FASTING INCREASES THE IMMUNE SYSTEM RESISTANCE CORONAVIRUS

RAFEK RAFAAT RAMZY

Department of Pharmacognosy and Biological Sciences, Faculty of Science, Sohag, Egypt
E-mail: Lifeinscience7@yahoo.com

Abstract - New scientific methods used by the Coptic Orthodox Church to eliminate various diseases such as the Corona virus .fasting and food system followed throughout the year (221-255) days fast period equal to 2/3 of the year (omega 3) into the period of eating 110-145 days Equal 1/3 of the year (Omega 6) and It has a fasting system is equivalent to fasting 16: eating 8. The best system for fasting and food system thrughout the year in 365 days. This research about fasting and the food of the Egyptians from the days of the Pharaohs until now within the Egyptian Coptic Orthodox Church and is responsiblefor Christians in Egypt in terms of their spiritual lives and their food during the period of fasting and how this system is the best health system in the world in slimming and resistance to diseases and viruses especially a virus corona .

Keywords - Corona Virus (covid -19) - Diseases - Fasting & Food System - Omega 3 - Omega 6 - Pharaohs - The Coptic Orthodox Church.

I. INTRODUCTION

The Pharaohs are the Coptic Christians only (the Coptic Orthodox Church) Christian People exist in Egypt. The Coptic Orthodox Church is considered to be the oldest tradition in the world and it is the oldest theological school and the church is a spiritual hospital but in this research it is a spiritual, physical and social hospital and The closest The thing that can be said is a comprehensive hospital that has special capabilities in eliminating the various and various diseases that afflict a person and this is what it offers This research on the fasting and diet for Egyptians to treat diseases and the advancement of people and humanity .

FASTING IS DIVIDED INTO ANCIENT EGYPT

Types of fasting

The diversity of fasting in ancient Egypt is between obligatory and desirable fasting and volunteer fasting . For example the ancient Egyptians knew the benefits of fasting 3 days each month to maintain public health . They also used to fast in observance of the feasts of fulfillment of the Nile and the harvest and the beginning of the new year . Therefore it is well established that fasting in ancient Egypt is divided into Two types are the fast of the priests and the fast of the people . The nature of the practice of this rite differs according to the social status as the fast of the priests was different from the fast of the common people.

The fasting of priests

The first type (priests' fasting) and combining whether it was obligatory or desirable so he had his specific dates The fasting of priests begins since the hermit joined the service of the temple so he must fast for seven consecutive days without food or drink, with the aim of purifying the flesh of the body and soul and preparing him for the spiritual tasks he received and some researchers mentioned that fasting can extend to 42 days . The priest goes through phases of his fasting first fasting 10 days on meat and wine then this is followed by his teaching of his duties in sacred matters then he resumes fasting for another 10 days in which every food in which the soul abstains and feeds on barley bread and water to rise to a higher stage in spiritual tasks then in ten days The last abstains from all kinds of food and water and the fast of the priests began from sunrise to sunset and included the inability of women to direct and spend it in purification asceticism and worship.

The priests mixed their fast with the mysterious secrets believing that they bestow sanctity on them and this to some extent are true . Secondly, their knowledge that the cause of the blow that occurred to Pharaoh during the days of Abraham the Prophet was caused by Sarah Ibrahim's woman and also the repetition of Moses's fast on Mount Sinai twice each time forty days that are fasting eighty days separate twice to forty days to receive the law and the ten commandments that were written with the finger of God . The mummification of the mummification and its process relates to forty days in the salt of Natron and then thirty days after the perfumes and fragrances of the deceased body. Get back again in the identification of the corpse from the other world and the other thirty days they put perfume on it and prevent the entry of bacteriological and biological activity into the bodies of the mummified or the dead and preserve the body.

Fasting of the people

The fasting of the people for four days of each year began when the seventeenth day of the third month of the flood season came and it is a complete fast in which the fasting person refrains from food and drink and women from sunrise until sunset.

And another type of fasting is called interruption fasting, which lasts for 70 days when it is forbidden to eat anything other than water and vegetables . In addition to fasting them on the fulfillment of the Nile and the harvest season.

The Pharaohs are the Coptic Christians only (the Coptic Orthodox Church) Christian People exist in Egypt. The Coptic Orthodox Church is considered to be the oldest tradition in the world and it is the oldest theological school and the church is a spiritual hospital but in this research it is a spiritual, physical and social hospital and The closest The thing that can be said is a comprehensive hospital that has special capabilities in eliminating the various and various diseases that afflict a person and this is what it offers . This research on the fasting and diet for Egyptians to treat diseases and the advancement of people and humanity.

Christian fasting

Nameof fasting	Period of fasting	Start & End	Allow eating the fish
Holy Forty Fasting	55 days	different from a year to another year	No
Christmas fast	43 days	25 November - 7 Jan	Yes
TheMessenger's Fast	14 days and a maximum of 47		Yes
Birth and plunger personas	2 days	After the Christmas fast	No
Fasting of the Virgin Mary	15 days	August 7 and August 21	Yes
Fast on Wednesday and Friday	90 days	different from a year to another year	No
Jonah fast	3 days	different from a year to another year	No

Table No : 1 Expalin The types of fasting

Fasting days in the Coptic Orthodox Church from 221 to 255 days So The Breakfast from 110-145 days.

How does the soul then share with the body in fasting?

So that our fast is not merely physical fast literally out of spirit! As for spiritual fasting the spirit is ascetic and elevated from the level of matter and from the level of body food . Also during fasting we give the soul its spiritual food. And we give her the opportunity to control the body.

The Bible did not set fixed times or months for fasting .Rather the Egyptian Orthodox The Church sets the date for fasting for its followers & Christians refrain from eating food for at least twelve hours a day from the beginning of the day until the end of the period and this is not a fixed rule as there are Christians who fast more time . The church sets the dates for fasting and each fasting differs from the other in its duration the type of food permitted in each specific type of fasting and the number of fasting days in the Coptic Orthodox Church from 221 to 255 days So The Breakfast from 110-145 days .

The importance of physical and mathematical work

Which has been in use since the Pharaohs was using a word is a Greek word meaning repentance or change of intention and a review of the conscience in its first meaning Humanity. But the glory in its most magnificent form is the spill at the feet of Christ to present all the love affection and gratitude that the prostrate possesses in front of it .

Therefore prostrating is pleasant with a passionate spiritual passion towards God .

Important notes

1. Fasting who starts the priestly work in the Coptic Orthodox Church is similar to the fasting of the Pharaohs priests and the fasting of Moses . Moses fasted on Mount Sinai and fasted like Christ in the forty days.
2. 3 days fasting is from the days of the Pharaohs , Jews in the Old Testament and in Christianity in the New Testament. The Pharaohs fasted 3 days in the month to preserve their bodies from disease and the general health of them. As for the Jews . They fasted 3 days with the orders of the Lord in the Book of Exodus (19:10:25) and in the feast of Jonah and the fast of Daniel in the den of lions . In the New Testament the Christians fasted in order to transfer Mount al-Muqattam The miracle happened and the mountain was transferred during the reign of al-Muizz to the Fatimid state during the era of Pope Abram al-Syriani .
3. The Coptic priests advise in the event of a problem that they fast 3 days in order for God to interfere in matters of human life through fasting and praying .

Who has forbidden to fast and why?

1- Children.
2- Elderly (old people).
3- Pregnant women.
4- Patients.
5- Permission for Travelers.

According to the quality of travel and the health status of the traveler This is the result of the

dysfunction in their jobs. They must have a special diet that differs from what we explained in the natural so they must obtain animal food .

What are the reasons that led to the spread of diseases among the Coptic Egyptians now and why?

1- Use vegetable oils which are manufactured by chemical methods that have a harmful effect on human health such as Increases the risk of infections and chronic diseases It has been found that consuming foods rich in omega-6, and poor in omega-3 contribute to the occurrence of infections. Unfortunately the occurrence of chronic infections may lead to many serious diseases such as diabetes, arthritis, cardiovascular diseases, Depression and even some cancers Note : the natural alternative is olive oil full of or including many benefits .
2- The use of industrial pesticides causes diseases of the respiratory system, digestive system and urinary system such as kidney failure and sexual diseases ....etc . Which are substances that have a harmful effect on the soil The land on which plants are grown and also affect plants and animals which has caused humans a very serious disease . They did not use natural pesticides from plant resources .
3- The use of artificial yeasts causes colon diseases and cancer ...etc .

II. PROCEDURE FOR PAPER SUBMISSION

The fasting was very important for healthy people . Journal of nutrition, health & aging a wonderful way is 16: 8 has a remarkable influence on the body system . University of Southern California performed an unusual study to find out the most effective way to regenerate the immune system and strengthen it &the discover the fasting 3 days consecutively . The study continued for 6 months the scientists eventually found the body get rid of the accumulated toxic and damaged cells . Which burdens the immune system and the immune system became more effective to resist Virus attacks prof . Valter says the fasting 3 consecutive days & your body starves. It gives the OK to get rid of immune cells . Which are not needed especially damaged cells & it starts producing new white cells . Which are more active & capable of attacking viruses while ? fasting the number of white cells suddenly decrease & when re-feeding the immune cells from again . Prof . Longo says when your cells starve . They become more stressed a resistant and can live longer . He says additionally when you fast for 3 day body give the OK to regenerate stem cells . Which is the most important cells in the body so the entire immune system is rebuilt within 3 days only Can Intermittent fasting reset your immune system ? Steven Salzberg contributor Health Care during these 3 days . The body gets rid of the damaged and weak cells a new immune system is rebuilt which more capable to distinguish and attack viruses effectively now the question : what is the best way to fast 3 days ? The scientists answer today a recent study performed in Chicago was published in a journal of nutrition and health , aging a wound way of fasting called 16:8 has a remarkable influence on body systems easier and acceptable . An Early study in 16:8 intermittent fasting suggests weight loss benefits but what is the way 16:8 ? Too fast for16 hours and eat for 8 hours . The way is quite similar in Coptic orthodox church fasting so our recommendation fasting in the system exist in the Coptic church for more strong and capable to resist any diseases or pandemic . [1] [2] [3]while omega-6fatty acids into omega-3 fatty acids in the diet and let's take a look at some of the changes that is related today and which have started and developed countries around the world have witnessed a significant increase in autoimmune diseases such as rheumatoid arthritis, lupus and vasculitis Blood, Silica, and Type 1 diabetes In a research published in 2015 in the International Journal of Celiac Disease, Dr. Aaron Lears a researcher at the Israel Institute of Technology wrote that there are three main factors that lead to immune diseases: infection, environment and nutrition [4] . The proportion of allergies increases by one year to five children. It is cheaper with a A type of allergic disease, including asthma, Tibetan dermatitis and allergic rhinitis,according to Professor Eins Because it is increasing dramatically[5].The Department of Dermatology and Allergology at the University of Bonn is considered one of the most famous doctors in the field of dermatology in Germany and has a research published in 2008 that reveals between 15 to 30 percent of children with Tibetan dermatitis in the New England Journal of Medicine in 2008 and this number has triplethree times during Last 30 years. [6]Type 1 diabetes is now a serious problem and affects children now at a much younger age than before especially in Europe Crohn's disease ulcerative colitis and biliary cirrhosis are three different forms of inflammatory bowel diseases and also these diseases risen at an alarming rate but in At the same time. There is a significant decrease in the incidence of infectious diseases such as bacteria and viruses and this is mostly due to the development of vaccines, antibiotics and hygiene habits. And this all led scientists to consider the diet as a cause of these diseases and specifically the percentage of omega-3 fatty acids in foods. A fatty acid omega 6 in nutritionally. [7]

Dr. Artemis Simopoulos is the Founder and Chair of the Nutrition and Genetic Health Center . She has published a lot of research on the relationship of inflammatory and autoimmune diseases with the ratio of omega-3 to omega-6 fatty acids in our food and says that the optimum ratio of omega -6 (omega-6

stimulates inflammation) to omega-3 omega-3 anti-inflammatory should be 4 to 1 or less. The problem is that in most western diets the ratio is currently totally unhealthy reaching 15 to 1 or higher from 16.7 to 1 and this high percentage in omega 6 causes infections and diseases such as cardiovascular disease, obesity, rheumatoid arthritis, many types of cancer, depression And others, these are scientific facts in the scientific community. The high percentage of omega-6 fatty acids in our food kills humans at a staggering rate all over the world . Studies published by Dr .Simopoulos in the late nineties confirmed that the high rate of Our food from omega- 6 fatty acids to omega-3 causes dramatic changes in the physiological state of the human body when omega-6 is the most continuously in our diet. Body tissues developand this develops in cases of general inflammation , autoimmune diseases and cardiovascular diseases, all of which are the main causes of the disease On the contrary Dr. G Simopoulos says that scientists have found that a diet that is higher in omega-3 fatty acids are a preventative and treatment regimen at the same time and that a highersystem in the omega-3 ratio helps those suffering from inflammatory and immunediseases to recover and the possibility of a For coronary artery disease High blood pressure, cancer, arthritis, autoimmune diseases and other inflammatory diseases are reduced or even absent when omega-3 is the most prevalent in our food and now that we have found that the diet is a primary factor and The cause of the disease. [8]

Where is the problem?

The pig was for example produced a high percentage of omega-6 through synthesis.

Why pig contains a high percentage of omega-6 fats?
Pig contains 14 grams of omega-6 per 100 g of fatty acids compared to beef containing2.4 g and sheep 2.7 g according to research by Dr. Michael Anser and the research team at the University of Bristol in the Journal of Science in 1996. [9]

The omega-6 fatty acids in these animals eat break down into different fatty acids inside their tripe (stomachs) a process called microbial Hydrogenation Operation. Therefore a very small portion of omega-6 fatty acids is only about 10% of what these animals eat . Only those that settle in the tissues of these animals as well as rabbits, ostriches , and camels have an attractive ratio of omega-6 fats to omega-3 fats but them are eaten on a small scale. After reviewing the nutritional value of rabbit meat in 50 publications. They found that the ratio of omega-6 to omega-3 in rabbit meat makes it very healthy as stated by Dr.Sylvie Combs in 2004 who work sat the best agricultural research institute in Europe and the second best institute in the world in agricultural research. [10]

Camel meat has also been discovered to have a very ideal ratio of omega-6 fats to omega-3 fats around 3 to 1 according to Dr. Omar Abdel-Hadi of the University of Sudan

Who published a paper in the Saudi Journal of Agricultural Sciences in 2017. [11]

Ostrich meat also contains a high level of omega-3 fatty acids, according to a study published in the Journal of Food and Nutrition in 2014 . Which was written by Dr. Heifer Medinainaud and Alicia Aguilar at the University of Catalonia in Spain, where they discovered that more than 8% of the fatty acids in ostrich meat are omega-3. [12]

There are scientists such as Dr. Cletus Mabye from Stellenbosch University in South Africa They also found that processed cow product to which kidneys were added (fat around the kidneys) became a better source of fats called CLA . That is, the necessary conjugated linoleic fatty acid that was proven in his study published in 2014 in the Journal of Zoology and Biotechnology . Dr. Mabdia found that when renal fats were added to beef and hamburgers, the percentage of fatty acids in them improved in a healthy way making them healthier for human consumption [13] If we look at psoriasis fish such as lobsters, crabs, lobsters, shrimps, and others. We see that all of them have a healthy and attractive ratio of omega-3 to omega-6 and this is proven in a number of articles published by Dr. Sarah Brenton at the University of Porto in Portugal and the University Of Swansea in Wales.

Dr. Magdalena Stanik at Poland University Of Technology and Life Sciences and Dr. Cephal Danikapas at Sinop University in Turkey in their research published in 2009, 2010 , 2015 sorted respectively showing that eating shellfish and meat is better than rabbits, chicken, lamb and cows in preventing coronary diseases and chronic inflammatory conditions[14]. [15] [16] Dr. Paul Jason is the CEO and founder of a biotechnology company that is developing Cancer treatment through blood vessels and his wife Dr. Shu Shengzhi is a director and Biomolecular scientist and cancer researcher at a broadcast center in Israel , and Dickens Medical and Harvard Medical University share these two worlds' interest in Diet and Health . They are the founders of the idea of ideal spiritual , nutritional support and the author of a series of books entitled Ideal Diet as well as the accompanying website . And in the second part of their book online posting on February 15, 2015 Perfect Health Diet . He stressed that pig is the main source of omega-6 fats in [17]most countries or the second source after vegetable oils so they recommend in their book what they call the ideal diet . A certain nutritional strategy . They say in a nutshell that the sources of meat rich in omega-6 like pig should be

avoided or reduced to A large extent in the human diet. As for the sources of meat rich in omega-3 such as seafood and shellfish.

We must eat a lot of it in our diet in order to stay healthy. This is indeed a nutritional strategy currently agreed upon globally and recommended by doctors and experts. Nutrition scientists and molecular biology. Yes, it is a nutritional strategy and at the latest trend and now.

Who are putting it?
They are the ancient and Coptic Pharaohs now or more precisely the Coptic Orthodox Church .

III. CONCLUSION

Omega-3 reduces cholesterol and fats in the human body so Working on increases immunity to the corona virus. According system the Coptic Orthodox Church is fasting 3 days , fasting 16hours : 8 eating (breakfast) hours or 221-255 fasting days equal 2/3 days of the year (omega 3) :110-145 (breakfast or eating) days (omega 6) equal 1/3 days of the year an also fasting 3 days . it is the best system for fasting and food system throughout the year in 365 days . So in the case Peoples of non-fasting (food) it means people don't wanted fasting for examples children , the elderly, pregnant women and travelers . The eating content should be in the ratio of two-thirds of Omega-3 to one-third of Omega-6 (2/3 Omega-3 : 1/3Omega-6)Of the food content provided per person per day .

Treatment of viruses (especially corona virus)

1. Vaccine
2. Plasma
3. Pharmaceutical chemistry
4. Fasting & Food System
5. The new special the researcher discover two treatments. It needed Clinical Trials & Financial Support.
6. New product (Rafek compound used Resistance and Treatment with virus covid19) under record Patent in USA (Application No: 12/228,013)

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ADDITIONS

New industrial research presented by the researcher

[1] Perfumery and cosmetic industry without chemicals, natural toothpaste, manufacturing, natural soap manufacturing without sodium hydroxide, New ways manufacturing massage oils also It treats Rheumatism and Rheumatoid diseases, Against forest fire , the mummification process , safety recycling of organic wastes , Increasing the plant and animal production for feeding the peoples and Manufacture of materials against the use of atomic bombs and nuclear weapons .

[2] A new method for making chrism oil. I made a mechanical electrically operated machine to make oil without burning the oil as it had been in the time of Pope Shenouda III. It gives me better oil in texture and aroma than light oil and aroma that worked during His Holiness Pope Tawadous II.

★★★