



How to Scientifically Modify the Pandemic Response and Keep Zero COVID-19 in Long Term

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Abstract

COVID-19 is serious infectious disease that undermines people's health, to control and prevent the pandemic is necessary for people's health only by which the economy could develop. However, the pandemic has been popular for three years and people are getting tired to combat the pandemic while it is still compulsory to have zero COVID-19 infection for people's health. By several researches done by the author, the COVID-19 pandemic could be controlled and prevented, one could recover health from an infection by adequate rest and proper nutrition which includes moderate alcohol combined with protein-rich food by oneself, and one must obey doctor's advice when using medicine if it was necessary sometimes, some medicines such as antibiotics can't be used together with alcohol since toxicity would be induced by their interaction; thereby, a pandemic could be defeated when all people recovered health and one definitely is not infectious anymore as long as he had no symptom, the pandemic would never be back as long as there is no other unknown infectious source.

Keywords: Zero COVID-19, Nutrition and rest, Immunity, Alcohol with protein, Recover health

Opinion

As illustrated in reference 1,¹ human has immunity that could combat against the invading pathogens, which are mainly virus, bacterium and other microorganisms, by oneself. Immunity could be thought as the ability of an individual to exclude or internalize the part that is not oneself inside his body so that the body could be one and healthy again, i.e., recover the state when one could connect to the heaven, as described in the Inner Bible of the Yellow Emperor, the connection is between Yin and Yang and is the root of one's life.^{2,3}

Human's immunity could be determined by one's health and nutrition, and enhanced by vaccination. Vaccination is to exercise one's immunity before the pathogens invaded, just like a military

exercise, it triggers the immune activity by injecting the weakened antigen, then the body could be better prepared for the invasion of the real antigen.¹ Nutrition could provide the environment where the immunity could operate in good condition, and rest could better support the nutrition for the immunity when one was ill.

In reference 2,² alcohol combined with meat is exactly a kind of nutritional material that could promote one's immunity while restricting the activity of the invading viruses, which is required in previous research. Alcohol is ethanol that could stimulate one to release dopamine, same effect as when a boy saw beauty, that is healthy when and only when one likes, man must labor what he likes by himself to create value belongs to him if he likes. And absolutely only good alcohol fermented by food, the natural one containing absolutely only ethanol (C_2H_5OH) is drinkable, the fake one

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may contain methanol (CH_2OH) which is extremely toxic, leading to blind and death. The artificial ethanol might have harmful metabolism in human body, as the metabolism of ethanol would restrain the acetaldehyde dehydrogenase in liver; however, the dopamine increase effect taken by alcohol must be healthy as long as one likes, and the natural alcohol was fermented by food, it is food that contains versatile materials that could interact with ethanol, the metabolism of the ethanol taken by natural alcohol may be different from pure ethanol in human body since the interaction is more than single addition of the materials, it could be treated as new material since it is existence. What is more, another effect of alcohol is to denature the protein by which the body could synthesize more healthier protein by the increased dopamine which is the unit of one's mood level. Dopamine should be the corresponding material for pneumonia described in the Inner Bible of the Yellow Emperor, which determines one's health since it makes one feel happy. The more dopamine one created by oneself, the happier he could be, therefore the healthier he would be.

By these two effects, ethanol could be used to recombine the protein in human body when ingested with protein-rich food, such as meat and soybean, it disassembles the old proteins in human body and stimulates one to release more dopamine in moderate intake, only when one likes it is moderate; thereafter, one could synthesize more healthier proteins using the food taken since the increased dopamine improved his mood. When the viruses or bacteria invaded, alcohol could denature the proteins produced when the viruses were reproducing and help the body to synthesize healthier proteins using the denatured proteins and the new taken proteins. This not only deactivates the pathogenetic viruses or bacteria, but also enhance the immunity by the supply of protein. Alcohol combined with protein-rich food could provide special nutritional supply to help one resist pathogenetic viruses or bacteria infection and possibly an effective antidote to the COVID-19 infection.

With adequate rest and proper nutrition, sometimes also necessary medicine and one must obey doctor's advice such as not to use alcohol together with antibiotics, one could perfectly recover health from COVID-19 infection by oneself, and one could not be infectious anymore as long as he had no symptom anymore.⁴ Healthy carrier doesn't exist, if one is healthy and can't infect himself, how could he infect others?

The pandemic could end as long as all people's health recovered from the infection and had no symptom anymore; however, COVID-19 infection deprives one's health, it is same as capitalism deprives one's love; therefore, absolutely nobody could be infected, it is better not to be infected. It is necessary to lock down the region where the pandemic was processing and let all people there have adequate rest, better with their family so that they could get bet-

ter mood to be healthier and support their immunity, with proper nutrition and necessary medicine to recover health. In this way, the pandemic can't spread anymore and all people's health could recover from infection as long as they get enough rest and nutrition,⁵ and necessary medicine sometimes. The pandemic could be reversed to end when all people's health recovered totally, it is same effect as one got a vaccination if one successfully recovered health from an infection. One would not be infectious anymore as long as he had no symptom anymore, if one was infectious, he must develop his own symptom first, health and COVID-19 infection can absolutely not coexist. The infected are same human being as healthy people, they would be less infectious once their health got recovered, we should be able to coexist with the infected people but not COVID-19.

The nucleic acid test is unnecessary and must be replaced, it can't prove one was infected and would increase the risk of being infected to the tested, the positive result may not be from the tested individual himself, one definitely is not infectious by himself as long as he had no symptom. If one was infectious, he must infect himself first and got symptom, and the infection could be caused by nucleic acid test since there is contact between the tested and the environment where there is risk to be infected including the probe used to test an individual itself. It is better to stay at home to have adequate rest and proper nutrition, trying to drink some alcohol combined with protein-rich food moderately instead of taking nucleic acid test when the pandemic came, wait until everyone's health recovered so that the pandemic could be defeated, it can't be back once all people recovered health and had no symptom anymore.

To control and prevent the pandemic is the responsibility of the relevant department in a country, COVID-19 could be controlled and prevented in this way. Adequate rest, good nutrition and necessary medicine is enough to control the COVID-19 pandemic and the only way for one to recover health by oneself, and one must get health by oneself no matter what injury or disease he got.

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Conflicts of Interest

Author declares that there is no conflict of interest.

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