



CORONA/COVID 19

The facts now known, presented

[Abstract](#)

COVID19 the actual relevant facts concerning you and your life as
we have learnt (Sept 2020)

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for
The independent COVID19 facts-finding group

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CORONA, the facts as we know them now

This information is based on the expertise of Professor Experimental epidemiology Pierre Capel and his colleagues in Utrecht the Netherlands (author of “The emotional DNA”).

This booklet is meant to present the facts, to enable the reader to understand what one shall and shall not do to stay healthy and to make balanced and safe decisions based on researched facts, rather than drown in the incredible amount of misinformation that circulates everywhere.

Indicators show that governing decisions worldwide are taken grossly by copying what other countries do or what WHO advises. It seems clear that the pharmaceutical industry and its incredible high stakes, have influenced the policymakers at the cost of constitutional rights of civilians all over the world. Often for inexplicable reasons. At this particular point in time it is of utmost importance that every individual is well informed of the facts, the researched results performed by those serving the people and not the pharmaceutical industries or those financing the research on their behalf.

Knowledge is power, power over health, economy, well being in general.

Prof. Pierre Capel (1946) Emeritus Professor Experimental Immunology, since 1-09-1987 , University of Utrecht (NL)

Professor Pierre Capel is a medical doctor/scientist, specialised in contamination factors and the immune system. He is the author of the book “The Emotional DNA”, a book that explains what scientific studies have revealed with regards to how fear, happiness, stress, directly influence and steer our biochemistry on which our health is based. Medicine can only treat symptoms, your emotions are at the base of a balanced healthy system. It may raise the question: Should we continue to so easily take medicine which only fight the symptoms caused by emotions? Or should we train ourselves in paying more attention to our emotions to achieve better health in the first place?

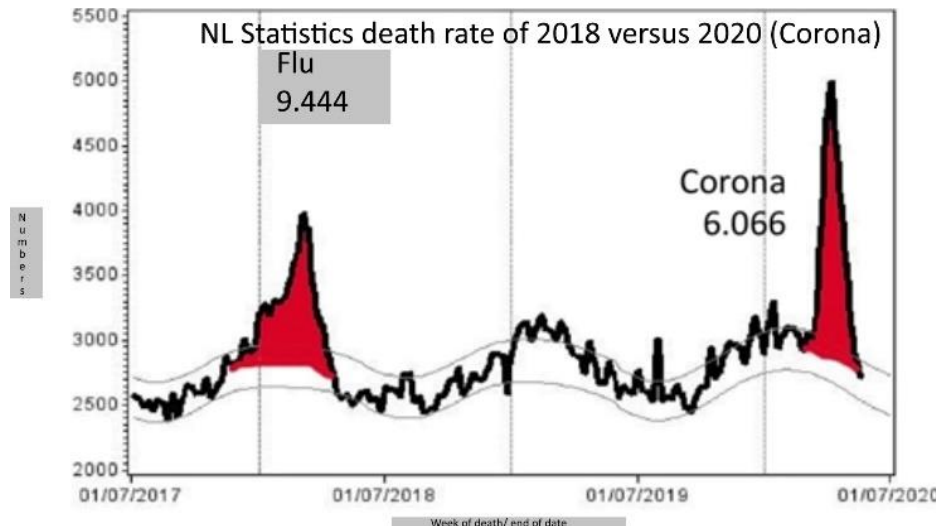
There is clearly an immediate relation between how you feel and how that affects your health. In the Corona saga where we all landed in, this is vital information for all of us to be aware of. The best way to strengthen your immune system is to be in a healthy state of mind. Professor Capel explains how that can be achieved through yoga, meditation/prayer and sports in his book.

Prof. Capel's lectures and webinars are the inspiration to this brochure. He makes, the sometimes complicated terms and researches of science, accessible for ordinary people who seek the truth. He simplifies, as he has such in-depth understanding, for everybody to obtain the knowledge to empower themselves to take the right decisions in the Corona strategy and beyond.

COVID19

Corona virus is with us since decades if not centuries. Viruses can change their habits. This version of Corona virus is new. Like other Corona viruses, it is infectious.

This virus is no other than other viruses. However this virus was given enormous attention by the press. In 2018 the influenza (Corona related) virus wave killed many more people but got no attention. Many people are not aware of that number of deaths in 2018.



In 2018 in NL, 9.444 persons died **with influenza** in their blood, over a longer period.

In 2020 (to date Sept) 6.066 people **with Corona** (not **by Corona!**) died, over a short period.

In March '20, we were all subjected to a high fear factor, this virus being unknown in the form it came. The lack of information of the new virus-strain, rapid decisions were made worldwide, not all based on facts but then merely based on assumption and fear, with regards to wearing mouth caps and 1.5 mt distancing, lockdown, travel restrictions etc.

Fear is a dangerous factor, it influences our physical state when adrenaline is being released and many stress processes in the body are starting to react. It entirely changes our way of reasoning.

Since March a lot has been discovered and researched, a lot has been learnt, yet, some obsolete (no longer valid now that new facts have come to light) rules, are however still maintained by governments until today's date.

What is the Corona virus?

Corona virus is an influenza (flu-like) virus, which has been known to mankind for decades. Every version of the Corona virus has its own "specialties", its own strengths and weaknesses.

The Covid19 virus, has proven to mutate (change its characteristics) rather fast. It is also known to differently affect various people.

Medical facts how they spreads - Aerosols and droplets

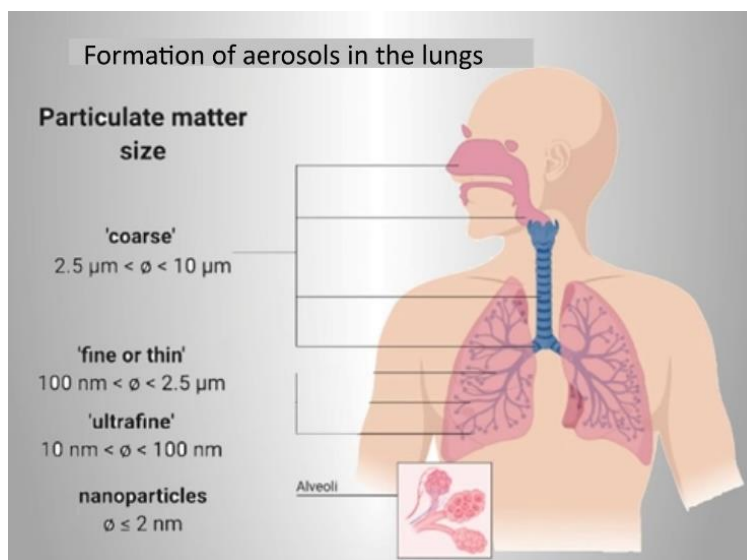
(Covid related studies done in the first half of 2020 only are 550 different published studies !)

(PubMed transmission via aerosol (3111 research reports))

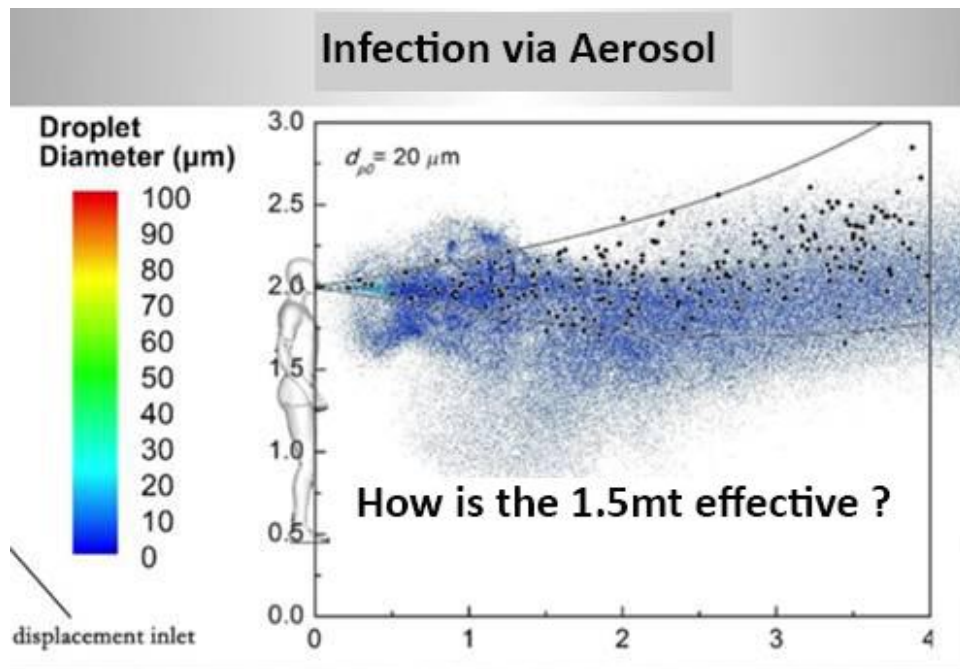
- Covid19 spreads mainly via *aerosols*, which are miniscule particles, coming from mainly the middle section of our lungs and *not* so much via *droplets*, which are much larger particles, produced in our throats.
- Aerosols travel, also through ventilation systems and stay in the air very long, up to or possible longer then, 10 hours. When you cough, they can spread over 8 to 10 meters distance.
- Outdoor, aerosols are hardly infectious when they get diluted with fresh air.

Where are aerosols produced?

Aerosols are released in the air when coughing and sneezing and are formed by the middle section of the lungs. That is where the Corona virus is most infectious.



The droplets (much larger) were at first believed to be the cause of the spread. Those land roughly within 1 mt. The WHO-rule of the *1,5 mt distancing was based on the droplets* being able to reach another person. Now we know that the droplets are hardly containing virus material. The 1.5 mt distance seems not effective in this case. So ventilation seems the right prevention rather than the 1.5 mt distance.



Horizontally : The distance in meters indicate how far aerosols, the infectious particle travel.

Vertically: The size of the particles.

Is the mouth cap effective?

Aerosols, the actually hazardous infectious material, we now know, stay in the air for hours, UNLESS well ventilated and diluted by fresh air.

Wearing a mouth cap is meant to prevent us, if we are infected, to infect others through coughing or sneezing. However when we exhale, cough or sneeze in the mouth cap, it will make us re-inhale the virus material, if we were infected, which causes us to get reinfected by ourselves. We are perfectly able to deal with a "normal" dose of virus but when no fresh air is available and we re-breathe the virus matter in our mouth cap, we overload our body's with our own virus material, every breath a new dose. It then becomes hazardous to ourselves. Could this be the cause of the effect seen that medical staff, wearing their mouth cap in a closed hospital environment, were so severely affected right from the start all over the world?

Observing the fact 95 % of the working population is of the age of good health, it is questionable if the mouth cap as a preventive measure actually prevents or may cause more infections, in other normal well ventilated work environments.

Who are at risk and who are not?

- Healthy children under 16, will not get sick even when infected. Only those who already have other health issues may be affected. Healthy children do not! They will also not infect others.
- The ones at risk are elderly people (above 70), who are *already patients* for their health is compromised due to other illnesses like diabetes, overweight, heart and lung diseases. In fact 30% of the 0,01% population's deaths occur in old people's homes.
- Among the normal population 0,01% dies only. Which *is less* than in a normal flu-episode which we see worldwide every so many years, frequently.

Of the people infected with Corona virus the facts are that:

- 20% will have no symptoms at all!
- 60% is unwell for about two days (which is normal for any influenza infection).
- 15% is getting quite sick in particular those with weak immune systems due to other medical issues such as obesity (overweight), asthma, high blood pressure, diabetes, etc.
- 5% will become seriously ill (mainly the elderly with "older" immune systems and underlying illnesses described).
- Of the 5% that gets dangerously ill and ends up in intensive Care, in NL, 50% die in Intensive Care.
- Of all death in Europe 30% died in elderly homes, likely due to lack of ventilation AND biological genetic-activity changes due to loneliness.

What is quarantine?

It carries the word "quarante" which means 40 in the French and Latin language. In ancient times it meant 40 days of **total** isolation of an infected person and immediate partner or of a complete ship at sea. Not any contact with other persons at all. That is quite different of how it is applied today.

Which treatments methods have proven to work in which stage?

- **Treatment** : Research has proven that only in the *very first stage of infection*, if correctly diagnosed, hydroxychloroquine (ionophore) is very effective, in combination with Zink and antiviral medication, to strongly reduce the multiplication of the virus in the host body as well as making it much more difficult to enter the body's cells.
- If a patient has become very ill (his immune system has gone in overdrive and that is exhausting the body), it has proven effective to administer Dexamethasone. It will calm the immune system down from over-reacting. Patients reacting well to this medicine improve rather fast. However the virus

may still have a long aftermath effect on the strength of the patient. It will take a lot of time, often months, before the patient recovers fully.

Is every body's immune system the same ?

No! The immune system varies per person. One is better able to handle yellow fever, another better to handle salmonella infection, etc. Some can handle Corona easier than others. Women's immune systems are usually better than that of men.

How well your immune system functions also has a lot to do with your state of mind.

How does the immune system work?

The innate immune system (natural) works instantly, to protect the body. It reacts in literally a tenth of a second when Corona tries to penetrate. Under the age of 16, it's superfast. From there on, as we get older it becomes older with us and at the age of 70 the innate natural immune system is weakened. We then become more susceptible to viruses, etc.

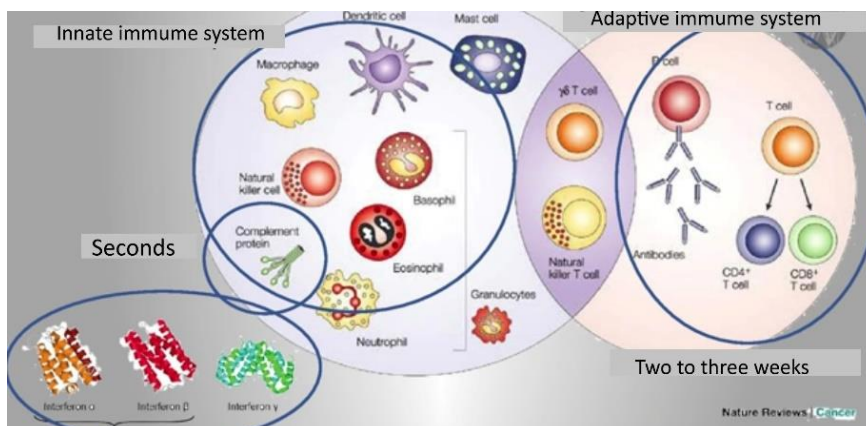
So, once the innate immune system has done it's powerful work, the virus will be disabled in healthy people. If any virus passed the innate system, our own white blood cells, will follow up the attack, if then not all virus is cleared yet, another part of the immune system starts adding to the defence creating a next combat action. Eventually yet another immune system kicks in which is called the "adaptive immune system".

The adaptive immune system, has a memory of how to combat e.g. a virus, after it has understood how that virus operates. Thereafter a backup system, that studies e.g. a virus and then prepares the perfect antidote to combat it, comes into action quite a bit later, some two to three weeks after infection.

Note: A vaccine is depending on activating this adaptive part of the immune system. A system which comes in action weeks after the infection has occurred.

By the time this part of the system comes in action, the Corona virus would have affected the patient dramatically. The innate system is thus our best ally in the fight against diseases in general!

Note: 98% world creatures lives on only the innate immune system.



Can we do anything to positively help our innate immune system?

YES WE CAN !!!

Don't you wonder why we are not worldwide being educated on how to make ourselves stronger in the first place?

The power is in our food !!

Certain foods empower our immune system. A sort of turbo power.

The most important vitamins that accelerate our natural immune system are Vit. E and Vit. A (in particular against viruses) found lots in Moringa Oleifera (Nebbedie) and Vit. D obtained by the sun through the help of the calcium in our blood. See Appendix for more nutritional information.

We in the Gambia find ourselves blessed with:

Moringa Oleifera: high in vit. A, B1, B2, B6, E, among many other high value nutrients.

Peanuts: high in protein, fat, minerals and vit. B3 as well as pantothenic acid.

Baobab fruit: very high in minerals, vit. B1 and C.

Baobab Leaves (Larlo): Particularly high in Calcium and Iron. Contains all minerals.

Cashew apple/fruit: high in vit C. and fibre.

Fish

Grains, cherreh, millet, etc. Green (Amaranthus Viridis) and other fresh green leaves.

Milk (powder) Yogurt

These are the foods, as well as **oranges, lime, mandarins**, to empower your system.

Drinking at least 3 litres of water, spread over the day, is equally necessary for your body to get rid of waste materials such as e.g. viruses, excess of salt or chemicals in your food. And of course personal hygiene and washing your hands, regularly, with soap is of utmost importance too.



Immune-system boosting foods

Moringa Olefeira (Wollof: “Nebbedie”)

Maybe growing near you, ready to consume, make tea or dry it and use it as powder. It is **full of vitamins and nutrients** your body needs to **improve your immune system**.



The most important properties are:

- * **Vitamin A** has strong anti viral properties. It is also found in eggs, meat and fish.
- * **Vitamin E** an anti oxidant as well supporting a healthy immune system.
- * **Vitamin B2+B3+B6** gives you energy. This is also in eggs, dark green vegetables, chicken, fish, liver, milk, wheat and peanuts.
- * **Calcium** circulates your blood, for strong bones. It is in milk, cheese and other dairy. Also in nuts, sardines and green leafy vegetables.

Peanuts

are an important healthy snack, they are high in protein and fibre. Peanuts and peanut butter are good for your health, in the right quantity (moderation). It has a healthy type of fat, it manages your blood sugar and support your heart health.



The most prominent properties in peanuts/paste:

- * **Protein** growth and repair, defence immune system, regulate fluid levels, regulates acid balance, balance glucose levels.
- * **Fat** supplies the best energy, needed to store vitamins and hormones, stores vit. A, D, E, K whom can only be absorbed by fat into the body.
- * **Zink** builds up protein and the defence immune system's, growth and development. It's found in cereal, shellfish and nuts.
- * **Copper** transfer's oxygen, builds defence system, the functioning of immune system, involved in blood coagulation, functioning of connective tissue. It's found in vegetables, fruits and cereals.
- * **Magnesium** structure of body protein, transmission of nerve impulses and muscle functioning. Proper functioning of enzymes. It's found in vegetables, milk and cereal.
- * **Phosphorous** positively affects the energy metabolism in the body. It's found in fish, cereal, milk.





Honey

Is rich in antioxidants which have a good influence on a high blood pressure and other heart diseases. It can improve your cholesterol and it is a healthier alternative for sugar but be aware that it is still a type of sugar, thus to be taken in moderation.



Can we negatively influence our immune system?

Yes, we can too! When eating sugar, when smoking, drinking attaya, alcohol, eating too much bread and/or rice for example. Or by not eating enough vegetables and fruits. As well by consuming sweet drinks, a canned drink easily contains 7 spoons of sugar!, eating mints, etc., they all contain sugar. Your body gets weaker from it.

Your body needs water throughout the day, it requires 3 lit of water a day to flush out the bad stuff from your body. If your immune system wished to throw out the bad guys, it needs water to expel them. The lack of water is really bad for you. Stress is a particularly bad factor for your health.

That brings us to the biological effect of our emotions.

Biological effect affects

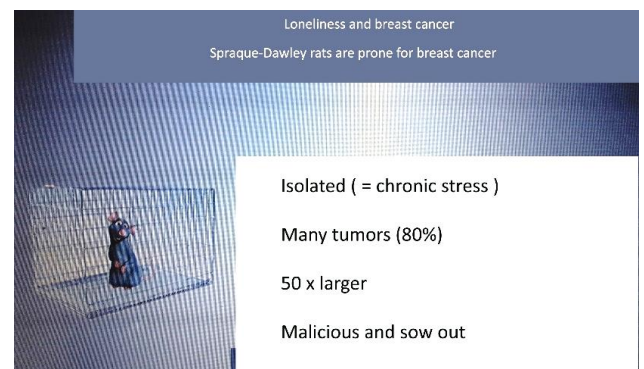
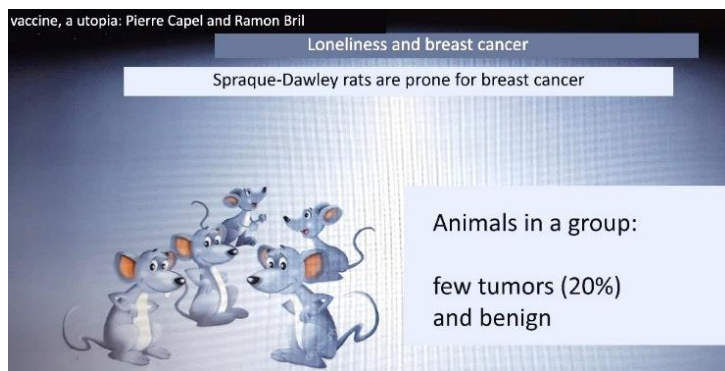
Either positive, when you experience euphoria or have fallen in love or negative when you have stress through loneliness, pain or excess pressure.

- Stress causing negative emotions, makes the brain, to send the genes to the adrenal gland to produce cortisol. Cortisol is the stress hormone. Cortisol sends a message to the body to react with stress. It does so by activating many chemical processes in the body. Stress gives your body, e.g., the physical power to run faster away from danger or to act faster on instinct rather than reasoning. Stress puts many other processes into motion. It changes everything in your body. The genes, of which we have 21.000, are then switched on or off, depending the instruction the gene was given by the brain. Stress is a powerful agent.
- Loneliness causes a sad emotion and eventually also stress. This process is causing the genes in our bodies to change all biochemical processes. Due to a high-tech testing method with a DNA-chip that can read the genes which are on

or off, it was discovered that when loneliness creates sad emotions, 131 genes are sent to change 209 processes in the body. What was on before is now switched off, what was off before is now switched on. This is resulting in a major change in the biochemical process of our bodies.

- Test done on a particular Rat tribe sensitive to tumours shows that, if a female is in a group, 20% of the females grow a tumour which does not grow nor spread and is benign (harmless and not malignant, not bad).

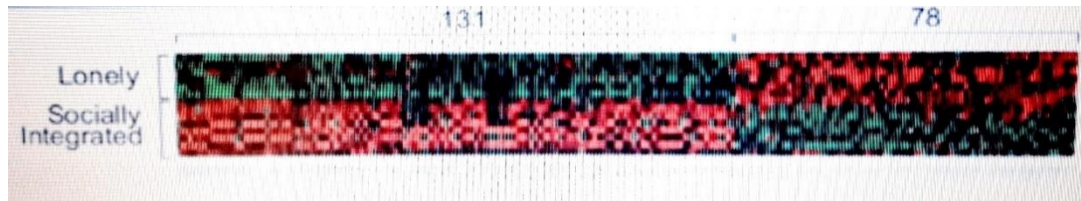
When those same female rats are then isolated, making them sad, it was discovered that 80% of them grew a tumour which became 50 x bigger, the tumours became malignant (bad) and spread to other organs.



- The emotion of being alone, is felt as a negative emotion, causing the body to react by switching certain genes on, and others off. Our body suddenly starts functioning very differently in reaction to the sadness. Then immediately, we can become sick and our mild illnesses can suddenly worsen.
- As said we can measure the 21.000 genes that are normally on or off. The genes are providing information when adaptation is needed. If circumstances change drastically, genetics can adapt or, in severe traumatic cases, lock up complete sections of our DNA, for good. Our DNA provides survival information for our next generation and off spring, our children. What happened today, for a longer period of time, like isolation or lack of physical contact due social distancing, can affect us decades later, when it has affected the genetic activity of our DNA and thus our next generation.

Studies done in mice who do not have love and affection from their mothers when breastfeeding, will be nervous and fearful their whole life. This carries forth a next generation, even if the next baby mice are given to a loving mother mouse. The negative behaviour has been stored in their genes and can not be changed in one generation.

We have to wonder if decision makers are fully aware of these consequences.



The altered gene activity when lonely (upper line) or socially integrated (lower line).

The green genes are high activity, red is low activity, black is equal activity.

- Plants too provide information to the next generations of plants with survival information of how they survived sudden drought. The next generation plants learns and adapts. It is called **epi-genetics**.

Is a reinfection possible?

This is how the virus operates in stages if it is not stopped by the innate immune system: it comes in via the airways, then nestles in the lungs, eventually sinks deeper into the body and occupies in particular the fat cells.

Elderly people are often obese, they have more belly fat, Corona comes in via airways but can also hide in belly fat. Blood circulation in fat is bad. That means that the immune system cannot easily reach in to the fat to clean up all the Corona virus infected cells. The virus can multiply in the fat and when the virus has multiplied enough, it can strike again.

As well, if a person is extremely ill and all lung cells are infected, the immune system cannot kill all the lung cells without killing the patient. Thus it picks and chooses which one to destroy but it must leave lung cells intact, even when the virus is present in it. You can understand that due to the remaining infected cells, the virus will multiply and re-attack, it's host again, once it is strong enough.

It will seem as a reinfection whilst it is actually the residue from the earlier unfinished infection. The cause is internal, not external.

Can a vaccine be made ?

No said the expert immunology! An effective vaccine for Corona virus cannot possibly be made! Corona is a smart virus that mutates rather fast. It means that it changes it's ways and strategy of attack. In one place of worship, where people got together, four different strains of Corona virus were found in one village, imagine what the number of different strains could be worldwide. Corona mutates (changes) fast, it changes in character, 1 virus today, can have 26.000 varieties within a year. Thus a vaccine against all those mutations can clearly never be made as the virus continues to mutate.

Why do we hear in the world news they are making vaccines in many companies?

Due to excessive money circulating in the pharmaceutical industry, attempts to make a vaccine are continuous. So long as money flows, people will be happy to keep on trying, even if they know better.

There is, after decades of trials, still no vaccine for Malaria (a parasite and not a virus), Dengue fever, HIV, etc. Some viruses or illnesses cannot be combatted with vaccines. Some are treatable but not preventable.

Breaking news

Every human being has in between 1.5 to 2 kg fungal, bacteria, viruses in their bodies. In Africa we may reckon it's even more. Our bodies are used to fighting for us continuously.

They are important part of our systems proper functioning, think of the bacteria and bionomies in your intestines. Without them you would not be able to process food.

How is the data collected to indicate the Corona deaths numbers?

The number of people tested positive are not the number of people that are sick. In NL: 6.150 people *dying with Corona* actually meant 70 death *by* Corona. People are naturally dying every day from many illnesses but if they had Corona in their blood, determined with the *incomplete testing method named PCR*, they will be added to the "Corona deaths list", even if they got killed by a car. This gives us a serious misconception as to how deadly Corona is. This created a lot of fear.

It is remarkable that, worldwide, only reports on how many people are infected are mentioned whilst more important information and relevant news, would be to know how many people actually got sick.

How are Corona tests being conducted?

The PCR test, used worldwide, is not the right test. It does not give the right results. Scientist whom have developed the PCR test in the US and in Europe are repeating this to governments all the time since March. The test is picking up **any** virus particle, even when not active and even when it is not Corona. The test does not identify one particular virus. A second test would then have to be done to identify if the virus is Corona. That second test is not done, therefore the test, as it was designed, is not completed. The results are not reliable at all.

When do you get sick?

Normally healthy children under 16 do not get sick from Corona, neither from many other viral diseases. Their innate (natural) immune system is very fast and rigorous. A virus trying to enter, is eliminated within a matter of seconds.

For the rest counts that every healthy person can handle an good amount of viruses, unless when reinfected, with possibly different strains, in a short time (hours) continuously, in a locked up area. Also when you are a healthy person with the Corona infection, it would normally not affect you much, however when your mouth is covered continuously, you reinfect yourself over and over again, when inhaling your own virus material, then, the immune system cannot handle the amount of continuous viral load.

For example if people are in a badly ventilated building, where many infected people are very close to each other for days, exchanging contact continuously. This happens also on intensive care where air is not ventilated.

In elderly homes, community buildings, churches and mosques, particularly but not only, in cold countries where the doors and windows are closed, the air is often not properly ventilated, which has that same effect of reinfection.

Is lockdown effective ?

It can be but not the way it is executed.

Lockdown is causing an unimaginable economical damage: Even if 99% was prevented, the 1% will eventually, within 4 days turn to 100% again. Since the 1% cannot be prevented, we must wonder how the lockdown could possibly be effective? The calculation is easy.

Proof is provided if we study the results of Sweden, where no measures were taken versus Italy where very strict lockdown was imposed rather rapidly versus Germany and Holland where medium measures were implemented. It all results in the same end results when percentages of death are compared. None have proven better than the other. Then other factors must be considered such as the economical, educational and social and emotional price the world has paid and will be facing for many years to come.

Let's not forget

This virus is no other than other viruses. SARS was less contagious but much more deadly, Ebola is super contagious but kills so fast that it has no chance to spread since the patient gets immediately very sick and dies very quick. This COVID19 is more contagious but much less deadly. However this virus was given enormous attention by the press. In 2018 the influenza (Corona relate) virus wave killed many more people but got no attention. Many people are not even aware of that.

Is the 1.5 mt social distancing effective?

The WHO-decision was taken based on William Wells research in 1930.

Mr. William Firth Wells, studied tuberculosis and its spread. He determined, after years of intense research, published in his book "Airborne Contagion and Air Hygiene" (published in 1955 for the Commonwealth by Harvard University Cambridge Massachusetts, *see page 119) that the most infectious part of the virus is in the fine nuclei (particles) in the lungs. These are the aerosols. Those aerosols stay in the air for many hours (8 or more) when in a closed area. The larger droplets produced by a cough, in the throat, contain very little active infectious virus. Those, not very infective droplets, land within a meter. That is what the 1.5 mt rule is made for. However those are not the most infectious matter. The 1.5 mt rule was once set, however it's really time to question the sense of it.

Although the WHO based the 1.5 mt social distance on Wells research, in March still assuming that droplets were the cause of the spread, they now know that it's not the droplets but the finer nuclei which are the cause of infection. Those do not land within 1.5 mt ! Now that we know it is the aerosols we must deal with instead, ventilation seems the only logical conclusion and a better option to prevent the aerosols to be diluted to harmless levels.

Best prevention of receiving an overload of virus is simply ventilation of fresh air.

The best approach may be to accept that Corona exists but to continue life to avoid inflicting more damage to economies and peoples livelihoods.

****** LET'S GO FIT IN 2020 and beyond !!! ******

**Eat healthy, be grateful, be thankful, be positive,
do sports, drink water throughout, love life and
spread kindness !**

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In the chart below, the various plants, being part of our Gambian cultural foods, and their nutritional values, are explained. Please find the meaning of the abbreviations, in the top-line of the chart, below.



PP= Peanut Paste/Peanuts (Deggeh/Gyerteh)



BBLP = Baobab Leaf Powder (Larlo)



BBFP = Baobab Fruit Powder (Bouie)



**MO= Moringa Oleifera (Nebbedie)
(Wonjo)**



C A= Cashew Apple Fruit



HS= Hibiscus Sabdariffa



AV = Amaranthus Viridis (Green)

M = Millet

MP = Milkpowder

Appendix 1 Nutritional values of different local ingredients

Nutrient	Unit	Ingredients (100 g)								
		PP	BB FP	BB LP	MO	CA	AV	HS	M	MP
Energy	kcal	623	304	329	205	56	41	4,9	355	503
Protein	g	26	5,3	12,8	27,1	1	4,6	1,5	7,4	27
Fat	g	52	3,6	4,9	2,3	0,7	0,3	0,6	3,2	28,5
Sodium	mg	5	14,8	83,4	9	6	10	11	19	340
Potassium	mg	700	1794	531	1177	140	317	78		1200
Magnesium	mg	210	195	339	368	10	58	29		80
Phosphorus	mg	370	106	274	204	35	54	59		730
Zinc (low)	mg	3	1,7	4,1	0,6		0,57	1,4	2,91	3
Calcium	mg	60	302	1582	2003	11	380	186	13	930
Copper	ug	500	900	800	570		150			20
Iron (5%)	mg	2,1	4,3	65,3	28,2	1,2	4,9	4	5,8	0,2
Iodine	ug	1								
Selenium	ug	20			0,9					
Manganese	mg	1,56	0,7	6	7,5					0,02
Chromium	ug	4								
Molybdenum	ug	88								
B1 (Thiamine)	ug	900	300		2640	30	30		180	300
B2	ug	150	100		20500	120	230		140	1300
B6	ug	300	2130		1200		130			250
B12	ng	0				0	0		0	1600
B11 (Folate)	ug	1			40		42			30
B3 (Niacin)	mg	12,1	2,2		8,2	0,3	0,6		1,3	0,8
C (Ascorbate)	mg	0	290		17,3	241	19	15	0	0
Pantothenic	mg	1,77								3,59
Biotin	ug									
A	ug	0	200		16300	25	228			300
D	ug	0				0	0		0	0,5
E	mg	9,13			113		0,25		0,03	0
K	ug									8

(Sources: Ashaye, O.A., (2013), 4; Chadare, F.J. et al., (2008), 4-6; Fuglie, L.J., (2003), 20; hort.purdue.edu; skipthepie.org; voedingswaardetabel.nl)

Recommended daily amounts for target groups (below)

Nutrient	Unit	Recommended amounts				
		7-12 mo	1-2 yr	3-5 yr	Pregnant	Lactating
Energy	kcal	673	956	1242	2400	2500
Protein	g	16	23	30	71	71
Fat	g	30	42,5	55		
<i>Minerals</i>						
Sodium	mg	370	530	680		
Potassium	mg	950	1350	1750		
Magnesium	mg	135	190	250	360	320
Phosphorus	mg	400	570	750	700	700
Zinc (low)	mg	9	12	16	11	12
Calcium	mg	400	570	740	1000	1000
Copper	ug	450	650	850	1000	1300
Iron (5%)	mg	6	9	11	27	9
Iodine	ug	135	190	250	220	290
Selenium	ug	20	30	35	60	70
Manganese	mg	0,8	1,1	1,5	2	3
Chromium	ug	7	11	14	30	45
Molybdenum	ug	10	15	20	50	50
<i>Vitamins, water</i>						
B1 (Thiamine)	ug	400	575	750	1400	1400
B2 (Riboflavin)	ug	540	770	990	1400	1600
B6 (Pyridoxine)	ug	540	770	990	1900	2000
B12 (Cobalamin)	ng	675	960	1240	2600	2800
B11 (Folate)	ug	150	210	270	600	500
B3 (Niacin)	mg	6	8	11	18	174
C (Ascorbate)	mg	50	70	90	85	120
Pantothenic acid	mg	2	3	3,5	6	7
Biotin	ug	6,5	9,5	12,5	30	35
<i>Vitamins, fat soluble</i>						
A	ug	650	920	1190	770	1300
D	ug	5	7	9	5	5
E	mg	8	11	14	15	19
K	ug	13	20	25	90	90

(Source: Golden, M.H., (2009), 330; perinatology.com)