Simultaneous fasting may contain SARS-CoV-2 infection

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Abstract

Fasting can halt viral reproduction and relieve symptoms. Simultaneous fasting with moderate intake of boiled rice water or fruit juice for 2 to 3 days may achieve positive effect. If a person has 30 contacts daily, and 6 of which are viral carriers, simultaneous fasting can reduce viral loads in all the 6 carriers and thus lower infection rate by perhaps more than 90%. Individuals not suitable for fasting should be excluded from pilot test and large experiments. Multiple episodes of fasting with proper intervals can be conducted to beat pandemic or control viral infection at its infancy.

KEYWORDS: Simultaneous fasting; COVID-19

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