

EDITORIAL

## Protecting Population Immunity

Atsuo Yanagisawa, MD, PhD

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Dear Colleagues and Friends of the International Society for Orthomolecular Medicine,

The new coronavirus infection (COVID-19) has become a pandemic, spread all over the world, and our lives have changed dramatically. Since the beginning of the pandemic in January 2020, The International Society for Orthomolecular Medicine (ISOM) and Orthomolecular Medicine News Services (OMNS) have provided healthcare professionals and the general public with information on the prevention and treatment of COVID-19 using orthomolecular nutrition approach (1, 2, 3).

In addition to gargling, washing hands, and social distance, we recommend orthomolecular nutrition therapy for the prevention of COVID-19. In the case with COVID-19 infection, we recommend high-dose vitamin C infusion therapy in addition to conventional treatments. Recently, many good results have been reported and various related clinical trials are being conducted in many countries.

Five months have passed since the COVID-19 epidemic began, and we have accumulated a lot of experience and learning. Based on this, we must take actions in foresight of the next era. COVID-19 will not disappear from the earth forever. The battle will be long-term and we will eventually have to co-exist with COVID-19 and other novel viruses.

Health authorities, governments and industry have made enormous financial investments in the development of vaccines and antiviral drugs. The urgency to develop and test these therapies may ultimately distort our true understanding of their efficacy and safety. Viral mutations and genetic variance in the population are factors that undermine the potential of a single vaccine or antiviral drug.

At ISOM, we are convinced that "Protecting Population Immunity" in a healthy community is the way forward for human beings. During and post-pandemic health management is an important key. By reviewing lifestyle, in

addition to optimum diet, exercise, sleep, good mental health, and taking nutrients (vitamin C, vitamin D, zinc, selenium, magnesium, etc.) necessary to prevent viral infection, people will have a good healthy immune system. In this community, COVID-19 infections can be asymptomatic or with mild symptoms. People in this community can protect their weakened older people and those with disease by surrounding them. This is "Protecting Population Immunity". "Protecting Population Immunity" is not only effective against COVID-19 but also pandemics caused by the emergence of new viruses. Moreover, this strategy is realistic, practical, immediate, safe, and inexpensive.

We are now Orthomolecular Medicine in a New Age. The ISOM and related societies and colleagues will promote to make their communities healthier, with the slogan of "Protecting Population Immunity".

*"Optimal nutrition is the medicine of tomorrow"*  
Linus Pauling

Sincerely,

Atsuo Yanagisawa, MD, PhD – President of ISOM

Gert E. Schuitemaker, PhD – Past President of ISOM

Steven J. Carter – ISOM Director

### REFERENCES

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