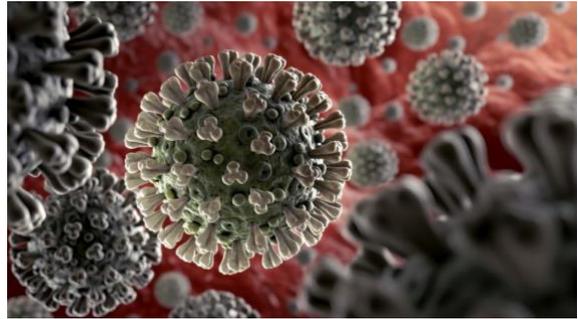


## **Corona Virus II: Overcome your fears with knowledge and prevention!**



### **Facts, background, active prevention and treatment with integrative biological medicine**

Dear patients, friends and partners,  
our previous newsletter on this important topic is now 10 days old and since then public life in many countries around the world has actually come to a lockdown. Those necessary restrictions apparently slowed the rate of spread of the COVID-19 infection, but unfortunately, they couldn't stop it. Our newsletter received a lot of positive feedback and induced some initiatives to help and support those persons who belong to the so called risk groups. In addition, we have received a lot of letters and interesting e-mails, therefore we would like to take the opportunity and comment on the content and questions with this updated newsletter. Last but not least, we will not comment on possible backgrounds that go beyond our medical competence.

In the following, we focus in particular on new findings on COVID-19 and their conclusions for our active prevention program. Today, we will oppose the supposed criticism, that many of our naturopathic recommendations have no scientific basis, with clear facts from scientific studies. Once again, our kind recommendation: Please pass on our newsletter if you like it. People need positive, supportive and constructive information & expertise. Unfortunately, the essence of our health relevant publications are still not being communicated enough via the open mass media. So let's go!

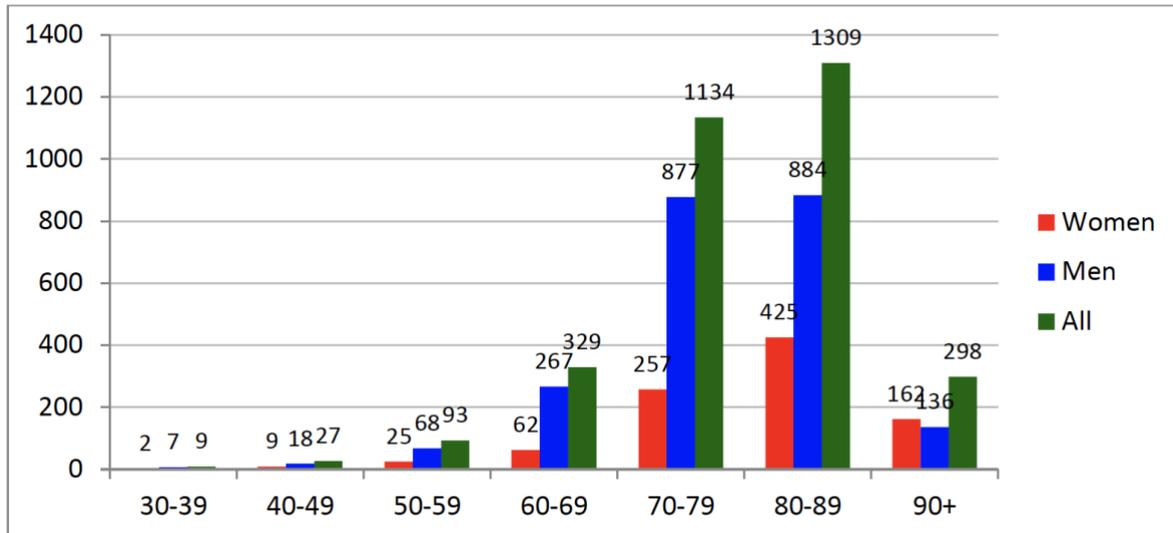
#### **Actual facts**

While the current mortality figures in Central Europe are between 0.4% (Germany, Austria) and 1,5% (Switzerland), the reports and figures from Italy and Spain with death rates of up to 9% have frightened and worried us. Of course, as in our and many other countries, many people with only non-significant to mild illnesses have not been tested yet. According to experts, the "unreported" corona cases, that have not been tested yet, should provide a figure up to 10 times higher. However, the differences are significant and not only due to poor management or weaknesses in the health systems. Yesterday in Italy, an analysis of 3,200 people, who died of COVID-19, was presented by the Italian Institute for Health, revealing interesting details:

1. The average age of the deceased was 80.5 years;
2. Only 1.2% of the deceased had no life-shortening co-morbidities, i.e. the known diseases of the risk groups;
3. 48.6% of the deceased had 3 or more diseases of the risk groups;

4. 84.4% of the deceased came from Lombardia and Emilia-Romagna, the densely populated industrial areas in Northern Italy, inhabiting the highest short-term working class in textile industry from China in Europe (0);
5. 70% of the deceased were men, and most of them smokers (1).

**Figure** Absolute number of deaths by age group



Extract from the report of the Institute for Health Research after the analysis of 3200 coronavirus deaths (Dated 24.3.2020)

In the meantime, it has also become known that the heavily affected industrial regions of Northern Italy have by far the highest air pollution in Western Europe and that there is approximately a 5 times higher rate of asthma and COPD (chronic obstructive lung disease) among the population. One of the first conclusions for active prevention would be fresh air (you can also breathe through an open window during quarantine) and immediate quitting of smoking!

### Where are the differences between COVID-19 and a general influenza/flu and why?

To answer this question, let's first take a look at the following data provided by WHO and the Robert Koch Institute in Germany:

#### Coronavirus and seasonal flu (Influenza) – Similarities and differences

The virus	Covid-19	Influenza
causes respiratory diseases	✓	✓
droplet transmission ( while talking/ coughing)	✓	✓
incubation time between infection and first symptoms	2 to 14 days	1 to 2 days
infection rate per infected person	2 to 2.5	lower

Progression	Covid-19	Influenza
asymptomatic, mild or heavy	✓	✓
potentially fatal	✓	✓
heavy, life-threatening disease process (e.g. artificial respiration)	more often	less often

Risk group	Covid-19	Influenza
Children	✗	✓
Pregnant woman	✗	✓
Old or chronically ill people, along with people that have a weakened immune system	✓	✓

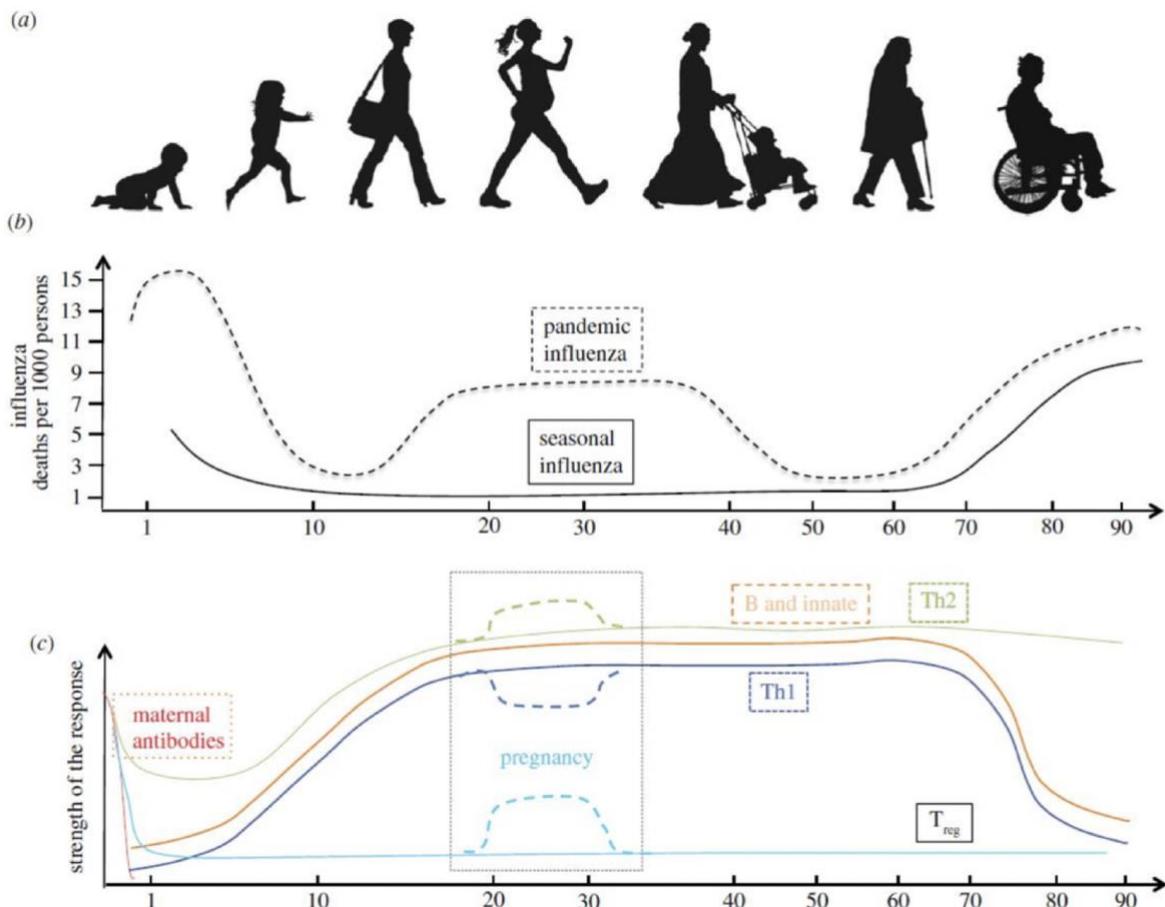
Precaution/treatment	Covid-19	Influenza
Vaccination	✗	✓
Antivirals	✗	✓

Source: World Health Organization WHO, RKI

It is clearly evident that in addition to a vaccine, which is not yet available, the main difference lies in the risk groups and their systemic diseases. In fact, children and pregnant women are not affected. No death is known worldwide yet. So another conclusion, without being intentionally impolite: Dear young women - please get pregnant ... (fun aside ..)...

But how come? It is due to our super important **immune system**.

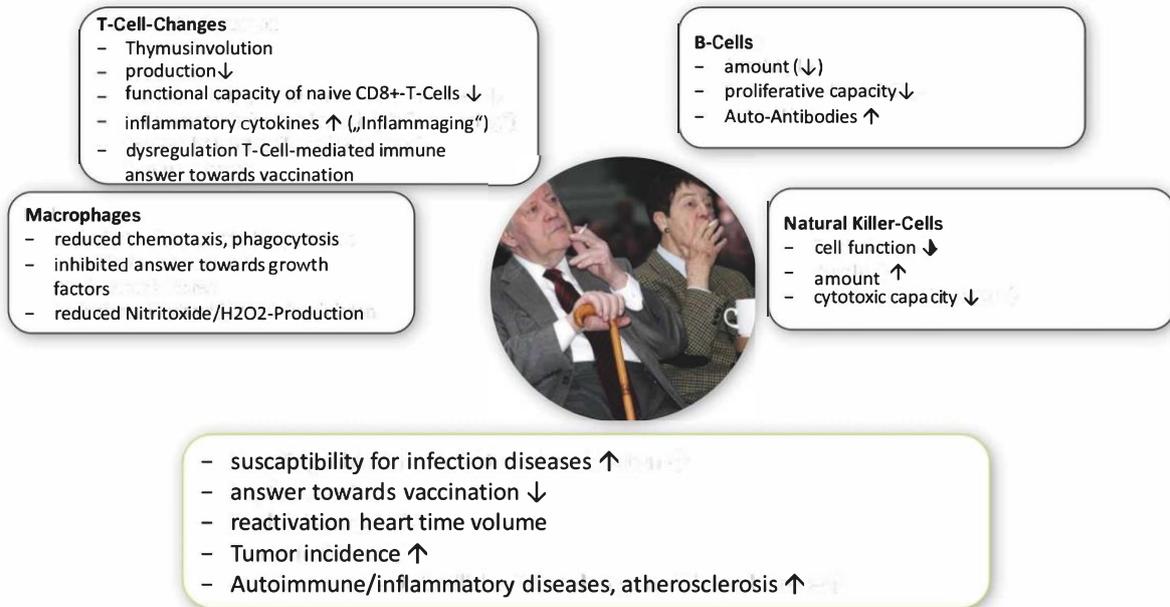
The following figure clearly shows that the thymus-dependent immune system drops off very clearly from the age of 70. In addition, the so-called (TH1 leg) shows an exponential drop. While TH2 is stimulated by messenger substances that promote inflammation and allergies (= pro-inflammatory cytokines), TH1 is dominated by cytokines that act against inflammation (= anti-inflammatory).



Age dependent immunity and increase in death rate due to influenza/flu (2)

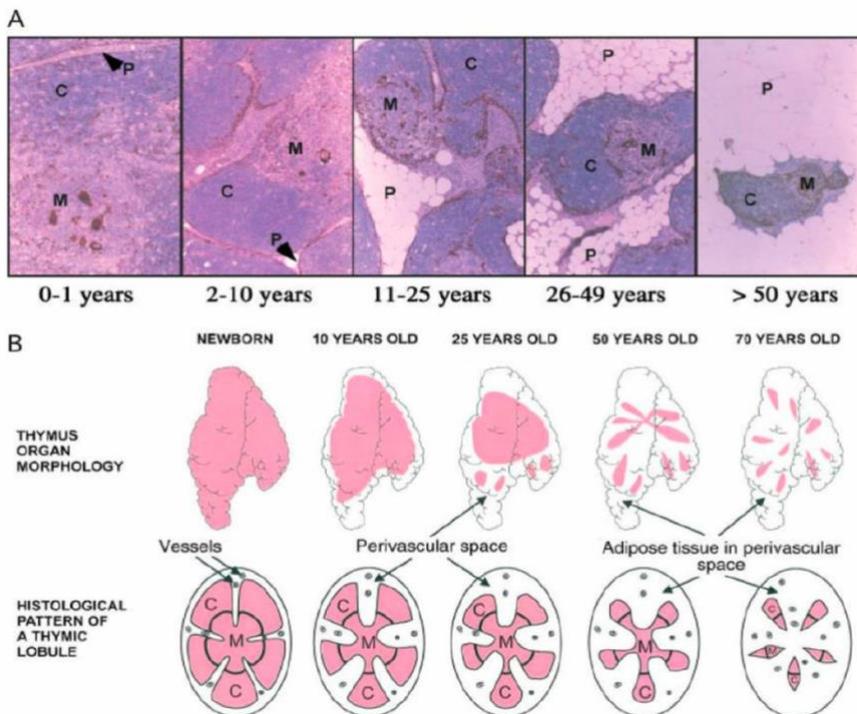
In 2015 (3), the HARALAMBIEVA science group published all essential immunological factors that change in elderly people. If you smoke, practice a bad lifestyle, do not work out and take medication that weakens you immunologically, this creates a truly dangerous mix.

Accordingly, it is absolutely necessary to provide the elderly people who present with additional diseases of the risk groups, with the highest possible level of attention and protection. In our view, the current measures are certainly helping, but people's fear remains. And this needs to be reduced with profound knowledge and with an active prevention protocol. Unfortunately, our immune cells also work worse when we are frightened.



*Changes of immune response in elderly people (3)*

And why do healthy children actually have no risk to suffer from severe consequences of the coronavirus flu? Clearly, you have the full «thymus power»! The sweetbread, an important immune gland behind the breastbone, is the largest tissue in relation to body size in newborns and contains tightly packed immune cells. In the latter the T-lymphocytes mature, which we need especially against viruses, cancer cells, fungi and parasites.

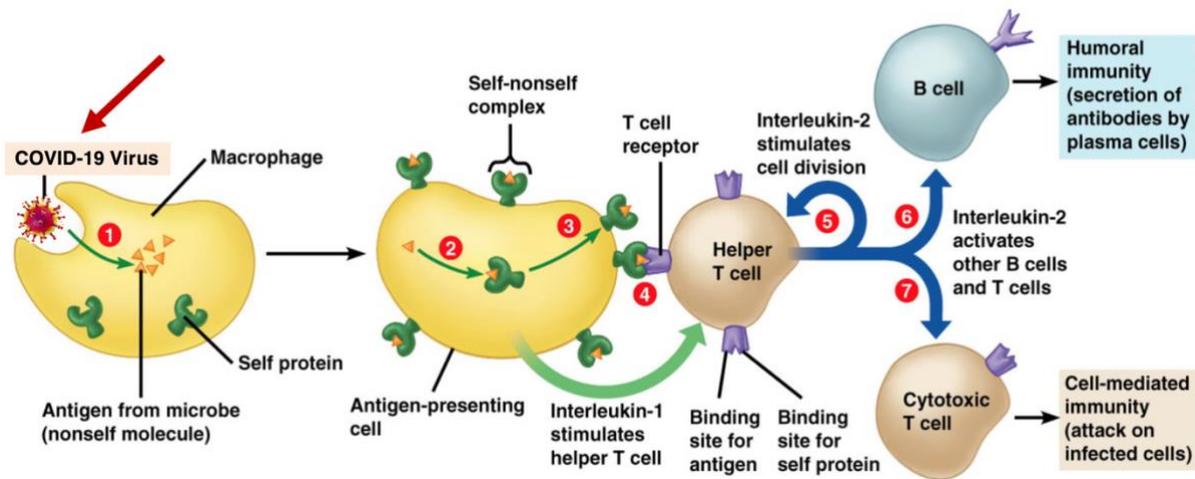


*Age-related decrease of the amount of thymus - immune cells (so-called involution) (4)*

Unfortunately, contrary to the reduction in thymus tissue, the risk of developing autoimmune diseases, chronic infections and cancer increases with age. So every possible way to strengthen the thymus makes perfect sense! To achieve the latter, we recommend organo-peptides (i.e. Company Vitorgan, Germany).

## Current research on healed COVID-19 patients describe the immunological processes needed for full recovery

A few days ago, THEVARIAN et al. published the case of a medium-severely ill and hospitalized coronavirus flu patient in detail. Despite viral pneumonia, she received (only) isotonic saline and oxygen and recovered completely within 10 days. The impressive data prove that the COVID-19 virus with similarities to AIDS specifically attacks the T helper cell function and interaction with macrophages (phagocytes). As part of the healing process, an increase in follicular T helper cells (CD4TFH), activated T cells (CD4 + and CD8 +) is associated with an increase in plasma cells, which form the antibodies IgM and later IgG (5). The following figure shows the synopsis of these processes allowing consequent execution of our humoral and cellular defense (6).



*In details: the immune defense chain against COVID-19 Virus*

## Evidence based/scientific background of our therapeutic recommendations for active prevention (especially for multimorbids, the elderly and high-risk patients)

### 1. Vitamin C (Ascorbic acid)

Vitamin C is one of the essential nutrients for humans, which must be supplied externally as human beings cannot produce Vitamin C. It is a powerful antioxidant and belongs to the family of co-factors of biosynthetic and gene-regulating enzymes. The participation of ascorbic acid in the strengthening of the body's defense system has also been known for a long time and is characterized by the increased formation of T helper cells, antibodies (e.g. IgG and IgM) and macrophages (= phagocytes). The latter are responsible for the defense against **viruses** and **bacteria**. In order to be able to detect appropriate pathogens, these immune cells need, among other things, vitamin D and C. Macrophages accumulate vitamin C, which increases their mobility, antigen uptake (e.g. virus) and presentation (7). While the recommended daily requirement for most people, to sustain a healthy life balance, is between 200 and 300 mg up to 2000mg, it increases for infections even up to 30 g.

Since the latter is impossible to ingest through food, high-dose infusions have proven successful. The serum blood level should be over 50 µmol/l.

Immune System	Function of Vitamin C	Refs.
Epithelial barriers	Enhances collagen synthesis and stabilization	[30–35]
	Protects against ROS-induced damage <sup>1</sup>	[36–40]
	Enhances keratinocyte differentiation and lipid synthesis	[41–45]
	Enhances fibroblast proliferation and migration	[46,47]
	Shortens time to wound healing in patients	[48,49]
Phagocytes (neutrophils, macrophages)	Acts as an antioxidant/electron donor	[50–53]
	Enhances motility/chemotaxis	[54–63]
	Enhances phagocytosis and ROS generation	[64–71]
	Enhances microbial killing	[54,55,57,58,70,72]
	Facilitates apoptosis and clearance	[71,73,74]
	Decreases necrosis/NETosis	[73,75]
B- and T-lymphocytes	Enhances differentiation and proliferation	[62,63,76–82]
	Enhances antibody levels	[78,83–85]
Inflammatory mediators	Modulates cytokine production	[75,77,86–94]
	Decreases histamine levels	[56,61,95–101]

<sup>1</sup> ROS, reactive oxygen species; NET, neutrophil extracellular trap. Note that many of these studies comprised marginal or deficient vitamin C status at baseline. Supplementation in situations of adequate vitamin C status may not have comparable effects.

*In detail: The most important effects of Vitamin C for immune function (CARR et al. 2017)*

## 2. Vitamin D

Vitamin D also promotes optimal activity of both the **innate** and acquired **immune system**. With AMP (Anti-Microbial Protein), it produces the body's own antibiotics, slows cancer development, spreading of metastasis, lowers blood pressure and is good for blood vessels and blood sugar regulation. A Japanese study was able to show that with additional vitamin D administration, the risk of a developing flu was reduced by 64% and of asthma attacks even by 83% (!) (8). Vitamin D intervenes in the **activation** of the important **thymus lymph cells** and **phagocytes**, which we also need against the coronavirus.

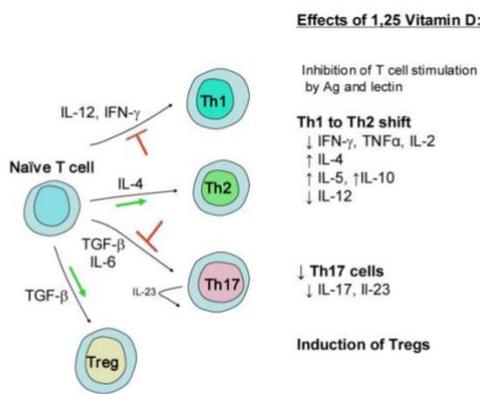
**BUT: about 80 percent of our population have a vitamin D deficiency, the older and the more bed ridden, the higher the deficiency!**

Thus, substitution of vitamin D in virus-risk patients makes a lot of sense, also via parenteral administration, in order to achieve a desired level more quickly.

The most important immunological effects of vitamin D are also illustrated in the next figure for those who are particularly interested. The blood level determination of 25-OH vitamin D is very simple, which should be above 100 nmol/l if possible.

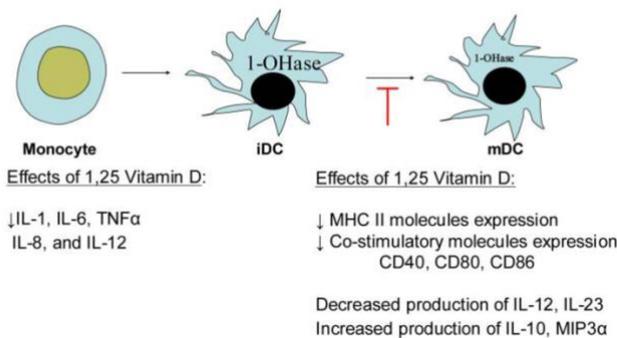
Finally, it should be noted that the sun hormone “Vitamin D” forms in the skin through sun exposure. However, the sun must be at least 45 ° high in the sky. Unfortunately, we only have this situation from the month April going into the summer months (where most flu waves come to an end).

A.



- *Effect of vitamin D on T cells with promotion of the TH1 to TH2 shift and the portion of regulatory T cells (Treg).*

B.



- *Effect of vitamin D on the phagocytes, dendritic cells and inhibition of the inflammatory cytokines (from Aranow 2011) (9)*

### 3. Zinc

In addition to vitamin C, selenium, vitamin E and beta-carotene, zinc is also an important antioxidant, which neutralizes free radicals and thus protects the cells against inflammation and its consequences. But zinc is also elementary for immune processes, especially **virus defense**. A normal zinc level is necessary for the production, maturation and activity of the important **thymus lymph cells**. Zinc activates a large number of ferments in our mitochondria (small cell power plants) and promotes detoxification (10, 11). Unfortunately, over 50% of our people have a zinc deficiency. This should be normalized in times of impending coronavirus flu. The recommended daily dose is at least 15 mg, but can also be administered parenterally in higher dose. Serum levels above 15  $\mu\text{mol/l}$  should be aimed for.

### 4. Vitamins A, E and Selenium as supportive factors for immune competence

According to evidence based research, these vitamins and micronutrient show, with additional oral intake, activating effect on the proliferation of **T-lymphocytes**, the release of relevant cytokines and improvement of the redox status of the lymphocytes, which is clearly illustrated by the work of Bouamama et al. (12). The required dosage can be sufficiently achieved through food rich in fruit and vegetables and the use of good oils (fatty acids), but can also be supplemented at higher dose for high-risk patients.

### 5. Duck liver heart preparation OSCILLOCCINUM and flu prophylaxis ?

The "homing effect" (Nobel Prize Prof. Blobel 1999) is the scientific basis for treatment with diluted organo-peptides, which specifically strengthen the **activity** and **regeneration of the organ from which they originate**. In addition to thymus, the mucous membrane-associated immune tissue (MALT), bone marrow and lymph nodes, the spleen is one of the primary lymph organs. On top of the filter function, it plays a crucial role in ensuring balanced **immune activity**, particularly in the

area of **B** and **T lymphocytes**. In order to prevent virus flu, a wide range of research has shown the effectiveness and efficiency of the homeopathically diluted duck liver heart preparation "OSCILLOCOCCINUM®" (13). A total of 22 publications are specified when searched in PUBMED. We know that critics have massively attacked homeopathy as a cure for viral flu in recent days. BUT if there is clear scientific evidence for the effectiveness of different remedies from naturopathy, you have to respect and accept it and act in the best interest of your patients health.



The Swiss COMPENDIUM shares following indications for use: prevention of flu like symptoms, beginning of flu like symptoms and during active flu like symptoms.

### **NEW: Offer of Alpstein Clinic for coping with anxiety Coronavirus pandemic!**

In addition to the possibility of telephone consultations, infusion and injection treatment on site (based on medical indication), our systemic therapist and curative educator Flavia Krogh is now also offering ESSENTIAL COACHING by phone or skype.

### **In times of crisis we need the right mind set!**

**Thoughts and emotions significantly influence the biochemical processes in our body! Our immune system is also strengthened or weakened, depending on whether we are calm and confident or fearful.**

**Therefore, in times of the Corona Virus it is very important that we prepare ourselves mentally and train our mind set regularly to achieve harmony and well-being.**



- Book a personal session for anti-anxiety coaching by phone or Skype (30 minutes) and get personal advice according to your individual needs: How do I deal positively with my fears and doubts? (CHF 50.-)
  - Register by phone at: +41 71 791 81 00
- Book a session for family coaching by phone or Skype (30 minutes), for a relaxed handling of the new family dynamics (quarrel between siblings, boredom, cell phone addiction, aggression, and so on ...) (CHF 50.-)
  - Register by phone at: +41 71 791 81 00
- Follow our newsletters on our homepage:
  - «Positive mind set in times of crisis: Daily tips!»

### **NEW: Alpstein Clinic participates as fundraiser**



## Initiative «**Coronavirus Active Prevention**»

### **Appenzeller people help Appenzeller people**

- Free provision of preventive package containing vitamin C, D, Zinc and Oscillococtinum to socially disadvantaged and high-risk patients without additional insurance
- Additional information about Alpstein Clinic and concepts

Dear patients & friends,

We hope and wish that our detailed contribution has given you additional confidence in your immune system and will allow you to overcome successfully this wave of events promoted by the Coronavirus flu.

With the best wishes from the team of Alpstein Clinic. Stay healthy!

Dr. R. Oettmeier    Dr. Heike Herzog    Dr. Birgit Kohl, MSc.    Dr.Dr. Josef Vizkelety MSc.

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- (1) *Report sulle caratteristiche dei pazienti deceduti positivi a COVID-19 in Italia*. Istituto Superiore di Sanita. (zit. von [www.welt.de](http://www.welt.de) 25.3.2020)
- (2) *Evolution of the immune system in humans from infancy to old age*. Simon AK<sup>1</sup>, Hollander GA<sup>2</sup>, McMichael A<sup>3</sup>. *Proc Biol Sci*. 2015 Dec 22;282(1821):20143085
- (3) *The impact of immunosenescence on humoral immune response in older subjects*. Haralambieva IH<sup>1</sup>, Painter SD<sup>2</sup>, Kennedy RB<sup>1</sup>, Ovsyannikova IG<sup>1</sup>, Lambert ND<sup>1</sup>, Goergen KM<sup>3</sup>, Oberg AL<sup>3</sup>, Poland GA<sup>4</sup>. *PLoS One*. 2015 Mar 27;10(3):e0122282
- (4) *Immunosenescence of ageing*. Gruver AL<sup>1</sup>, Hudson LL, Sempowski GD. *J Pathol*. 2007 Jan;211(2):144-56.
- (5) *Breadth of concomitant immune responses prior to patient recovery: a case report of non-severe COVID-19*, Thevarajan et al. *Nature Medicine* (2020), <https://www.nature.com/articles/s41591-020-0819-2>
- (6) *Metabolic pathways of lung inflammation revealed by high-resolution metabolomics (HRM) of H1N1 influenza virus infection*. Chandler et al., *Am J Physiol Regul Integr Comp Physiol*. 2016 Nov 1;311(5):R906-R916
- (7) *Vitamin C and Immune Function*. Carr et al. *Nutrients* 2017, 9, 1211; doi:10.3390/nu9111211
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- (9) *Vitamin D and the Immune System*. Cynthia Aranow, MD, Investigator. [J Investig Med](#). 2011 Aug; 59(6): 881–886.
- (10) *Zinc status in human immunodeficiency virus infection*. Baum et al. [J Nutr](#). 2000 May;130(5S Suppl):1421S-3S
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- (12) *Effects of exogenous vitamins A, C, and E and NADH supplementation on proliferation, cytokines release, and cell redox status of lymphocytes from healthy aged subjects*. Bouamana et al. [Appl Physiol Nutr Metab](#). 2017 Jun;42(6):579-587
- (13) *Homeopathic Oscillococcinum® for preventing and treating influenza and influenza-like illness*. Mathi et al. [Cochrane Database Syst Rev](#). 2015 Jan 28;1:CD001957.
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**Final note:**

of course, the Alpstein Clinic will support the authorities and our colleagues in the practices and clinics in coping with the COVID-19 pandemic with all available means. We therefore expressly ask our readers to take the necessary measures to protect the population in accordance with the ordinances of health authorities.