripheral tissues and protects the organism against potential toxicity of retinol; (2) zinc deficiency results in decreased activity of the enzyme that releases retinol from its storage form, retinyl palmitate, in the liver; and (3) zinc is required for the enzyme that converts retinol into retinal.

Posted On 04/06/2020

rrealrose

Hi Datadragon, Thanks! aware of the NY enclave and Dr Zelenko's success rates with high density living. Was reading a NYTimes article from April 4, that mentioned they are also using it in a Brooklyn Hospital's ICU - but I suspect the complete cocktail works better as a preventive measure as evidenced in Rockland County, NY rather than as a last resort as being used in the Brooklyn ICU - still have not digested that tidbit. Its a bit scary but here's a link to article I was reading earlier today: www.nytimes.com/2020/04/04/nyregion/coronavirus-hospital-brooklyn.html - somewhere half way down the article is the hope, double hope that the drug works! And, as mentioned above, back to the ABC's.

Posted On 04/06/2020

Hello Rose,

Yes in combination with zinc its being shown to be quite effective. A Los Angeles doctor also now said he is seeing significant success in prescribing the malaria drug hydroxychloroquine in combination with zinc to treat patients with severe symptoms of COVID-19. Dr. Anthony Cardillo said he has seen very promising results when prescribing hydroxychloroquine in combination with zinc for the most severely-ill COVID-19 patients. "Every patient I've prescribed it to has been very, very ill and within 8 to 12 hours, they were basically symptom-free," Cardillo told Eyewitness News. "So clinically I am seeing a resolution." abc7.com/coronavirus-drug-covid-19-malaria-hydroxychloroquine/6079864/

6,227 physicians. 30 countries. An international poll of thousands of doctors rated the Trump-touted anti-malaria drug hydroxychloroquine the best treatment for the novel coronavirus. Of the 6,227 physicians surveyed in 30 countries, 37 percent rated hydroxychloroquine the "most effective therapy" for combating the potentially deadly illness. The survey, conducted by the global health care polling company Sermo, also found that 23 percent of medical professionals had prescribed the drug in the US – far less than other countries. "Outside the US, hydroxychloroquine was equally used for diagnosed patients with mild to severe symptoms whereas in the US it was most commonly used for high risk diagnosed patients," the survey found. The medicine was most widely used in Spain, where 72 percent of physicians said they had prescribed it. nypost.com/2020/04/02/hydroxychloroquine-most-effective-coronavirus-tr..

According to this patent, Vitamin A is another example of compounds which have been shown to possess zinc-ionophore properties patents.google.com/.../en

Posted On 04/06/2020

ChrisColes

Now we know why the likes of the BBC here in the UK have made such a big thing to tell us there are no reasons to believe the stories of the use of natural products like vitamins will have any effect upon Coronavirus; instead we hear often repeated, that we must wait for a vaccine. A good example being the new leader of the opposition in Parliament, The Rt Hon. Sir Kier Starmer immediately upon being elected leader of the Labour Party advocating vaccination being the only treatment for the pandemic.

Posted On 04/06/2020

Sue12Cross

Well what did you really expect, they are all financed/supported by the same corporations. The idea of a right left paradigm is just to give the populace a reason to vote. My only hope is that the more virulent (and linguistically violent) they become in their attacks against anything and everything which goes up against Big Pharma the more suspicious the general public might become. There are academics including virologists and doctors putting their careers on the line by speaking out. Here is one: Dr. Sucharit Bhakdi, Professor Emeritus of Medical Microbiology at the Johannes Gutenberg University Mainz, this video now has over 2 million views (since the 29th of March and has been mirrored on several other sites, so that is hopeful)! It's in German but has subtitles if you need them www.youtube.com/watch

Posted On 04/06/2020

ChrisColes

Thank you Sue, that is a very remarkable presentation; particularly his final few words about scientific medicine.

Posted On 04/06/2020

Sue12Cross

You are welcome Chris, he comes across as not only a competent scientist and academic but furthermore as a caring human being and yes his final words on professional integrity and why at the beginning he states quite clearly that : 'I share no political agenda. I pursue no personal interests and no interest of a third party.'

Posted On 04/06/2020

ChrisColes

And now we have this arrive : qz.com/1829676/have-you-been-asked-to-promote-questionable-coronavirus.. I have emailed them to ask them to tell us what they mean by misinformation.

Posted On 04/06/2020
