

Natural Defense Against COVID-19

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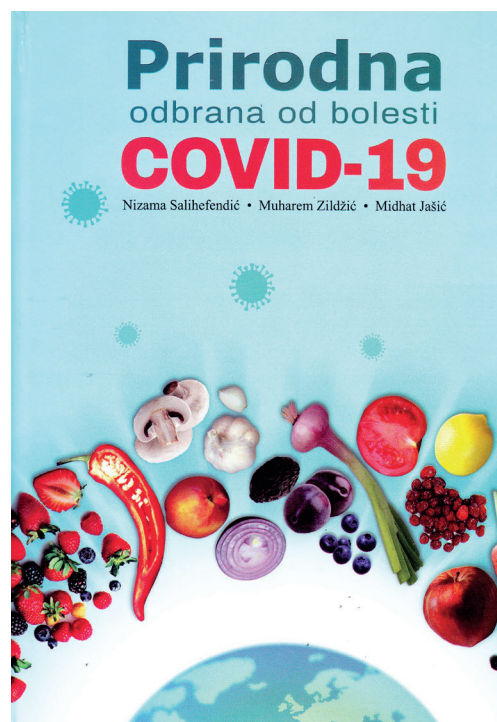
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The book „Natural Defense against COVID-19“ is in its content the result of systematic monitoring of scientific achievements in the field of public health, healthy lifestyles, nutrition and related disciplines. It is intended for all persons dealing with the COVID-19 pandemic problem and readers who, due to their simple and professional approach, will be able to help themselves in the situation brought about by the pandemic. The main topic of the book is the promotion of health through the presentation of already existing available methods for the natural defense of the organism.

The book is divided into 3 chapters: 1) Sars-CoV-2 virus and Human being; 2) Food Composition and immune boosting nutrients; and 3) Lifestyle modifications in prevention and treatment of COVID-19. Coauthors of these chapters are: Đurđica Ačkar, PhD; Dženita Salihefendić, MD; Emir Čabrić MD, PhD. Authors and coauthors are physicians and teachers from universities in Tuzla and Zenica (Bosnia and Herzegovina) and Osijek (Croatia).

Authors gave a good overview of the pandemic caused by the SARS-CoV-2 virus, which led to drastic changes in the cultural, social, economic spheres of society that led to health disorders of each individual and the entire world population.

Health systems in almost all countries could not meet these challenges, so “homo sapiens” found itself in one of the most critical periods in the history of civilization. Scientists predicted that a modern lifestyle (unhealthy diet, physical inactivity and stress), and air pollution would lead to a pandemic of obesity and chronic non-communicable diseases. These diseases weaken the human immune system so the corona virus came to suitable ground.. In delayed diagnosis and rapid spread of the virus without adequate support of the healthcare system, the virus overcame man in a short period of time. The impossibility of rapid production of the drug and vaccine gives priority to the body’s natural defenses with complete modification of lifestyle and diet. The first chapter clearly describes the structure and properties of the virus, as well as the manner of the entry into the human cell and its use of the



part of human genome. Preventing the virus from entering the body, strengthening the natural and first line of defense is emphasized. The second chapter describes the ingredients of food and the way it affects the immune system, so this chapter can be considered a guide to nutrition during a pandemic. The third chapter rightly points out the importance of a non-pharmacological approach in the prevention and treatment of covid-19 disease, which refers to stress control, maintaining a healthy knowledge, staying in nature and appropriate physical activity.

We expect this book will be very interesting for readers in the current corona time—for academic and health professionals, but also for common people.

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Lejla Zunic, PhD