

The Provident Living Times

from JimsWay.com

Featured Article from March 1, 2021

A Complementary Treatment for Coronavirus, and Possibly Other Pathogens

I found the following article very interesting with important implications for home treatment that could be done now and in the future.

I first quoted the ABSTRACT for the study, which is followed by a link to the entire clinical trial.

If you are not familiar with the formal language and jargon used in such trials it can be a challenge to ferret out the final conclusions in simple to understand language. For this reason, after the study link, I've included another link to a video review of the study by Dr. Mobeen Syed on YouTube. He makes it much more understandable. After his link, I include a few screenshots taken from his video that are very useful for understanding the study results.

Efficacy of honey and *Nigella sativa* against COVID-19: HNS-COVID-PK Trial

ABSTRACT

BACKGROUND No definitive treatment exists for Coronavirus Disease 2019 (COVID-19). Honey and *Nigella sativa* (HNS) has established anti-viral properties. Hence, we investigated efficacy of HNS against COVID-19.

METHODS We conducted a multicenter-randomized-controlled-trial in COVID-19 patients. Randomized patients received either honey (1 gm/Kg/day) and *Nigella sativa* (80 mg/Kg/day) or placebo up to 13 days. The outcomes included symptoms alleviation, viral clearance, and 30-day mortality.

RESULTS Of 313 patients, 210 moderate and 103 severe underwent randomization. Among these 107 were assigned to HNS whereas 103 to placebo for moderate cases. For severe cases, 50 were given HNS and 53 placebo. HNS resulted in symptoms alleviation by 3 and 7 days in moderate and severe disease, respectively (Hazard Ratio [HR]: 6.11; 95% Confidence Interval [CI]: 4.23-8.84, $P < 0.0001$ and HR: 4.04; 95% CI, 2.46-6.64, $P < 0.0001$). HNS also cleared the virus 4 days earlier in moderate (HR: 5.53; 95% CI: 3.76-8.14, $P < 0.0001$) and severe cases (HR: 4.32; 95% CI: 2.62-7.13, $P < 0.0001$). HNS further led to a better clinical score on day 6 with normal activities in 63.6% (moderate, OR: 0.07; 95% CI: 0.03-0.13, $P < 0.0001$) and 28% (severe, OR: 0.03; 95% CI: 0.01-0.09, $P < 0.0001$) patients. A reduction in 30-day mortality among severe

patients was shown with HNS (4% versus 18.87%, OR: 0.18; 95% CI: 0.02-0.92, P=0.029). No HNS-related adverse effects were observed.

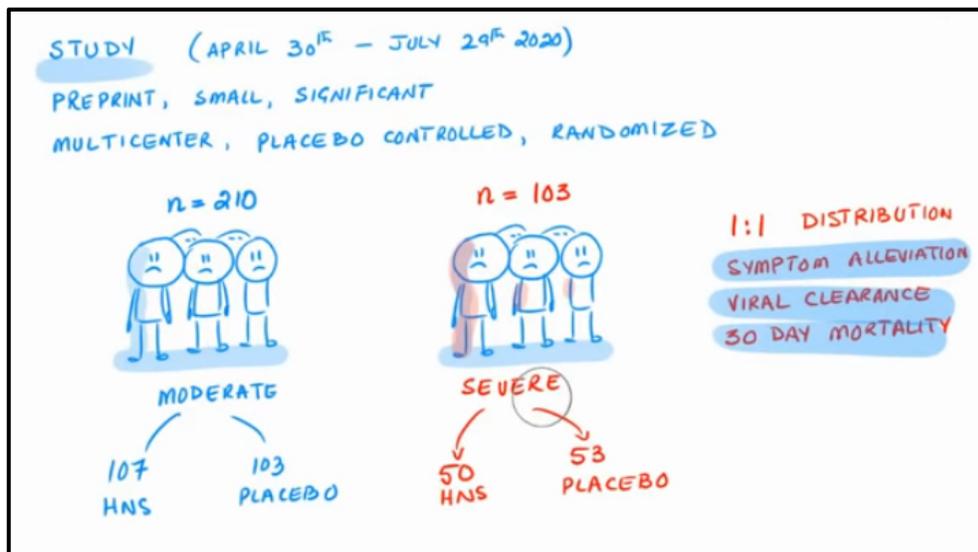
CONCLUSIONS HNS improved symptoms, viral clearance and mortality in COVID-19 patients. Thus, HNS represents an affordable therapy and can be used alone or in combination with other treatments to achieve potentiating effects against COVID-19. (Funded by Smile Welfare Organization, Shaikh Zayed Medical Complex and Services Institute of Medical Sciences; NIH Clinical Trial Register number: **NCT04347382**.)

[Link to the Entire Clinical Trial Documents](#)

<https://www.medrxiv.org/content/10.1101/2020.10.30.20217364v2.full-text>

[Link to Dr. Mobeen Syed Video On the Clinical Study](#)

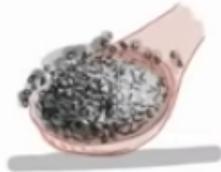
https://www.youtube.com/watch?v=SOwa6-EOohI&feature=emb_logo



HONEY AND NIGELLA SATIVA STUDY



HONEY



NIGELLA SATIVA (BLACK CUMIN)

1 gm/Kg/DAY

IN-SILICO

80 mg/Kg/DAY

IN-VITRO

↓ SARS-COV-2

Experimental: Nigella Sativa & Honey Group

Drug: Nigella Sativa seed Powder 80 mg/Kg/day grinded in capsule upto a max of 14 days)

Drug: Natural Honey 1gm/kg/day orally upto a max of 14 days)

along with standard medical care

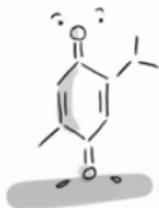
Drug: Honey

1gm/Kg/Day

Drug: Nigella Sativa / Black Cumin

80mg/Kg/day

THYMOQUINONE IS THE MOST ABUNDANT MOLECULE IN NIGELLA SATIVA



↑ PFT & RESPIRATORY SYMPTOMS
 ↓ CANCER CELL VIABILITY (LUNG)
 ↓ PROLIFERATION
 ↑ APOPTOSIS

THYMOQUINONE, NIGELLEDINE, α HEDERIN, ZINC, VITAMIN C, QUERCETIN

ANTIVIRAL, ANTIOXIDANT, ANTIINFLAMMATORY
 HIGH AFFINITY FOR SARS-COV-2 ENZYMES
 RADICAL SCRAMBLER
 ↓ CYCLOOXYGENASE
 ↓ 5 LIPDOXYGENASE

IMMUNE MODULATOR
 IL1, IL6, IL10, IL8
 TNFα, NF-κB
 ↓ IFN PRODUCTION

RESULTS

	HNS	PLACEBO	CI	P
ALLEVIATE SYMPTOMS	4D	7D	HR 6.11 95% 4.23-8.84	<0.0001
SEVERE	6D	13D	HR 4.04 95% 2.46-6.64	<0.0001
VIRAL CLEARANCE	6D	10D	HR 5.53 95% 3.76-8.41	<0.0001
SEVERE	8.5D	12D	HR 4.82 95% 2.62-7.91	<0.0001
CLINICAL SCORE D6	63.6%	10.9%	OR 0.03 95% 0.03-0.13	<0.0001
HOSPITAL DISCHARGE	50%	2.8%	OR 0.03 95% 0.01-0.09	<0.0001
MORTALITY	4%	18.87%	OR 0.18 95% 0.02-0.92	<0.029
NO HNS RELATED ADVERSE EFFECTS				

Closing Comments

Even though the trial only involved 313 patients, rather than thousands of individuals across a very diverse populace, the results are very significant. Consider the huge drop in the death rate for those very seriously ill who received the BC&H compared to those who did not.

I've bought black Cumin seed in bulk. You can find it all over the internet ranging in price from \$6 to \$22 per pound. The best price I found currently is under \$6/lb when you buy 14 pounds at a time, <https://foodtolive.com/shop/organic-black-cumin-seeds/>.

I double that black cumin seed will only have positive indicators against the current Coronavirus Disease 2019 (COVID-19), more than likely it will be useful in any number of situations. You should not expect it to solve every issue, but by using it in conjunction with other modalities, it should do no harm and very well could help. As suggested in Dr. Syed's video, adding some of these seeds periodically to one's diet may be useful as a preventative, certainly can't hurt.

Keep in mind that more is not always better, moderation is the watchword pretty much with everything. It should be noted that the therapeutic dose used in the study was limited to 14 days, perhaps continuing at that rate might have negative indications. It would seem reasonable that if the BC seeds are going to be consumed for a longer period they should be at a reduced rate. Too much of any powerful therapeutic agent can turn toxic, although, no mention is made of this in the study.

In case you are not clear on how to calculate the use-rate for consumption, here is an example of how to calculate it based on this clinical study.

- > BC seeds @ 0.08 gram/Kg body weight/Day, ground to powder
- > Honey @ 1 gram/Kg body weight/day
- > Up to 14 days

An Example Calculation

I weigh 185 pounds so,

- $185 \div 2.2 = 84 \text{ Kg}$, $84 \text{ Kg} \times 0.08 \text{ g/Kg/D} = 6.72 \text{ g} = 0.24 \text{ oz/Day}$ of Black Cumin Seed. This works out to be a little over 2-tsp of the seeds.
- $84 \text{ Kg} \times 1\text{g/Kg/D} = 84 \text{ g/Kg/D} = 2.96 \text{ oz/Day}$ of raw honey. This measured out to be slightly under $\frac{1}{4}$ -cup of honey.

Recommendations and Final Thoughts

The **black cumin** seeds should be ground to be most effective. The tough shell on the outside of the seed will likely not be broken down in the gut and will pass through the system undigested, much like flax seeds or sesame seeds if not chewed or crushed.

I grind $\frac{1}{4}$ to $\frac{1}{2}$ cup at a time of the BC seeds in an electric coffee/herb mill, put the meal in a glass jar, and keep it in the refrigerator to preserve nutritional elements. BC seeds have a strong flavor by themselves but can complement many dishes. As in the study, you could load the ground BC seeds into capsules, but that seems to be a lot of work—learn to eat them.

I've tried consuming the BC seed meal mixed into honey and it's an odd combination of flavors, but not bad. The honey takes away the very sharp flavor of the seeds by themselves.

Concerning the **honey**, I did not see in the study an explanation of the therapeutic value for it, maybe I missed it. I only use raw-unfiltered honey from a source I trust.

I've been on a no sugar/ sweetener diet for almost two years and for me, the amount of honey sited in the study seems excessive. If someone is a diabetic (I am not) caution should be used.

This has been an interesting article and provides an example of what we can do to reduce dependence on high-tech pharma. Not because all pharmaceuticals are bad, rather how we can be prepared to get along should clinics, hospitals, doctors, and pharmacies no longer be available.

We should look for every possible way to do things so we will not feel helpless, threatened, or afraid in the face of disasters or disruptions of the interconnected systems we now enjoy.

To your well-being and success in whatever future may lie before,



Jim Phillips

Information online at www.JimsWay.com

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