



On New Year's Eve media reported for the first time on the frequent occurrence of pneumonia of unknown cause in the Chinese metropolis of Wuhan. Meanwhile the virus has been given the provisional name 2019-nCoV. Currently (03.02.2020) 17,393 cases are confirmed. 362 patients have died so far. Compared to SARS and MERS, also diseases caused by viruses of the corona family, mortality seems to be lower. Nevertheless, it is worth taking a look at the potential benefit of secondary plant substances in maintaining health.

Transmission of corona viruses

Corona viruses circulate in animals. In order to be transferred to humans they need to have undergone mutation. According to current knowledge, transmission from human to human appears to occur by smear or droplet infection. Obviously, the virus spreads very easily and already during the incubation period of about 12 days.

Influenza viruses are more dangerous

Experts currently see no significant threat to Germany. On the other hand, they point to a much higher number of fatal influenza cases per year. They criticize that the risks related to the flu epidemic are apparently perceived to a much lower degree by the public.

Yet in mid-January the wave of influenza in Germany has only just begun. According to estimates by the Robert Koch Institute, 5 - 20% of the population will be infected in the course of influenza waves. As it is the case for the 2019-nCoV virus, most commonly people with a weakened immune system seem to be affected.

Studies on secondary plant compounds against influenza viruses

Influenza viruses as well as corona viruses are constantly evolving. With regards to influenza viruses, new strains are emerging that are resistant to available antiviral drugs. Scientists are therefore trying to develop broad-spectrum antiviral agents and are also constantly investigating on the power of secondary plant compounds. One study showed the virucidal effect of chokeberries in relation to the influenza virus A. In vivo, two particular secondary plant compounds, ellagic acid and myricetin, seemed to protect mice from the virus.

Park S (et al.): Aronia melanocarpa and its components demonstrate antiviral activity against influenza viruses. Korea 2013. Abstract available online: <https://www.ncbi.nlm.nih.gov/pubmed/24012672/>
Other studies suggest that catechins, also secondary plant compounds, could potentially be effective against influenza viruses.

You HL (et al.): Anti-pandemic influenza A (H1N1) virus potential of catechin and gallic acid. China 2017. Abstract available online: <https://www.ncbi.nlm.nih.gov/pubmed/29287704>

Furushima D (et al.): Effect of Tea Catechins on Influenza Infection and the Common Cold with a Focus on Epidemiological/Clinical Studies Japan 2018. Available online: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6100025/>

Studies on secondary plant compounds against corona viruses

Another study investigated on the effect of seven flavonoids on SARS, a predecessor of the current coronavirus. It was concluded that the multiplication of corona viruses can be prevented or at least severely restricted by consuming a variety of different secondary plant compounds.

Nguyen TT (et al.): Flavonoid-mediated inhibition of SARS coronavirus 3C-like protease expressed in Pichia pastoris. Korea 2012. Abstract available online: <https://www.ncbi.nlm.nih.gov/pubmed/22350287>

Recommendations on virus prevention

The general recommendation is to avoid infection. Please

- properly wash your hands,
- sneeze in the crook of your arm,
- ventilate rooms regularly
- avoid crowds of people and crowded rooms.

In addition, it really is important to strengthen the immune system as much as possible.

Nutrition is the be-all and end-all

Therefore, integrating as many different secondary plant compounds into your daily diet as possible is a must. Savour fruits and vegetables in as many colours as possible. Prefer organic or even Demeter quality over conventional products. Process fruit and vegetables as little as possible and ensure that the food is grown in your region. Only in this way can your body may benefit from as many nutrients as possible. And last but not least, chokeberries must not be missing from your diet! In addition to the well-known high content of anthocyanins and OPC, other bioactive substances appear to have antiviral and immune system supporting effects.

Our recommendation – One-month chokeberry intensive cure

Take aronia products on a daily basis. As a cure, we recommend a consumption of 300 ml chokeberry juice diluted with 600 ml of high-quality water every day. Please ingest 300 ml of the mixture after each meal. Avoid having the spritzer on an empty stomach.

Further sources

https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/nCoV.html

<https://www.quarks.de/gesundheit/medizin/corona-virus-das-wissen-wir/>