

PRESS RELEASE

Anglo-French academic author [Edouard d'Araille](#) releases new book [AVD: The Anti-Viral Diet](#), based on the work of over 1000 scientific researchers into the anti-viral and immune-enhancing properties of more than 50 dietary ingredients. [AVD](#) sets forth evidence from hundreds of scientific studies confirming the majority of these ingredients may be potential prevention against - or treatments for - SARS-CoV-2 and COVID-19.

FOR IMMEDIATE RELEASE

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AVD : THE ANTI-VIRAL DIET

- [AVD](#) is based upon the past fifty years of research in nutritional science, microbiology, phytochemistry, virology, infectious diseases, dietetics *etc.* A convincing body of evidence appears to have emerged of the anti-viral qualities of numerous elements in our diets.

- Edouard d'Araille has stated that: *"I truly believe that millions of lives could be saved from viral illnesses if we learn to incorporate anti-viral ingredients into our diet - ingredients having the corroboration of scientific evidence and not based on mere rumour or opinion"*.

- Previous releases by Edouard d'Araille include '[Adapa's Ascent - The First Story](#)' (2020), '[Que Sais-Je? - A Chronology of Thought](#)' (2002) and '[Words Can't Hold...](#)' (2011). He is current series editor of the [Nobel Prize Collection](#) for *Living Time*™ Books.

FURTHER INFORMATION

- [AVD](#) advances in three stages which progressively introduce the idea of an 'Anti-Viral Diet'. In **Part 1** the author defines this as: *"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"*. The impact of Coronaviruses on us is considered - above all SARS-CoV-2 - plus scientific evidence in favour of investigating the potential of anti-viral dietary ingredients.

- **Part 2** explores the anti-viral and/or immunomodulatory properties of fifty-two natural ingredients - found **in** or **as** food - in each case indicating which viruses they have been shown to act against or how the immune system can be enhanced by them. SARS-CoV-2, Influenza viruses, HIV, Ebola, Yellow Fever, Dengue and Zika are just some of those included.

- Finally, **Part 3** sets forth the outline of a preliminary 'Anti-Viral Diet', which shows how to incorporate some of the ingredients from Part 2 into one's daily dietary intake. - [AVD](#) is based on the research of over 1000 scientists and each section is web-linked with online resources that present studies, reviews and trials in support of the anti-viral ingredients.

- Two editions of [AVD](#) are available: the '[COVID-19 Edition](#)' focuses on identifying dietary ingredients that may be effective against SARS-CoV-2 and COVID-19, while the '[ACADEMY Edition](#)' incorporates 200 pages of extra scientific research data. '[The Science Behind AVD](#)' - which explains the molecular mechanisms of anti-viral ingredients - is out Nov. 2020. *10% of all profits from both editions of [AVD](#) are being donated toward anti-viral research.*

PUBLICATION DETAILS
240pp./104 Images
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