

Covid-19: Where we are at; where to from here? Part 2 of 4 June 2020

☀️ Oxo®, Formamint Tablets and Cod Liver Oil



Every ailment ever suffered in either the plant or animal kingdom has been exposed to mankind's ingenious spirit and innate drive to fix it. The methods and results may be meticulous and time-honoured indigenous use, systematic scientific-inquiry or downright quackery fueled by greed and inflamed by the powerful emotion of fear.

The original Oxo®, so named in honour of oxen, was first launched in 1866 as a 100% liquid meat extract with a low sodium level of 4%. When the [Spanish Flu](#) arrived in 1918, Oxo® had been dehydrated (~1910) into convenient and economical individually-wrapped [cubes](#), facilitating wide promotion as both a prophylactic and cure to the deadly pandemic. The high protein content would have served as nourishment. It would take 100 years of nutritional science to demonstrate the role of protein in the treatment of severe influenza.

On both sides of the Atlantic, Bauer Inc.'s [Formamint](#) advised "every influenza patient should suck four or five tablets a day". The active ingredient - formic aldehyde - cleared the throat of mucous. Understandably. Today, formic aldehyde is regulated as an antiseptic, disinfectant and a key element in the production of melamine, resins, fertilizers, dyes and embalming fluid. A Formamint tin is part of the permanent collection of the American Museum of Natural History, a division of the [Smithsonian Institute](#).

One teaspoon (5 mL) of cod liver oil packs a mighty 90% and 113%, respectively, of the RDI's of fat-soluble vitamins A and D. The global natural food supply is deficient in the essential nutrient Vitamin D and the Spanish Flu occurred prior to mandatory Vitamin D fortification. In that regard, [Mellin's Cod Liver Emulsion](#) may not have been off the mark as protection against the Spanish Flu.

☀️ COVID-19 quackery

Fast forward 100 years and one can see that very little has changed. Both [Health Canada](#) and [the FDA](#) have issued warnings to consumers to heed fraudulent claims made on medical devices, natural health products, CBD products, dietary supplements and food regarding a fraudulent claim of COVID-19 treatment and/or cure. The agencies have chosen their words carefully, avoiding any impression that they may be underestimating the intelligence of the populace. However, it is also clear that the regulators are aware that fear, vulnerability, desperation and anxiety can cloud one's judgement.

Food-related examples include a proprietary blend of organic honey and herbs; wild oregano; essential oils; several nutrients including selenium, iodine, zinc and vitamin C; and, last but not least, cod liver oil. In Canada, COVID-19 claims associated with Lysol® disinfectant, multipurpose cleaner, degreaser, aerosol spray and disinfectant wipes have not been resolved to the satisfaction of Health Canada.

☀️ Nutrition therapy & COVID-19 Recovery

There is a [crucial role for food](#). Patients critically ill with COVID-19 tend to be older and co-morbid (have more than one disease). The fields of nutrition therapy and ICU patient care have collaborated since the Spanish Flu pandemic and the 2003 SARS epidemic. Healthcare professional guidelines have been published online in recent months, such as [Nutrition Therapy for the COVID-19 Patient Requiring ICU Care](#). Key words are "ventilated" (on a ventilator) and intubated (fitted with a feeding tube) as the mouth, tongue and throat muscles involved in the swallowing function may have been compromised during mechanical ventilation. Protein intake is essential for healing and regeneration. An energy : protein ratio is carefully calibrated to gradually deliver calories and avoid refeeding syndrome, a serious and potentially fatal condition due to sudden shifts in the electrolytes associated with food metabolism. A hierarchy of administration is directly related to the patient's capabilities: oral (mouth), enteral (tube) and lastly, parenteral (intravenous). A patient resource, [How to eat, post discharge](#) encourages mild exercise and sleep. **FF**