Corona virus: "Bacteria are Virus Catchers"

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Dr. Anne Katharina Zschocke, freelance lecturer, EM trainer, bestselling author as well as expert and pioneer in the field of micro-organisms, gave tips in an interview with the Eifeler Presse Agentur on how a healthy microbiome can protect against the corona virus, but also against influenza viruses

For the freelance lecturer, EM trainer and author Dr. Anne Katharina Zschocke, a bacteriafriendly life is the best protection against viruses such as the corona virus.

EPA: Dr. Zschocke, your books on the world of micro-organisms are not only currently coming out one edition after another, but have now been translated into four other European languages. The interest in a new look at the bacteria that have so far tended to be fought rather than valued seems to be enormous. But how can bacteria also help us to protect ourselves against the currently rampant corona virus?

ANNE KATHARINA ZSCHOCKE: First of all, it is important to recognize that bacteria, viruses, fungi and other micro-organisms are part of human nature. They form our "microbiome" and fulfil important tasks. For example, the microbiome regulates the immune system, is involved in digestion and metabolism, keeps nerves and brain going and regulates the hormone balance. Without a microbiome, a human being would not be viable.

EPA: So we don't in principle have to fight bacteria?

ZSCHOCKE: No, this idea still dates back to the 19th century, but even today it ensures that many people believe that everything that does not belong to our blood and tissue body cells is dangerous and attacks us. People think that the immune system is a defensive front to defend us from these evil attackers. However, this warlike picture has long been scientifically obsolete. Bacteria and viruses are dynamically balanced with other microbes in healthy people. Single-celled organisms regulate themselves constantly among themselves. When bacteria are absent, viruses can take over. In the case of a viral disease, the balance is disturbed. To get back into balanceBacteria help.

EPA: So you just need the right bacteria in your body and then you are protected against viruses?

ZSCHOCKE: That would also be a misunderstanding. There are no good and no bad strains of bacteria, none that make you sick or make you healthy, and certainly none that attack anyone. Microbes do not fight each other either. Therefore, it is also a mistake to believe that you only have to eliminate certain individual strains. For example, a healthy person and a sick person may have the same type of bacteria.
Depending on the environment, which includes other microbes, the bacteria activate other metabolic pathways in themselves and then have different effects. Then, with the same types of bacteria, one person is sick and the other is healthy. This is because it depends on the mixture, quantity and diversity of the microbes, and very much on the way they interact with other cells. This depends, for example, on the milieu and this we shape by ourselves.

EPA: That sounds complicated.

ZSCHOCKE: Imagine a healthy mixed forest in a storm: the trees stabilize through their root connections with each other. A pure spruce forest, on the other hand, is more susceptible to storm damage. All over the world it can be observed that a healthy diversity stabilizes a habitat and that every monoculture is much more susceptible to disease.

EPA: So, to stay in the picture, the microbiome of many people is more like a monoculture, i.e. it is out of balance because diversity is lacking?

ZSCHOCKE: In fact, especially in the industrialized countries, we have been fighting so many bacteria for so many decades that we all have a bacterial deficiency and to a certain extent all of us have a microbiomic disorder, which causes numerous diseases.

EPA: And that makes us more vulnerable to viruses, such as the corona virus?

ZSCHOCKE: Viruses are genetic information in a shell and need living cells to multiply, to whose surface they can attach themselves. A healthy bacterial community on the mucous membranes, for example in the throat and respiratory tract, hinders the attachment of viruses. In addition, there are specific cells in the intestine, so-called Microfold cells, which cooperate with bacteria. They cause immune cells to circulate through the blood on moist surfaces, i.e. eyes, nose, lung, mouth, throat, bladder, etc. where they form proteins. These sIgA (secretory immunoglobulins A) can grab viruses and neutralise them. If the associated bacteria in the intestine are missing, these "virus catchers" are also missing. So as a human being, one should take in bacteria in order to ultimately be healthier. Of course it depends on which ones they are.

EPA: Nowadays many people buy disinfectant spray to protect themselves. And experts also advise frequent hand washing. Is all this really helpful?

ZSCHOCKE: Washing hands and disinfecting them are two different things. Viruses cannot be dissolved with the usual disinfectants. Disinfecting mainly eliminates bacteria and fungi, and what is lieft over: viruses. That increases the imbalance. Healthy hygiene means: a suitable mixture of microbes at the right time and place. In the body, bacteria come into contact with white blood cells, the so-called regulatory T-lymphocytes (**Treg**), which balance the immune system. Micro-organisms can regulate health better among themselves and with our cells than any intervention.

EPA: But you are not fundamentally against washing your hands?

ZSCHOCKE: Oh, no, if you look at how people go to eat, you can observe that hardly anyone washes their hands beforehand. And that would be so important. My concern here was the unnecessary use of disinfectants. It destroys the natural biofilm of the skin and leads to skin diseases. As a rule you should definitely wash your hands frequently and thoroughly with water and, if possible with natural soap.

EPA: Do you have any further recommendations for our readers?

ZSCHOCKE: The better you look after your microbiome, i.e. the community of microbes in the body, the more stable the organism is.The first thing is to rethink and accept bacteria as partners. A bacterially healthy life includes a toothpaste without antimicrobial substances. It requires thorough chewing so that the food in the mouth and stomach is well prepared for the intestinal bacteria. Bacteria-friendly nutrition, for example with naturally lactic acid pickled vegetables and fibre-rich food, is also helpful. The bacteria in the intestines multiply depending on what you eat. All synthetic additives put a strain on them. In order to strengthen the microbiome, sufficient exercise in fresh air is helpful. Furthermore, the environment should be bacterially healthy. Sufficient sleep, vitamin supply, healthy daily rhythms and drinking pure water are also important.

EPA: When it comes to creating a bacterially healthy environment, you have for decades relied ib Effective Microorganisms, a mixture of different, universally occurring aerobic and anaerobic microorganisms. What are your experiences with this?

ZSCHOCKE: It has proved to be a good idea to use Effective Microorganisms as a precautionary measure to rub hands and face and to wipe off risk surfaces in the environment. This is a simple and effective virus prophylaxis. Where, for example, the floors in schools were cleaned with Effective Microorganisms, the number of sick children decreased. In my books I have given numerous examples of the positive effects of EM, the dosages can be found in "Natürlich heilen mit Bakterien", which was translated into italian, spanisch, french and polish language.

EPA: The media are currently reporting almost hourly about new infections with the corona virus. Do people who perhaps do not yet have as much confidence in the world of microorganisms as you do, have to be particularly afraid of infection now?

ZSCHOCKE: No, fear of viruses is not a helpful reaction at all. Because fear leads to the release of stress hormones and reduces the activity of immune cells. Then you become ill more easily. So from now on it is better to take good care of a bacteria-friendly life.

EPA: Dr. Zschocke, thank you very much for taking the time for us.

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You will find further information on this topic on the following pages:
www.bacteriotherapy.eu
www.darmbakterien-buch.de
www.dr-zschocke.de