

SHORT COMMUNICATION

Effective Natural Remedies Against Covid-19 Virus and Long Covid Syndrome

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Abstract

The problem of Covid-19 virus mutants still exists worldwide. Even more important in terms of numbers are the secondary diseases with the occurrence of infections on the one hand and cardiac and cerebral attacks on the other. Auto aggressions are also occurring with increasing frequency. The question arises whether there are natural remedies from the plant world for this pathological complex. Answer: yes. The focus is on the extract from Taraxacum. It is accompanied by other tinctures such as from pine needles, furthermore frankincense, myrrh, and colloidal gold. We have developed such mixtures and use them successfully.

Introduction

Natural remedies exist that are able to damage or even destroy viruses. Known are for example: Cystus-incanus (<https://www.cystus-pandalis.de/graubehaarte-zistrose>) and the Capeland Pelargonium (Pelargonium sidoides, <https://www.umckaloabo.de/de/umckaloabo-produkte>). A second problem are the spike proteins that occupy ACE-2 receptors in the organism, especially in the heart^{1,2} and in the brain.³ A third problem is the antibodies to mRNA that occur via shedding even in nonvaccinated individuals and cause e.g. autoaggressive mitochondriopathy.

Taraxacum

The human-engineered spike proteins of SARS-CoV-2 can be stopped by a common "weed" removed from lawns each year. A university study found (Lance D. Johnson,⁴ that common dandelion (Taraxacum officinale) can prevent spike proteins from binding to ACE2 cell surface receptors in human lung and kidney cells. The water-based dandelion extract, derived from the dried leaves and roots of the plant, was effective against spike protein D614 and a number of mutant strains, including D614G, N501Y, K417N, and E484K.

The researchers used high-molecular-weight compounds from a water-based dandelion extract and tested them in human HEK293-hACE2 kidney and A549-hACE2 TMPRSS2 lung cells. The dandelion blocked protein-to-protein interactions between the S1 subunit of the spike protein and the human ACE2 cell surface receptor. This effect was also valid against the spike protein mutations of the predominant variants in circulation, including the British (B.1.1.7), South African (B.1.351), and Brazilian (P.1) variants.

The dandelion extract prevented SARS-CoV-2 spike pseudotyped lentivirus particles from attaching to lung cells and stopped an inflammatory process called interleukin-6 secretion. Because the study was conducted in vitro, clinical studies are needed to understand how dandelion extract is taken up and utilized in biological systems of the human body. Since vaccines weaken herd immunity, natural herbs promise true prevention, stronger immunity.

Although tens of billions of public dollars have been poured into the development of experimental vaccines and propaganda campaigns, the world's population continues to struggle with new infections as SARS-CoV-2 is under pressure to mutate into different variants. There is no evidence that coronaviruses can be eradicated from the planet, so human adaptation will be critical in the future. Prof. P. Vernazza (Cantonal Hospital of St. Gallen until 2021) already called for herd immunity instead of vaccination in the spring of 2020.⁵ Dandelion extract is one of many herbs that help with a healthy immune response. Better yet, dandelion extract may prove to prevent infections by blocking the very channel through which spike proteins attach and cause viral replication.

Effective Natural Remedies

Other natural compounds have been studied using molecular docking studies: Nobiletin is a flavonoid isolated from the peels of citrus fruits. Neohesperidin, a derivative of hesperetin, is a flavanone glycoside also found in citrus fruits. Glycyrrhizin is a molecular compound derived from licorice root/licorice. All three of these natural compounds also block the binding of spike proteins to ACE2 receptors. Hydroalcoholic pomegranate peel extract blocks spike protein at the ACE2 receptor with 74 percent efficacy. Also effective are: pine needle extracts and red kitchen onion extract.

The easiest way is to put all the ingredients in a blender, add good water, and make a smoothie. Approximately 1-2 tablespoons/day. Or vacuum extraction and pulverization.

These natural compounds (along with dandelion extract) can easily be mass produced, combined, and used as preventative medicine for all future spike protein varieties. These herbs are generally recognized as safe, and there are no known cases of overdose with dandelion leaf extract. According to the European Scientific Cooperative on Phytotherapy, the

recommended dosage of dandelion leaf is 4-10 grams soaked in hot water, up to three times per day.

The study authors warn that reliance on vaccines is risky and dangerous, not only for individual health but also for herd immunity. Reliance on vaccines focuses only on increasing antibodies and proves to be a high-risk intervention with short-term results. Vaccine adverse events are frequently reported. Re-infections after vaccination are also common, as the vaccine puts pressure on the original engineered spike protein to mutate.

The authors conclude, "Factors such as the low toxicity in humans and the effective binding inhibition of five relevant spike mutations to the human ACE2 receptor, as reported here in vitro, encourage more in-depth analysis of the efficacy of *Taraxacum/dandelion officinalis* in SARS-CoV-2 prevention and require further clinical evidence." Since the dandelion will sprout on almost all meadows again this spring, it is available to everyone. It could thus reduce the spike protein-related excess mortality.

Herbal Mixtures

According to the above effective plant extracts, we have developed a herbal mixture against a) viruses, and b) spike proteins. It contains extracts from: Dandelion leaves, Citrus peels, Licorice roots, Pine needles, Pomegranate peels, and Red kitchen onions. These ingredients achieve the listed goals (see www.cellavita.de). For the Long Covid Syndrome, the autoaggressive processes are in the center. For this we have developed the so-called "Jesus remedy", which contains as ingredients extracts of frankincense and myrrh as well as colloidal gold. We have had the best experience with both mixtures.

In the case of myocardial or pericardial infestation^{6,7} the most effective drug is Strophanthin (in the form of 3mg enteric-coated capsules, g-Strophanthin = Ouabain). If the brain is affected, Huperzine A (*Lycopodium* extract) has proven effective.

Conclusion

Plant extracts exist that are effective against the Covid-19 virus as well as the dangerous spike proteins. Thus, the Covid-19 virus and the Long Covid syndrome can be treated successfully.

Acknowledgement

None.

Conflicts of Interest

None.

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