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Prevention and Treatment of Covid 19 in the Field of Medicine Natural and Confentional Medicine

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Abstract

Prevention is not only wearing masks and a vaccine, because no vaccine gives a 100% guarantee of resistance to covid 19 infection. The best vaccines, based on statistical data from previous years, guarantee about 55% protection against infection. Prevention should include extensive psychological action, a proper diet that will fight the development of coronavirus, a resource of conventional drugs and a nature pharmacy, recreational, sports and tourist programs. Wide contact with nature - organizing games by the fire, sunbathing. Creating artificial fires or lamps in rooms that will be used to disinfect and fight Covid 19. The authors of the work discuss various methods of treating Covid 19 in the field of conventional and unconventional medicine. They point to a Quantum Information Vaccine to treat Covid 19.

Keywords: Quantum information vaccine; Unconventional medicine in the treatment of Covid 19

SARS-Cov-2 Virus Infection and Symptoms

SARS-COV-2 develops in droplets and can be contracted from a sick person through the respiratory tract when the infected person coughs or sneezes, especially when we are in close contact. It is also possible to become infected by touching an object or surface with viruses, or by touching the saliva and sweat of a person infected with the SARS-COV-2 virus [1]. To reduce the risk of infection, avoid close contact, shaking hands, touching another person or objects with which an infected person has been in close contact, etc. It is very difficult to avoid touching objects with viruses on them, so remember to avoid touching your own mouth area eyes, nose, or injured body parts. Washing hands with soap and water is recognized as an important method of prevention. There was also information that Covid 19 can spread through the air, but this has not been proven [2]. The ongoing COVID-19 pandemic, caused by the SARS-CoV-2 coronavirus, primarily infects respiratory cells, including nasal ciliary epithelial cells and secretory goblet cells, respiratory epithelial cells, type II alveolar pneumocytes and lung microvascular endothelial cells. Some people infected with SARS-CoV-2 are asymptomatic [3].

Viral Symptoms Appearing after Infection

Most infected patients initially develop symptoms of an upper respiratory tract infection, such as fever, cough, sore throat, as well as fatigue and muscle aches. ◉ Body pain ◉ eye pain ◉ headache ◉ vomiting ◉ diarrhea, runny nose, or nasal congestion ◉ burning eyes ◉ pain when urinating ◉ Loss of taste or smell (Deng et al 2020).

We should also be interested in the appearance of skin changes, e.g. redness or blueness of the toes, or a rash that disappears spontaneously. There are a large number of people who are asymptomatic or with mild symptoms of SARS-CoV-2 infection, so it is worth paying special attention to signs that may indicate infection. Doctors mainly point to chronic fatigue lasting for several weeks and a change in exercise tolerance, or the appearance of exertional dyspnea. Warning signs can be - sudden breathing discomfort, tightness in the chest, wheezing, pain in the chest when taking deep breaths, or simply shortness of breath [4]. Most COVID-19 patients recover with treatment in hospitals. However, a small but significant percentage of COVID-19 patients are at risk of developing acute respiratory distress

syndrome (ARDS), or respiratory failure. They transform into diffuse, patchy, less saturated, and later multifocal lesions. Lung lesions can be unilateral or bilateral. Pneumothorax, pneumomediastinum, subpleural fibrosis or cystic changes may occur. There is no lymph node enlargement [5]. It is worth remembering that leaving the hospital by the patient does not equal the complete disappearance of the disease symptoms. In some infections, symptoms can last for months. Such as palpitations, shortness of breath, nausea, loss of smell and taste, fatigue, etc. [6]. Elderly people (> 60 years old) and people with comorbidities such as diabetes, high blood pressure and chronic lung disease, and obese people are at particular risk of covid 19. Patients in this area often require intensive care unit (ICU) care and oxygen therapy, including mechanical ventilation, and mortality among them is high. Post-mortem examinations of those who died of Covid 19 suggest that their deaths are mainly due to respiratory failure due to large diffuse alveolar damage and pulmonary thrombosis [7]. In an effort to contain the devastating effects to limit the spread of the pandemic, most countries have implemented containment measures such as air transport closures, travel restrictions, wearing mouth masks, border closures and total bans on gatherings, as well as limiting non-essential commercial activities [8-10]. Researchers at the National Institute of Allergy and Infectious Diseases in Hamilton, in collaboration with the Universities of Princeton and California, conducted a study to determine how long the SARS Cov-2 virus persists on surfaces. They found that the active SARS-CoV-2 virus persists: in the air for 3 hours at room temperature, up to 4 hours on copper, up to 24 hours on cardboard, 2-3 days on plastic and stainless steel [11].

Treatment of Covid 19 in the Field of Conventional Medicine

Due to the non-specific symptoms of COVID-19, it is easy to confuse it with a cold, so an important part of the diagnosis is to perform a COVID-19 test. If the result of the COVID-19 test is positive, the doctor will discuss the details of further treatment with the patient. In the vast majority of cases, COVID-19 infection is mild. In domestic conditions; symptomatic treatment of COVID-19 is used: It is recommended to rest and hydrate the body by consuming fluids up to 3 litres a day. Painkillers and anti-inflammatory drugs for fever, muscle pain or headache; antitussives, antipyretics. In the case of patients with chronic heart failure and chronic renal failure, self-monitoring of diuresis, edema severity and daily body weight measurement is recommended. Due to the widespread deficiency of vitamin D, in the population - especially in autumn and winter - it is recommended to use vitamin D up to 2000 IU per day in adults (up to 4000 IU in people over 75 years of age) [12]. Regular blood pressure measurements are recommended in COVID-19 patients over 65 years of age and in all patients treated for hypertension and heart failure. Arterial oxygen saturation should also be monitored with a pulse oximeter in all patients with dyspnoea at rest, especially those aged 60 and over. As symptoms increase, the patient is referred to hospital.

Currently, many drugs are used to treat covid 19, they are

Tocilizumab: this drug has so far been used to treat rheumatoid arthritis and juvenile idiopathic arthritis. With covid 19, it is recommended in patients with extensive, bilateral inflammatory changes in the lungs and in severely ill patients with elevated IL-6 values. During treatment, it should be remembered that for the first few days of tocilizumab treatment, the concentration of IL-6 in the serum will be elevated, because its receptors have been blocked [13].

Plasma and monoclonal antibodies: there are also trials of passive antibody therapy using the so-called convalescent plasma collected from people who have been infected with SARS-CoV-2, the recovery time must be at least 14 days. This is not a new method of treatment, but it gave positive results in patients treated for SARS in 2002, avian influenza (H5N1) and influenza A (H1N1) [14,15].

Niclosamide: is an FDA-approved anthelmintic drug that is widely used in humans to treat tapeworm infections. In the last few years, niclosamide has been identified as a multi-purpose drug, pointing to its potential to treat other human diseases such as cancer, bacterial and viral infections, and metabolic diseases [16-19]. Studies have shown that niclosamide has great potential in the treatment of various viral infections, severe acute respiratory syndrome (SARS-CoV), virus (MERS-CoV), Zika virus (ZIKV), Japanese encephalitis virus), hepatitis C virus (HCV) , Ebola virus (EBOV), human rhinoviruses (HRV), Chikungunya virus (CHIKV), human adenovirus (HAdV) and Epstein-Barr virus (EBV), (Wu 2021). This drug is inexpensive and has a low toxicity profile and is approved by the FDA for clinical use. It is currently listed on the World Health Organization's list of essential medicines. In the treatment of Covid 19, treatment with amantadine, previously used in Parkinson's disease, was also initiated. In many cases, it brought positive results. There are no specific studies and it is not yet known if this drug may work for COVID-19. In fact, amantadine blocks the purine channel of the COVID-19 virus and prevents the viral nucleus from being released into the cytoplasm of the cell. Other drugs that inhibit viral replication from the group of SARS-CoV-2 polymerase inhibitors are also used in COVID-19 therapy. These include remdesivir, favipiravir, galidesivir, ribavirin, tenofovir molnupiravir [20,21].

Remdesivir was initially developed to fight Ebola virus infection due to its potent antiviral effects in vitro. Further research showed that remdesivir has significant broad-spectrum antiviral activity against RNA viruses belonging to the families Filoviridae, Paramyxoviridae. Remdesivir was soon recognized as a promising drug for the treatment of SARS-CoV-2 infection [22,23].

Favipiravir is a guanine analogue. It has been approved in Japan, China and Russia for the treatment of influenza and is effective against all influenza virus subtypes. Favipiravir was approved for the treatment of COVID-19 patients in China in March 2020 and in the Russian Federation in May 2020. Ribavirin is a broad-spectrum antiviral guanosine analog first synthesized in 1970 and approved by the FDA for the treatment of chronic HCV, RSV, and some viral hemorrhagic fevers. Ribavirin inhibits a broad spectrum of RNA viruses including RSV, influenza, several coronaviruses, flaviviruses and herpesviruses in animal and human cell lines. It also increases the rate of viral mutation leading to the accumulation of defective virions. Ribavirin has potential activity against the SARS-CoV-2 virus.

Molnupiravir- trade name of Lagevrio. Lagevrio is an antiviral medicine used to treat mild to moderate COVID-19 disease (caused by the SARS-CoV-2 virus) in adults. Thanks to Lagevrio, infected people have a chance to avoid serious complications and stay in hospital. For the treatment to be effective, the patient must start taking the drug at an early stage of the disease, i.e. within 5 days of the onset of the first symptoms of infection. This drug, administered within 5 days of the onset of symptoms, alleviates the course of SARS-CoV-2 infection and reduces the risk of complications. Research into its use is ongoing and mechanism of action.

Treatment of Covid 19 with the Laws of Quantum Physics

The COVIDA 19 pandemic is the way to new medicine based on the laws of quantum physics and bioelectronics. It should be recognized that human life is not only a matter of biology and biochemistry, it is also a cybernetic-information and bioelectronics construction that affects health, disease and human behaviour. This bioelectronics construction creates homo electronics with its electronic personality Proteins, DNA, RNA melanin from the biology side, it is a biological structure, from the biochemistry side, it is chemical compounds with different chemical formulas, again from the bioelectronics side, and it is an electronic material that serves as construction in a bioelectronics device which is an organism. In addition to the traditional, well-known biochemical reactions taking place in living organisms, a new reality is opening up for science, based on the bioelectronics model of life [24]. In terms of vaccines, there is no universal vaccine against the SARS-CoV-2 virus, although various research centres have been working intensively on its development since the beginning of the pandemic [25].

In the ongoing work on vaccines, attempts are made to produce vaccines of the following types:

- Inactivated vaccine, containing inactivated or dead viruses - aims to induce a rapid

Immune response of the human body to a new COVID-19 infection [26].

- The subunit vaccine, containing fragments of the virus, is designed to sensitize the immune system to specific subunits of the virus. In the case of the SARS-CoV-2 virus, research is focused on the S-glycoprotein, which binds to the ACE2 receptor. Entities working on this type of vaccine include: University of Queensland, Novavax, Clover Biopharmaceuticals, and Texas Children's Hospital Centre for Vaccine Development, ExpressS2io, I Bion, and Baylor College of Medicine, Sichuan Clover Biopharmaceuticals. Vaccines require research on their safety and effectiveness. Once a vaccine is developed, the safety and efficacy testing process takes about 18 months [27].

Quantum-Information Vaccine in the Treatment of Covid 19

It is a new generation vaccine against the virus. It will not be similar to traditional vaccines, it will not introduce the whole virus into our body, but rather information will be introduced that will "cheat" the body into thinking that it has the virus in it and as a result it will produce antibodies. This is possible thanks to the control of quantum-information processes, e.g. by means of an electromagnetic wave, soliton electric field, acoustic wave, spin wave, or bioplasma [28]. In this new bioelectronic paradigm, human cognition begins to emerge in the aspect of quantum processes occurring in a biological system. The human biological system, apart from the biochemical way, uses the transfer of information by means of electromagnetic, acoustic, soliton waves, electric, electromagnetic, torsion (spin) fields and bioplasma. This communication applies not only to biological processes, but also to all mental functions [29,30]. In bioelectronic terms, an organism is understood as an integrated system made of biological piezoelectrics, pyroelectrics, ferroelectrics and semiconductors, filled with bioplasma and managed by quantum processes electronically using biocomputers. The presence of semiconductors in a biological system is tantamount to the presence of an electronic integrated device, therefore a living organism can be perceived as a complex electronic device, analogous to technical devices with the ability to process, store and manage information. In this integrated circuit, control is carried out through a grid of electron, photon, phonon, spin and

soliton information channels. Each of these channels can be a carrier of information in itself, or they can function collectively in the bioplasma system [31]. The cell membrane is made of a protein-lipid structure. Protein is piezoelectric and pyroelectric. The electric field resulting from the polarization of biological pyroelectrics and piezoelectrics is of great importance for the biological system [32]. The daily burden of the body through; walking and mechanical support, body massage, pressure on bones and muscles (these structures are biological piezoelectrics) leads to their polarization, which generates an electric field that the body needs to:

- Activation of enzymes and communication [33].
- recording perceptual impressions in the brain;
- Melanin synthesis [34,35].
- integration of the biological system into a whole; - bone growth;
- the electric field is supposed to guide bone growth and thus spine;
- Regeneration of tissue damaged as a result of the wound.
- DNA replication and control of the genetic information contained in the nucleotide sequence the spin field also plays an important role in a biological system. Elementary particles such as an electron, a photon have an electric charge, mass and spin. The electric charge is expressed by the electric field in the space surrounding the particle; the magnetic moment (spin) is expressed in the magnetic field of a rotating particle. The spin quantum number "s" in quantum mechanics is equivalent to spin. In the protein there are unpaired electrons that form free radicals, such as superoxide, hydroxide and nitric oxide radicals. Free radicals have the ability to activate spins: electron, photon, other elementary particles, and atomic, which generate a spin field [36].

Studies have shown that SARS-CoV-2 enters cells mainly through endocytosis. Endocytosis can take place outside as well as inside the cell. During endocytosis, the virus tends to break the hydrogen bonds in amino acids, thus lowering the ferroelectricity of elastin, which is responsible for the flexibility and elasticity of the aorta, lungs, ligaments and skin. Disruption of this mechanism may lead to the loss of alveolar activity, muscle dysfunction, which is registered in the brain as muscle pain, chest pain, etc. [37]. Ferroelectrics are dielectrics, i.e. materials that practically do not conduct electricity. At a certain temperature, slight shifts of ions (of the order of one millionth of a micrometer) and a change in the distance between them lead to the appearance of the so-called spontaneous polarization. Then the ferroelectric unit cell becomes a dipole around which an electric field exists. Ferroelectrics can be both pyroelectrics and piezoelectrics, which means that they have the ability to generate electric charges on their surface under the influence of temperature changes or mechanical pressure. In other words, if a ferroelectric is heated or cooled, or compressed or stretched, an electric charge (electric voltage) will appear on its surfaces. Ferroelectric properties occur only in a certain temperature range [38]. In pyroelectrics, spontaneous polarization exists over the entire temperature range, up to the melting point [39-42]. Researchers from the University of Washington investigated the ferroelectric properties of the protein tropoelastin [43]. Elastin, as a key protein found in connective tissues, is an important structural component of the lungs, heart and arteries, is ferroelectric, has important physiological functions in vascular morphogenesis, homeostasis and in regulation of cell function [44-47]. It provides the necessary elasticity and elasticity to the aorta, lungs, ligaments and skin subjected to repeated mechanical and physiological loads, [48]. The ferroelectric polarization of elastin also affects the proliferation and organization of smooth muscles, vessels and contributes to arterial morphogenesis [49-50]. Diseased biological tissue contains an excess of negative free radicals that generate a wide range of spin waves that disturb the information of ingeneza, i.e. the primary structure of the tissue. Solitons form a barrier that limits the intensity of the spin wave. During the breaking of amino acid bonds, free radicals appear, and with them a spin wave, which disturbs the information economy of the cell [51]. Spin wave causes changes in biological and mental structures, because it is an element of consciousness. In the structure of consciousness, malaise appears due to pain in muscles, joints, suffocation due to lack of oxygen. In biological structures, it begins with a high temperature, which is joined by diarrhoea, dry cough, muscle and joint dysfunction, headaches, pneumonia, intestinal dysfunction, etc. Quite often, impaired kidney function, or loss of smell or taste can be observed. Covid 19, as well as the influenza virus, immediately after entering the human body, starts the mutation process - it changes the electric field of the host cell and the spin wave, takes control over them and manages the functioning of the biological cell and the entire biological system through them. In living organisms, the spin wave works closely with the soliton wave, which has encoded programs about the proper functioning of the cell and maintaining homeostasis. Homeostasis is about maintaining the balance of the internal environment of the human body in relation to external conditions. Solitons are also responsible for supplying the human body with nutrients needed for life, such as vitamins, minerals, elements, fatty acids and amino acids. They regulate blood pH, osmotic pressure, and the partial pressure of carbon dioxide and oxygen in the blood. High spin wave intensity disrupts solitonic activity and can lead to cell death. Disturbance of this mechanism may lead to the loss of alveolar activity, muscle dysfunction, or other cell or tissue dysfunction [52,53]. The task of solitons and the electric field is to restore the homeostatic balance of the body and the proper functioning of the biological cell [54-55]. At each stage of

the disease, the patient should be in motion, use active body massage. Artificial respiration should be used because it activates the alveoli, which, as mechanoreceptors, polarize the protein structures in the alveoli and release an electric field that directs the breathing process.

Alternative Medicine in the Treatment of Covid 19

Beekeeping products are a valuable remedy for the coronavirus. Propolis, royal jelly contain large amounts of enzymes, pollen, honey, royal jelly. Royal jelly contains a set of exogenous amino acids, carbohydrates, enzymes, lipids, natural hormones, minerals, phosphorus compounds and acetylcholine. Royal jelly largely contains gamma-globulins, which stimulates the immune system and effectively fights infections. It is an effective antibacterial and antiviral agent [56]. Propolis reduces the intensity of pathogens such as P. l a r v a e bacteria (Pneumonia, which is characteristic of coronavirus) [57]. In the prevention of covidowa 19, you should drink teas based on herbs and propolis. We choose herbs: rose fruit, elderberry fruit and flower, chokeberry fruit, poplar buds, walnut leaf, horsetail herb, sage herb, mint leaf, lemon balm leaf, chamomile, nettle herb, etc. Any selection of herbs - e.g. 3 herbs, plus a few drops of liquid propolis, or in the form of putty, put ¼ teaspoon of propolis in a jug with boiled water. We also make a mixture of honeydew honey with propolis and pollen or royal jelly. We grind the pollen in a mortar to break the pollen nuclei, because this is where the most valuable protein is. Bees in the fight against parasites and pathogens introduce a change in nutrient intake to activate their immune system. Some bee species starve themselves to destroy pathogens [58]. Treatment of Covid 19 with forest products - pine and larch syrup. Pine syrup in laboratory conditions has a strong antibacterial, antifungal and antiviral effect. Pine oil and syrup have an expectorant and phlegm-dissolving effect, being a natural support for upper respiratory tract infections with runny nose and cough. In combination with eucalyptus oil, it allows you to perfectly unclog a blocked nose. In the flowers of pine, elderberry, eucalyptus and linden, terpineol, which is a terpene, has been found. It has anti-inflammatory, analgesic, antifungal, antiviral and antioxidant properties, it is able to relax smooth muscles, which makes it a valuable remedy for asthma [59]. Alpha-pinene is responsible for the aroma of fresh pine needles, conifers and sage. Juniper berries are also a source of alpha-pinene. It is also produced by many herbs such as parsley, rosemary, basil and dill. It is the most common terpene found in nature. Alpha-pinene facilitates breathing by expanding the airways Amber is a fossilized resin of coniferous trees that grew 50 million years ago, occurring in the form of yellow or brown nuggets. The healing properties of amber have been known for a long time, where it was widely used in folk medicine [60]. It has been proven that succinic acid is the best and fastest acting natural antioxidant (antioxidant), preventing the harmful effects of free radicals [61]. It is believed that the spirit tincture on amber strengthens immunity, soothes the symptoms of colds, catarrh, fever, as well as rheumatic pains and muscle pain.

Prescription for effective treatment of covid 19

1. We drink a spoonful of pine syrup and a spoonful of larch syrup After drinking these syrups, we take a 5 to 10 minute break After the break, drink a teaspoon of amber tincture - you can add 15 drops of propolis.

After drinking the tincture, we make one hour break

We drink syrups 3 times a day. Amber contains a lot of microelements, such as silicon, magnesium, iron, potassium and calcium. Natural medicine likes to use the properties of amber. It is similar with amber tincture, which you can prepare yourself at home. We drink the tincture in autumn and winter, when there is flu, as well as in inflammation of the respiratory tract, urinary tract and kidneys. The liquid can be rubbed on the chest, temples, nape and the middle of the feet. With migraines and headaches, the tincture will help when we massage it into the temples. If you suffer from rheumatic pains, rub the affected joints. The diluted tincture can be used as a gargle for sore throats. Recipe for amber tincture Small or small amber pebbles are needed Amber must be natural, because there are many fakes on the market and it is very easy to make a mistake**.**

Ingredients: about 50 grams of rough amber, 0.3 liters of spirit

Wash the amber and crush it in a mortar. Pour the amber into the jar and pour the alcohol. The dish should be put away in a warm and dark place for at least 10 days. Shake the jar every few days. After 10 days, the tincture should have a golden colour. If you do not want to make tincture at home, you can buy ready-made in the store. Pine syrup can be purchased at a pharmacy or herbal store, or you can make it yourself. How to make pine syrup. The syrup can be made from a pine flower or green cones, if we make green cones, we cut the cones into pieces.

Take a 5-liter jar, put a 1 cm layer of cones on the bottom and cover with sugar. Then another layer, cones and sugar. Pour 1 kg of sugar into a 5 liter jar. Leave the filled jar in a warm place for 1 month, until the syrup crystallizes well. After a month, you can pour the syrup into a bottle. Or leave it in a jar, we leave it in the refrigerator. Cones are thrown into tea, we drink this tea from time to time. Similarly, we make pine flower syrup. Pine blossom syrup takes longer to crystallize. Larch syrup is difficult to buy in a pharmacy or in a store, so you should make it yourself. We take a 5 liter jar, green larch cones or needles. Pour layers of sugar into the jar in a similar way as with pine syrup. Close the filled jar and

leave it in a warm place for up to 1 month. It is similar with needles - we cover them with layers of sugar, but the crystallization time of the syrup is longer, up to 2 months. After a month, we have a wonderful and very tasty larch syrup. We follow a diet with products containing melanin. In addition to exercise, it is worth introducing a vegetable and fruit diet containing large amounts of melanin, e.g. dark fruits - chokeberry, blueberry, cherry, cherry, elderberry, grapes, cranberry, blackberry, rowanberry, blueberry, red beet, etc. Garlic, ginger, horseradish effectively destroy coronavirus. A diet containing nitric oxide resources, which has an important place in the treatment of Covid 19. SARS-CoV-2 replication in vitro was inhibited by the action of nitric oxide, which inhibited the development of viral proteases. Nitric oxide synthase is important for healthy endothelial function and has anticoagulant effects [62,63]. One of the important immune cells regulated by nitric oxide are macrophages, which effectively neutralize the pro-inflammatory mediator [64]. Impaired production of local nitric oxide as a result of endothelial dysfunction and reduced bioavailability of nitric oxide occurs in older men and those with comorbidities such as obesity and hypertension [65]. Nitric oxide has played an important role in the regulation of airway function and the treatment of inflammatory diseases of the airways [66]. The beneficial effect of nitric oxide inhalation can be seen in the majority of acute respiratory distress syndrome patients with severe COVID-19 infection [67]. Nitric oxide has also been found to inhibit viral protein and RNA synthesis [68]. The production of nitric oxide in the body can be supported by regular consumption of such vegetables as: lettuce, arugula, dill, lamb's lettuce, spinach, butter lettuce, radish, chard, beetroot, Chinese cabbage [69]. Eating potatoes, nuts and legumes also contributes effectively to the production of nitric oxide in our body. It is worth mentioning that the amount of nitrates in plant foods also depends on the season. In the same products in spring and summer we will find more of them than in autumn and winter. The supply of inhaled nitric oxide, or through dietary supplementation (nitrate / nitrite) carry effective prophylaxis in the prevention and treatment of COVID-19 [70]. In covid therapy, you can't forget about red beetroot juice. We drink beetroot juice several times a day because it contains vitamin D and nitric oxide. Excess nitric oxide in the body is harmful, causing nitrosative stress [71].

Zinc and selenium in the fight against Covid 19

The coronavirus likes to attack the biological membranes of the sense of taste and smell, which leads to sensory impairment. This is due to the lack of zinc in the body. Zinc deficiency is manifested primarily by reduced immunity. If you often catch a cold, it is very possible that it is caused by a lack of zinc in your body [72]. Zinc resources in vegetables are: - tomato - 11 calculation units, parsley - 13, cabbage - 16, cocoa - 17, beans - 23, wild rice - 38, linseed - 28, sesame - 29, wheat germ -31. Pumpkin seeds - 33, chanterelles - 36, mushrooms -36, adzuki beans - 36, oyster mushrooms - 48. Selenium deficiency, as well as zinc deficiency, develop viral infections and are dangerous - especially for seniors and people with comorbidities. Selenium and zinc can be very effective when taken together. These elements not only protect cell membranes from being pierced by reactive free radicals and singlet oxygen, but also prevent viruses from mutating and effectively hinder viruses from multiplying in cells. This power comes from the antioxidant properties of selenium. Fish, shellfish, garlic, Brazil nuts and mushrooms are rich sources of selenium. (Margaret P. Rayman: Selenium and human health). (http://clinchem.aaccjnls.org/content/43/4/693). Selenium can support a group of enzymes that, together with vitamin E, prevent the formation of free radicals and oxidative damage to cells and tissues [73].

Covid 19 dies at 65 degrees celsius

We organize meetings by the fire. We make games for children and teenagers by the fire. The temperature at the campfire is from 100 - 800 degrees C and more. Such a temperature eliminates the total viability of COVID 19, throughout the human body and disinfects clothes. There is no possibility of COVIDEM 19 droplet infection. The coronavirus does not develop when there is air circulation. We ventilate the air with fans. We try to ventilate the apartments often. One of the very important features is sunbathing to increase the level of melanin in the human biological system. We avoid the tanning bed because it leads to skin cancer. Studies show that people with white skin become infected with the coronavirus faster. Lack of sun is developing a pandemic, it can be seen in various scientific studies. During sunbathing, the body acquires vitamin D. We regulate its deficiency by consuming it in different doses. The author conducted research on the impact of solar radiation intensity on patients with covid 19. 520 people with Covid 19 took part in the research. The collected results of the surveys showed that 372 people said that sunbathing and direct contact with the sun gave them a better mood and quick recovery. No positive effect was noted in 126 patients. In the case of 22 people with complications of comorbidities, the effect was negative. The author conducted similar research with miners whose contact with the sun was very weak. 640 people were tested - the infection rate in these people was 438 people tested positive for Covid 19. Influenza complications were recorded in 72 miners, 30 cases were not infected. The control group included the study of 550 miners. In this group, the miners took care of contact with the sun. The result of the research is as follows; 143 miners were infected with Covid 19, 77 had influenza complications or coexisting diseases, and the remaining 330 miners were in good health. Similar studies were

conducted in the USA in May 2020, where higher solar radiation intensity is associated with lower incidence of covid-19. This is the opinion of SAB member Dr. Jay Przybylo. The author of this report, based on statistical results, showed that population density, the influence of sun and weather have an impact on the spread of covid-19. Statistical results show that the covid 19 infection rate strongly correlates with high population density in cities with low insolation of these cities. Sunlight inactivates SARS-CoV-2 90% on various surfaces and was inactivated within 7-14 minutes (Ratnesar-Shumate. The Journal of Infectious Diseases). Using statistical data from 173 countries in 3,235 regions, it was estimated that UV intensity levels per area reduced daily covid-19 cases [74]. Enzymes are necessary for the digestion of food, the release of vitamins, minerals and amino acids. Enzymes absorb the energy of the electric field needed for their work and communication. Some enzymes are involved in the copying and expression of genetic information, they do it with very high precision, and they have the ability to "correct". Modern enzymological diagnostics is based on the assumption that organ damage entails damage to cell structures or a change in the permeability of cell membranes. Damage to the membranes causes the escape of enzymes from the cells, thus increasing their amount in body fluids and excretions, such as: blood, cerebrospinal fluid, urine, exudate and transudation fluids, gastric juice or duodenum [75]. In viral and bacterial diseases, the activity and invasiveness of pathogens often depend on their activity or the enzymes of the host. The appropriate presence of selenium in the human biological system does not allow for mutations and is at the same time an essential element of the body's defense against influenza and other viruses. Fish, shellfish, garlic, Brazil nuts and mushrooms are a rich source of selenium [76]. Enzyme drugs should be introduced to fight the coronavirus. This is supported by the fact that the elderly are more often affected by coronavirus, when the body produces less and less enzymes and they are less active. Civilization diet poor in enzymes and coenzymes sufficiently weakens the body and its defense mechanisms. A wholesome diet rich in salads and high melanin content, rich in enzymes and coenzymes effectively protects against coronavirus and other diseases. The effect of ginger in the treatment of Covid 19 Ginger has been used for centuries as a cold and catarrh remedy. The chemical compounds of ginger increase the body's resistance - we get sick less often. Ginger perfectly cleanses the microcirculatory system, including the sinuses that can be felt during colds and flu. Ginger root has anti-inflammatory, antiviral and antibacterial properties. Powdered ginger has no such effect. Ginger also has warming properties, which is crucial for colds, as it supports the natural cleansing of the body through sweating. Ginger syrup is made in the following way: we cut ginger into small pieces and throw it into a jar, we fill it with sugar. The next day we have ready syrup. Squeeze half a lemon into the ginger syrup to give it a better flavour. Lemon, onion and wild garlic syrup - cut the lemon, onion and garlic into pieces and sprinkle with sugar. After a few hours, the syrup is ready. We drink all these syrups every hour twice a day we drink flaxseed with warm milk, because it reduces the irritated mucous membrane in the esophagus. Covid 19 does not like jumps in temperature differences - a jump in the temperature difference for a biological system is associated with a change in the electric field in pyroelectrics and ferroelectrics. The host's biological system adapts quickly to changes in the field in biological pyroelectrics, piezoelectrics and ferroelectrics, which Covid 19 has a problem with. The difference in the electric field becomes information for the biological cell that there is a foreign body on its surface that operates in a different information and management system than the host organism. This electric field difference stimulates the body to produce enzymes that destroy the effects of Covid 19. We conduct such an experiment while taking a bath. We run hot water and suddenly cold. We do it alternately. Bathing can be on body parts, e.g. legs, face, belly, etc. Water jets, known as Scotch jets. Scotch douche is a treatment involving stimulation of the body with water jets of variable pressure and temperature. These strong stimuli stimulate circulation and help fight COVID 19. Before performing the procedure, consult a doctor, as water jets have many contraindications. - Finnish sauna, otherwise dry sauna. The air temperature there reaches from 60 to even 110 degrees Celsius while maintaining humidity at the level of 5-15%. Going to a dry sauna regularly can bring us many benefits. Staying in a dry sauna makes the body cleanse itself of toxins. It is also a good way to relax and unwind. Alleviating the tension resulting from stress, and removing the coronavirus from the body. - Walking on hot little stones. We put about 3-4 kg of small pebbles in the oven, heat them up to 100 degrees C. After heating, we take them out and pour them on the boards, plate or floor, we walk on them barefoot. When walking on stones, two quantum phenomena are activated in the protein structures of the skin - collagen, elastin, and actin and myosin structural proteins in the muscles. It is a piezoelectric and pyroelectric phenomenon that activates the biological processes of the cells to fight Coviden 19. The coronavirus does not develop when there is air circulation. We ventilate the air with fans. We try to ventilate our apartments often. Shops and various institutions should have blowers with hot and cold air to ventilate the rooms [77].

Covid 19 dies at 65 degrees celsius

We organize meetings by the fire. We make games for children and teenagers, by the fire. The temperature at the campfire is from 100 - 800 degrees C and more. Such a temperature eliminates the total viability of the coronavirus throughout the human body and disinfects clothes. There is no possibility of droplet infection with

coronavirus, because such a high temperature will immediately destroy it. Hospitals should have rooms with fire fireplaces. Patients should benefit from this therapy. The high temperature flowing from the fire fireplace disinfects the entire biological system, but also the hospital room. The movement of the patient near the fireplace causes a temperature jump, which positively affects the polarization of pyroelectrics and ferroelectrics, and these, in turn, generate an electric field that is necessary to maintain the proper functioning of the biological cell and the entire organism. Highly alkaline products lower the transmission of covid 19. The pH of the coronavirus ranges from 4.5 to 8.5, to eliminate the virus, you need to eat more alkaline foods. Highly alkaline foods from 8.5 to 9.0 are lettuce, pineapple, watermelon, beetroot, zucchini, lemons, grapefruit, kiwi, cucumber, papaya, rhubarb, raisins, dried figs and apricots, spinach, seaweed, potatoes, alkaline water. Alkaline foods from 7.5 to 8.5 include onions, garlic, horseradish and apples. blueberry, carrot, cauliflower, tangerines, natural milk, parsley, celery, tomatoes, orange, mushrooms, fresh ginger, strawberries, grapes, gooseberries, bananas, beans. Human saliva has a pH of 6.5 to 7.4 and blood has a pH of 7.35 to 7.45.pH.

Mental and Social Factors Influencing the Development of the Covid Pandemic

The society should have extensive knowledge about combating COVIDA 19, the author's survey shows that about 31% of the surveyed population has sufficient knowledge, the rest of the population lacks this knowledge. Knowledge should be extensive and professional. Comprehensive education from a child to the elderly. Most countries around the world continue to prioritize their medical resources for COVID-19 transmission. Psychological services and psychological interventions are limited, often neglected, resulting in a statistical rate of infections and deaths. The focus should be on developing new health and nutrition programs, methods of recreation and sport, organization of cultural and educational events in the information environment threatened by the coronavirus pandemic [78]. Prevention of pathological mechanisms of human behaviour during a pandemic. Prevention of mental disorders resulting from the pandemic. Development of treatment programs using unconventional methods, bee products, forest products, herbal medicine, broadly understood nature therapy, etc. [79,80].

- Avoid close contact with people suffering from acute respiratory infections.
- Wash your hands often, especially after contact with infected people or their environment.
- People with symptoms of acute respiratory infection should keep their distance, cover
- Their face when coughing or sneezing and wash their hands.
- People who are immunocompromised should avoid public gatherings. In the Covid 19 pandemic, there is a high rate of self-reported anxiety, depression and insomnia among members of the academic community. People who stayed with their families during confinement were less likely to suffer from mental health problems. Family contact seems to be beneficial in mitigating mental health consequences, especially for women in the covid pandemic [81].

The lack of consideration and development of good covid prevention led to the collapse of some areas of the market economy, the emergence of negative social phenomena, mental disorders, and the development of mental and somatic diseases not treated during the pandemic, as well as many adaptation clumsiness to new social and educational conditions. In children and adolescents, anxiety, depression, dysphoric states, self-presentation disorders, speech impediments due to wearing masks, social attitudes and incorrect identification of the opposite sex appeared in particular. Social isolation and economic damage as a result of many people losing their jobs [82]. The collapse of small and large companies in various sectors of economic life has led to an increase in cases of depression, anxiety, suicide, family violence and child molestation. The use of isolation has become the result of physical inactivity of people of all ages - both children, adolescents, the elderly, because they were forced to stay at home. Physical activity has a positive effect not only on the functioning of individual body systems and organs, but also plays a role in the functioning of mental and cognitive processes, reduces depression and anxiety, and improves energy levels, well-being and overall quality of life. In terms of recreation and physical activity, not much has been done. We have many smart coaches, physical education specialists who could prepare interesting sports programs and exercises in the field of physical activity, but no one asked for their opinion on this subject. We often forget that our body and mind are one and function as a whole [83]. The condition of our body translates into our mental well-being and vice versa. Regular physical activity has a big impact on the stability of emotions and improves our mood. Physical activity is a very effective prophylaxis in the fight against mood disorders such as depression [84-94].

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