

Putting the Corona Virus in Perspective

The 25 points made by this independent Covid19 research corroborate everything NUTRI-SPEC has given you in our on-going commentary on the Corona Virus

Summary published by a Swiss non-profit (= independent of any outside funding, lobbyist pressure or political pressure) research organization:

1. According to data from the best-studied countries and regions, the lethality of Covid19 is on average [about 0.2%](#), which is in the range of a severe [influenza](#) (flu) and about twenty times lower than originally [assumed](#) by the WHO.
2. Even in the global “hotspots”, the risk of death for the general population of school and working age is typically in the range of [a daily car ride to work](#). The risk was initially overestimated because many people with only mild or no symptoms were not taken into account.
3. Up to 80% of all test-positive persons [remain symptom-free](#). Even among 70-79 year olds, [about 60%](#) remain symptom-free. Over 95% of all persons show [mild symptoms](#) at most.
4. Up to one third of all persons already have a certain [background immunity](#) to Covid19 due to contact with previous coronaviruses (i.e. common cold viruses).
5. The median or average age of the deceased in most countries (including [Italy](#)) is over 80 years and [only about 1%](#) of the deceased had no serious preconditions. The age and risk profile of deaths thus essentially corresponds to [normal mortality](#).
6. In most Western countries, 50 to 70% of all extra deaths occurred [in nursing homes](#), which do not benefit from a general lockdown. Moreover, in many

cases it is [not clear](#) whether these people really died from Covid19 or from [extreme stress](#), fear and loneliness.

7. Up to 50% of all additional deaths may have been caused [not by Covid19](#), but by the effects of the [lockdown, panic and fear](#). For example, the treatment of heart attacks and strokes [decreased](#) by up to 60% because many patients no longer dared to go to hospital.
8. Even in so-called “Covid19 deaths” it is often [not clear](#) whether they died *from* or *with* coronavirus (i.e. from underlying diseases) or if they were counted as [“presumed cases”](#) and not tested at all. However, official figures usually [do not reflect](#) this distinction.
9. Many media reports of young and healthy people dying from Covid19 turned out to be false: many of these young people either [did not die](#) from Covid19, they had already been [seriously ill](#) (e.g. from undiagnosed leukaemia), or they were in fact [109 instead of 9](#) years old.
10. The normal overall mortality *per day* is about [8000 people](#) in the US, about 2600 in Germany and about 1800 in Italy. Influenza mortality per season is [up to 80,000](#) in the US and [up to 25,000](#) in Germany and Italy. In several countries Covid19 deaths [remained below](#) strong flu seasons.
11. Regional increases in mortality may be influenced by additional risk factors such as [high levels of air pollution](#) and [microbial contamination](#), as well as a [collapse in the care for the elderly and sick](#) due to infections, mass panic and lockdown. Special [regulations](#) for dealing with the deceased sometimes led to additional bottlenecks in funeral or cremation services.
12. In countries such as Italy and Spain, and to some extent the UK and the US, hospital overloads due to strong flu waves [are not unusual](#). In addition, up to 15% of doctors and health workers were [put into quarantine](#), even if they developed no symptoms.

13. The often shown exponential curves of “corona cases” are [misleading](#), as the number of tests also increased exponentially. In most countries, the ratio of positive tests to tests overall (i.e. the positive rate) remained [constant at 5% to 25%](#) or increased only slightly. In many countries, the peak of the spread was already reached well [before the lockdown](#).
14. Countries *without* curfews and contact bans, such as [Japan](#), [South Korea](#) or [Sweden](#), have [not experienced](#) a more negative course of events than other countries. Sweden was even [praised](#) by the WHO and now benefits from higher immunity compared to lockdown countries.
15. The fear of a shortage of ventilators was [unjustified](#). According to lung specialists, the invasive ventilation (intubation) of Covid19 patients, which is partly done [out of fear](#) of spreading the virus, is in fact often [counterproductive](#) and damaging to the lungs.
16. Contrary to original assumptions, various studies have shown that there is [no evidence](#) of the virus spreading through aerosols (i.e. particles floating in the air) or through [smear infections](#) (e.g. on door handles, smartphones or at the hairdresser).
17. There is also [no scientific evidence](#) for the effectiveness of face masks in *healthy* or *asymptomatic* individuals. On the contrary, experts warn that such masks interfere with normal breathing and may become [“germ carriers”](#). Leading doctors called them a “media hype” and [“ridiculous”](#).
18. Many clinics in Europe and the US remained [strongly underutilized](#) or almost empty during the Covid19 peak and in some cases had to [send staff home](#). Numerous operations and therapies were [cancelled](#), including some organ transplants and cancer screenings.
19. Several media were caught [trying to dramatize](#) the situation in hospitals, sometimes even with manipulative images and videos. In general,

the [unprofessional reporting](#) of many media maximized fear and panic in the population.

20. The virus test kits used internationally are [prone to errors](#) and can produce false positive and false negative results. Moreover, the official virus test was [not clinically validated](#) due to time pressure and may sometimes react to other coronaviruses.
21. Numerous [internationally renowned experts](#) in the fields of virology, immunology and epidemiology consider the measures taken to be [counterproductive](#) and recommend rapid [natural immunisation](#) of the general population and protection of risk groups. The risks for children are [virtually zero](#) and closing schools was never medically warranted.
22. Several medical experts described vaccines against coronaviruses as [unnecessary](#) or even [dangerous](#). Indeed, the vaccine against the [so-called swine flu](#) of 2009, for example, led to sometimes [severe neurological damage](#) and lawsuits in the millions.
23. The number of people suffering from unemployment, [psychological problems](#) and domestic violence as a result of the measures has [skyrocketed worldwide](#). Several experts believe that the measures [may claim more lives](#) than the virus itself. According to the UN [millions of people](#) around the world may fall into absolute poverty and famine.
24. NSA whistleblower Edward Snowden warned that the “corona crisis” will be used for the [massive and permanent expansion](#) of global surveillance. The renowned virologist Pablo Goldschmidt [spoke of](#) a “global media terror” and “totalitarian measures”. Leading British virologist professor John Oxford [spoke of](#) a “media epidemic”.

25. More than 500 scientists [have warned against](#) an “unprecedented surveillance of society” through problematic apps for “contact tracing”. In some countries, such “contact tracing” is already carried out directly [by the secret service](#). In several parts of the world, the population is already being [monitored by drones](#) and facing serious police overreach.

The best way to evaluate the risk associated with the Corona Virus is to compare it with two other viruses --- the ordinary Flu Virus, and the Swine Flu Virus from 11 years ago.

Here is a comparison between the Corona Virus and the ordinary flu:

--- In a typical year, 35,000 – 60,000 Americans die of that year’s flu virus.

--- The past year has been unusually bad for the ordinary flu --- as 41,000 have died in America because the predominant strain of flu virus has been particularly virulent.

--- The death rate from the ordinary flu is about 1 out of 1,000. So, if at least 35 million Americans every year get the common flu, 35,000 die. ----- Who are the more than 35,000 Americans who die every year from an ordinary flu infection? It is those who are geriatric and/or have either Chronic Obstructive Pulmonary Disease or Congestive Heart Failure --- or those who have weak immune systems associated with other medical conditions.

How does the Corona Virus compare to the flu?

--- At the time of this writing (March 20, 2020) there have been 14,366 Corona Virus cases reported in America.

--- Of those reported cases, there have been 217 deaths.

--- That means that at this time, 1 out of 66 Americans who get the Corona Virus are dying.

--- At the current rate of infection, 43 out of every million Americans have been infected with the Corona Virus = 1 out of 23,000 people have been infected.

HOWEVER ----- The incidence of Corona Virus as reported by medical researchers is much higher than the official numbers reported above. At first that fact may seem alarming --- but the truth is, that is good news. Why are

the official numbers severely under-reported, and why is a higher number of people infected good news? It means the death rate from Corona Virus is much, much less than the official numbers report. ----- Here is the explanation

The reason the number of infected people is under-reported is because the symptoms of the Corona Virus are so mild. In other words, many, many people have it who don't know they have it. The typical case runs a fever very briefly, then experiences a cough accompanied by shortness of breath that lasts for two or three days --- then it is all over. So, the vast majority of people who have been infected by the Corona Virus think they just had "a touch of the flu" and never give it more thought. Many have no symptoms at all.

----- So if there have been 217 deaths in America not out of 14,366 cases, but out of perhaps 30,000 – 60,000 cases, then only 1 out 130 to perhaps 1 out of 260 people who get the Corona Virus die of it. These numbers reveal that the Corona Virus is indeed cause for major concern --- but not reason for panic.

--- How does that compare with the ordinary seasonal flu virus? The possible death rate of the Corona Virus at 1 in 200 in comparison to the 1 in 1,000 of the ordinary flu, means that the Corona Virus mortality rate is 5X as high as the ordinary flu. However

--- Thinking quantitatively --- you must realize that in the 3 months during which there have been 14,366 reported cases of Corona Virus in America --- there have been approximately 10 million cases of the seasonal flu, and 10 thousand deaths from the seasonal flu. --- Look again --- during the time that 217 people have died in America of the Corona Virus, 10,000 have died of the common flu.

In summary --- we can expect in America that the final statistics on the ordinary flu will show that 40-60 million people were infected and 40-60 thousand people died. In comparison, we will have thousands (not millions) of Corona Virus cases. Clearly --- the morbidity and mortality resulting from the Corona Virus will be much, much, much less than we Americans suffer every year just from the seasonal flu.

Comparing the Corona Virus to the Swine Flu Pandemic of 2009:

--- Just 11 years ago, in 2009, about this same time of year, the Swine Flu Pandemic hit the world.

--- 61 million Americans were infected by the Swine Flu.

--- 12,500 Americans died of the Swine Flu.

So, comparing the Swine Flu to our projection of the Corona Virus we see that in 2009, 61 million people were sick with the Swine Flu in America, while this year we can expect thousands (not millions) of Americans to be infected by the Corona Virus.

We also see that 12,500 people died in 2009 in America alone of the Swine Flu, yet the number of deaths from the Corona Virus we can project may not be much more than that.

How much do you remember about the Swine Flu, just 11 years ago? Not much? Did it have a major impact on your life in 2009? Has it had any lasting impact on your life? In fear of the Swine Flu, did businesses and government offices all across America shut down? Or schools close? ----- I think you get our point. We do not mean to minimize the suffering nor certainly the death of those who will contract Corona Virus --- but on a quantitative analysis, this pandemic is less dangerous to your health than the ordinary flu, and is less of a health risk to the nation as a whole than is the ordinary flu or even the Swine Flu Pandemic of 11 years ago.

One final way we can put into perspective the risk from the Corona Virus is to compare the projection for the United States with what has already happened in China. China --- where the disease originated --- has seen the Corona Virus run its course completely. From the time the virus really began to make its presence felt, there was about a 6 week period of exponential spread, then a peak, and now a falling off of new cases.

There are hundreds of Star Bucks locations in China and hundreds of Apple locations in China --- all of which were closed for several weeks --- but all of which are now open again. Almost all industries that were shut down are back to full operation. We can expect the same to occur in America.

Even if you do get the Corona Virus, more than 80% of people who get it experience nothing more than a cough that lasts for 2-3 days. Truly --- your risk of severe symptoms is minimal. Take all the precautions you would ordinarily take to protect yourself against the seasonal flu virus --- and be at ease, since your risk of severe illness or death is greater from the ordinary flu than it is from the Corona Virus.

UPDATE 3/23/2020

We sent this Corona Virus write-up to you on March 20. The responses we are getting go something like this --- “What you say about the Corona Virus makes sense, but don’t you see how much worse it has gotten just in the last few days?” ----- Our response

Getting worse? --- Yes, as predicted. If you read the original article from last week, you will realize that the “getting worse” was already baked into the cake (the virus has a 2-14 day incubation period). The incidence in America will follow the same course it did in South Korea. Incidence increased linearly for several weeks, then increased exponentially for 2-3 weeks, then leveled off, then decreased linearly, then decreased exponentially, then stabilized at a low level.

On about March 17th --- America, Switzerland and a few other countries hit their 2-3 week period of exponential increase. That is why the incidence has increased so dramatically over just the last few days. That exponential increase in incidence will continue for another week and a half to 2 weeks.

UPDATE 3/25/2020

In our write-up sent to on March 20 we suggested that the incidence of Corona Virus is actually much higher than the reported numbers. By that date we had already seen estimates from some pretty sharp virologists and epidemiologists (--- NOT the CDC!!!) suggesting that the incidence may be as much as triple the reported numbers. Why so many cases unreported? --- Because the symptoms are so mild. Even by CDC stats --- over 80% of those infected experience nothing more than an irritating cough that lasts 3 days. Another 15% get the full array of flu-like symptoms fatigue, aches, malaise, loss of appetite. Those suffering severe illness or death are the geriatrics, those with congestive heart failure, those with COPD, and smokers who have not yet been diagnosed with COPD --- plus the HIV cases and drug addicts. Only 5% get sick to the point of perhaps needing medical attention (although short of a respirator for those who are severely impaired as regards ventilation, there is no treatment).

Now it seems the number of reported cases might severely understate the incidence of the disease. --- In a study published March 16, 2020 in the journal Science --- it is reported that a model developed by virologists estimates the documented cases represent just 14% of all who have been infected. That means 7 times as many people have already been infected by Corona Virus than have been reported.

As we explained on March 20, the higher incidence of the disease is not alarming --- but rather is quite good news. It means that the death rate is much, much lower than the official numbers report. It also means that 7 times as many people have already developed cellular (permanent) immunity to the virus.

That huge number of already infected people also highlights all the more how mild the virus is. None of those hundreds of thousands of additional infected people even suspect they had the virus. They probably felt malaise for a few days --- to the point of wondering, “What’s wrong with me --- I just don’t feel myself” --- then bounced back and haven’t given it another thought in the week or two since. --- YOU may have already had it yourself!

----- The smart thing for the “authorities” (I choke on the word) to do would NOT be to paralyze the economy and make all the young healthy people who have the virus stay home from school and work. Since so many of those younger people have the disease with no consequences whatsoever ---the best strategy would have been to allow life to go on as usual, and let us all spread the insignificant disease among ourselves --- thus creating HERD IMMUNITY. That would assure that the virus never makes a big comeback at the beginning of next flu season, beginning in October.

The only people who should have been specifically targeted for special quarantine and special attention are the elderly and those with pre-existing conditions that put them in jeopardy --- COPD, congestive heart failure, and others with compromised immune systems. --- Instead --- we have all the young people who are unknowingly carrying the virus being forced to stay at home with their families --- infecting their parents and grandparents --- exposing excessively and unnecessarily those who are at genuine risk.

One additional comment --- explaining why there is one country --- Italy --- that is not following the same pattern of growth, followed by exponential growth, followed by rapid decline, in Corona Virus incidence. There are 3 reasons why Italy got clobbered so severely

1. Demographics --- they have a much higher percentage of geriatric population than many other countries.
2. Italy is among the countries who admitted the highest number of refugees from Northern Africa and the Middle East over the last couple of years. --- People who are impoverished, hungry, and living in crowded conditions.
3. (The biggest reason) After the virus was already quite active in China, the Italians were foolish enough to allow a large group of Chinese --- directly from the Wuhan district where the virus began --- into Italy for their big annual fashion extravaganza. Apparently many of the apparel manufacturing factories in Italy are owned by the Chinese. It is now clear that a large percentage of the Chinese contingent admitted to Italy for that 2 week period were infected, and thus quickly infected Italians at a far faster initial rate than would have happened had the disease been brought in by just a few individuals over a period of a couple weeks time.

UPDATE 3/30/2020

The farce continues; the mass hysteria continues

As of Saturday morning, March 28th, 1,700 Americans had died of the Corona Virus. Sad? Yes. ---- Alarming? No. ----- During this 6 week period in which 1,700 Americans died of the Corona Virus, 1,700 PER WEEK died in America of the ordinary flu.

As tragic are the deaths of the 1,700 who succumbed to Corona Virus, far more tragic are the 10,000 who died over the same time frame of the flu. --- Yet everyone --- the “authorities” as well as the sheeple --- are in a frenzy over the Corona Virus, while the deaths from the ordinary flu are dismissed as nothing more than a statistic.

Keep it in perspective --- the Corona Virus is reason for concern, not panic.

And please do not be snookered by the exponential increase in new cases reported. In our original write-up on the Corona Virus we projected that the numbers in America would match those in South Korea. We were “wrong”. The number of recorded cases in America is now much higher per million population than was ever reached in South Korea. Is it because there are so many more cases in America? No, not at all

The reason why there are so many reported cases is because there is such a higher percentage of people getting tested. Recall from reading above that the disease is underreported by at least a factor of 3 and perhaps as much as by a factor of 7. In other words, as many as 7 times more people have the disease than have been reported --- simply because their symptoms are so mild. But since the American sheeple are now being driven by fear, every person who sneezes runs to get a virus test. These are people who, had they the same symptoms in normal times, would have just shrugged it off as, “Oh well I’ve got the flu”. What you need to understand is that the number of cases reported is directly proportional to the number of people who are tested, not indicative of higher infection rate.

A parallel statistic from the CDC ----- this year’s incidence of the flu is one of the highest ever. Is it because this year’s flu is more virulent or is infecting more people? No. Again, it is a function of how many people are being tested. All these people who are running to the doctor to get tested for the Corona Virus are found to have the flu --- people that in ordinary times would not have been tested at all --- so --- the incidence of reported flu cases is far higher than it “should” be --- simply because so many people are being tested who would have otherwise just stayed home from work for a day or two.

UPDATE 4/2/2020

The fear mongers are now broadcasting all over the Main Stream Media that they expect over 100,000 deaths in America from the Corona Virus. Don't fall for it. Who is making such outrageous claims totally out of line with rational, quantitative thinking? These ridiculous projections come from the politicians and from the lobbyists from corporations who are scrambling for their "fair share" of the 2 trillion dollar bail out package --- hoping that soon it will be doubled to a 4 trillion dollar bail out package.

Those of us who live in objective reality can be comforted by a logical look at the numbers. ----- As we pointed out in our 3/30/2020 update, the number of reported cases in America has increased exponentially even beyond the exponential increase that we predicted --- but that extreme increased rate of reported cases has nothing to do with more people being infected --- but is merely proportional to the extreme increase in number of people who are being tested.

As you recall, at least 3 times as many people have the virus as is reported (because the symptoms are so mild, they don't even know that they are sick), and perhaps as many as 7 times. The more people you test, the more people who ordinarily would have thought they just had a bad cold or a touch of the flu, yet now show positive for Corona Virus. These people who test positive go home and do nothing that they wouldn't ordinarily do --- since there is no treatment for the Corona Virus, anyway. But their statistics show in the number of reported cases --- thus feeding the fear mongers with the data they need.

So, let us take another look at the numbers. The most meaningful number is the number of deaths relative to the number of reported cases. In America, the number of deaths per reported case is far less than half the death rate world wide. Why is that? Is it because the American medical profession is so adept at treating the virus? No, of course not --- there is no treatment for the virus. The reason the death rate per reported case is so low is not because the number of people dying is so low, but rather because the number of reported cases is abnormally high relative to other countries --- simply because the United States is testing a higher percentage of the population. --- Relax --- be concerned and cautious but not alarmed.

Several weeks ago we began to receive questions about the anti-malarial drugs as therapeutic for the Corona Virus. How is the anti-malarial drug Plaquenil effective against the Corona Virus? The drug has quite nice immunosuppressive effects --- perhaps by inhibiting leukotrienes, and almost certainly by inhibiting Mast Cell activation.

Mast Cell activation? Does that sound familiar? ----- It should, since we have written much about Mast Cells over the years --- in our articles and in your NUTRI-SPEC Letter. You may want to do a search for Mast Cells on your NUTRI-SPEC website. The reason we are bringing the topic of leukotrienes and Mast Cells to your attention now is because your Sympathetic/Parasympathetic Support System Analysis zeros in quite nicely on patients who are showing manifestations of excess leukotrienes. That Imbalance is listed as “LTB4” on your S/PSS Analysis Imbalance Table. (LTB4 = Leukotriene B4.)

----- Your NUTRI-SPEC supplements most likely to control Leukotriene manifestations that directly potentiate the virulence of the virus include

- Oxy Tonic
- Immuno-Synbiotic (either IS Immune Power, or, if the patient has been on antibiotics recently, IS Immune Restore)
- Adapto-Max
- Oxygenic A
- Complex P

UPDATE 4/6/2020

The good news is the number of reported cases in America keeps climbing rapidly. Good news? Yes --- as we repeatedly make the point --- the high incidence indicates that the death rate from the Corona Virus is far, far less than the “authorities” would like us to believe. Again, the only reason the number of reported cases in America is so much higher than other countries is because a far higher percentage of Americans are being tested. In other countries, the incidence of disease is just as high as in America, but only a small fraction of the cases are reported because so few people are being tested --- and, our main point --- the symptoms tend to be so mild that countless thousands (probably many millions) have had the disease and didn’t even know it.

The original “panic attack” over the Corona Virus was provoked by research out of the Imperial College in the United Kingdom. Their research predicted more than 40 million deaths globally and 2.2 million deaths in the United States. The Main Stream Media latched onto that sensationalism and the chain reaction of hysteria among the sheeple puts us all in greater danger of being trampled by the herd than by death from viral infection.

Even the less absurd death forecast now being promoted in the United States --- 100,000-240,000 deaths is still way too high. Why? ----- US research has STILL not focused on determining what percentage of the population is asymptomatic or has symptoms too mild to even see a doctor. The most sensible and logical virology research is being done in Iceland. Their numbers show clearly that fully 99% of those tested and confirmed that have the Corona

Virus fall into the categories of little or no symptoms. So, the good news is that as many as 100 million Americans may have already “caught” the virus that were/are showing such mild symptoms that they are never tested.

The next two weeks will be frightening --- the media will make sure of it. And so will the politicians --- preening in front of the cameras as they promise to save us from annihilation. During these next two weeks, the death toll from Corona Virus will likely even exceed the death toll from the ordinary flu!!! Meanwhile, as per the motto of high level politicians, “Never let a good crisis go to waste” --- the panic will be used as an excuse to funnel more wealth to the financial power elite --- at the expense of ordinary citizens.

One legitimate question regarding the virulence of the Corona Virus is why are some seemingly young and healthy people dying from it? Over the past 3 weeks, that question has been clearly answered

The young people who are dying of the Corona virus are not dying from the virus per se --- they are dying from an exaggerated immune system response. It is the extreme pro-inflammatory response of the immune system that is causing the acute and deadly damage to the lungs (and in some cases to the liver). In some individuals the immune response involves excess Mast Cell Activation, and in some the immune reactivity is mediated via Macrophage Activation, and in some cases both occur.

Mast Cell Activation releases leukotrienes and Prostaglandin D2 --- which sets off a chain reaction of inflammatory cytokines --- most particularly Interleukin-6.

From Macrophage Activation there is a dualistic immune system response. In some individuals TNF-Alpha and Interleukin-6 and Interleukin-10 predominate, while in others the TH-1 inflammatory cytokines dominate --- Interferon-gamma, Interleukin-1, Interleukin-2, Interleukin-8, and Interleukin-18, along with TNF-Alpha.

When Interleukin-6 is a major factor, blood tests will reveal an elevated C-Reactive Protein. If the Serum Ferritin is elevated, then you will see Interleukin-6 along with TNF-Alpha, Interleukin-10, and Interleukin-1. When TNF-Alpha is a major factor, there will tend to be low triglycerides accompanied by low platelets.

Your NUTRI-SPEC Dermographics Test showing a red response is an indication of Mast Cell Activation. A red skin reaction to topical niacin is an indication of Macrophage Activation, as is an extreme flushing to orally administered niacin.

Mast Cell Activation requires supplementation with Adapto-Max, Oxy-Max, I-S Immune Power and Vitamin D (and in many cases Oxy Tonic and Oxygenic A).

Macrophage Activation requires supplementation with Adapto-Max, Oxy-Max, I-S Immune X-Flam and Vitamin D (often with Oxy D-Plus, Oxygenic D, or Complex S).

UPDATE 4/9/2020

You need a more thorough understanding of just how significant is the research that comes out of Iceland. ----- First of all, how did Iceland gain its valuable insight into the spread and the virulence of the virus? They were smart enough to take the initiative to test fully 5% of the nation's entire population --- whether or not individuals were sick. With testing one out of twenty people in the nation regardless of symptoms, they produced extremely valuable data on both the incidence of the disease and the mortality rate.

First, it was determined that just about 50% of those who tested positive had absolutely zero symptoms.

Americans are in a panic because there are over 1,400 Corona Virus cases per million population. Remember, these are reported cases. What do we see in Iceland? The incidence among their population is 3 ½ times as high as in America --- nearly 5,000 cases per million population. Does that mean that in Iceland there is a catastrophic astronomical incidence of the disease? No, it simply means that, because they tested one out of twenty people, including many who were not showing symptoms, that their reported cases comes much closer to reality than the incidence in America, where only those who are sick are tested.

----- Our point all along is that the virus has been spreading exponentially such that the true numbers in America are far, far higher than reported. --- And --- that is good news. It means that if the disease has infected 3 ½ times as many people as we think, then the death rate is 3 ½ times less than we believe.

----- And we must realize that the incidence in America is actually more than 3 ½ times that in Iceland. Why? Is Iceland a hub of international travel and commerce? Does Iceland have a Boston, New York, Los Angeles, San Francisco, or Seattle --- receiving thousands upon thousands of people from overseas in January before the World Health Organization recognized that the virus was an emergency?

Parallel research out of Oxford, England reaches the same conclusion. Their research model shows that as many of 2/3 of the United Kingdom population already has the virus. 2/3 of a population of 67 million people means that likely 45 million in the United Kingdom alone are already infected. Yet, nearly all those 45 million victims of the virus did not realize they had it since their symptoms ranged from none to very mild. ----- Similar infection rates almost

certainly exist in America as well. Tens of millions of Americans likely are infected --- and that may include you, and may include me --- compared to the less than $\frac{1}{2}$ million reported.

That means the death rate will ultimately be found to be somewhere around 0.1% --- and for comparison, the last year for which statistics are available for the ordinary flu (2017-2018) the death rate from the seasonal flu was 0.14. ---- Need we remind you once more, you have far more to fear from the flu than from the Corona Virus?

UPDATE 4/20/2020

The Corona Virus picture now becomes crystal clear. Even the “authorities” are beginning to admit that their prediction of up to 240,000 Americans dead was completely out of line. As of this moment we have about 40,000 deaths --- and by the time the virus has run its course for this season we may match the death toll from the ordinary flu from last year --- which was 61,000.

It is the numbers from Iceland that clarify the picture. Again, what Iceland did that was unique and so valuable is testing $\frac{1}{5}$ of its entire population --- chosen randomly --- instead of just testing people with symptoms. ----- The numbers from Iceland show that the true incidence of the disease is 5,200 per million population, while the United States, in testing only those who have symptoms, shows an incidence of only 2,200 per million population.

So, the good news is that almost $2\frac{1}{2}$ times as many Americans have the disease as are reported --- and that is because the symptoms are typically so mild. That also means that, despite the misguided efforts of our “leaders” in shutting down economic and social activity, we are at least making some progress toward herd immunity.

The figures in Iceland show a death rate per million population of 26. If we divide the 26 deaths by the 5,200 cases, we come up with a death rate of about 0.5%. That is nothing to minimize. It means the Corona Virus is about $3\frac{1}{2}$ times as deadly as the ordinary flu, for which the death rate fluctuates between 0.1 and 0.2. These deaths are tragic; they are cause for concern; but absolutely not cause for panic.

UPDATE 4/27/2020

The good news on the Corona Virus keeps pouring in

--- Data from serological tests continue to assuage the fears of both the authorities and their sheeple. --- Testing in New York State shows that an

estimated 14% of the state's population (--- nearly 3 million people) have already contracted the Corona Virus. And in New York City, the number is more than 20% (1 out of every 5 citizens).

--- As more and more people are found to have had the (largely symptom-free) virus, it is confirmed that the fatality rate is drastically lower than what is officially reported --- and confirms our thesis from the beginning.

--- This airborne virus is so contagious it is virtually impossible to contain. --- There are now numerous cases reported in remote Pacific Islands. If the virus spreads that far, you can be sure that the vast majority of Americans have already been exposed to it.

--- And again, this is great news since it means the death rate from the virus is miniscule compared to the original projections.

--- The deaths from Corona Virus in America (as reported by the CDC) shows that nearly 1 out of every 5 deaths is among the tiny, tiny population of nursing home residents. Obviously, if you are under 60 years old and have no pre-existing conditions, your chance of dying of the Corona Virus is practically non-existent --- yet your likelihood of contracting the virus and having none or minimal symptoms is huge. (--- You may have already had the virus and gotten over it --- and developed cellular immunity.)

--- The point is that this virus, like the ordinary flu, is primarily killing the old and the sick --- and while that is tragic, it is no reason for panic. To further put the death rate from Corona Virus in perspective --- during the months over which 25,000 Americans died of Corona Virus, 54,000 died of pneumonia. And as we have already indicated in prior updates, more than 40,000 died of the ordinary flu.

Summary: America has now experienced about the same number of deaths from Corona Virus this year as it has from the ordinary flu. What this means in practical terms is that we have had 2 flu seasons in 1. If the death rate from the Corona Virus is about the same as the flu --- then there is absolutely nothing that can be done or could have been done to protect us from the spread of this highly contagious virus. Do we wear masks and shut down the economy every year because between 35 and 70,000 people die of the flu, while 50-60,000 people die of pneumonia? No we do not. Is having 2 flu seasons in 1 justification for government intruding upon our lives with unreasonable and impoverishing regulation?

Closing down the economy and pushing hundreds of thousands of people into poverty has done absolutely nothing to contain the virus --- merely slowed the spread a bit, but in no way diminishing what will ultimately be the total number of cases. But the poverty resulting from inappropriate government

intrusion is not even mentioned in the media. People are going hungry; people cannot pay their rent; people are being pushed into bankruptcy. And a significant statistic is that the number of suicides attributed to the impoverishing lockdown number in the thousands.

There is no treatment for the virus, and there never will be. And developing a vaccine for the virus is an exercise in futility (--- read the article on the NUTRI-SPEC website on flu shots). --- And ventilators do not help. Almost 90% of the people put on ventilators die anyway --- and all the ventilators do is make their deaths more horrible, while many of the 10% who survive after ventilator therapy probably would have survived without it.

POINTS OF EMPHASIS:

All respiratory viruses are controlled only one way --- via herd immunity. Treatments do virtually nothing; vaccines do virtually nothing, and are often counter productive. Herd immunity does not eliminate and never has eliminated a virus entirely --- but does control it, thus protecting the overwhelming majority of a population.

Social distancing, closed schools, bringing down the economy, and masking do nothing to control the virus --- only prolong the length of time needed to establish herd immunity.

The more young people are exposed, the better. They are the key to herd immunity. --- By delaying herd immunity and assuring secondary peaks in the fall, school closings and other lockdowns only increase the number of deaths among the vulnerable population.

In reinforcing the fact that no viruses can be eliminated, but only controlled --- this is a particularly bad season for the flu --- and among the flu viruses most prolific this year, which do you think is the most highly reported influenza virus? --- The Swine Flu Virus from 2009!!! It is still with us, will always be with us --- and so will the Corona Virus.

What SHOULD have been done in reaction to the Corona Virus threat? An education campaign should have been sponsored by the Medical Community --- with continuous updates on the risks of the virus. Based on that information, all individuals in this “Land of the Free” could have made their own choice as to whether to voluntarily quarantine themselves or to participate in social and economic activity.

--- So --- if you are 74 years old and in less than good health --- you voluntarily stay in the house, and have friends or family look after you. The rest of us should have gone on with life as usual. Anyone silly/ignorant enough to think that a mask is going to protect them could voluntarily wear

one. Those of us who can think logically/quantitatively will take every opportunity to lick door knobs and shake hands with everyone we see who coughs --- in the expectation that we will contract the virus, have few or no symptoms, and be immune for life --- all the while contributing to herd immunity.

UPDATE 5/4/20

One of the most bizarre aspects of this travesty is that the restrictions on our freedom, the plunging of millions of people into poverty, and the more than 30 million people losing their jobs, was all based on utterly absurd misinformation. The initial “panic button” was pushed by an “expert” --- an epidemiologist who wrote the article predicting that Corona Virus would kill millions and millions of people worldwide, and 2.2 million in America alone. How “expert” is this epidemiologist? This is the same person that previously predicted in 2003 that a particularly virulent virus would kill 65,000 people in the United Kingdom alone --- when in actuality it only killed 282 people in the entire world over the years from 2003-2009.

This same “expert” predicted that the bird flu would kill 200 million people --- yet it killed less than 1,000.

After making his ridiculous forecast of deaths from the Corona Virus, he subsequently reversed his stance and --- understating the virulence of the virus by as much as he had originally overstated it --- he then claimed that only 20,000 would die, and the 2/3 of those were people that would have probably died anyway.

What gave this epidemiologist the authority to motivate governments in America and all over the world to lockdown? ----- First, the media loved the sensationalism. In no time the story was repeated nonstop day and night --- to the point that the sheeple were thrown into hysteria. Then, the governments were true to their slogan --- “Never let a good crisis go to waste” --- and instituted what amounts to Marshall Law. The crisis gave them the cover they needed to grab more power, and redistribute more wealth from the sheeple to the Power Elite.

And now we learn that the media generated hysteria is a fraud. The most popular media reporting site is over-stating the death toll by an unbelievable 62%. As of April 25th, the CDC reports only 33,000 deaths in America --- and even the CDC admits not all those deaths are confirmed. Meanwhile, the media keeps the sheeple in a state of panic by reporting over 54,000 deaths.

We are not minimizing the potential threat posed by this virus back in December and January. After all, this was a new virus --- just having made the jump from animals to humans. There was no way to know how virulent it was --- and every precaution needed to be taken until the virus had been thoroughly studied.

----- The one government action that should have been taken was to totally ban travel to and from China while data on the virulence and treatability of the Corona Virus was gathered. Instead, more than $\frac{3}{4}$ of a million people came to the United States from China during the last half of December and into January.

No lockdown should have been implemented --- but the information campaign we suggested in our last update should have been the highest priority. Day by day and week by week we should have been informed as to the nature and virulence of the virus as defined by rigorously collected data. Then, as soon as it was clear from data in other countries that the virus is extremely contagious but not a significant threat to those who are healthy, we could have each decided for ourselves to what extent we needed to limit social contact.

It should have been immediately clear just from the data collected in Iceland --- then immediately confirmed by data gathered here in America --- that over 50% of cases have no symptoms, over 80% have mild symptoms, and of the very small percentage who require hospitalization, over 90% of those have preexisting conditions. All we have derived from the inappropriate tactics of our government is wide-spread hardship and poverty --- along with the radical increase in the suicide rate.

And now that figure of 50% with no symptoms is completely outdated. Yes, now the data we gave you on 4/27/20 that tests showed nearly 3 million people had contracted the virus in New York State --- is now updated to indicate that fully 25% of New Yorkers have had the illness. Yet another study --- this one from Stanford University --- estimates that the virus is between 50-85 times more common than the official numbers state. Clearly, this virus is so contagious there is no stopping it --- not with lockdowns of the economy and our schools --- not with face masks. All that needed to be done was to educate the public enough so that those who needed to be protected --- the elderly, and particularly the elderly with chronic conditions, could be protected. Instead, just the opposite has occurred....

We must feel painful sorrow for those who have died because of bureaucratic incompetence. Does it not seem strange to you that Washington, where the virus originally hit America, has such a low number of deaths from the disease, while New York and New Jersey have a fatality rate far higher than any other states? The reason is because in those states the authorities decided to send infected geriatrics back into the nursing homes! ----- Recall the statistic we

gave you a week ago that one out of every five deaths in America is among the miniscule population of nursing home residents. These are the people who needed to be protected --- and they could have been --- if those infected had been quarantined FROM the nursing homes --- not IN the nursing homes.

