Starch-based diet, plant-based diet or fasting may be beneficial to individuals suffering from sequelae of SARS-CoV-2 infection

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Abstract

High valine plus glycine content is a hallmark of the proteins in SARS-CoV-2 and SARS viruses, and it triggers the formation of aggregates between the two amino acid residues and calcium oxalate. As a result, SARS-CoV-2 infected individuals suffer from breathing difficulties. Human proteins with high valine plus glycine percentages can be induced during infection and these proteins may be partially retained in the body post-infection, giving rise to sequelae after disease recovery. To ameliorate such problems, starch-based diet, plant-based diet, or intermittent fasting with boiled rice water or fruit juice may be favorable to patients recovered from SARS-CoV-2 infections as they limit the intake of essential amino acids or all amino acids. Lysine supplement can be beneficial as lysine rich proteins attract chloride and solubilize insoluble and stiff calcium oxalate. However, clinical trials must be conducted to fully justify the use of lysine.

Keywords

High valine plus glycine content; SARS-CoV-2; aggregates; calcium oxalate

Despite that lysine supplement is perhaps favorable for heart disease patients as previously reported or recovered patients with constipation symptoms, it increases tumor risks to cancer susceptible human subpopulation with diarrhea since it enhances the buildup of Cl⁻ and mutagenic and carcinogenic HCl (14-18). The side chain of arginine may have affinity to divalent cations, and hence enhance the formation of calcium oxalate. The presence of numerous valine and glycine residues in viral proteins can be the cause of thrombosis during vaccination.

Conflict of interest

None declared.

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