

AVD

the anti-viral diet

BASED ON THE RESULTS OF RECENT
SCIENTIFIC AND MEDICAL RESEARCH

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

HIPPOCRATES



PART 3

CREATING YOUR DIET

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12. SEVERAL SAFETY PRECAUTIONS
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13. YOUR ANTIVIRAL FIVE-A-DAY

IT HAS TAKEN TIME, but through the initiatives and guidance of the World Health Organization - for more than seventy years and now across 150 countries worldwide - a wide public has become aware of proper nutritional guidelines as part of their general efforts to educate this planet about crucial health issues. We have come a long way since they were founded in 1948, but sadly malnutrition still affects our world badly: with an estimated 462 million adults being underweight, 144 million children (under five) being stunted, 47 million wasted and over 14 million severely wasted. Spreading more knowledge and assisting those countries where malnutrition is currently a problem, is clearly a vital task for our time, and one which all countries globally should contribute towards alleviating.

However, focusing upon the positive that *has been accomplished*, one simple working principle has found its ways into more people's lives than any other - perhaps because it has such a clear, self-descriptive title - that of '5-a-Day'. The principle is part of a drive by WHO to promote healthy eating in all countries. In their current 'Practical Advice on Maintaining a Healthy Diet', they describe the principle and two of its most direct benefits, like a simple rule-of-thumb:

“Eating at least 400 g, or five portions, of fruit and vegetables per day reduces the risk of NCDs [non-communicable diseases] and helps to ensure an adequate daily intake of dietary fibre.”

It is easy to remember - easy to apply. WHO described the purpose of '5-a-Day' at their 4th International Symposium:

“5 a day is as an international programme designed to encourage fruit and vegetable consumption, with the specific goal of encouraging all women, children and men to consume at least five servings of fruit and vegetables every day.”

What WHO recommends is something which is so simple to put into practice that - as a result - this program has become immensely successful and had a positive impact on dozens of nations. The reality is that - because of the high presence of vitamins, minerals, flavonoids and other key nutrients across the vast range of fruit and vegetables one can choose from - by eating 'five a day' in that sense, one does go a significant distance towards protecting oneself from viral illness, especially through fortification of the immune system.

However, even though you can get a great amount of protection from illnesses through consuming a '5-a-Day' diet, this is not the only important principle to follow. Nor does WHO set this down as the sole piece of guidance in their 'Practical Advice on Maintaining a Healthy Diet' but as one of a group of straightforward dietary guidelines. For example, they also recommend that people limit their fat, salt and sugar intake at specific levels, also stressing the vital importance of breastfeeding to human health at the earliest stages of life.

The main point that this entire book is trying to share, is that even in our present state of scientific knowledge, a wide range of findings appear to indicate that there are other ingredients of great benefit, apart from fruit and vegetables. There appear to be a number of compounds - found within the flowers, root, bark and other parts of plants - that have clear actions upon viruses and the immune system. Much has also been learnt about naturally occurring chemicals in fungi and about bacteria which can have beneficial effects in our gut - as well as other ingredients, some even found in meat and organ-meat, with positive anti-viral effects. This volume has aimed to share some of the knowledge we have - of those anti-viral ingredients - in **Part 2**. The main proposal that I wish to make in this part, is that I believe it would be a beneficial principle to make a point of having at least five anti-viral ingredients on a daily basis. I will do my best to clarify this principle on the following page and answer some obvious queries.

ANTI-VIRAL FIVE-A-DAY PRINCIPLE

Having FIVE Anti-Viral Ingredients Every Day may Increase Your Protection against Viruses

because

- (a) Some Anti-Viral Ingredients have a Direct or Indirect Inhibitory Effect on *some* Viruses
- (b) Other Anti-Viral Ingredients can Enhance the Effectiveness of the Immune System

I have set out the principle of an ‘Anti-Viral 5-a-Day’ in the simplest way that I could in the box above. Please be assured that I am not setting this down as a scientific principle but as just one piece of practical advice which I feel confident enough to conclude from the incredible base of research that has taken place in Food Science, Nutrition, Phytochemicals, Biochemistry, Microbiology, Epidemiology, Infectious Diseases and other areas - in particular over the past fifty years.

It is a suggestion and neither a scientific conclusion nor a medical prescription. Please notice that it says that having five anti-viral ingredients every day may increase your protection against viruses. Just as it is impossible to predict what specific effect a medication will have on any person’s body, there is no way that the author of a book - or any scientist or medical practitioner for that matter - can predict the exact dietary effect of consuming certain ingredients. At the same time, though, it is not unwarranted - based on *in vitro*, *in vivo* and

human evidence (in some cases) - to draw some preliminary conclusions about the effects that those ingredients may have. The results of further research are awaited with great expectation, but in the light of the current dangers to which we are exposed by some fatal viruses - including SARS-CoV-2, Ebola and others - I believe there is a reasonable basis for drawing some inferences, based on probability though not certainty.

Sure, if science were to prove that any or all of the dietary elements in this book are *not* capable of offering us any protection against viruses, then I would accept those conclusions - for if something has been proven by facts, then it is true. However, with our knowledge still in a state of transformation and development, I believe that it may be down to individuals to decide what preliminary opinion they are ready to arrive at - those, perhaps, that one may safely infer from results and analyses that have already been provided by science.

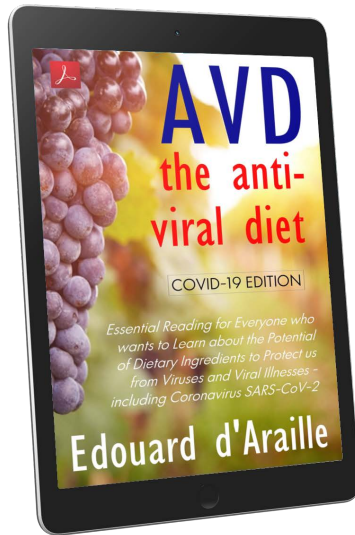
AVD only represents a personal body of reasonings that I believe may be drawn from scientific evidence existing at this time. It refers throughout to facts and results from science. The diet itself, specially this principle of an 'Anti-Viral 5-a-Day', is presented as a proposition for your consideration, not a conclusion that you are obligated to accept or make.

I am only echoing the kind of principle promoted by WHO, because I think that the advice that I wish to share - based on current anti-viral research - is best framed that way. If a person at least manages to eat or drink five portions of food containing any of the anti-viral ingredients in this book, then they will be more likely (as opposed to doing nothing at all) to have a greater degree of protection against viruses and viral illnesses. The question of what could constitute a portion of each anti-viral ingredient, is one we will consider during the next section, along with some practical advice on incorporating the anti-viral ingredients into one's daily diet. It is my belief that the simple 'Anti-Viral 5-a-Day' principle offers the easiest way to get started with eating in an anti-viral way.

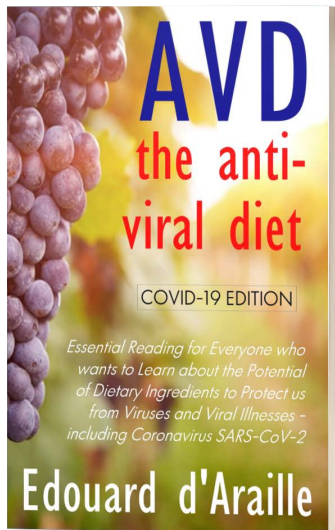
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Other Works by
Edouard d'Araille

NON-FICTION

*The Cosmic Mirror - Being
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Six Dimensions* (Philosophy)
*Pre-Posthumous Notes of
an Anti-Critic* (Collected Essays)
Truth Lies (Spring 2021)

TRANSLATION

Adapa's Ascent - The First Story
(from the Akkadian & Sumerian)
Lafcadio Hearn: A Biographical Sketch
(from the German of Stefan Zweig)
*In the Temple of Dreams: The Writer on
the Screen* (Lectures, from the French
of Alain Robbe-Grillet and Others)

FICTION

FEATURES IN

Future Past and Other Premonitions
(Story Anthology)
The Immortals (Story Anthology)
The Vanishment (Story Anthology)

AUTHOR OF

Black Cab & Other Movies
(Story Anthology)
Crimes Past Murder in America (Novel)
"The HEX Book" (Winter 2020)

POETRY

Poesia Nueva
In a Short Space of Time
Words Can't Hold ...
No/nsense : Views from the Borderland
Ghetto Estate
WMD Words of Mass Destruction
Je Suis Poète

AVD the anti-viral diet

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

Edouard d'Araille

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

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

Ananda da Silva Antonio, Larissa Silveira Moreira Wiedemann
& Valdir Florêncio Veiga-Junior ROYAL SOCIETY OF CHEMISTRY

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

Emma Derbyshire & Joanne Delange BMJ NUTRITION

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

Jean Bousquet *et alia* CLINICAL AND TRANSLATIONAL ALLERGY

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

Suraphan Panyod, Chi-Tang Ho & Lee-Yan Sheen
JOURNAL OF TRADITIONAL AND COMPLEMENTARY MEDICINE

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

Lei Zhang & Yunhui Liu JOURNAL OF MEDICAL VIROLOGY

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

Michele Antonelli, Davide Donelli, Valentina Maggini & Fabio Firenzuoli
PHYTOTHERAPY RESEARCH

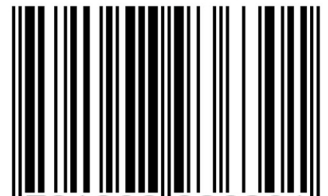
"Natural products [...] with anti-virus, anti-bacteria and anti-inflammation activity could effectively interact with these targets of SARS-CoV-2. Therefore, the herbal medicines containing these compounds as major components might be meaningful for the treatment of SARS-CoV-2 infections."

Canrong Wu *et alia* ACTA PHARMACEUTICA SINICA B

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