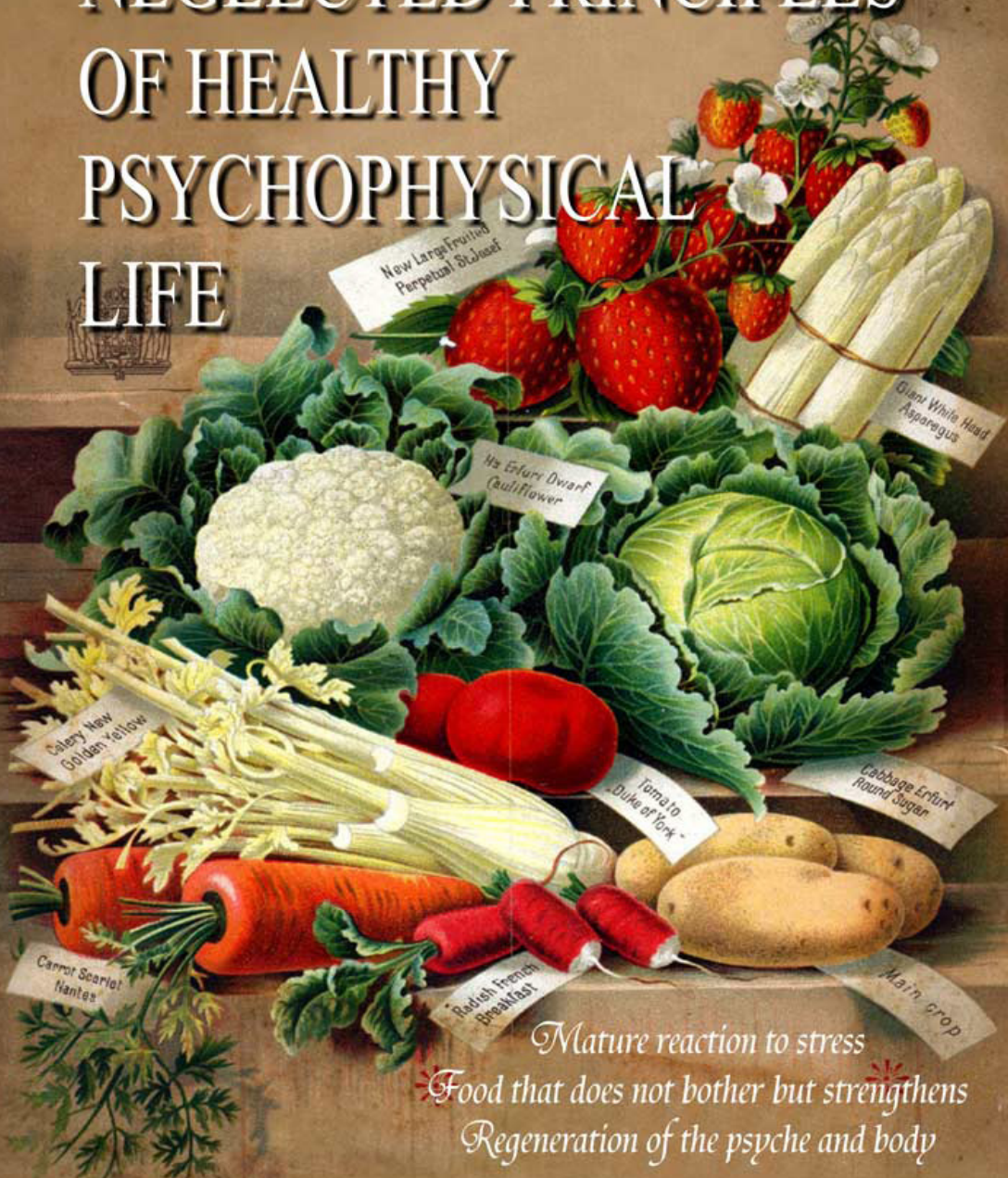


NEGLECTED PRINCIPLES OF HEALTHY PSYCHOPHYSICAL LIFE



*Mature reaction to stress
* Food that does not bother but strengthens
Regeneration of the psyche and body*

In light of contemporary scientific discoveries

Neglected Principles of Healthy Psychophysical Life

- In Light of Contemporary Scientific Discoveries

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OF HEALTHY
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FOOD THAT DOES NOT BOTHER BUT
STRENGTHENS

THE PROBLEM OF STRONG BUT INADEQUATE
IMMUNITY

HOW TO REACT TO STRESS MATURELY?

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SIGNIFICANCE OF HEALTHY NUTRITION AND HEALTHY LIFE

Psychophysical health is what we all need in order to be able to respond to life requirements as much as we can by living as long as we can a good quality life. Life requirements include not only our own requirements, but also the requirements of other people who are in our area of influence, as well as the requirements of the wider social community. A man who does not fulfill the sense of life by taking care of himself and other people, quickly loses the sense of living itself. Each one of us may easily fall into this state if we do not take care of our psychophysical health, for psychophysical health keeps our abilities vital, by which we respond to life's requirements.

The issue of health, as much as any other issue which comes into the area of personal responsibility, has nowadays become a slightly impolite issue, which is why we can often hear reactions like this: "It's my business how I live or eat!" It is true that the way someone lives or eats is personal above all. But the moment a person gets ill due to the neglect of their own health, falls into bed and becomes a burden to the persons close to them, as well as to the wider social community by means of social welfare, it is no longer their business only. How can we trust a person to have other people's well-being at their heart of hearts if they are negligent in terms of their own health? Thus, before the unhealthy life habits take their toll through illness, suffering and early death, let us remind ourselves about several basic principles of health which are

at everyone's disposal free of charge and which are a source of great health blessings.

The escalation of modern hedonism, as an attempt of man to satisfy the thirst of the soul in intemperate and unhealthy habits, represents an additional problem to already neglected principles of healthy eating and living. That is why there is not only a need for external restraint in terms of intemperance and opiate addiction, but also a need for relief from the inner spiritual dissatisfaction manifested through intemperance and various forms of intoxication.

The emergence of modern viral epidemics such as HIV, SARS, avian and swine flu, Ebola, and especially the current coronavirus, which results in about ten times greater mortality than seasonal flu, requires us to develop not only strong immunity, but also adequate immunity which will be discussed in particular.

HEALTHY FOOD

One of the greatest causes of health problems is unhealthy food.

Food is to provide us with the material for the building the tissue of our organism and the energy for our psychophysical activities. But unhealthy and immoderate nutrition can damage our organism and exhaust us, and therefore take away our energy for psychophysical activities. and also significantly reduce our immunity. The healthiest food for people is food of plant origin: fruit, cereals and vegetables. Many people think that nutrition without food of animal origin is not rich enough in proteins, forgetting that the very animals whose meat they eat got their proteins from

plant food. Those who take the proteins from meat, do so from the second hand. So, if a person gives up meat nutrition, it is not good to use the term “meat substitute” for plant food, for, throughout history, that very meat food has been a substitute for plant proteins when they were to be made up with meat nutrition due to insufficient amount or diversity of plant species.

Most proteins are found in legumes (common beans, broad beans, peas, lentils, soybean), nuts (walnut, almond, hazelnut), seeds and various cereals (wheat, oats, millet, maize...). Since proteins are building blocks for our organisms, the need they have for proteins is not as great as it was earlier considered. Daily need for proteins is only 0.6 to 0.9 g of proteins per kg of bodyweight, and daily need for carbohydrates amounts from 4 to 6 g per kg of bodyweight. During each meal, cereal proteins should be taken along with proteins from nuts or legumes in order to mutually make up for their composition of amino acids. While using proteins to build and regenerate human tissue, it is very important for the level of free radicals to be low, because they are the main cause of mutations (damages to the DNA), cancer and early aging.

Free radicals are atoms, molecules or ions with unpaired electrons, which emerge as a product of metabolism, various pollutions and UV radiation, and they have the ability to take away electrons from the other molecules and so alter their structure and chemical characteristics. Foods of plant origin contain antioxidants, which neutralize free radicals, and these antioxidants are rarely to be found in the foods of animal origin. Not only does meat nutrition deprive a man

of his much-needed antioxidants, but it supplies the organism with animal fats, which represent the unhealthiest manner of gradual poisoning of the organism.

All the ingredients the animal has not managed to use for its own needs, but also failed to expel, it stores in its fat. For this very reason, meat of the animals that feed off dead remainders of other animals (pork, meat of all fish without scales and “seafood”) was pronounced to be impure and not allowed to be eaten by the Holy Scriptures, along with animal fat. The purpose of these animals is to clean the soil of corpses whose decomposition would pollute the environment with various poisons, and not human nutrition.

All those ingredients that the body has not been able to use for its own needs, and has not even been able to throw out through urine and sweat, it stores in its fat deposits. This is why Scripture forbids the use of animal fat. The flesh of animals that eat the dead remains of other animals (pork, meat of all kinds of fish that have no scales, and “seafood”) is declared unclean in the Bible, along with the animal fat, and forbidden to be eaten. It has been experimentally found that five hours after consuming pork, blood under a microscope reveals a set of visible physical anomalies:

“The results show unequivocally that consuming unmarinated cooked pork shows a significant negative effect on the blood. Five hours after consumption, subjects showed extremely coagulated blood, with extensive red blood cell (RBC) rouleaux (cells in the formation of stacked coins), RBC aggregates, and the presence of clotting factors, especially fibrin, which is seen as white threads in dark-field microscopy.”

More scientific studies have documented a longer life expectancy and a lower prevalence of various diseases in non-meat eaters and those who do not consume even the smallest amount of alcohol.

Nevertheless, even if we take healthy foodstuff, we can still jeopardize our health if we take immoderate quantities of food. Nutrition should be adapted to age and daily activities. A person who is in the process of intensive development should use more foodstuffs rich in proteins, and someone who is engaged in hard physical labor should take more food rich in carbohydrates and fats of plant origin.

In a person who has damaged the nervous system, nuts can drastically assist in its regeneration. However, due to the high presence of amino acid arginine, the same nuts represent a food for the rapid development of viral infection. A diet with legumes and rice would be more suitable for a person with viral infection because of the higher concentration of amino acid lysine, which hinders the development of the virus.

Improper and immoderate nutrition, including consumption of proteins unable to build in and carbohydrates and fats unable to be used, unnecessarily burdens internal organs and shortens their life.

In order to consume proteins in areas with scarce vegetation, some populations are genetically adapted to using milk and dairy products as adults. Ferment lactase (which breaks down milk sugar lactose into the sugars usable to the human organism) does not stop excreting when breastfeeding ends in these populations, but remains active for the whole life.

The others who do not have the ferment may have difficulty with a dairy diet. However, people who have this ferment may have problems, because milk and dairy products contain a high amount of neurotransmitter histamine, which activates allergic reactions in organisms. Many people who suffered severe allergic reactions and continuous dripping of mucus down their nose, throat and sinuses get rid of their troubles after a few weeks of abstaining from milk and dairy products.

Mucus, which poisoned by viruses and bacteria flows down the trachea into the lungs, is responsible for many fatal cases of pneumonia.

It takes up to six hours for the food in the stomach to digest: 16 minutes to 2 hours for fruit, 4 hours for vegetables, up 6 hours for legumes and meat. The duration of digestion gets longer and the organism more fatigued if the food contained in the same meal is versatile, the meal larger and the food poorly chewed. Regarding the fact that during digestion nutrients get gradually absorbed, every eating between meals is not only unnecessary, but also represents obstruction of the existing digestion process.

The food we have just taken requires a different treatment from that which has already been in the digestive process for some time, so only one bite between the meals may drastically affect food retention in the stomach and therefore burden the organism. Not only the stomach, but the nervous system, which is highly engaged in food digestion, should be relieved between the meals as well. For this reason, two meals a day are entirely sufficient; the first one should be taken an hour or two after waking up, and the second one in

the afternoon or evening. Ancient Greeks considered it barbarian to eat more than twice a day. The habit of consuming three meals a day spread over Europe only with the occurrence of modern hedonism, on the onset of the 19th century.

During a meal, one should first take the quickly digestible food (fruit), and only after that the food which is slowly digestible, taking up to several hours (vegetables, legumes). If we eat fruit along with vegetables, or after them, it “waits” for the vegetables to digest, gets fermented and rotten, creating gases, acids and even alcohol.

It is advisable to eat fruit (along with cereals) for breakfast and vegetables for lunch, because the morning meal should provide the organism with the energy for work and burden the digestive system organs to the least extent, whereas lunch (which takes longer to digest) should provide us with the building materials.

It is advisable to eat the fruits which are easily digestible (e.g. grapes) along with cereals in order to slow down its abrupt absorption. Namely, increased blood sugar results in the increased insulin level which triggers the storage of sugars and a false sense of hunger. If cereals are combined with fruit, they will slow down their digestion without causing fermentation and rotting, as would cause the mixture of vegetables with fruit in the same meal.

Cereals should be consumed with the whole grain, so if we have only white flour and white bread at our disposal, it is necessary to compensate it with the whole-grain ingredients by making everyday mush (muesli) of oats, barley and other flakes soaked better with fruit juice than yogurt or milk.

After lunch or dinner it is not good to be engaged in any intense mental or physical activity or to go to bed. Any extraordinary physical or mental activity during or after eating hinders food digestion, for the nervous system is particularly engaged in digestion process. Meals cause increased levels of the joy hormone — serotonin and the hormone of excitement – dopamine, so it is appropriate to make a festive atmosphere during eating, imbued with gratitude.

Sleeping after a meal, when the food is not yet digested, is particularly unhealthy, because the digestive system organs stop working then. In the case of a more complex composition of ingested food, it rots and causes partial blood toxicity, so the next day the person may feel hung over like they would be after alcohol intoxication and actually more tired than before they went to bed. During sleeping, unused sugars and fats will get stored in the fat layers, so this is the reason why obesity occurs if the last meal is taken too late in the day. The best thing is to have mild physical activity after eating, for example, a light walk in the fresh air.

Water should be taken approximately half an hour before a meal, not during a meal or right after, because it dilutes the concentration of the acid and enzymes which digest the food, so the digestion comes to a halt until the excess water is out of the system and the level of acid and enzyme concentration properly increased. In the same fashion, if one takes a cold drink, food digestion will come to a halt until the stomach temperature reaches 37°C, which is most suitable for the ferments to digest food. Drinking water should be mildly mineral water (soft water), because a higher density of

minerals hinders dissolution and elimination of toxins from the organism.

On the average, people drink less water than required, which results in the accumulation of toxins in the organism, irregular blood circulation and hence headaches which could be avoided by increased intake of pure (sugar-free) water.



The pictures of Sarah Smith looking “about ten” years younger after 28 days of drinking three liters of water per day went around the world. It has been experimentally determined that people who drink more water can more easily endure greater cold or intensive physical exertion.

A word of advice: When you feel hungry between meals, take a glass of pure water instead of a snack, by which you will satisfy your false need for food and additionally refresh your organism.

Neglect of these simple requirements of healthy nutrition results in unnecessary fatigue of the organism, psychophysical exertion and early wear and tear as well as weakened immunity.

PSYCHOPHYSICAL ACTIVITY

People are endowed with various abilities which help them recognize the real life requirements and respond to them with their versatile talents. Just as the tool that is not used frequently gets corroded, so the muscle that is not frequently used – atrophies. Those abilities that one weakly uses, he loses eventually. The shape of mind and body should therefore be kept on a daily basis. The ones who practice intense intellectual activities and neglect physical activities will soon start suffering from intellectual weakness as well. There must be a balance of both body and mind.

Fast walking, swimming, gymnastic exercises, etc, are a blessing for one's intellectual work. Besides everyday walks, physically useful work increases the very psychophysical shape of the organism along with the fact that it fulfills life requirements.

Alternate showers with cold and warm water also stimulate blood circulation as much as physical activity, so it can be our first aid in case we are too busy with our computer work or otherwise unable to immerse ourselves in more frequent physical activities during the day.

Physical exercises and sport activities may be useful if they are moderate and directed towards good conditioning, but not if they burden us with results which imply intemperance and take away our energy and time which we should devote to responding to more important life requirements.

REST

Just like it is not a good time to repair a car when it is running full speed, it is also not the time to regenerate a human organism during our intense psychophysical activities, but during our deepest inaction — sleep.

Contemporary scientific discoveries reveal that human organism regenerates during sleep, so the lack of sleep therefore results in the atrophy of the nervous system and the entire organism.

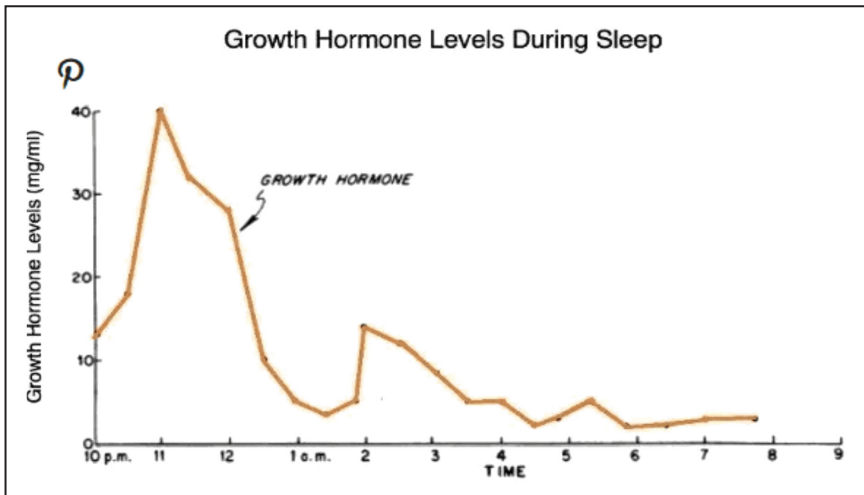
Just one night of insufficient sleep can weaken immunity so much that it can yield to the dangerous impact of a virus epidemic.

Why does one regenerate during sleep?

During the day, metabolic processes result in a high level of free radicals owing to pronounced psychophysical activities and food digestion. If growth hormone had a pronounced activity during the day, then the high level of free radicals would cause a significant level of damage (mutations) in DNA replication, for the function of growth hormone is to multiply cells in order to regenerate organisms as well as their growth.

During the day, the hormone somatostatin decreases the level of growth hormone and so keeps the organism from mutations which would occur during extensive metabolic activities. However, before we go to sleep, the organism excretes the sleep hormone – melatonin, which is the blocker for somatostatin, so the unblocked growth hormone starts its regenerative function in the organism. Melatonin is also known as one of the strongest antioxidants, which destroys free radicals causing the mutation during DNA replication. Also, melatonin starts the production of the

enzyme telomerase, which adds telomeres – “caps” to the end of chromosomes during their duplication. Shortening of chromosomes due to the lack of telomeres is considered to be the main cause of aging, for in every following replication chromosome gets shorter without telomeres. It can be noticed in many elderly people a thinness and atrophy approximately 3 to 6 years before they de cease, which is the consequence of accumulated mutations and low level of telomerase, as well as naturally low level of melatonin in the old age.



Without a sufficiently long and deep sleep, the organism cannot be recovered, which is why many people look older and more worn than they should at their age, for they do not get enough sleep. People do not appreciate the significance of sleep quite enough, because it seems to them too simple and banal the fact that the lack of sleep could jeopardize their health and psychophysical abilities, so they yield to the race of life which presses them to go to bed late and get up early. The

wealthier persons spend thousands of euros per month for artificial treatments with growth hormone in order to look about ten years younger, unaware of the fact that they could achieve much more by regular and sufficient sleep and by a weekly fasting.

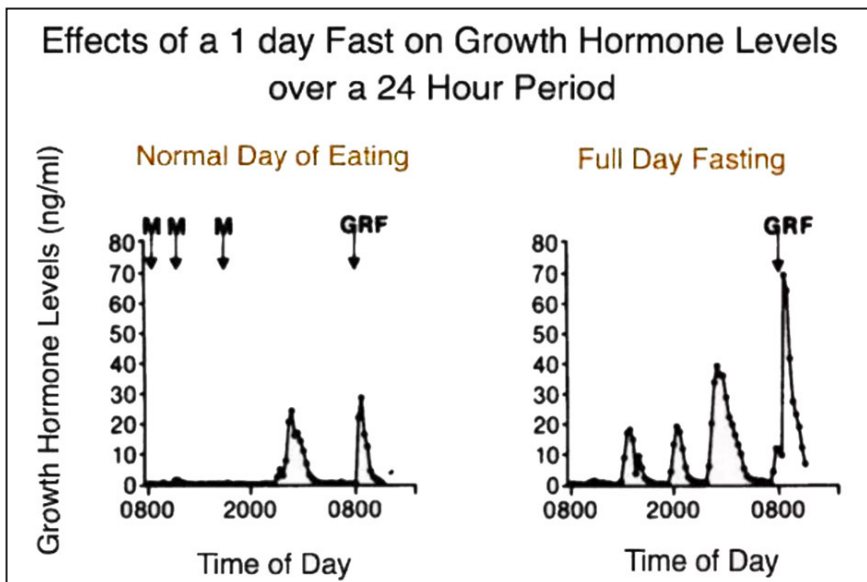
We should go to bed early, lest the continuation of wakefulness disrupt the natural production of melatonin and thus we lose the advantage of increased tissue regeneration. In order for sleep to be deep enough without the harmful effects of the rotting of the undigested food, one should go to bed with an empty stomach.

Also, it is important to spend the time before sleeping in a room with dim light, without strong excitement, so the melatonin level can get increased. Hymnal and classical music without expressed rhythm increases the levels of melatonin and serotonin if listened to moderately before sleep.

People who were on the verge of mental breakdown due to chronic hard work and lack of sleep managed to mentally recover and refresh their looks significantly after three weeks of taking St. John's wort tea (in moderate amounts) or vitamin B6 (1 to 5 mg maximum) a few hours before sleep. In doing so, they caused the increase of melatonin and longer and deeper sleep, and thus greater refreshment of the organism. Mice that were artificially given melatonin lived 20 percent longer than other mice. Nevertheless, excessive use of melatonin may cause obesity and even disrupt sleep, so after three weeks this treatment should be interrupted and the level of melatonin naturally regulated by means of proper life habits.

Every food overindulgence, as well as overconsumption of sugar through juices and carbonated beverages increases the level of sugar (glucose) in the blood and thus the level of free radicals. The organism guards itself from the harmful effects of free radicals by blocking the production of growth hormone in case of a higher glucose level, thereby becoming deprived of required rest and regeneration.

So, one of the ways to increase the level of growth hormone and regeneration of the organism is to not consume any food or drink except pure water for one day (night-day-night) in the week. Not only will we provide rest for our internal organs and detoxify the organism, but also, by lowering glucose level, cause the leap of growth hormone and deep recovery of the organism during the last night of our diet.



It is scientifically proven that a diet of 24 hours of total food abstinence increases the level of growth hormone 13 times in women and 20 times in men. Of course, it should be kept in mind that increasing of the growth hormone in the case unhealthy diet and excess of free radicals raises the level of mutations and the probability of the emergence of cancer.

A complete fasting diet, even if applied for only 16 hours a day in the so-called “intermittent fasting” diet, when all meals are eaten within 8 hours, and in the rest of the day not even the smallest amount of food or sugary beverage, raises immunity, because it raises the level of interferons which are a significant factor in immune defense.

SUNLIGHT

After waking up, it is good to have one or two glasses of warm water, which will not only accelerate organism detoxification, but also waking up. Warm water is more quickly absorbed, since it does not stay long in the stomach for heating. The body should then be exposed to sunlight. Namely, in the case of the lack of sunlight, the organism behaves like it is winter time and slows down the metabolism, so a person, even though they have awakened, stays partially sleepy and without sufficient energy for work.

Just as darkness sends the information to the nervous system through the vision that it should increase the level of melatonin, morning light also increases the level of serotonin and wakes a man up to work. The sunlight has the same effect on our skin, because it

starts the production of vitamin D3, which decreases the melatonin level and increases the serotonin level. If we get enough sleep, then, due to sufficiently high levels of melatonin and its antioxidant effect, sunlight will not be a danger for getting cancer, as it would in the case of the lack of sleep.

It has been established that melatonin and serotonin in synergy represent a means for the destruction of cancer cells. So, contrary to popular belief, moderate sunbathing before noon, if we have gotten enough sleep, may help us in fighting cancer.

The serotonin level is increased by taking a shower or massage, which may make us sleepy in the evening, because in the darkness serotonin turns into melatonin, whereas in the morning a shower or a massage may wake us up, because sunlight and vitamin D3 prevent serotonin from turning into melatonin.

Sunlight should illuminate our bedroom and bedding every day because sun's UV radiation is a powerful disinfectant.

REGULAR BLOOD CIRCULATION AS COLD PREVENTION

A cold most frequently occurs when our organism reacts to the cooling of our body by withdrawing blood from our extremities and redirecting it towards our internal organs, which causes low immunity.

A mature nervous system reaction to the cold would imply redirection of blood circulation towards those body parts which suffer the greatest cold. It can be developed by an everyday shower with cold and warm

water. At the beginning, one should shortly and with pauses expose their extremities and face to cold water, and then move to other body parts, then gradually, day after day, get used to longer periods of cold water showers. These circulation exercises should be practiced with an empty stomach, but only when we have woken up entirely, otherwise it may cause damage to our heart. As a result, the cold draft air will not make us “shrink” with cold, but cause a pleasant refreshing by stimulating our peripheral circulation.

When we develop this type of maturity, we are free to keep our windows open in the room where we are and so keep the circulation of fresh air, which represents one more contribution to our health. Namely, the air temperature in a room should not be too high, especially during sleep, because if the air is hot, lungs automatically take shallow breaths. However, the body itself should be moderately warmed up during sleep, because in that case its own metabolic warming decreases. The amount of free radicals is in relation to the intensity of metabolism, and as much as the organism warms itself, its need to lower the level of growth hormone in order to lower the level of mutations is higher.

ADEQUATE RESPONSE OF THE IMMUNE SYSTEM ON THE CORONAVIRUS

Immunity can be increased tenfold by raising the body temperature by only two degrees, by warming it with warm blankets or staying in warm water.

People who naturally or through disorder have a higher level of prolactin, have to such an extent rai-

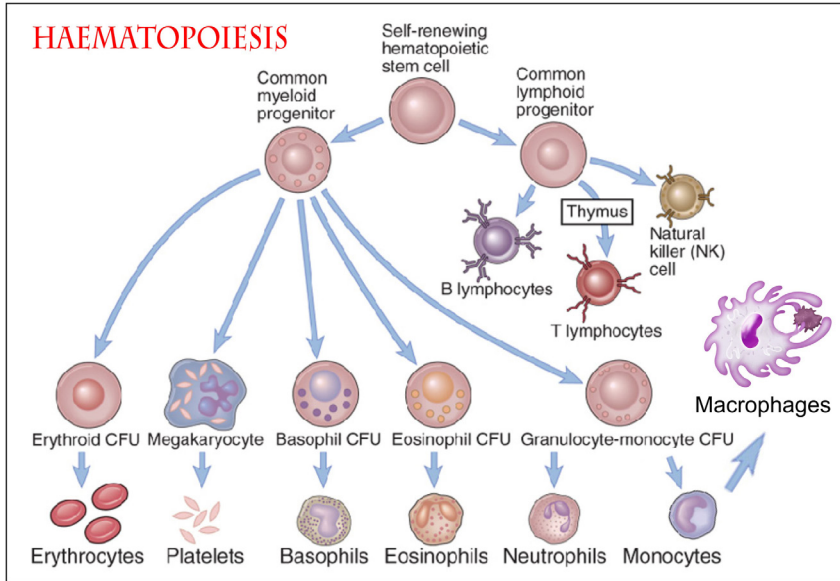
sed immunity that it often knocks down its own tissue through a propensity for autoimmune diseases. Thus it is not enough for immunity just to be raised, but it must be adequate. What does it depend on?

Leukocytes (white blood cells) differ among themselves in whether they protect the body from bacteria, viruses, cancer, parasites, allergens, fungi, or dead cells. Each type of leukocyte originates from a common precursor, and the organism determines in what amount the precursor will be converted to a particular type of leukocyte.

However, our immature reaction to stress may hinder the adequate response of the immune system to disease. As a result of this, the common leukocyte precursor could be transformed into the type of leukocyte that is not the answer to our real need. For example, fear and guilt will direct precursor towards forming of eosinophils that fight against allergens and parasites, not viruses and bacteria.

And in that way, despite immunity being raised, it can be misdirected. One will then easily respond with an allergy to substances that are not at all dangerous to him, and therefore have a weak immune system response to cancer cells or viruses, because the common leukocyte precursor has been transformed most into the type of leukocyte that he does not need so much.

Some herbs contain ingredients that can divert precursor conversion in the desired direction, so taking white mistletoe tea (*Viscum album*) will raise the levels of virus-fighting and cancer-fighting lymphocytes as well as bacteria-fighting neutrophils at the expense of the formation of eosinophil leukocytes that protect



the body from parasites and allergens. And instead of the body reacting hypersensitively to allergens, it will, thanks to the white mistletoe, fight cancer, viruses and bacteria more successfully.

Leukocytes are known to use free radicals as a defense mechanism in the fight against various microorganisms, due to their cytotoxicity. Eosinophils fight allergens and parasites with oxidizing substances such as hydrogen peroxide, so it is advisable to reduce their unnecessary amount.

Inadequate immune response of the organism can, in extremely rare cases, cause anaphylactic shock and death, due to a bee sting or taking a vaccine, and that is the only justifiable reason why vaccines should be taken according to one's own conscience, on one's own responsibility.

The coronavirus epidemic has revealed a major problem with man's natural immune reaction to that virus. Statistics showed that 85 percent of patients, out of 1099 admitted to clinical treatment in Wuhan by January 29, 2020 for coronavirus infection, have lymphopenia.

Lymphopenia represents a reduced response of lymphocytes (in charge of fighting viruses) and an excessively increased number of leukocytes neutrophils (in charge of fighting bacteria), which is completely inadequate as it is a viral, not a bacterial infection. Other studies have identified a "cytokine storm" as the cause of most deaths due to coronavirus, which has shown the need to reduce the amount of cytokines (IL-1 α , IL-6, TNF- α). The third research showed that there is also a lack of useful leukocytes against the viruses — monocytes, because their precursor turns into neutrophils. Therefore, coronavirus contains a structure that deceives the body's immune system and leads it to an inadequate immune reaction characteristic of a bacterial and not a viral infection, which is why the immune system is less directed at fighting the virus and more at fighting the infected tissue, also damaging on that occasion a healthy tissue.

The result of an inadequate immune response of the organism is acute respiratory distress syndrome (ARDS) in 5 percent of the infected, which then often results in fatal outcome when the patient suffocates due to pulmonary secretion and lung tissue decomposition.

The highest mortality caused by the coronavirus is the consequence of inflammation of the lungs due to an overinflammatory reaction of the immune system,

which then also seizes healthy lung tissue, while the produced mucus interferes with breathing itself. Chinese doctors, who did an autopsy of the coronavirus deceased, claim that they have been finding their lungs turned into mucus.

Popular plants whose ingredients are useful for general immunity boosting, such as echinacea and astragalus, can worsen the fight against coronavirus as they raise the number of neutrophils and cytokines responsible for the “cytokine storm”.

Several scientific studies have shown that elder tea (*Sambucus nigra*) or its extract — Sambucol leads namely to the desired increase in lymphocytes and a decrease in neutrophils, which increases the chance of survival of people infected with coronavirus if elder is used preventively and in the first stage of the disease, before pneumonia. It has been found that elder raises interferons that prevent virus multiplication (IFN- α), and cytokines that are important for the fight of organism against viruses and bacteria (IL-1 α , IL-6, IL-8, TNF- α).

During an outbreak of influenza B/Panama in 1993, the use of elder tea helped the cure to be finished after just two days in 93.3 percent of cases, unlike the control group, which was taking placebo instead of elder tea, where 91.7 percent of people were cured after at least six days.

However, as elder raises the concentration of cytokines that are crucial for the emergence of a cytokine storm that destroys the lungs and other internal organs, its use should be stopped immediately when inflammation of any internal organ occurs.

Then treatment should be started with the intensive use of plant extracts that reduce neutrophils and also cytokines in charge of the cytokine storm (IL-1 α , IL-6, TNF- α). These are extracts of aronia, turmeric, ginger, cinnamon, black cumin and licorice. The same plants, although they reduce inflammatory cytokines (which may be useful at the onset of the disease), raise useful antiviral interferons that represent the first line of defense. So it makes sense to take them preventively, along with elder, but to stop with their use with the first symptoms of the coronavirus, and then take them again only when severe inflammation needs to be reduced. The soybean and its derivatives also have anti-inflammatory impact, which in particular lowers IL-6 and TNF- α .

Sweet root (*Glycyrrhiza glabra*) is extremely useful for reducing all inflammation, especially pneumonia, but because of its harmful side effects, it should be used only during the inflammation. In areas of the Islamic world where liquorice drink is consumed during Ramadan, symptoms of its excessive consumption have been noticed. In daily intake, sweet root causes loss of potassium, cardiac arrhythmia, ECG disturbance and pressure increase due to water retention in the body. Even though it has antibacterial effects in direct contact with bacteria, it should not be taken without immediate need as it reduces the body's immunity against bacterial infections.

As coronavirus starts to attack first the upper respiratory tracts, the flowing of infectious mucus into the lungs should be prevented by reducing the histamine content of the diet. Histamines accelerate mucus

leakage, and so foods rich in histamines such as dairy products and pickled vegetables should be discarded. Carvacrol, found in wild oregano, heather and thyme, in addition to antiviral activity, shows a pronounced antihistamine effect and also in small doses reduces the most dangerous inflammatory cytokines (IL-1 α , IL-6, TNF- α).

Although it is good to raise immunity by warming the body, excessively high temperature can cause an over-inflammatory reaction, and also fatal exhaustion of the body at some point, so it should be lowered at a critical moment by a cold bath, especially if the person has already had severe pneumonia.

The susceptibility of death from coronavirus of the elderly persons is explainable by the low levels of interferons, which are important for the fight against the viruses, and which reach the greatest decrease of levels after the fiftieth year of human life. It has been experimentally found that consuming only 2 grams of garlic raises about 5 times the level of alpha interferon (IFN- α) in 2 hours. Garlic also shows anti-inflammatory effects.

Vitamin B3 (niacin or nicotinamide) and vitamin C should be taken preventively because they raise interferons, especially when coughing begins, for it has been experimentally proven that both vitamins have a regenerative effect on damaged lungs.

Damage to the lungs due to coronavirus results in hypoxia — a decrease of oxygen in the blood, and often damage of the heart itself due to the lack of oxygen, even if the person survives. The solution could be in taking of beta-blocker propranolol, which reduces the

need of the heart muscle and also the whole body for oxygen, which relieves the heart muscle and allows the body to survive with reduced lung function.

In one experiment, two groups of eight dogs each had air at their disposal with only 9 percent oxygen. In the non-propranolol group, half of the dogs died within 40 minutes, whereas the propranolol-influenced group of dogs did not have any dead individuals. Propranolol has also shown many anti-inflammatory and antiviral effects, especially when consumed during the flu, but should be used under the supervision of a physician due to its possible adverse effects in people with low pressure and severe asthma.

In the case of mucus accumulation in the lungs, it can sometimes be very helpful to have a lobelia flower that causes severe spasmodic expectoration. As only a slightly smaller amount than the toxic amount is required for the beneficial effect, the dose of the flower tincture should be gradually increased every twenty minutes, until a strong expectoration occurs. If lobelia tinctures are of low concentration, direct consumption of the flower should be done with extreme caution. In some cases, such expectoration is able to clear the lungs of debris that, if not thrown out, is the source of many years of chronic cough.

While during illness the period of lack of desire for food goes on, food should not be consumed in the least, because hypoglycemia (lack of blood sugar) causes a jump of prolactin and interferons, by which the immunity is dramatically increased, while in times of hunger, simple and energy-intensive foods should be eaten that are easily digestible, best a combination of oil

(olive) and wholesome bread; or unfermented (histamine-free) butter and honey.

Of course, all these factors of raising adequate immunity is illusory to apply while at the same time violating the principles of a moderate and healthy diet, sufficient intake of clean water, sufficient sleep, necessary physical activity and a mature reaction to stress. However, not all of these measures are a sure guarantee that a person will survive the coronavirus, but it is everyone's responsibility to do everything in their power.

TEMPERANCE AND VICTORY OVER VICE

Intemperance can be manifested through unhealthy nutrition, but also through excessive care of nutrition and health. The cause of intemperance is our bad motivation regarding nutrition and health.

We should take care of our health out of love for health (in order to use our abilities to successfully respond to life requirements), not out of fear of illness or obsession with ourselves and our looks.

If we are burdened with health, we will emphasize irrelevant details and neglect the relevant ones and so again jeopardize our health by imprudent implementation of correct health advice.

Intemperate consumption of propranolol, garlic and even plain water has already produced fatalities.

The cause of intemperance which leads us to make wrong actions lies in our inner spiritual dissatisfaction. It urges us to be burdened either by food indulgence, and therefore neglectful in terms of our health, or by taking care of health itself.

Soul thirst must be quenched at the right well, otherwise the dissatisfaction of spirit will keep burdening us with attempts to find satisfaction in what we do, which will make us intemperate.

Some are addicted to sweets and sugar on a psychological basis, for the increased amount of glucose in the blood produces a constant high level of happiness hormone – serotonin, and in that manner they fight against the unpleasant emotions. It is the expression of immaturity, because emotions should correspond to reality in order for the organism to produce hormones, which will provide it with abilities responding to real life requirements. Our emotions are always a response to some kind of reality, whether external or internal – spiritual. If we suffer from anxiety, mental tension or depression, suffocation of awareness of the internal problem by emotional and sensual sensations will not be a solution.

If we do not overcome our temptations, unclean conscience remains upon us and can burden us with various fears and phobias, because we subconsciously know what we deserved. The fear of conspiracy can also seize us when the hypothesis of someone else's evil intention brings incredible satisfaction to our own impure conscience. If we are negligent in our own unhealthy habits, we can show fear that someone else wants to poison us. If pandemics happen to us as a curse due to globally spread sins, we are then dealing with the specific sins of some minority to which we shift the responsibility for the misfortune that comes upon all humanity. One can never achieve a higher goal than the one he has set for himself, higher ideals than those that his mind is engaged in. While the enlightened mind will deal with scenes beyond itself which ennoble it by making

it aware of the need for its own reform, so long will a person of decadent character deal with what is worse than herself in order to soothe her impure conscience that there are people worse than her.

Instead of deceiving our conscience by dealing with evil intentions of others, it would be better to dedicate one day a week for facing our problems, for self-review and spiritual struggle, optimally during the weekly diet day, which would make that day a day of fasting. Facing oneself is not pleasant, but it brings much relief.

During fasting (without any food), due to the lack of carbohydrates the levels of the joy hormone decrease, and the prolactin, the care hormone, increases. Not only does prolactin cause regeneration and strengthening of immunity during the one-day weekly fast, but it also sobers the mind for analytical thinking and our own self-examination. However, we are prone to completely opposite mechanisms. Ancient Jews even noticed people's tendency to intoxicate themselves with indulgence and false carelessness when they should face their own responsibility:

“Therefore in that day the Lord God of hosts called you to weeping, to wailing, ... Instead, there is gaiety and gladness, killing of cattle and slaughtering of sheep, eating of meat and drinking of wine: Let us eat and drink, for tomorrow we may die.” (Isaiah 22:13)

“Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up... Now listen, you who say, “Today or tomorrow we will go to this or that city, spend a year

there, carry on business and make money.” Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.” (James 4:8-14)

In order to suffocate the awareness of our inner problem, we induce a spike of dopamine through various sources of excitement (popular music, video games...) which blocks the prefrontal cortex and the responsible function of reason and conscience. We also trigger euphoria with sweet beverages, sweets and overeating, thus elevating the glucose level in blood, which increases the level of the happiness hormone – serotonin.

However, an excessively high glucose level in the blood has numerous harmful side effects. Besides causing low immunity (disabling leukocytes) and diminishing the organism’s ability to produce energy itself by melting its own fat, an excessively high glucose level burdens the pancreas, making it intensely produce insulin which turns glucose into fat. Also, a high level of glucose stops the production of the growth hormone.

A very high level of the joy hormone during work activities makes a man too careless, superficial and reckless while working. For this reason, sweets should be left for a festive atmosphere. It is optimal to dedicate one day a week to rest from previous work activities, when we can, for instance, take a walk enjoying nature and think about sublime notions, which will naturally produce higher levels of serotonin and dopamine and therefore improve the psychophysical rest of the organism. Nonetheless, even healthy life pleasures may become objects of our abuse if we try by them to quench the thirst of our soul. Eating delicious food should be an

inducement for expressing our inner fulfillment (through gratitude), and not something in which we should seek our fulfillment (which is the cause of voracity).

Fundamental Delusion of Hedonism and Mysticism:

“Emotions can satisfy me!”



Truth:

No matter how feelings are exalted, strong or prolonged, they can never satisfy the thirst of the soul, but can only suffocate awareness of human inner spiritual dissatisfaction.

Let us note that feelings of happiness, however strong and sublime they are, can never satisfy us, but only suffocate the awareness of our inner spiritual emptiness. To feel happy and to be happy are two different things. Why are we under the impression that happiness keeps “running away” from us, no matter how fulfilled our dreams are? Not only because the feeling of happiness is unable to satisfy us, but also because organism itself struggles against our abuse of feelings!

Namely, when we cause an excessive level of the hormone dopamine by constant excitement of the feeling of pleasure, this very dopamine causes apoptosis – programmed death – of the neurons which produce it, for this is how the organism uses automatic regulation to defend itself from a dysfunctional and constant high level of excitement.

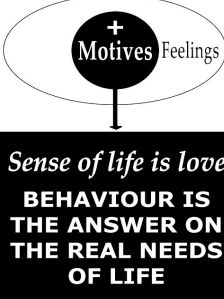
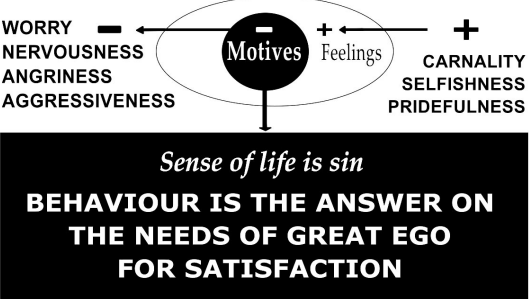
Those persons who by marijuana and other narcotics induce the leap of dopamine, at first they cause the blockade of the prefrontal cortex, which results in their becoming careless of everything and superficial in their use of common sense. Afterwards, when their dopaminergic neurons die out to a substantial extent due to the process of apoptosis, they lose concentration and have a strong urge, by repeated intoxication, to elevate the dopamine, but now at least to the average level necessary for normal brain functioning. Inability to achieve the same excitement and the same level of concentration leads them to an even more intemperate need for intoxication. Eventually, due to a lack of dopamine and frustration of their need, they fall into a deep depression and feel completely worn out. The mechanism is the same with any other type of intoxication which elevates dopamine, for instance, intoxication with popular music, video games and pornography, which are proven to cause serious damage to dopaminergic neurons. Recovery of dopamine neurons, destroyed by various forms of intoxication, can be achieved by a therapy of several days of taking the Sweet Flag tea (*Acorus Calamus*). Due to the other harmful side effects, the use of this tea should be soon ended. Excessive levels of dopamine represent a path to schizophrenia, while too low – a temptation for depression. The diminished ability of feeling naturally pushes a person toward even stronger stimuli, which is, along with inner dissatisfaction of spirit, the main cause of man's intemperance.

When someone gives this type of person a piece of advice saying: *"Enjoy the little things!"* it surely seems grotesque at that moment, because how could they

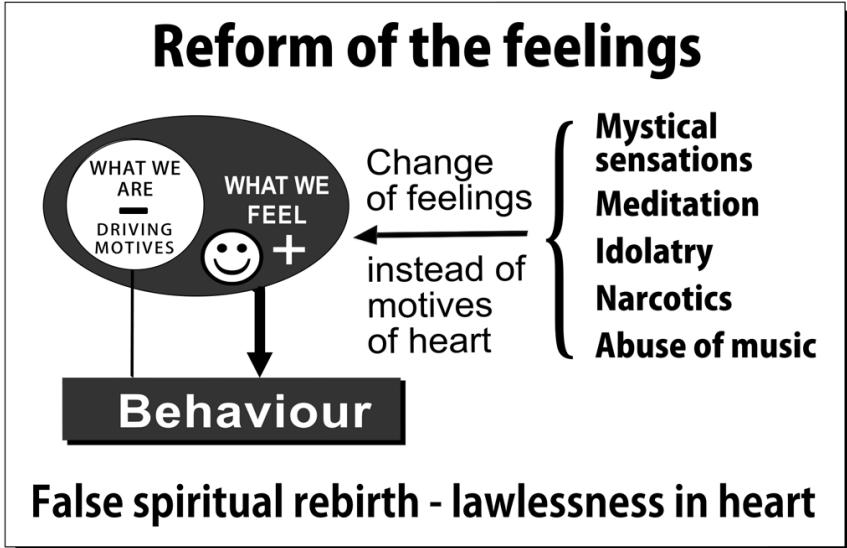
enjoy the little things if they are no longer able to get satisfied even with the strongest sources of pleasure?

Those who enjoy the little things are on the way soon to become dissatisfied with the little things and to seek satisfaction in even bigger things.

The meaning of life is not pleasure, but love (serving others), and that is giving happiness and not seeking happiness. The one who wants to enjoy in seeking happiness must make their spirit unhappy, must become deeply dissatisfied in order to have the motive to seek happiness. Truly (spiritually) satisfied person does not seek happiness, but gives it.

<i>Communion with God</i>	<i>Independence from God</i>	
HAPPINESS INNER SATISFACTION	UNHAPPINESS INNER DISSATISFACION	
HAS HAPPINESS	HAS UNHAPPINESS	DOESN'T HAVE HAPP.
GIVES HAPPINESS	GIVES UNHAPPINESS	SEARCHES FOR HAPP.
THROUGH UNSELFISH LOVE	THROUGH THE NEED FOR PSYCHICAL DISCHARGE	THROUGH SELFISH MOTIVES
		
Spiritual dissatisfaction determines our essential driving motives and sense of all our abilities and so determines the sense of our life		

Some direct their dissatisfaction toward the sphere of spirituality and then intoxicate themselves with pious feelings; however, they merely replaced one object of their burden with another which is, in fact, called — idolatry.



However, true spiritual gratification results in a change of our essential driving motives, not emotions. Only when truly satisfied, we will not have the temptation to intoxicate ourselves with emotions and be burdened with the constant search for satisfaction in what we do.

We will then eat delicious food not out of voracity, but with gratitude; and we will then take care of health not out of obsession, but love.

We will not experience stress in case we need to abstain from delicious, but unhealthy food, because we will not be slaves to hedonism.

MATURE REACTION TO STRESS BRINGS PSYCHOPHYSICAL RECOVERY

Many research findings showed that a long-term experience of stress leads to a multitude of psychosomatic disorders in the organism. Autoimmune diseases, allergies, digestive tract problems, heart diseases, obesity, low immunity, hormone imbalance and a man's need for harmful vices often occur as a result of long-term stress.

Nevertheless, most frequently such autodestructive reactions of the organism are not a consequence of actual long-term stress circumstances, but of our immature reaction to stress, which results in the transformation of our personality and retaining the stress reaction even when the stressor is eliminated.

We often complain blaming circumstances for our stress, because they cause us to experience unpleasant emotions we cannot endure. However, there is nothing wrong in experiencing emotions corresponding to reality.

It is natural to feel fear in danger. The emotion of fear raises the level of the hormone cortisol, which causes degradation of muscle tissue and immune system (lymphocytes and leukocytes), so that we can have enough glucose in the blood and therefore energy to run.

When we witness an act of injustice, feeling anger corresponds to reality. The feeling of anger causes the increase of testosterone, which causes the building of muscle mass so that we can fight.

When we witness trouble or loss, it is natural to feel sorrow. The feeling of sorrow decreases the level of

Mind	➔	Emotions	➔	Motives (bad or good)
Goodness, justice, gain, gift	➔	Joy	➔	Selfishness or gratitude
Danger	➔	Fear	➔	Cowardice or courage
Injustice	➔	Anger	➔	Hatred or meekness
Loss	➔	Sadness	➔	Worry or care

testosterone and increases the level of the care hormone – prolactin, so that we can dedicate ourselves to the needs of the deprived. It is natural to feel joy when we witness something nice, beautiful and just. The feeling of joy elevates the levels of various joy hormones: love emotion elevates serotonin, sensual excitement and admiration elevate dopamine, etc., and all of them together, to a moderate degree, facilitate organism recovery and regeneration.

The problem of stress does not lie in the emotions we feel, but in our motives by which we respond to a stressful situation. Stress is the test of our actual inner motives, but also the test of our choice, for it represents an opportunity to reform our motives.

If we let fear overwhelm us as a behavioral motive when we are in danger, then it remains as the motive which leads us into cowardice, suspicion and fear, even when there are no longer objective reasons for being afraid.

If we let anger overwhelm us when we are victims of injustice, this anger will make us prone to interpret other people's actions as unjust and so fabricate rea-

sons for getting in conflict with others, even though objective reasons for such reactions cease to exist.

If we fall into depression as victims of loss, we will tend to interpret reality in a depressive manner, even though the reasons for sorrow no longer exist. If we start worrying during some kind of trouble, we will continue to be worried even when there are no longer reasons for that.

If our reaction to stress is immature, we experience such a transformation of our own personality that we maintain the stressful reaction of the organism even when the stressful situation has been eliminated. We then keep interpreting reality in a stressful manner so that we could have occasion and excuse for our suspicion, contentiousness and depressive whining over the situation. Then the sources of fear, anger and sorrow start residing in ourselves, our driving motives, apart from objective reality, causing the excessive level of hormones which damage our organism.

Constant fear weakens our immunity and causes obesity by means of high cortisol level, for the excess of unused glucose in the blood creates fat layers. Cortisol can be lowered by inhaling lavender, basil, sage or wild oregano essential oil.

Constant anger elevates testosterone, which degrades the internal organs to build muscle tissue out of their amino acids, so in this sense it is true when they say that "hatred eats you alive".

Permanent sadness, by overly increased level of prolactin, excessively activates certain elements of the immune system, thus provoking the onset of autoimmune diseases. While the constant emotion of sad-

Sphere of external influences (Needs of life)	Mind	Goodness, justice, gain, gift	Danger	Injustice	Loss
	Emotions	Joy	Fear	Anger	Sadness
Sphere of human nature (Capabilities)	Hormones	Serotonin, Dopamine, Endorphins	Cortisol	Testosterone	Prolactin
	Supported capabilities	Creativity	Escaping from danger	Fight against injustice	Caring about unhappy people
Sphere of personal responsibility (Meaning of capabilities)	Mature reaction to stress	Gratitude	Courage	Meekness	Care
	Immature reaction to stress	Selfishness	Cowardice	Hatred	Worry
Sphere of consequences of immature personality	Irrational behaviour	Readiness to endanger life for pleasure	Non-resistance to injustice	Provoking of conflicts	Worrienss without reason
	Destructive consequences	Brain cells damage	Affected immunity	Atrophy of inner organs	Autoimmune diseases, Loss of sexuality

ness increases the cytokine IL-18 (in charge of killer cells and the entire system of immune response), the feeling of endangerment raises the cytokine IL-6 (cytokine inflammation).

Not only does our reaction to unpleasant emotions make us destructive, but it is also achieved by our reactions to pleasant emotions. If we have abused the sources of pleasant emotions through our attempt to get satisfied with them, we experience a constant addiction to the sources of pleasant emotions which we now cannot do without.

Constant provoking of excitement raises dopamine, which blocks the prefrontal cortex and makes the person irresponsible and negligent. High dopamine also overthrows prolactin, which is essential for the healthy functioning of the immune system. The West Mediterranean race is characterized by naturally high dopamine, which automatically lowers prolactin, and therefore their naturally lower immunity can be raised by consuming barley or barley malt due to its prolactin-raising beta-glucan content.

Frustration of man's selfish need for pleasure is the main source of modern man's depression. The more we ask from life, the more disappointed we get with life. The right meaning is to give to life, to be the light to the world, not trying to gain something from it.

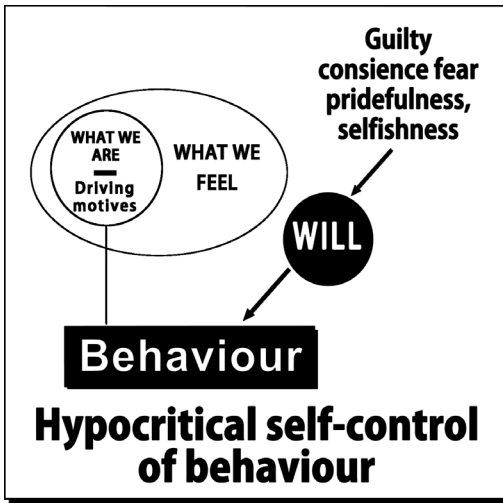
The secret of mature stress reaction is in noble motives by which we should respond to a stressful situation. We should feel joy for what is good, not becoming selfish for the source of good, but grateful for it. We should feel fear while in danger and be brave, not cowards. We should feel anger for injustice, but we should be driven by meekness, not hatred. We should feel sorrow for loss, but we should keep tranquility and peace, not fall into depression.

So, the same stressful situation in which we destroyed ourselves by reacting immaturely may improve us if we react to it maturely, with sublime and noble motives.

However, if we have already experienced a negative personality transformation (due to immature reaction to stress), we most often try to hypocritically hinder the demonstration of bad motives (selfishness, suspicion, hatred and worry) instead of working on the positive transformation of our personality which will result in the change of our motives from bad to noble (unselfishness, courage, meekness and care).

We are mostly bothered only with the symptoms of immature stress reaction (unpleasant emotions, conflict with other people), and not the bad motives themselves (selfishness, suspicion, hatred and depression) we immersed ourselves into by the immature stress reaction.

Self-control can make us act properly on the outside, whereas bad motives keep having their fatal effect in the overproduction of hormones not responding to real life requirements. Also, bad motives cause psychosomatic health issues, whether we hinder their expression (high blood pressure, stomach ulcer...) or openly express them (coronary artery spasm...). The solution lies not



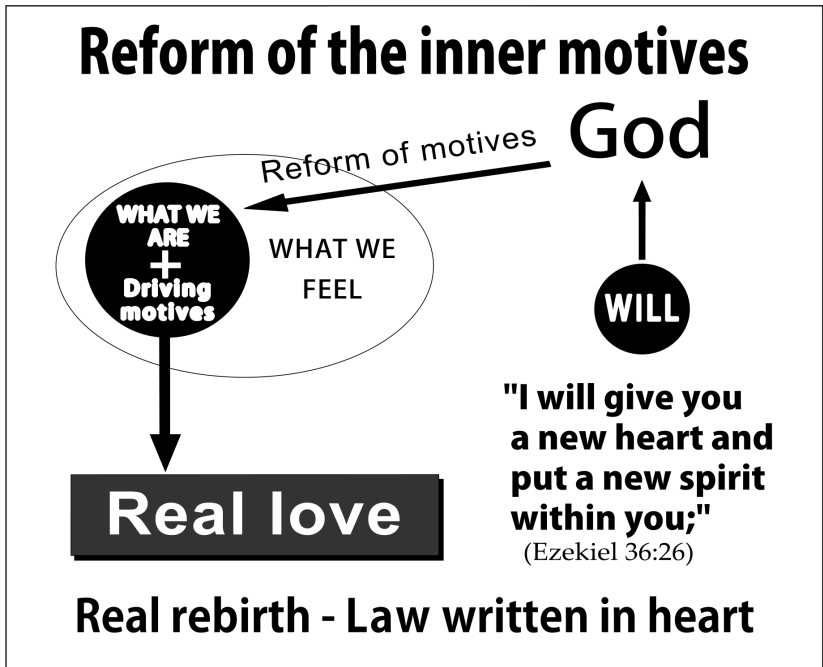
in the suppression or expression of bad motives, but in their reform. This reform is a result of positive personality transformation, the one the pedagogues would call maturity of personality, and religious people — experience of spiritual rebirth.

Maturing of personality represents putting our abilities into right function, in order to respond with our emotions, senses and mental abilities to the real life requirements, and not abuse them for satisfaction.

Unlike plants and animals that genetically react properly to a stressful situation, we, humans, are personalities with the freedom of choice to individually determine the meaning of our abilities, whether we will abuse them for satisfaction or use them to respond to real life requirements; whether we will react to stress maturely or immaturely. This is why we can appreciate each other for our noble actions when we know they are not a pro-

duct of our determination under the influence of genes or environment, but a product of our personal choice in the moments of life temptations. Nevertheless, if we try to seek goodness and virtue in ourselves, in our hearts, we will become extremely disappointed. We will not find the strength of true love in ourselves, nor the strength for mature stress reaction, nor for taking care of health and life. We need to lift up our view.

We need a spiritual experience, for man is also a spiritual, not only physical and mental being. We are essentially all religious, because we all “pray” to someone or something seeking someone or something to quench the thirst of our own soul. We unawarely attribute supernatural powers to the sources of our pleasure when we imagine that they can satisfy us.



However, as we noticed, the experience of pleasure cannot satisfy anyone, it can only suffocate the awareness of our inner problem. This is the reason why we need to reasonably question whether the object of our reliance can truly satisfy us or it merely provokes intoxicating emotions which we use to suffocate the awareness of our inner problem and cause biased goodness which will disappear as soon as the stress of everyday life spoils our emotions.

A stressful situation can help us very much in this area, for therein our real spiritual state gets fully expressed, so by becoming aware of it, we can reform it. When our spiritual needs are satisfied, then we no longer experience temptation that we cannot conquer.

Then the pleasant experiences lose the role of the source of our satisfaction and gain the role of the cause for expressing the happiness that we have in our essence. Then we naturally respond to pleasant experiences with gratitude, and to unpleasant experiences with proper and reasonable motives. Taking care of health will then not be a burden to us, but joy. Appetite, which was once perverted, would start enjoying simple and healthy food. Our care for health would bring us mental and physical revival, while our disburdened spirit and its abilities would become a blessing to other people around us as well.



An expanded version of this book with additional theological explanations and a critical review of coronavirus conspiracy theories can be downloaded freely from the following address:

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“Coronavirus contains a structure that deceives the body’s immune system and leads it to an inadequate immune reaction characteristic of a bacterial and not a viral infection, which is why the immune system is less directed at fighting the virus and more at fighting the infected tissue, also damaging on that occasion a healthy tissue. ...”



“Popular plants whose ingredients are useful for general immunity boosting, such as echinacea and astragalus, can worsen the fight against coronavirus as they raise the number of neutrophils and cytokines responsible for the “cytokine storm”. ...”

“Intemperance can be manifested through unhealthy nutrition, but also through excessive care of nutrition and health. The cause of intemperance is our bad motivation regarding nutrition and health. We should take care of our health out of love for health (to use our abilities to successfully respond to life requirements), not out of fear of illness or obsession with ourselves and our look. If we are burdened with health, we will emphasize irrelevant details and neglect the relevant ones and so again jeopardize our health by imprudent implementation of correct health advice. ...”

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