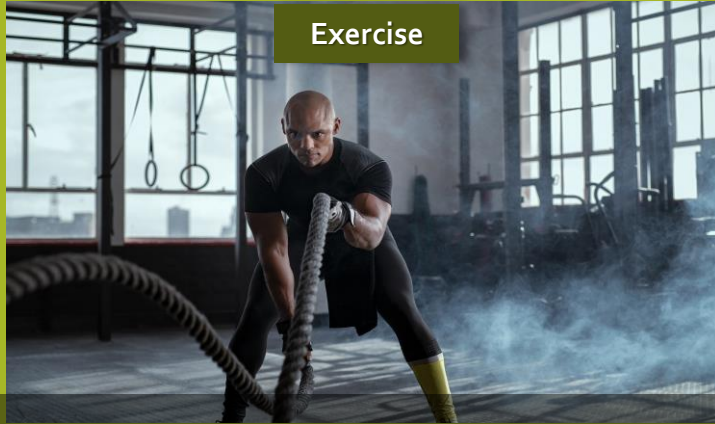


Hygiene



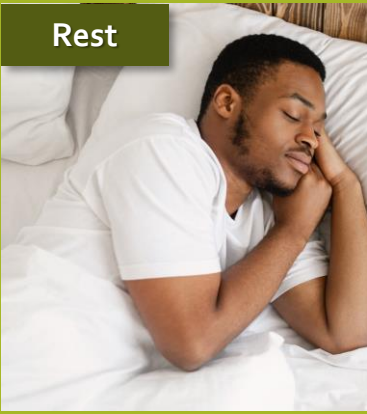
Exercise



Gratitude



Rest



Water



THE TEN LAWS OF PLANT-BASED LIFESTYLE MEDICINE

BY: HBCU COLLEGE OF PLANT-BASED LIFESTYLE MEDICINE

Sunshine



Fresh Air



TRUST/FAITH

Trust/Faith



Temperance

The Scientific Evidence Behind “The Ten Laws”

Plant-based Lifestyle Medicine is the evidenced based therapeutic use or prescribing of unrefined/minimally processed plant-based nutrition and lifestyle interventions for the prevention, treatment, and reversal of chronic degenerative diseases and to reduce the severity of communicable diseases

Summary of Supporting Scientific Studies for Covid Treatment:

- **Law of Trust/Faith Religion, Spirituality, and Health: The Research and Clinical Implications** *ISRN Psychiatry*. 2012; 2012: 278730. Published online 2012 Dec16. doi: [10.5402/2012/278730](https://doi.org/10.5402/2012/278730) (states that faith improves mental and physical health outcomes)
- **Law of Hygiene Behavior change for better health: nutrition, hygiene and sustainability** *BMC Public Health*. 2013; 13(Suppl 1): S1. Published online 2013 Mar 21. doi: [10.1186/1471-2458-13-S1-S1](https://doi.org/10.1186/1471-2458-13-S1-S1)
- **Law of Exercise - The Role of Exercise, Diet, and Cytokines in Preventing Obesity and Improving Adipose Tissue** *Nutrients*. 2021 May; 13(5): 459. Published online 2021 Apr 25. doi: 10.3390/nu13051459 PMCID: PMC8145589 (this study establishes that exercise is a good intervention for reducing severe Covid 19 by reducing cytokines caused by obesity- by preventing and reversing obesity individuals can **have better outcomes against Covid 19**)
- **Law of Temperance/Abstinence COVID-19 and obesity: fighting two pandemics with intermittent fasting** *Trends Endocrinol Metab*. 2021 Sep; 32(9): 706–720. Published online 2021 Jun 25. doi: 10.1016/j.tem.2021.06.004
- **Law of Water - Hypotheses about sub-optimal hydration in the weeks before coronavirus disease (COVID-19) as a risk factor for dying from COVID-19** This article describes experimental, clinical and epidemiological evidence that suggests that chronic sub-optimal hydration in the weeks before infection might increase risk of COVID-19 mortality in multiple ways. Sub-optimal hydration is associated with key risk factors for COVID-19 mortality
- **Law of Attitude of Gratitude - Social Support and Hope Mediate the Relationship Between Gratitude and Depression Among Front-Line Medical Staff During the Pandemic of COVID-19** Lijuan Feng, Rong Yin *Front Psychol*. 2021; 12: 623873. Published online 2021 Mar 10. doi: 10.3389/fpsyg.2021.623873 PMCID: PMC7987792
- **Law of Fresh Air - Air pollution by NO₂ and PM_{2.5} explains COVID-19 infection severity by overexpression of angiotensin-converting enzyme 2 in respiratory cells: a review** *Environ Chem Lett*. 2020 Sep 18: 1–18. (This article points out that poor indoor air quality directly **increases the severity of Covid 19** infections and that increasing God’s pure air within indoor environments can reduce Covid severity and deaths)
- **Law of Plant-based Diet The Young Age and Plant-Based Diet Hypothesis for Low SARS-CoV-2 Infection and COVID-19 Pandemic in Sub-Saharan Africa** *Plant Foods Hum Nutr*. 2021 Jun 24: 1–11 (Study reveals the plant-based diet and gut microbiota hypothesis of **low SARS-CoV-2 infectivity in sub-Saharan Africa**. The study points out that plant-based foods are good sources of protease inhibitors and anticoagulants.) See also - *BMJ Nutr Prev Health*. 2021; 4(1): 257–266. Published online 2021 Jun 7. (Study points out that people on a plant-based diet have a **73% reduced risk of Covid infections**)
- **Law of Rest - Sleep in Older Adults and Its Possible Relations With COVID-19** *Front Aging Neurosci*. 2021; 13: 647875. Published online 2021 Jun 11. (In this review, they discuss the relationship between sleep and COVID-19 among older adults, focusing on three different aspects: (1) Sleep-related issues that might increase the likelihood of getting infected by SARS-COV-2
- **Law of Sunshine - A Narrative Review and Update Investigating the Potential for Ultraviolet Light to Modulate Morbidity and Mortality From COVID-19:** *Front Cardiovasc Med*. 2020; 7: 616527. Published online 2020 Dec 23. doi: 10.3389/fcvm.2020.616527 - **Evidence Regarding Vitamin D and Risk of COVID-19 and Its Severity** - *Nutrients*. 2020 Nov; 12(11): 3361. Published online 2020 Oct

THE TEN LAWS of Plant-Based Lifestyle Medicine followed collectively + wholistically can improve health outcomes.