

Corona Virus Disease Of 2019 (Covid-19) Pandemic Lessons and How to Build Resistance Against Sars-Cov-2 Virus and Prevent Future Such Pandemics

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Abstract

Many lessons were learned from COVID-19 pandemic and its COVID-19 vaccines. Some of the most important of these lessons are listed below: 1: COVID-19 pandemic that affected every nation and peoples of the world taught us that there is a “common humanity of mankind” 2: Animals and plants did not suffer from covid-19 virus disease while humans did; 3: Wild plants and animals looked healthier and/or grew new growths and increased in numbers. Bodies of freshwater; rivers; oceans and seas became cleaner or sparkled during COVID-19 lockdowns; 4: Eating of large quantities of meat, fish, fresh vegetables and herbs at Christmas celebrations of 2019 and New Year celebrations of 2020 did not reflect in the natural immunity of thousands of people who died from covid-19 in early months of 2020, immediately after these the Christmas and new year celebrations, suggesting that there is currently an epidemic of low natural immunity in human populations due to prevalence of eating plant foods which are not grown with natural manure and feeding on animal products from animals not raised with natural plant products. 5: The surge in covid-19 patient- hospitalizations overwhelmed the pharmaceutical and medical system especially in industrialized nations where thousands of people died. 6: Covid-19 pandemic lockdowns caused government banning of large gatherings of more than 50 people; in churches, schools; restaurants, sports stadia, entertainment theatres, recreational parks et cetera, and introduced remote- schooling and remote-working; 7. Remote workers, especially women experienced burn-out during covid-19 pandemic lockdowns and many women and children complained of domestic violence during COVID-19 lockdowns; 8. The elderly; the immunocompromised; men more than women; essential workers and nursing home residents died most from COVID-19; 9. Doses of developed and approved COVID-19 vaccines were administered to millions of people in different countries since December 2020; 10. Studies done in many countries like Britain; America; India, Germany and Netherlands found that the protection provided by full doses of Pfizer BioNTech, AstraZeneca and Moderna COVID-19 vaccines against SARS-CoV-2, lasted five to six months and that protection provided by Johnson & Johnson’s Jansen, Covishield and Covaxin, COVID-19 vaccines lasted 4 months; 11. Reuters’ William Schomberg and Ludwig Burger reported that a British public health study found that protection from either the Pfizer-BioNTech or the AstraZeneca vaccine against the prevalent Delta variant of the coronavirus weakens within three months; 12. Centers for Disease Control and Prevention (CDC), recommended booster doses of the Pfizer BioNTech vaccine to be given to those above 65 years; those with underlying health disorders and those exposed to COVID-19 virus at their workplace; 13. A LONDON, Aug 25 (Reuters), report pointed out that “protection against COVID-19 offered by two doses of the Pfizer/BioNTech and the Oxford/AstraZeneca vaccines begins to fade within six months, underscoring the need for booster shots”. Science experts in the United Kingdom said that “people who were fully vaccinated against the coronavirus can spread the virus in their homes as much as those who were not vaccinated, according to a new study”. The findings of this new study were published and explained by scientists in the Lancet Infectious Diseases medical journal. The study was led by Imperial College London and published in Lancet Infectious Diseases, and data from the study showed that out of identified 71 people who had caught COVID-19 caused by the Delta variant, 25% of fully vaccinated household contacts, caught COVID-19, compared to 38% of their unvaccinated household contacts. Ajit Lalvani, chair in infectious diseases at Imperial College London, who co-led the study, said in a statement that “vaccines are “not enough” to stop people getting infected with the Delta variant and spreading it at home”. He also suggested that “this is likely to be the case for other indoor settings where people spend extended periods of time in close proximity,” The authors concluded that “vaccines largely protect against severe COVID-19 but don’t stop it spreading entirely”². According to Pharma Times, “whilst vaccines have demonstrated efficacy in protecting people against severe COVID-19 illness and deaths, they are less effective at preventing infections,” “This is due to the emergence of new variants across the UK, particularly the dominant and highly infectious Delta variant.” Based on the results of this study titled “six-month sequelae of post-vaccination SARS-CoV-2 infection: a retrospective cohort study of 10,024 breakthrough infections, researchers at Oxford University said fully vaccinated people can experience “long COVID-19,” which is (a condition in which), people experience COVID-19 side effects for the long term”. Given this new position of scientists that individuals fully-vaccinated with covid-19 vaccines can get re-infected with covid-19 virus; can experience ‘long covid’ in which they experience covid-19 side effects for long term and can infect previously uninfected family members or those closely associated with them, my paper is of the position that acquired immunity obtained from covid-19 vaccines is transient. It is this transient nature of acquired immunity proffered by COVID-19 vaccines that makes them not to be able to protect those vaccinated with COVID-19 vaccines from breakthrough infections. Secondly, the action of the COVID-19 vaccines while in the body of vaccinated people, did not incapacitate the virus to make it incapable of infecting either previously uninfected people or fully vaccinated people. The Centers for Disease Control and Prevention concluded from a new study that “unvaccinated people who had been infected months earlier were 5 times more likely to get COVID-19 than fully vaccinated people who didn’t have a prior infection”. The study “looked at data from nearly 190 hospitals in nine states of America on 7,000 adult patients who were hospitalized this year with respiratory illnesses or symptoms similar to those of COVID-19. About 6,000 of them had been fully vaccinated with the Moderna or Pfizer vaccines three to six months before they wound up in a hospital: while “the other 1,000 were unvaccinated but had been infected with COVID-19 three to six months earlier”. Since according to Centers for Disease Control and Prevention, “unvaccinated people who had been infected months earlier were 5 times more likely to get COVID-19 than fully vaccinated people who didn’t have a prior infection”, the

higher susceptibility of those who got acquired immunity to COVID-19 virus by suffering from COVID-19 to COVID-19 virus (than those vaccinated with COVID-19 Vaccines); suggests that the acquired immunity obtained by unvaccinated individuals who suffered and recovered from COVID-19 is also transient. The transient nature of the acquired immunity obtained from suffering from COVID-19 is demonstrated by its inability to protect such post-COVID individuals from being re-infected with COVID-19 virus. Breakthrough infections occurring in persons who are fully vaccinated with COVID-19 vaccines and in persons who suffered from and recovered from COVID-19 in under one year is simply telling all humans that both artificial acquired immunities offered by COVID-19 vaccines and natural acquired immunity offered by suffering from and recovering from COVID-19, cannot be relied on as a preventive measure of SARS-CoV-2 disease. My proposition is that the only type of immunity that will protect humans from being infected with COVID-19 is natural immunity. Natural immunity is innate in an individual and can only be built by an individual from eating natural immunity-building and natural immunity-promoting natural plant and animal foods grown on natural manure. I recommend that all peoples of the world build high innate natural or unacquired natural immunity to resist COVID-19 virus, through eating healthy sufficient fiber-rich energy-giving foods; sufficient natural first class and second-class protein-containing foods and micro nutrient-rich diets that have not been adversely chemicalized. An individual that has high natural immunity against SARS-CoV-2 can inhale SARS-CoV-2 viruses and have the viruses on the membranes of his / her nose and air tract without the viruses being able to penetrate the tissues to cause disease because they are resisted by the natural immunity of the individual.

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Introduction

Corona virus disease of 2019 is caused by a type of corona virus called SARS-CoV-2, that infects the respiratory tract and lungs of a human, through droplets in sneezes or cough / sputum of a SARS-CoV-2-infected person. Viruses live and multiply themselves only inside living cells after they have gained entrance to or infected the cell. Viruses replicate themselves inside an invaded cell after copying the genetic apparatus of the invaded cell.

Centers for Disease Control and Prevention [CDC] COVID-19 Alert April 13 2020 said that the incubation period of corona virus is an average of 5-6 days but can be up to 14 days.

According to Centers for Disease Control and Prevention [CDC] COVID-19 Alert of April 13 2020, the following are the symptoms of COVID-19: fever; cough; shortness of breath; difficulty breathing; trouble breathing; chills; repeated shaking with chills; muscle pain; persistent pain and pressure in the chest; headache; sore throat; new loss of taste or smell; new confusion; inability to arouse; bluish lips or face and deaths.

There is evidence of multiplication of corona viruses in the lungs and destruction of lung parenchyma cells of the covid-19 patient because Dr Alan pointed out that chest X-rays and CT scans of even covid-19 patients who have no or few respiratory complaints show radiological signs of pneumonia [1]. In many patients, there is also evidence of damage of the lung tissue and formation of immune complexes by corona viruses in the lungs; resulting in pneumonia in which the patient breaths with difficulty as if he/she had "liquid" in his/her lungs. This type of colliquative pneumonia and its associated distressed-breathing stage of the attack of COVID-19 was described by Dr Duc Vuong, in a video presentation in YouTube which he called "how COVID-19 kills" [2,3].

Damage to the lungs and red blood cells of a COVID-19 patient, who is in a serious stage of the disease, results in diminished oxygen supplies to the organs of the body of the patient and eventual starvation of oxygen in body tissues of the patient [1,3-5]. This affects the patient's tissues like the muscles of soft tissues of the gastro-intestinal tract; the lungs; the heart; the spleen; the liver; the ovaries and the testes and the kidneys. This leads to varying degrees of distress and incapacitation in these organs. High degree of incapacitation and oxidative stress in the vital organs like the

lungs; liver; spleen; heart; kidney and intestines eventually lead to total incapacitation which often result in the death of the patient.

Reported number of deaths from COVID-19 pandemic, as of October 2021 are over 654,000 in America; over 443,000 in India; over 550,00 in Brazil; over 250,000 in Mexico; over 200,000 in Peru and over 150,000 in Russia [2,6]. The total number of confirmed number of people infected with COVID-19 in the United States by October 25, 2021, is 45,423,365 and the total number of deaths from COVID-19 in United States as of October 25, 2021, is 736,112 deaths [7]. The total number of people in the world confirmed to have been infected with COVID-19 as of October 25, 2021, is 243,243,082, while the total number of COVID-19 deaths in the world as of the same October 25, 2021, is 1,944,759 deaths [7,8].

The lessons learned from Corona virus Disease of 2019 (COVID-19) pandemic included lessons from humans; lessons from the physical environment that sustains human existence; lessons from plants and animals that co-inhabit the earth humans; and lessons from the economic, social, psychological, and political environment in which humans live.

Physical features in the universe and those in human living environments continued to exist and perform their functions even when human activity came almost to a halt during periods of high covid-19 infections and hospitalizations. The sun; the moon; the hills and mountains, the seas and oceans; rivers; streams; valleys; forests and bushes, continued to stand their ground and performed their tasks as they have always done for centuries, despite the pandemic. If anything, these physical features of the earth, re-furnished themselves and became refreshed during COVID-19 pandemic lockdowns.

Both domesticated and wild animals did not suffer from or die from SARS-CoV-2 virus and its variants. During the surge-periods of COVID-19 infections, the large numbers of COVID-19 patients that attended hospitals for in-patient care, overwhelmed hospital staff, facilities and equipment. In many instances new accommodations had to be created to meet what was needed to cater for these large numbers of in-patients. Reporting by Emergency Email & Wireless Network HEALTH's Julia Harte in New York, Sharon Bernstein in Sacramento, Calif., Maria Caspani in New York and

Deena Beasley in Los Angeles and additional reporting by Barbara Goldberg in New Jersey and Anurag Maan in Bengaluru said that ‘‘some United States’s hospitals (were) forced to ration care amid staffing shortages, (and) covid-19 surge’’ [9].

Human beings suffered from psychological; physical; social; economic and existential trauma inflicted by COVID-19 pandemic disease [10]. Lockdown measures were instituted by governments to curb the spread of SARS-CoV-2 virus and its variants. Trauma of human beings during COVID-19 pandemic included fear; panic; requirements for social distancing, hand sanitizing, face-masking; requirements for staying at home; requirements for people to close business premises like restaurants; psychological trauma imposed by closure of schools, places of religious worship, places of public entertainment; sports stadia and arena; places of recreation; requirement of school pupils and students to undertake remote-learning and for many workers to work from home; scarcity of many essential commodities in departmental stores and groceries; requirement of the general populace to take COVID-19 vaccines and COVID-19 booster vaccines and loss of jobs by many people[8,10-19].

The psychological trauma suffered by people because of COVID-19 pandemic and its lock-downs also included the depression suffered by little children who were instructed not to be near their grand-parents and elderly people; trauma suffered by school children who missed their school-mates and their teachers; trauma suffered by thousands of women and children who called law-enforcement officials to report incidents of domestic violence in their house during the COVID-19 pandemic lockdowns [10]. The reality of psychological trauma suffered by many people during COVID-19 pandemic was show-cased by many remote workers (especially women) who reported that they experienced burn-out because there was no demarcation between their office and domestic work and because they were saddled with child care duties at the same time as they were doing remote work [10,17].

In response to the menace caused by COVID-19 pandemic United states Food and Drugs Regulatory Agency (FDA) and many national governments embarked on production and approving of COVID-19 Vaccines [20-23].

The raging of COVID-19 pandemic caused CDC and governments of various nations to require their citizens and residents to take initial full doses of COVID-19 vaccines and later, booster doses of COVID-19 vaccines Some parts of the population of various nations refused to take the vaccines, most, saying they aren’t sure of the safety of the vaccines [18,19,24-28]. An example of this reluctance to take COVID-19 vaccine by about half of Russian population, was reported [16].

Many people took COVID-19 vaccines to be protected from COVID-19 [11-13,15]. The waning effect of various COVID-19 vaccines to as short as four to six months, were found by different studies [29-33]. Those who were vaccinated were also shocked to find out there could be breakthrough infections of COVID-19 disease virus in COVID-19 vaccinated people and that some of these infections can be fatal. In October 2021, Reuters’ William Schomberg and Ludwig Burger reported that ‘‘a separate British public health study found that protection from either the Pfizer-BioNTech or the AstraZeneca vaccine against the now prevalent Delta variant of the coronavirus weakens within three months’’ [34]. Children’s noses were found to resist SARS-CoV-2, delta variant more than those of adults. That children’s noses were found to resist SARS-CoV-2, delta variant more than those of adults,

suggests that the natural immunity of those young children was higher than those of adults and that natural immunity can resist even Delta variant of SARS-CoV-2. This can also be interpreted to mean that some things humans do to their body between early childhood and adulthood causes an adult’s nose to have low immunity or immunity that is not high enough to resist SARS-CoV-2 virus as does children’s noses.

A LONDON, Aug 25 (Reuters) report said that ‘‘protection against COVID-19 offered by two doses of the Pfizer/BioNTech and the Oxford/AstraZeneca vaccines begins to fade within six months, underscoring the need for booster shots, according to researchers in Britain’’ [35]. This waning effect of COVID-19 vaccines suggest that acquired immunity protection given to recipients by COVID-19 vaccines are not enough to protect people from COVID-19 infections. The position of this author is that people of all nations of the world should take positive steps to beef-up their natural immunity to be better able to resist COVID-19 virus infection and COVID-19 disease attack.

Discussions and Conclusions

At the beginning of Covid-19 pandemic, experiences of over ten thousand deaths in under two months, in some countries of Europe like Italy; followed by similar large numbers of deaths in their near-by countries like Spain, informed the modern world (which regards itself as highly civilized and highly scientifically prepared for eventualities), that their assumptions are wrong. Even after a lag of two months between the large numbers of deaths recorded in Italy and the arrival and spread of COVID-19 disease outbreak in United States of America, the pandemic still caused deaths of thousands of people in large cities of America like New York, Boston, Houston et cetera and in small localities like El Paso in Texas. So, it was not just the suddenness of appearance of COVID-19 disease that made humanity easily overwhelmed by the disease, it was also human unpreparedness to handle matters simultaneously affecting large numbers of people.

The medical staff and medical facilities were soon over-run as soon as the number of COVID-19 cases that came to them rose from minimal numbers to large numbers. This unpreparedness of the modern medical system to deal with emerging diseases and health conditions suggests that the default medical system has become too stereotyped and technology-dependent. Many people who died of COVID-19 were said to have had both COVID-19 and pre-existing health disorders. This type of reality suggests that these patients with pre-existing health disorders should have benefited more from individualized- drug type prescriptions and dosing than from being given particular ‘approved’ drugs and drug regimens.

That Centers for Disease Control (CDC), said that 80% of the human population suffered from mild to moderate symptoms of COVID-19 while 20% of the population suffered from serious symptoms and complications of COVID-19. This suggests that the natural immunity level of a COVID-19 victim is the most important predictor of whether the person will be in the 80% or in the 20%. Those in the 80% of the population that get or will get mild or moderate symptoms of COVID-19 disease, will recover anyway, once aided with some first aid or hospital-based treatments. The whole fracas about ‘lockdowns’ and taking COVID-19 Vaccines is thus, really because of the 20% of the population whose immunity status makes them poorly resistant to COVID-19 virus attack. How about also working on how to increase the natural immunity status of the 20% COVID-19-susceptible people?

COVID-19 vaccine was prepared to provide acquired immunity against severe acute respiratory syndrome corona virus 2, the virus that causes corona virus disease of 2019 (SARS-CoV-2). The initial focus of SARS-CoV-2 vaccine was for the vaccine to prevent symptomatic, often very severe illness. The vaccine was produced subsequent to the global pharmaceutical industry announcing by March 2020, their commitment to address COVID-19. The Oxford University study on COVID-19 vaccines found that 90 days after a second shot of the Pfizer or AstraZeneca vaccine, their efficacy in preventing infections had slipped to 75% and 61% respectively. That was down from 85% and 68%, respectively, seen two weeks after a second dose. The study was based on data from more than a million app users, comparing self-reported infections in vaccinated participants with cases in an unvaccinated control group done by ZOE Ltd (founded three years ago to offer customized nutritional advice based on test kits). The study was done with the company's ZOE COVID Symptom Study app, a not-for-profit initiative in collaboration with King's College London and funded by the Department of Health and Social Care. The study found that "after five to six months, the effectiveness of the Pfizer jab at preventing COVID-19 infection in the month after the second dose fell from 88% to 74%, and for the AstraZeneca vaccine, effectiveness fell from 77% to 67% after four to five months. From the results of the ZOE study, Tim Spector, ZOE Ltd co-founder and principal investigator for the study, told BBC television: "It's bringing into focus this need for some action. We can't just sit by and see the protectiveness slowly waning whilst cases are still high and the chance of infection still high as well". Simon Clarke, Associate Professor in Cellular Microbiology at the University of Reading, who was not involved in the ZOE study made this remark about the results of ZOE study, "this is a reminder that we cannot rely on vaccines alone to prevent the spread of COVID".

A separate British public health study found last week that protection from either the Pfizer-BioNTech or the AstraZeneca vaccine against the now prevalent Delta variant of the coronavirus weakens within three months (Reuters).

Data show that in United States, the centers for disease control recommended that booster doses of Pfizer-BioNTech COVID-19 vaccine and Moderna COVID-19 vaccine should be taken at least six months after taking the full initial dose regimen of the two vaccines, which suggest that COVID-19 vaccination with full dosage regimen of Pfizer-BioNTech COVID-19 Vaccine or full dosage regimen of Moderna COVID-19 Vaccine provides only 6 months protection from COVID-19 attack. This situation leaves the SARS-CoV-2 -susceptible 20% of the population with the option of taking such vaccines every six months or two times a year. When we compare this need to take COVID-19 vaccine every six months with the need that makes such vulnerable people to take Flu vaccine once a year, we see that we need to enhance the natural immunity of the 20% of the population that succumb to severe illness from COVID-19, to take them out of the 20% of human beings that are highly vulnerable to severe COVID-19 attack.

Natural immunity can easily be built from eating appropriate natural foods. For more information on the kind of foods which can promote one's good health and immune system those interested in this matter should read my two books: Medicinal Foods and Medicinal Plants published by FULTON BOOKS [36,37]. In Germany, the Expert Panel on COVID-19 called STiKO, pointed out that "(COVID-19) vaccine protection is decreasing over time in particular with regard to preventing asymptomatic infections and mild disease forms". They also pointed out that "with older age, the immune response after vaccination takes an overall weaker

form and breakthrough infections can more frequently lead to severe disease". If "COVID-19 vaccine protection decreases over time, in particular with regard to preventing asymptomatic infections and mild disease forms", it means that COVID-19 vaccine protection alone, will not be relied upon to protect even the 80% of the population that suffer only mild and moderate symptoms of COVID-19 attack. Something needs to be done to build up the innate natural immunity of both the 80% of the population who suffer from the mild and moderate symptoms of COVID-19 and the natural immunity of the 20% of the population who suffer from the severe symptoms of COVID-19 disease. With increased innate natural immunity, the general population will eventually easily fight and recover from COVID-19 disease.

Building natural immunity involves building the strength and numbers of the body's "army" that defends the body against injury and infection. Large numbers and appropriate types of white blood cells, the body's "army", that defend the body against injury and infection²⁸, can be built by eating largely first- class proteins and a few second- class proteins like peas and beans. It must also contain body-protective foods like Beta carotene-containing fruits [36,37].

Other contingent socioeconomic factors like overcrowded living which prevent many individuals from observing required six-foot social distancing that would prevent in-haling droplet infection from nose and mouth discharges of infected COVID-19 patients, must be addressed to prevent the kind of large numbers of deaths seen in New York in 2020. High cost of rents cause families to live in accommodations which are too small for dispersed living of the inmates.

Animals and trees which regenerated and blossomed during COVID-19 lockdowns and bodies of water and waterways that became cleaner and purified during CoVID-19 lockdowns show the whole humanity that plants and animals on planet earth are better off without our devastating activities on them. They also point out to those few human beings who are planning to wield power by wiping out some populations of humanity; that after they have wiped out those populations, they will settle down to live with only the trees and animals in the wild and that these trees and animals will "gladly" keep proliferating and living on earth with or without humans.

The burn-out and excessive stress experienced by those who did 'work-from-home' jobs for many months because of the COVID-19 pandemic and burn-out experienced by parents who minded their infants and school-age children during COVID-19 lockdowns, point out that human beings need assistance of other human beings and interaction with other human beings to maintain healthy mental health.

During the long lockdowns needed to slowdown COVID-19 Pandemic, many farmers in Europe lost millions of their crops because migrant farmers could not come into Europe to harvest their crops but every year many Europeans do not bate an eye when they see many of these migrant farmers hassled into drowning in the Mediterranean Sea because they do not have funds or official papers to come into the countries of Europe to do the migrant labor.

The long lockdowns of COVID-19 in 2020 caused many shops to run out of supplies and to have empty shelves. At the same time as grocery stores were running out of food and meat supplies during COVID-19 lockdowns, a lot of meat, chicken and milk producers were throwing away millions of their products down the drain or into trash disposal bins because they could not easily

be conveyed to the grocery stores. This occurrence is a simple demonstration of 'a tip in the iceberg' of what will happen when those who are planning to replace most of the human labor force with robots, succeed in doing so. The empty shelves should remind such people that most shops will not only have empty shelves but will close totally because robots do not eat food; robots will not rent houses or pay for mortgage; robots will not buy all the groceries and other items millions of people buy today to make shareholders of companies rich.

Similarly, those who think that they will be happy when they destroy another nation or any part of the earth with nuclear bomb or biological warfare products like some very deadly diseases, should learn from the experience of COVID-19 pandemic, that what they are planning to do as "A DISPLAY OF POWER" could boomerang and affect them as well. COVID-19 did not kill only the 'poor and the disadvantaged' it also killed the well-to-do and the advantaged. COVID-19 did not kill only those who believe in God, it also killed those who believe in the Devil and those who say that "money, riches and maximum enjoyment" are their God. Even if there is no boomerang, to any persons who inflict catastrophe on any part of the earth as a show of power, the people left on earth after some other part of the earth had been destroyed may not necessarily see their being the only people remaining on earth after the catastrophe, as an exciting achievement.

The brave hard and caring-work of farmers all over the world which kept humanity fed throughout the pandemic is highly appreciated. Thank you, farmers!! May God bless you abundantly.

The brave sacrifices of nurses, medical and paramedical staff and the courageous continuous services of sanitary; law-enforcement; fire-service; priests/religious leaders; grocery and other essential workers that kept humanity safe and provided for during the pandemic are highly appreciated. Our reliance on the continuous provision of the services of such people during the lockdowns of COVID-19 pandemic teach us that it is these workers and farmers that are the most important workers needed to keep humanity alive.

Another important lesson of COVID-19 I would like to point out is that humans currently living on planet earth, beat their chest and declare that humans are the apex of creation. Many of us claim that there is no creator of the universe. When COVID-19 pandemic struck, what did man do to instantly restore humanity to an equilibrium state? Nothing! All human beings on earth were together wrestled to a standstill by COVID-19 pandemic!

Since humans claim that every other creature on earth is under human control or should be at their beck and call, why were plants and animals growing profusely during the pandemic while humans were being battered by COVID-19 pandemic/. People who currently control most of what goes on in the world claim that the present state of human civilization has reached the zenith of civilizations on earth because they feel that humanity of this generation can conquer every problem with science and technology. But, just look at how a tiny organism like Corona virus, which is so tiny that it can only be seen with a microscope, has crushed boastful man, his science, his technology and his medical and pharmaceutical systems. "Boastful man" has been humiliated beyond measure by a micro-organism not even by an organism that can be seen with the naked eyes!! How shameful!!! And as if that were not enough, all other living things in the plant and animal kingdom, starting from one-celled organisms; earthworms; insects; snakes and grasses we walk on; were waxing strong and very much "alive and well" and going "about their businesses",

while a virus, a common micro-organism was "dealing so mercifully with humans, that dead bodies of human beings were carried down from floors of storied- buildings of hospitals in New York in hundreds and thousands with cranes to load large frozen trucks. Bodies of human beings killed by COVID-19 were so many that in most cases they were buried in mass graves while ordinary ants that humans smash as they walk across lawns, were merrily moving about in files across the fields.

Many people who had animal pets suffered from and died of COVID-19 while their pets stayed alive after them. They didn't give their pets COVID-19 vaccine; they didn't social-distance their pets; they didn't wash the hands of their pets every twenty minutes with hand sanitizers or sterilize where their pets stayed in the house with sterilizers. Yet, "they", the human "pet owners", died from COVID-19 disease while their pets they left behind are healthy and are still living in their houses after them. This teaches us humans that we are not necessarily "stronger" or "more important" than the animals and plants that co-habit the earth with us.

Man should also learn the lesson from COVID-19 pandemic that there is a creator of the universe and that man is the weakest of all the creatures in that universe, survival-wise, for without the plants, animals, air and water that sustain man, there will be no man! And do you know what? Air, water, plants and animals in the wild have lived for centuries without medical treatment in hospitals, without pharmaceuticals, without renting houses, without bank accounts and without all the earthly possessions humans fuss about. The plants in the wild simply feed on decayed plant and animal droppings and on dead animal remains and the animals simply feed on herbs, grasses, plant leaves and fruits.

Both the wild plants and wild animals withstand most attacks of deadly diseases and they have demonstrated that (they were not affected by the attack of COVID-19 virus), because plants and animals in the wild simply feed on foods that have not been tampered with by chemicalizing their production or by chemicalizing them during their distribution for consumption. The wild plants and animals simply survive by simply feeding on the natural foods that nature provides and letting one another be. Let's hope that COVID-19 will teach humans to allow all plants and animals grown for human consumption to feed on natural foods so that they can boost the cellular natural immunity of humans. It is also my hope that humans will learn to live for centuries by letting one another be.

The conclusion of this paper on how COVID-19 pandemic is to be stopped is this: corona virus disease of 2019 is a respiratory disease which can largely be spread by droplet infection from sneezing, coughing, talking, laughing, crying aloud or spitting. Droplet from aerosols from droplets released by a COVID-19 patient can travel three to 4 feet, hence keeping a distance of 6 ft to 8 ft away from droplets from discharges of an infected person will prevent an un-infected person from breathing in or swallowing the infected droplets. These practices recommended by Dr Fauci will help a person prevent SARS-CoV-2 infection: "wear an N95 face mask, don't travel, (keep a) social distance (of at least 6ft from other people especially an infected person), avoid large crowds, don't go indoors with people you're not sheltering with (especially in bars), practice good hand hygiene" [38]. More details of what to do to prevent SARS-CoV-2 can be found in my upcoming book on COVID-19 pandemic and How to end it, The mother of preventive measures against SARS-CoV-2, no matter the type of its variant, is for one to eat natural animal and plant foods that will build that person's innate natural immunity to the

high levels that will resist SARS-CoV-2 and inhibit the virus from producing a corona virus disease even if the virus has landed in large numbers on the nose membranes of the person (through droplets from an infected person). In other words, the body of a person who has built high cellular natural immunity against COVID-19 virus, will not be susceptible to the attack of corona virus disease. When large numbers of people in the world have built their cellular natural immunity to high levels, all variants of SARS-CoV-2 will be relegated to endemic 'flu' status that can only cause easy- to-overcome transient illness symptoms during seasonal cold periods or in people whose innate natural immunity is temporarily lowered by serious illness, stress or other factors [39-46].

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