

AVD

the anti-viral diet

BASED ON THE RESULTS OF RECENT
SCIENTIFIC AND MEDICAL RESEARCH

*There are in fact two things :
Science and Opinion.
The former begets Knowledge,
the latter Ignorance.*

HIPPOCRATES



PART 1

A NEW DIET

1. ANTI-VIRAL DIET
2. THE EVIDENCE
3. A NEW WORLD
4. CORONAVIRUSES
5. SEARCH FOR A CURE
6. BASED UPON TRUTH
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A NEW DIET

1. ANTI-VIRAL DIET

WHAT IS AN 'ANTI-VIRAL DIET'? - That is perhaps the very first question in need of an immediate answer.

- An 'Anti-Viral Diet' is a diet whose primary purpose is to counteract viral threats and to maximize the ability of our immune systems to fight off both viruses and viral diseases. This volume wishes to present you with a preliminary proposal for an *anti-viral diet*, one that attempts to achieve those aims.

However, no originality is claimed for this idea as there is a significant community of scientists for whom it is common place knowledge that the diets we eat contribute to our ability to fight off - or not - the viruses and diseases in our bodies. What I am attempting to do here is clarify this idea and what might be the bases for believing it is a worthwhile project.

As we live in the presence of the humanly dangerous SARS-CoV-2 virus at this time, I shall endeavour where appropriate to make my comments in the light of this situation and with reference to authorities whose comments are relevant.

On 13th February 2020 - before the World Health Organization had even published any advice on mass gatherings, personal protective equipment or quarantine measures - two Chinese scientists had published an article named 'Potential Interventions for Novel Coronavirus in China: A Systematic Review' in the Journal of Medical Virology. It was, indeed, a solid and systematic piece of work which provided a bird's eye view of what has been learnt in terms of successful treatments for the two previous Coronavirus dangers - SARS and MERS. It covered the use of immuno-enhancers, protease inhibitors, antivirals and other bio-effective compounds, all the while including naturally occurring nutrients within the scope

of the study. Pharmaceuticals, dietary ingredients and traditional medicine were all given fair hearing in a fully scientific way. In their preliminary review of the situation, Lei Zhang and Yunhui Liu are confident to assert that general treatments for the Novel Coronavirus - which include nutritional components such as vitamins, minerals *et alia* - are of relevance:

"We have found that the general treatments are very important to enhance host immune response against RNA viral infection. The immune response has often been shown to be weakened by inadequate nutrition in many model systems as well as in human studies."

Indeed, one of their recommendations is that "*the nutritional status of each infected patient should be evaluated before the administration of general treatment*", for this is perhaps the only real way that we will be able to know to what degree nutritional status may relate to disease progression.

I certainly don't find that a startling conclusion. For we have known for many years that general health is impacted by the balance (often *imbalance*) of nutrients that our bodies receive from the food that we eat. Knowledge that food we eat has an impact on how healthy we are, goes back to the Greeks and beyond: "*Let food be thy medicine and let medicine be thy food*" - those oft-quoted words by Hippocrates, founder of the discipline of medicine itself - are not empty sophistry but appear to have been corroborated by two and a half millennia of scientific research since his day.

In terms of micronutrients - such as vitamins, minerals and other chemicals found in food - two articles published in 'BMJ Nutrition, Prevention & Health' this year properly emphasize the impact that a lack of nutrients can have on our ability to fight off illness - because of how their absence affects our immune system. In the article 'Dietary Micronutrients in the wake of COVID-19', a group of six scientists writes that:

“Existing micronutrient deficiencies, even if only a single micronutrient, can impair immune function and increase susceptibility to infectious disease. Certain population groups are more likely to have micronutrient deficiencies, while certain disease pathologies and treatment practices also exacerbate risk, meaning these groups tend to suffer increased morbidity and mortality from infectious diseases. Optimisation of overall nutritional status, including micronutrients, can be effective in reducing incidence of infectious disease”.

These remarks accentuate the value of ensuring that at least *all known micronutrients* necessary to our body’s optimal functioning, be not in short supply. The authors are wholeheartedly reiterating some key findings of Nutritional Science – that the correct levels of body nutrients will contribute to a positive state of health (and likely also lead to a reduction in the occurrence of illness). An article published one month earlier – in May of 2020 – directly emphasizes the value that optimum nutrition can have in the face of illnesses caused by SARS-CoV-2. In ‘COVID-19: Is there a Role for Immunonutrition’, Emma Derbyshire and Joanne Delange state that:

“Within the nutrition sector a promising body of evidence studying inter-relationships between certain nutrients and immune competence already exists. This could potentially be an important player in helping the body to deal with the coronavirus, especially among elders. Evidence for vitamins C, D and zinc and their roles in preventing pneumonia and respiratory infections (vitamins C and D) and reinforcing immunity (zinc) appears to look particularly promising. On-going research within this important field is urgently needed.”

If you have already reviewed the contents of **Part 2** of this volume, you may have noticed that the first three sections deal with the inclusion of vitamins, minerals and other vital micro-nutrients in the ‘anti-viral diet’. In fact, those groups of

ingredients account for a third of the dietary constituents in this book. However, it is clear from the past fifty years of extensive researching into natural agents, that it is not only the well-known micronutrients (such as vitamins, minerals and oils) that have an impact on our ability to deter viruses and disease. Other key ingredients - for example, certain flavonoids, polysaccharides and sesquiterpene lactones found in plants - have proven to be particularly effective in inhibiting viruses through multiple widely different mechanisms of action.

Phytochemicals - chemicals occurring in our natural environment (in plants, foods *etc.*) - have been considered for some decades to be promising avenues for the discovery of new treatment options, as also for the molecular basis of new pharmaceuticals. In an article entitled 'Phytotherapeutic Compounds against Coronaviruses: Possible Streams for Future Research' - published in April 2020 in *Phytotherapy Research* - the group of six researchers come to the firm conclusion that:

"phytotherapy research can help to explore potentially useful remedies against coronaviruses, and further investigations are recommended to identify and test all possible targets. Globally, herbs with some preliminary evidence of anti-viral activity against coronaviruses, along with phytotherapeutic remedies with immune stimulant properties, appear as good candidates for additional studies on the topic."

This peer-reviewed article distinguishes between two positive approaches that may be derived from further research into chemicals from nature: *firstly*, herbal remedies with a potentially preventive effect - mainly acting through a general boost of the immune system; and *secondly*, herbal remedies with a potentially therapeutic effect - acting through different mechanisms on viral penetration and replication. Proposals like these, made only a matter of months ago, are neither novel in content nor limited to the scientists who work in the disciplines of plant chemistry, food science or nutrition.

Most notably, one article appeared in the Journal of Applied Microbiology back in 2003 entitled ‘Novel Antiviral Agents: A Medicinal Plant Perspective’. Recognizing already then the chasm that exists between laboratory research and the practical application of what is being discovered about phytochemicals, scientists S.A. Jassim and M.A. Naji remark:

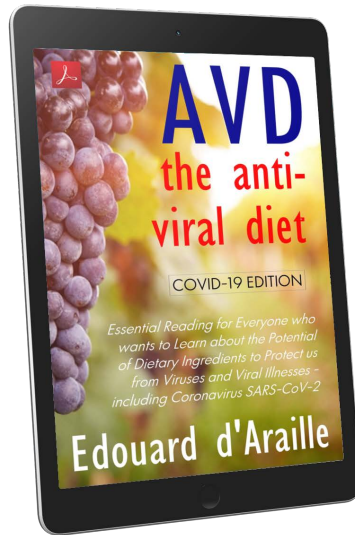
"Methods are needed to link antiviral efficacy/potency- and laboratory-based research. Nevertheless, the relative success achieved recently using medicinal plant /herb extracts of various species that are capable of acting therapeutically in various viral infections has raised optimism about the future of phyto-antiviral agents. As this review illustrates, there are innumerable potentially useful medicinal plants and herbs waiting to be evaluated and exploited for therapeutic applications against genetically and functionally diverse viruses families."

The authors could hardly be more open-minded about the potential for herbal medicinal plant extracts. They go on to name the *Retroviridae*, *Hepadnaviridae* and *Herpesviridae* as examples of disease families against which phytochemicals may be used, though they could just as soon have named the *Coronaviridae* also - from which SARS-CoV-2 comes. What reason would there be to suppose that medicinal plants could not be an option to investigate in relation to that virus as well? Writing over seventeen years ago, S.A. Jassim and M.A. Naj observe - in what is a truly wide-ranging review of natural anti-virals: *"Many traditional medicinal plants and herbs were reported to have strong antiviral activity"*, making the further conclusion that:

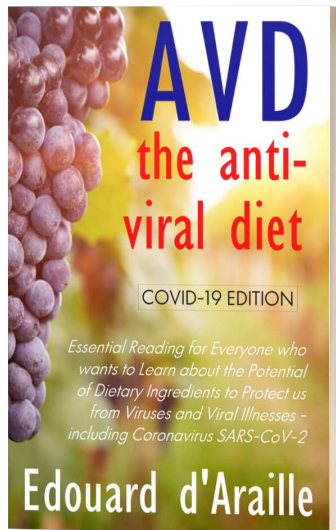
"In view of the signification [sic.] number of plant extracts that have yielded positive results it seems reasonable to conclude that there are probably numerous kinds of anti-viral agents in these materials."

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TRANSLATION

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*In the Temple of Dreams: The Writer on
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POETRY

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No/nsense : Views from the Borderland
Ghetto Estate
WMD Words of Mass Destruction
Je Suis Poëte

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"An 'Anti-Viral Diet' is a diet whose primary purpose is to counteract viral threats and to maximize the ability of our immune systems to fight off both viruses and viral diseases."

Edouard d'Araille

"Several antiviral bioproducts have already been described by the activity against Dengue Virus, Coronavirus, Enterovirus, Hepatitis B, Influenza Virus and HIV.

Thus, bioproducts could be friends in the fight against SARS-CoV-2."

Ananda da Silva Antonio, Larissa Silveira Moreira Wiedemann

& Valdir Florêncio Veiga-Junior ROYAL SOCIETY OF CHEMISTRY

"Within the nutrition sector a promising body of evidence studying inter-relationships between certain nutrients and immune competence already exists. This could potentially be an important player in helping the body to deal with the Coronavirus."

Emma Derbyshire & Joanne Delange BMJ NUTRITION

"Nutrition may therefore play a role in the immune defense against COVID-19 and may explain some of the differences seen in COVID-19 across Europe."

Jean Bousquet et alia CLINICAL AND TRANSLATIONAL ALLERGY

"The volume of existing reports is irrefutable evidence that foods and herbs possess a potential antiviral ability against SARS-CoV-2 and can prevent COVID-19."

Suraphan Panyod, Chi-Tang Ho & Lee-Yan Sheen

JOURNAL OF TRADITIONAL AND COMPLEMENTARY MEDICINE

"The immune response has often been shown to be weakened by inadequate nutrition in many model systems as well as in human studies. Therefore, we propose to verify the nutritional status of COVID-19 infected patients."

Lei Zhang & Yunhui Liu JOURNAL OF MEDICAL VIROLOGY

"Globally, herbs with some preliminary evidence of anti-viral activity against coronaviruses, along with phytotherapeutic remedies with immune stimulant properties, appear as good candidates for additional studies on the topic."

Michele Antonelli, Davide Donelli, Valentina Maggini & Fabio Firenzuoli

PHYTOTHERAPY RESEARCH

"Natural products [...] with anti-virus, anti-bacteria and anti-inflammation activity could effectively interact with these targets of SARS-CoV-2. Therefore, the herbal medicines containing these compounds as major components might be meaningful for the treatment of SARS-CoV-2 infections."

Canrong Wu et alia ACTA PHARMACEUTICA SINICA B

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