

Dr. Ivo Koutsaroff: *The virus is under - challenge*

168 Hours recently published an interview with quantum physicist Dr. Ivo Koutsaroff, who has been working in Japan for years. In it, he talked about the measures being taken in the Land of the Rising Sun, and in fact they explain why out of 126 million people, only 2,751 died from COVID-19 as of December 21, 2020, while now - 27 days later - the number is 4596. Recently, Dr. Koutsaroff participated in a popular podcast with scientists from Germany, the United States and the United Kingdom to identify a Plan B against coronavirus if Plan A (vaccines) should not work well enough. The group includes the adopted granddaughter of one of President Dwight Eisenhower's brothers Nicole or "Nicci" Eisenhower, who heads the AIMS military-related organization, German epidemiologist and drug developer Dr. Knut Wittkowski of New York, geneticist Dr. Kenneth Day of California, James Lundeen, a medical doctor of Ohio, German vaccinologist Dr. Ingo Fricke, and a British doctor and online podcast creator Dr. Philip McMillan. The strategic goal of the group is to develop systematic strategies for achieving sustainable solutions against COVID-19 and future global threats to the public health. Koutsaroff, as a specialist in solid state physics and quantum physics, is often invited to evaluate the effectiveness of various modern technologies protecting against coronavirus. Including the innovative Israeli air disinfection development, which is already installed in the Spanish royal court. But he is also the person who processes metadata for the coronavirus and the insidious new strains to help the scientific community search for and develop multifaceted approaches to fighting this dangerous pathogen.

By Petya Minkova

Mr. Koutsaroff, do you have an explanation why the entire scientific community was

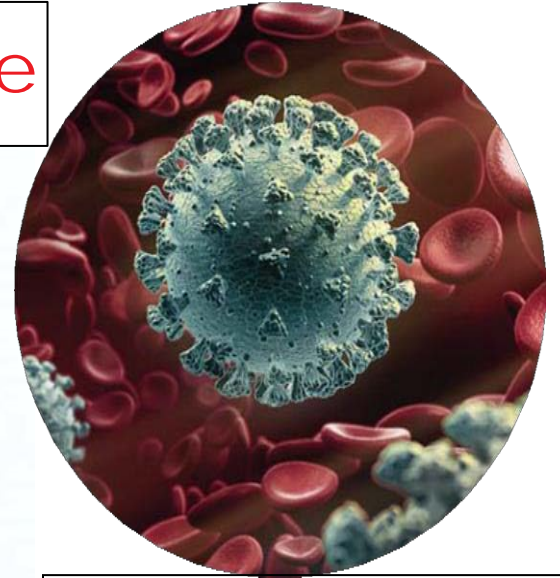


pressed to look mainly for vaccine solutions against the virus? Why was the approach not on all fronts? It was as if the lion's share of the funding was directed in that direction, leaving many others behind. - I also wonder why no efforts were made on finding more accurate tests from the very beginning. All efforts have been made to create vaccines, and now it turns out that frequent lockdowns give the virus time to mutate. Literally every 2-3 months somewhere in the world

a new strain appears

With influenza viruses, this happens much more slowly - at about 6 months. - What is the reason? - When the virus does not find a host, it immediately looks for ways to change its proteins, spike protein and genetic modification to adapt. Thus, arose different variants of the virus: Brazilian, South African, British and even Japanese ones, something no one could have foreseen. The current RNA vaccine is not a vaccine in the classical sense. It's an immunostimulatory injection - it boosts immunity and reduces the likelihood of complications, but has not been shown to block transmission of the virus. This is a new type of medication and

there is still not enough data about it. Moreover, the vaccination results in Israel do not show a decline in those infected so far. Therefore, I think a path was chosen to look for vaccines because that seemed a quick and easy solution, but it seems to me to be rather hasty. Unfortunately, during this period, some foundations and institutions reduced their budgets for medical research and for drug development not related to vaccines. Indeed, there was political interference, but that does not mean that no other solutions are being sought. With each new strain, the question will arise as to whether vaccines will be able to provide protection against it. Therefore, work must be done on multiple fronts - to decontaminate the air, disinfect, strengthen the immune system, seek for new or repurpose other medications, food supplements, herbs, all backed by serious research on their effectiveness against the virus and their safety. This can be a long game and it's advisable to prepare for it. Let's do it solidly, such measures will certainly help us to fight new strains and new viruses. - In Bulgaria, testing of controlled and manageable air sterilization through UV-C



Plan B is needed if the new strains overcome the vaccines

lamps and ventilation systems that absorb viral aerosols in seconds are already being discussed.

- This approach is correct because viruses are floating in the air and must be captured, put down or killed. Each technology must be tested regarding the effective, rapid eradication of the virus (about 10-15 minutes) and proven to be completely safe for humans. Specialists who deal with aerodynamics, UV lights and ventilation systems must quickly design field air purifiers, they shall be tested and introduced in governmental and public institutions, schools, universities, offices etc. - In Europe and the United States, politicians strongly advertise vaccines, is this the case in Japan as well? - Here the Prime Minister said that everyone has a personal responsibility and shall judge for themselves. He called on elderly to evaluate the pros and cons, to inquire and decide for themselves which vaccine would be best for them.

In Japan, all vaccines will be *free of charge*

The state will cover all costs for any negative side effects or if someone dies as a result of vaccination.

This is a necessary practice because the state is well aware what it is like to allow vaccines on the market that have not been fully tested clinically, especially in the longer term. Moreover, there have been cases of elderly in Norway, in the United States, who died immediately or very soon after receiving the vaccine. There are also people in Israel with facial paralysis as a result of

with every lockdown it seeks for a new way to mutate



A number of health experts are urging that vaccination is to be accelerated to prevent new strains that may be elusive for vaccines.

the vaccine. Australia has therefore announced that a

study must first be carried out on whether they are suitable for elderly because they have problems with their immune systems, whether they are affected by the virus or the vaccine. An acquaintance of mine in the US FDA said that it is not yet known what effects the vaccine causes in the body in terms of mutagenicity or reactogenicity, and experts have yet to

explain these mechanisms.

In parallel, it is being tested whether vaccines provide protection against the new numerous strains. Many institutes in the UK and Germany are working in this direction, but unfortunately after each new lockdown a new strain appears. In Japan, they have now also found the appearance of such.

That's why I recommend it to all people

while they wait their turn for vaccines

and choose which one would work best for them, take preventative measures, and boost their immunity naturally. This is especially important before the vaccine is given.

The measures are simple. Take Vitamins D3, K2, Omega 3-6-9. There is already enough accumulated data and research that their deficiency

in the body leads to a greater chance of severe disease and vice versa.

People who are overweight, prone to diabetes and with diabetes need to be even more careful. Vitamin D3 is complex to synthesize, sun exposure alone is not enough, D2 intake is necessary and it together with exposure to the sun outside forms D3.

- Is there a "manual" for a healthy nutrition in Japan?
- I asked colleagues in Japan for information and they sent me a whole guide to healthy eating - which foods in the Japanese diet contribute to proper nutrition and which do not. A lot of fish, fermented soybeans, natto, tofu are consumed here, the intake of D3 and K2 are in sufficient quantities. Iodine is also not a problem due to the presence of seaweed/algae in the menu. It has been found that the diet of the Japanese most likely lacks some zinc and selenium and the foods with which they can be obtained are indicated. Those who do not like fish, fish oil, eggs, can get D2 from mushrooms. Coconut oil is also useful in this case.

Discipline in terms of healthy eating and lifestyle should be a national task, one should not just rely only on vaccines. Of course, there are genetic features, people with cardiovascular disease, men over 70 - there you have to be very careful. Under no

circumstances should alcohol be consumed, especially the day before the vaccine is given. Smoking is also counterproductive because it increases fibrinogen in the blood vessels, thus allowing the virus to attack the body more easily. My advice is - preserve your immune system, do not visit sports clubs for a long time, you need a moderate muscle exercise, heavy exercises have

an adverse effect

on immunity, walks are most appropriate. Herbs also need to be studied, the search for a multilateral solution should not be delayed, because if plan A does not work, there will be no time to look for plan B. When we put all the eggs in one basket and it falls, almost no one will survive. We need to look at the research that is being done in Germany and China, there is experimenting with herbs, with traditional medicine, with active supplements, and with food extracts.

- You process metadata, that is, you handle a large research database. Do you have information on how does the vaccination program proceeds in Israel?

- There more than 20% of the population has already been vaccinated, but the infection rate does not stop, the pace is not slowing down so far. That is, there is a mystery here - either a longer period is needed after the vaccines are given or we

are attacked by new and newer strains that cannot be easily stopped with a vaccine. There is also an option in which the tests themselves could lead to confusion, as they fail to detect whether an "infection" is due to a virus or the vaccine injection. There are still many factors that are not clear, so monitoring and waiting is the right position. - I thought that the Israeli authorities checked the vaccine very well before proceeding with such a mass vaccination. Moreover, there have been reports that the country has paid more than others to receive larger amounts.

- Israel is a very interesting country for pharmaceutical companies because they

store all medical records

from their citizens for the last 20 years in electronic form. That is, even if something goes wrong, the causes can be sought in some previous diseases, from this point of view it is an extremely successful experiment. Now, for example, when there are reports from Norway, the United States of complications in some people after vaccination, it is very important to know the history of their previous illnesses. Thus, there is no way to know if Israel has information about the vaccine or if it has been decided at the state level to

vaccinate everyone. This decision

was maybe right, when only 1-2 strains were circulating, but now who can be absolutely sure that it is the most rational strategy.

"As it seems we shall prepare for a long battle?"

- It is possible that this will really become an endemic, do we know when it will stop, how long the virus will mutate? The virus itself is in a difficult situation because, due to lockdowns, it cannot find new recipients and creates more contagious strains, and it is not clear whether their mortality rates will be higher or weaker. This viral evolution will be difficult to stop even by the most advanced science and technology. I guess even if supercomputers predict some variations in the mutations, the virus can create others against which vaccines may not provide the same level of protection. My fears are that this will be a long-term struggle. No one can guarantee that the current vaccines will stop the virus.

That is why sustainable multilateral solutions must be sought - that is why it is necessary to strengthen the immune system, to investigate which vaccine is most suitable for us, air decontamination, disinfection measures, search for new drugs and medications. All this may provide us some

stabilization,

but it is not clear whether it will lead to the complete disappearance of the virus in the short term. This is my conclusion based on the numerous discussions I had with the six specialists. Even in Japan, according to the latest poll, 38% of people do not intend to get vaccinated because they think there is not enough data on their safety. That is why I think we all need to ask difficult questions and look for precise and comprehensive answers.

- What is the criterion for lockdown in Japan, for example?

- It is not necessary to look at the number of infected, but whether the hospitals are overloaded. If they have a free capacity of about 25% or more, there is no need to make lockdowns. The other thing to watch is whether the number of deaths is not growing too fast. This was confirmed by an American colleague - according to him, **the number of infected** is not an indicator,

as it is not clear how many of them will actually get sick. The fact is that the more closures there are, more new mutations in the virus evolve and they will become increasingly difficult to predict.

Something like an endgame happens when no one knows whether vaccines or immunity will deal with another new strain. Of course, anti-vaccination should not be supported, however the facts should be carefully studied.

- What measures are taken now in Japan?

- The educated, the younger ones take great care of themselves and others. Here we have an aging society, the hospitals are overcrowded. If considered that an elderly person is not in the condition for a medical institution or is not accepted, and he has no relatives to take care of him, his fate is not clear. So far, 4,596 people have died.

Between 50 and 60 people a day, the important thing is that this figure has not increased in the last 2 weeks, no matter how many new infections per day.

Elderly adults only go shopping in compliance with **the required distance** at the checkout queue, there are also self-service checkouts, schools and universities do not close.

- Why now virologists can't help, although coronaviruses have been there for a long time, why this one definitely makes it so difficult to deal with?

- Because the viruses they have been dealing with for the last 20-30 years are of different types. Scientists can't answer what's really going on in such multidimensional problem, and it's not easy to provide accurate statistical research data to understand the case. Therefore, Dr. Philip McMillan said that the pathology of this virus must be studied and well explained.