

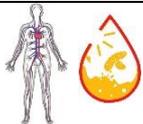
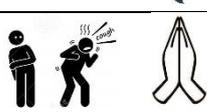
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The panic caused by the presence and rapid world-wide spread of the Corona virus has led us to uncharted territories prompting governments around the world to insist on home quarantine. We know that children below the age of 10 and Senior Citizens are the most vulnerable because of sub-optimal immunity. Recent data from the US, China and Italy has thrown up some surprises: infected individuals mostly hail from better-off socio-economic backgrounds eg Celebrities, Politicians whose nutrition levels are superior; and that even young adults and air conditioned IT employees are not risk averse to the virus, reflects the poor adaptive immunity. It is now clear that, as of this moment, the battle to win against this virus- COVID 19- has no clear end in sight. Indeed, it is likely to be long drawn out as the virus has the ability to adapt and mutate very quickly which means that any effective vaccines produced now may not be useful when it reoccurs later. During this hibernation process, the virus transmits in stealth mode and, as we have seen in Italy and China, severe symptoms do not show up before major outbreaks.

Because our innate immunity's recognizing ability for viruses wanes over time, it is vital that we build this adaptive immunity to fight against future, possibly even worse, outbreaks. The ongoing unprecedented lockdown is a serious blow to already sluggish economy and next one would be catastrophic. Given the poor infrastructure and massive population, vaccination wouldn't be a great strategy against this ever mutating virus. Therefore India needs to take host of effective and scientifically proven smart prevention measures. The first and foremost would be performing daily internal hygiene to cleanse body's inner circulatory systems in the morning as a good health habit. At a time of mass hysteria and debilitating rumors, we need to carefully study the Do's and Don'ts for this period.

Dos 	Don'ts 
Internal Hygiene in the Morning <i>Detoxing Circulatory systems</i> <i>HARAS Turmeric- The Internal Cleanser</i> 	Not to be complacent or panic 
Personal Hygiene <i>Hand wash with soap/ sanitizers</i> 	Touching surfaces at public places 
Respiratory hygiene <i>Wear disposable face masks</i> <i>otherwise wash them everyday</i> 	Never reuse masks Ensure proper disposal of masks 
Social Hygiene <i>Maintain at least 6 feet distance</i> 	Avoid handshakes & hugs 
Oral hygiene <i>Mouthwashes</i> <i>Anti-oxidant Rich Herbal Teas</i> 	Don't touch your face, eyes and nose with dirty hands 
Blood Hygiene- <i>Clearing Low Grade Inflammatory Toxins</i> <i>HARAS Curcumin- Rapid Immune Shots</i> <i>A must for Healthcare Providers- Doctors & Nurses</i> 	Avoid large gatherings 
Mental hygiene <i>Mindfulness & Lighter Exercises</i> 	Be cautious and vigilant 
 <i>Breathe the pollution free air during lockdown but plant a tree to reduce future viral outbreaks!</i>	