

Where COVID attacks, how the food and exercise should be?

Now, there is slightly complicated body cycle on how and what COVID does. I will try my best to make it easy.

The Covid Virus **blocks** certain **angiotensin converting enzyme receptors in the lung**. Let's say like a lock and key. The lock needs a certain key for it to open, and if you tend to use the wrong key or a defective key sometimes it gets stuck/blocked. The block causes the **release of Angiotensin Converting Enzyme ACE-2** and gets hooked onto it. **Angiotensin II** is converted to **angiotensin 1 to 7** which regulates the **Renin angiotensin system RAS negatively**. What is **RAS** ? A mechanism basically which **regulates the vascular system and blood pressure in our body which includes our kidneys, leydig cells (testis), lungs and heart**. So, like how the lock has many mechanisms in it, and imagine they are all stuck and this stuck key is worsening it. The **negative regulation prevents lung expansion** on breathing. Hence the difficulty in breathing. **Increased ACE II** increases **destructive inflammatory response** (cytokines etc) which destroy the cells. It affects the lower lobe of the lungs because of unexpelled carbon dioxide. It is like a breeding ground. Hence, the exercises to expel the residual volume of lungs. So when you **eat moderately** there is an enzyme called **CAGE- Chymostatin Sensitive Angiotensin Generating Enzyme**, which produces **Propyl Endopeptidase PEP** which initiates **protective mechanisms** in our body. The **more AMPkinase(Adenosine Monophospho kinase)** is present the **more CAGE**. So this CAGE (pun intended) **protects from the further degradation of angiotensin II to 1** which further stops the negative influence on the RAS. So, *CAGE is like a lubricant that we pour into the lock to smoothen out the mechanisms and key can be pulled free*. **AMP kinase (present in all cells) regulates immunity** by producing antibodies and energy. **AMPkinase production** increases with **consumption** of bill berry leaves extract, gynostemma, quercitin (onions), ginger,garlic, cinnamon (the one completely curled like a cigar, not the one that looks like the bark of a tree), caraway seeds, cumin and turmeric. I have tried to make it easy. Hope you understand the gist of it at least.

The leaf of aloe vera is cut and hung in front of the house until the gelly turns from white to black and then a new leaf is hung. Aloe vera accumulates all the unhealthy organisms.

Food should always be taken hot and fresh. Do not consume refrigerated foods, ice creams, fizzy drinks. Pulses such as green gram must be consumed as soon as cooked do not store it. Yellow gram, legumes, chick peas, beans etc. should be soaked for at least 24 hours as they release alpha galactoxidase and prevents from bloating in the tummy. Store water for at least 12 hours in copper vessels, the water gets ionised. COVID lasts for

about 4 hours on copper compared to the 12 hours on stainless steel. And then transfer it to a clay pot which most Indians do have. Clay oxygenates the water and cools it. Wash your hands, the copper vessels and anything for about 20 seconds, cause that is the time needed for the surface tension to be broken and the virus destroyed !!

Nature has its own process of purification. We keep polluting the water in rivers but it gets purified by the flowing water, air purified by the trees, water recharged in the ground through rains and the rain water purified as it passes through the layers of soil. The time we are spending in lockdown nature is purifying itself and the animals are enjoying their freedom. The freedom that we stole in the 1st place and the pollution we created. If we keep destroying nature like this, it will decide we are not needed and lash out with things such as this virus and cause extinction of the human race. There are a lot of cases of animals that have gone extinct. There has been news that African elephants are maybe evolving and being born without tusks !! So please be considerate to nature. We are using its space and resources. Be kind.

The **exercise** we do must be gentle eccentric contraction which is relaxing and hence uses less oxygen. Anything with concentric contractions uses lots of oxygen. less oxygen, less calcium used in contraction of muscles hence anabolism is controlled and protein synthesis too.