



## NATURAL COMPOUNDS AGAINST CORONAVIRUS AND FLU VIRUSES

In addition to the continuing COVID-19 pandemic and the omicron wave, the flu season is also upon us. As we have already learned, the RNA/DNA vaccines have severe limitations in preventing coronavirus infections, emerging viral mutants and their spread, and seasonal anti-flu vaccines cannot keep up with the viral mutations. It is difficult to protect ourselves from every single infectious agent unless our own immunity is strong. Most of the antivirals weaken the immune system and cause other side effects. It is critical to address the fundamental mechanisms of infection and increase the immunity of the human population.

The coronavirus and the flu virus easily spread through the air, and simple measures such as covering the nose and mouth, frequent hand washing, cleanliness, and good nutrition are essential and effective. During previous epidemics of bird flu, or human influenza H1N1, we conducted numerous studies at the Dr. Rath Research Institute with a combination of specific micronutrients. We demonstrated that the micronutrients working as a team could suppress viral infections at various steps. Specifically, vitamin C, lysine, and N-acetylcysteine can block entry of the virus and prevent its multiplication within the cells. Vitamin C is also shown to prevent activation of dormant viruses and limit the spread of infections by improving integrity of the connective tissue.

As we continue our research in various health challenges including the coronavirus pandemic, the scientists at Dr. Rath Research Institute recently published a study that investigated more than 50 plant compounds on SARS-CoV-2.<sup>1</sup> These compounds (phytonutrients) were tested on multiple enzymes and receptors important in halting the entry and infectivity of the virus. Our earlier studies showed that a combination of vitamin C, N-acetylcysteine, lysine, proline, and green tea extract can directly prevent viral binding to the ACE2 receptors.<sup>2</sup> Although these micronutrients are known to improve the



immune response when used individually, they are required in very high doses. We have shown that their specific combination was far more effective in decreasing the presence of ACE2 receptors on lung and vascular cells than when used separately.<sup>3</sup> Moreover, this combination used significantly lower doses of nutrients achievable by oral supplementation.

One of our recent studies focused on the cellular “entry door” for coronavirus, the ACE2 receptors, and the enzymes (such as TMPRSS2, transmembrane protease serine-2, and cathepsin L) required for attachment of the virus to the cells in lungs and other organs and promoting its cellular entry. It is widely known that binding of SARS-CoV-2 to the host ACE2 cell receptors and its infectivity are dependent on a specific viral protein, called a spike protein. Current therapies focus on preventing the binding of the viral spike to ACE2 receptors. Our study with over 50 plant extracts showed that curcumin, black tea extract and several others could inhibit viral attachment to the ACE2 receptors, and cellular entry of viral particles. In addition, curcumin and theaflavin were very effective in inhibiting activity of TMPRSS2 and cathepsin L enzymes that facilitate cellular entry of SARS-CoV-2. Our most recent study evaluated the efficacy of a micronutrient combination against cellular entry of the five coronavirus mutants, including Delta the current most prevalent, is under the publication process and will be available soon.

It is clear that daily intake of a broad micronutrient program forms the basic and effective measure against any viral infection. Make sure that the nutrient combination that you select for building your strong immunity is backed by research.

Ref:

1. Goc A. et al, *PLOS One*, June 2021
2. Goc A, et al. *J Cellular Medicine and Natural Health*. Aug 2020.
3. Ivanov et al., *J CM & NH*, July 2020

This information is provided to you by the Dr. Rath Research Institute a leader in the breakthrough of natural health research in the field of cancer, cardiovascular disease and other common diseases. The Institute is a 100% subsidiary of the non-profit Dr. Rath Foundation.

The ground-breaking nature of this research poses a threat to the multi-billion dollar pharmaceutical “business with disease”. It is no surprise that over the years the drug lobby has attacked Dr. Rath and his research team in an attempt to silence this message. To no avail. During this battle, Dr. Rath has become an internationally renowned advocate for natural health. Says he: “Never in the history of medicine have researchers been so ferociously attacked for their discoveries. It reminds us that health is not given to us voluntarily, but we need to fight for it.”

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