Kaufbeuren, March 19th, 2020

INFO 2

**Scientific studies on coronaviruses**

**lead to the development of VivaRespira at SophiaViva**

Dear patients and interested parties,

in the constant search for further prophylaxis and treatment options and after days and nights of searching through the available studies on viruses that cause respiratory symptoms, especially SARS and MERS corona viruses, I would like to share the studies found with everyone.

Since I like to simplify solutions for my patients and myself, I have decided to combine these plants with proven effects in connection with corona viruses and viral infections of the respiratory tract in one remedy. This has now become VivaRespira, a mixture that was immediately implemented in SophiaViva.

At this point we would like to thank the SophiaViva team and Rita Roman from Revitalconcept, who provided us with missing alcohol extracts in the usual organic quality for the immediate implementation of this project.

VivaRespira is also a remedy for all those who cannot take licorice extracts due to heart and hypertension problems.

Study 2.1 on green tea showed that black tea had an even stronger inhibitory effect on SARS viruses. Interestingly, it is reported there that *drinking black tea could have the effect of reducing and attenuating the SARS coronavirus in the gut*. Approximately 30% of corona infected persons report respiratory symptoms and diarrhoea (DocCheck News of 18.3.2020). I have therefore reactivated black tea as my daily drink ...

Chapter 8 shows a study on melatonin, which is available on prescription only.

So for me now three mixtures of alcohol extracts are in the foreground for prophylaxis and treatment of viral diseases, as already described in the information of 14.3.2020:

**VivaRespira** 2-3 x 5-15 Tr.– Effect on corona viruses with symptoms of the respiratory tract

**VivaVira** 2-3 x 5-15 Tr. – Herbs with effect on viruses in general

**VivaPulma** 2-3 x 5-15 Tr. – Herbs with supporting effect on the lungs and respiratory tract
in addition to the remainder of the Protocol of 14.3.2020

- **HNO Colloid**, colloidal silver, gold, copper in the acute phase, spray 3-10 x day in nose and throat and inhale deeply
- **Liquorice** alcohol extract, 2-3 x 5-15 drops, children 1-2 teaspoons of liquorice juice, (Attention: do not use if you have known high blood pressure!)
- **Kalmegh (Andrographis)** alcohol tincture, 2-3 x 5-15 drops
- (Green Tea is included in Viavarana)
- Inhale **propolis** (5-10 drops alcohol tincture in hot water and steam
- **essential oil rosemary**, inhale several times a day

and

- **black tea as a drink**

additionally

- in acute cases, **i.v. vitamin C**, between 50 and 200mg vitamin C i.v. per kilogram body weight, 3 days in a row
- and **Melatonin**

I hope that this information will reach you all in good and lasting health and that it will help us to come out of this current situation stronger than ever.

With kind regards from Kaufbeuren,
Ariane Zappe

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The contents of these pages are no healing statements. The diagnosis and therapy of diseases and other physical disorders requires treatment by doctors or alternative practitioners. The information on these pages is exclusively informative and should not be used as a substitute for medical treatment. The risk associated with an incorrect diagnosis or treatment can only be reduced by the involvement of a doctor or alternative practitioner. Especially in the case of children and pregnant women, or when breastfeeding and taking medication at the same time, ONLY act in consultation with a doctor or therapist!
None of the mentioned measures replaces the recommended behavioural measures for prophylaxis and prevention of epidemic spread!
The swift emergence of new infectious viruses and drug-resistant variants has limited the availability of effective antiviral agents and vaccines. Thus, the development of broad-spectrum antivirals and immunomodulating agents that stimulate host immunity and improve host resilience is essential. Although ginseng itself can exert direct antiviral effects by inhibiting viral attachment, membrane penetration, and replication, the foremost antiviral activities of ginseng are attributed to the enhancement of host immunity. Future
studies should include the identification of essential components responsible for the enhanced immunity against any viral attack.

1.2

Published online 2004 Jun 28. doi: [10.1073/pnas.0403596101](https://doi.org/10.1073/pnas.0403596101)

Biochemistry

**Small molecules targeting severe acute respiratory syndrome human coronavirus**

Chung-Yi Wu, et al.

Some other well known traditional Chinese herbs were also tested in the cell-based assay and most of them were found inactive against SARS-CoV at the concentration of 10 μM. However, we found that extracts of *eucalyptus* and *Lonicera japonica* did show such activities at the concentration of 100 μM; and Ginsenoside-Rb1 (17), one of the pharmacologically active components of *Panax ginseng* (42, 43), also showed the antiviral activity at 100 μM. FP-21399, a bis-azo derivative with HIV inhibition activity by preventing viral entry (44), also exhibited inhibition activity at a low micromolar concentration, perhaps due to the same mechanism.

2  Grünner Tee

2.1

Published online 2005 Apr 7. doi: [10.1093/ecam/neh081](https://doi.org/10.1093/ecam/neh081)

**Inhibition of SARS-CoV 3C-like Protease Activity by Theaflavin-3,3′-digallate (TF3)**

Chia-Nan Chen, et al.

In this study, after screening of a natural product library and further confirmation, we found that SARS-3CL<sup>pro</sup> could be inhibited by compounds that are abundant in teas. We also examined crude extracts from various teas and a panel of representative natural products in teas for their inhibitory activities against SARS-3CL<sup>pro</sup>. Finally, this study has identified three compounds (TF2B, TF3 and tannic acid) that are effective 3CL<sup>pro</sup>inhibitors (IC<sub>50</sub> ≤10 μM). These compounds are abundant in the extract of black tea (16,19). Black tea is a popular beverage in the world. Results from this study warrant further investigation to examine the effect of these natural products in inhibition of SARS-CoV replication in cell culture. Clark *et al.* reported that theaflavins extracted from black tea were able to neutralize bovine coronavirus and rotavirus infections (20). Thus, it will be very interesting to evaluate, in a separate study, whether drinking black tea can prevent or alleviate the infection of an enteric form of coronavirus since SARS-CoV is known to actively replicate in the intestinal tract (21).
Compounds Derived from Epigallocatechin-3-Gallate (EGCG) as a Novel Approach to the Prevention of Viral Infections.
Hsu S¹.

Pathogenic viral infections pose major health risks to humans and livestock due to viral infection-associated illnesses such as chronic or acute inflammation in crucial organs and systems, malignant and benign lesions. These lead to large number of illnesses and deaths worldwide each year. Outbreaks of emerging lethal viruses, such as Ebola virus, severe acute respiratory syndrome (SARS) virus and Middle East respiratory syndrome (MERS) virus, could lead to epidemics or even pandemics if they are not effectively controlled. Current strategies to prevent viral entry into the human body are focused on cleansing the surface of the skin that covers hands and fingers. Surface protection and disinfection against microorganisms, including viruses, is performed by sanitization of the skin surface through hand washing with soap and water, surface disinfectants, and hand sanitizers, particularly alcohol-based hand sanitizers. However, concerns about the overall ineffectiveness, toxicity of certain ingredients of disinfectants, pollution of the environment, and the short duration of antimicrobial activity of alcohol have not been addressed, and the epidemiology of certain major viral infections are not correlated inversely with the current measures of viral prevention. In addition to a short duration on the skin surface, alcohol is ineffective against certain viruses such as norovirus, rabies virus, and polio virus.

There is a need for a novel approach to protect humans and livestock from infections of pathogenic viruses that is broadly effective, long-lasting (persistent), non-toxic, and environment-friendly. A strong candidate is a group of unique compounds found in Camellia sinensis (tea plant): the green tea polyphenols, in particular epigallocatechin-3-gallate (EGCG) and its lipophilic derivatives. This review discussed the weaknesses of current hand sanitizers, gathered published results from many studies on the antiviral activities of EGCG and its lipophilic derivatives, and the potential use of these compounds as a novel strategy for disease prevention, especially against pathogenic viruses.

2.3
Published online 2018 Jan 8. doi: 10.1186/s13036-017-0092-1

Evaluation of green tea extract as a safe personal hygiene against viral infections
Yun Ha Lee, ett al.

Bovine coronavirus (BCV) is the causal pathogen for diarrhea in cattle, which often result in remarkable economic losses (Traven et al. 2001). For the treatment of BCV infection in farm animals, green tea polyphenols have a promising future. The antiviral activity of EGCG molecules depends on the interaction involving S1 proteins of BCV. EGCG inhibits BCV more efficiently in the bovine intestinal tract, where the temperature of approximately 37 °C is appropriate for the antiviral efficacy of EGCG against BCV.
3 Eukalyptus

PMCID: PMC6070903
PMID: 29986399

Anti-Infectivity against Herpes Simplex Virus and Selected Microbes and Anti-Inflammatory Activities of Compounds Isolated from Eucalyptus globulus Labill. Viliam Brezán, et al.

Fourteen compounds of different structural types were obtained from an ethanolic extract of E. globulus by chromatographic separation. The therapeutic use of eucalyptus oil against viral infections and local inflammations inspired us to analyze the isolated compounds for their antiviral activity against the replication of HSV-1 and HSV-2. Their antimicrobial effects on several Gram-positive and Gram-negative bacterial strains and one fungus strain were also determined, along with their anti-inflammatory activities in cell-based assays. Several of the test compounds (1, 2, 5, 6, and 12) showed antiviral activity with potentials greater than acyclovir, along with moderate antibacterial effects and anti-inflammatory activity. The combined results show the promise of Eucalyptus compounds as leads for the therapy of some viral infections.


Immune-modifying and antimicrobial effects of Eucalyptus oil and simple inhalation devices. Sadlon AE1, Lamson DW.

Eucalyptus oil (EO) and its major component, 1,8-cineole, have antimicrobial effects against many bacteria, including Mycobacterium tuberculosis and methicillin-resistant Staphylococcus aureus (MRSA), viruses, and fungi (including Candida). Surprisingly for an antimicrobial substance, there are also immune-stimulatory, anti-inflammatory, antioxidant, analgesic, and spasmylytic effects. Of the white blood cells, monocytes and macrophages are most affected, especially with increased phagocytic activity. Application by either vapor inhalation or oral route provides benefit for both purulent and non-purulent respiratory problems, such as bronchitis, asthma, and chronic obstructive pulmonary disease (COPD). There is a long history of folk usage with a good safety record. More recently, the biochemical details behind these effects have been clarified. Although other plant oils may be more microbiologically active, the safety of moderate doses of EO and its broad-spectrum antimicrobial action make it an attractive alternative to pharmaceuticals. EO has also been shown to offset the myelotoxicity of one chemotherapy agent. Whether this is a general attribute that does not decrease the benefit of chemotherapy remains to be determined. This article also provides instruction on how to assemble inexpensive devices for vapor inhalation.

Stimulatory effect of *Eucalyptus* essential oil on innate cell-mediated immune response

Annalucia Serafino, et al.

Our data, demonstrating that *Eucalyptus* oil extract is able to implement the innate cell-mediated immune response, provide scientific support for an additional use of this plant extract, besides those concerning its antiseptic and anti-inflammatory properties and stimulate further investigations also using single components of this essential oil. This might drive development of a possible new family of immuno-regulatory agents, useful as adjuvant in immuno-suppressive pathologies, in infectious disease and after tumor chemotherapy.

3.4


Some other well known traditional Chinese herbs were also tested in the cell-based assay and most of them were found inactive against SARS-CoV at the concentration of 10 μM. However, we found that extracts of eucalyptus and *Lonicera japonica* did show such activities at the concentration of 100 μM; and *Ginsenoside-Rb1* (17), one of the pharmacologically active components of Panax ginseng (42, 43), also showed the antiviral activity at 100 μM. FP-21399, a bis-azo derivative with HIV inhibition activity by preventing viral entry (44), also exhibited inhibition activity at a low micromolar concentration, perhaps due to the same mechanism.

4 Ginkgo

4.1


Anti-influenza virus activity of Ginkgo biloba leaf extracts.

Haruyama T, Nagata K.

We examined the influence of Ginkgo biloba leaf extract (EGb) on the infectivity of influenza viruses in Madin-Darby canine kidney (MDCK) cells. Plaque assays demonstrated that multiplication of influenza viruses after adsorption to host cells was not affected in the agarose overlay containing EGb. However, when the viruses were treated with EGb before exposure to cells, their infectivity was markedly reduced. In contrast, the inhibitory effect was not observed when MDCK cells were treated with EGb before infection with influenza viruses. Hemagglutination inhibition assays revealed that EGb interferes with the interaction
between influenza viruses and erythrocytes. The inhibitory effect of EGB was observed against influenza A (H1N1 and H3N2) and influenza B viruses. These results suggest that EGB contains an anti-influenza virus substance(s) that directly affects influenza virus particles and disrupts the function of hemagglutinin in adsorption to host cells. In addition to the finding of the anti-influenza virus activity of EGB, our results demonstrated interesting and important insights into the screening system for anti-influenza virus activity. In general, the plaque assay using drug-containing agarose overlays is one of the most reliable methods for detection of antiviral activity. However, our results showed that EGB had no effects either on the number of plaques or on their sizes in the plaque assay. These findings suggest the existence of inhibitory activities against the influenza virus that were overlooked in past studies.

4.2

Hampering Herpesviruses HHV-1 and HHV-2 Infection by Extract of Ginkgo biloba (EGB) and Its Phytochemical Constituents

Marta Sochocka,1* Maciej Sobczyński,2 Michał Ochnik,1 Katarzyna Zwolińska,1 and Jerzy Leszek3

4.3

Protection against Human Immunodeficiency Virus Type 1 Tat Neurotoxicity by Ginkgo biloba Extract EGB 761 Involving Glial Fibrillary Acidic Protein

Wei Zou,*† Byung Oh Kim,† Betty Y. Zhou,* Ying Liu,* Albee Messing,1 and Johnny J. He††

5 Echinacea

5.1

Echinacea—A Source of Potent Antivirals for Respiratory Virus Infections

James Hudson* and Selvarani Vimalanathan
6 Enzianwurzel

doi: 10.1016/s2225-4110(16)30055-4

PMCID: PMC3942999
PMID: 24716104

Traditional Chinese medicine herbal extracts of Cibotium barometz, Gentiana scabra, Dioscorea batatas, Cassia tora, and Taxillus chinensis inhibit SARS-CoV replication Chih-Chun Wen, et al.

In summary, in this study we showed that six phytoextracts from Rhizoma Cibotii (狗脊 gǒu jǐ), Gentianae Radix (龍膽 lóng dǎn), Dioscoreae Rhizoma (山藥 shān yào), Cassiae Semen (決明子 jué míng zǐ), and Loranthi Ramus (桑寄生 sāng jì shēng;) can confer effective anti-SARS-CoV activity via inhibition of SARS-CoV replication. The CBM and DBM extracts also inhibited the 3CL protease activity of SARS-CoV. These findings suggest that these phytoextracts studied as a TCM experience may be valued as a useful approach for future development of anti-SARS-CoV therapeutic agents.

7 Salbei

Published online 2019 Jun 5. doi: 10.3390/molecules24112130

Essential Oils as Antimicrobial Agents—Myth or Real Alternative? Katarzyna Wińska, Wanda Mączka, Jacek Łyczko, Malgorzata Grabarczyk, Anna Czubaszek, and Antoni Szumny;
EO of *Salvia officinalis* was active against severe acute respiratory coronavirus SARS-CoV (RNA virus), which was obtained from the sputum of a patient hospitalized with a diagnosis of SARS (severe acute respiratory syndrome) in Frankfurt University Hospital.

### 8 Melatonin

#### 8.1


**Urgent search for safe and effective treatments of severe acute respiratory syndrome: is melatonin a promising candidate drug?**

Shiu SY¹, Reiter RJ, Tan DX, Pang SF.

Melatonin is a naturally occurring, endogenously produced and diet-contained molecule [13]. It is a potent antioxidant [14] with a significant anti-inflammatory activity as well [15]. This indoleamine also moderately stimulates the immune system which would decrease the likelihood that SARS patients would develop secondary viral or other microbiological infections. The protective effects of melatonin against viral encephalities in mice [16, 17] and viral infections in mink [18] have been documented. Moreover, the treatment of 40 newborn human infants suffering with RDS given intravenously administered melatonin (80 mg over 3 days) improved their clinical status and no death was observed; however, in another 36 RDS infants with conventional treatment only, 11% of them died and the clinical manifestations were more severe than in their melatonin-treated counterparts (E. Gitto, I. Barberi et al., unpublished observations). Animal studies have demonstrated that melatonin reduces lung lipid prooxidation and myeloperoxidase activity which is the index of polymorphonuclear leukocyte infiltration which is induced by non-specific inflammation [19]. Melatonin also protects against the breakdown of lung surfactant, edema, and increases the oxygen exchange across alveoli [9–11]. Clinical studies have shown that melatonin treatment significantly reduces the levels of lipid peroxidation products in the blood of newborns as a result of asphyxia [20] and septic shock [21] and markedly increases the survival rates of these infants. In addition, melatonin also counteracts the side effects of steroids including metabolic disturbances [22] and cytotoxicity [23].