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For Health

**A Better Way for
Science and Research**



Why is independent research needed?

- Integrity of the scientific process can be corrupted by corporate interests
- Emergency strategies can lead to cutting corners
- To test/verify emerging information
- Concerns not being addressed by public health establishment
- Provide evidence-based guidance in uncertainty
- Novel situation (pandemic) and novel technologies
- Trustworthy

The seed for WCH. Ranked 8th out of 23 million tracked scientific articles...



THERAPEUTIC ADVANCES

Ivermectin for Prevention and Treatment of COVID-19 Infection: A Systematic Review, Meta analysis, and Trial Sequential Analysis to Inform Clinical Guidelines

Bryant, Andrew MSc^{1,*}; Lawrie, Theresa A. MBBCh, PhD²; Dowswell, Therese PhD²; Fordham, Edmund J PhD²; Mitchell, Scott MBChB, MRCS³; Hill, Sarah R. PhD¹; Tham, Tony C. MD, FRCP⁴

[Author Information](#) ☑

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This article is:

In the 99th percentile, ranked 8th, of the 23,072,295th tracked articles of a similar age in all journals

In the 99th percentile, ranked 1st, of the 1,317th tracked articles of a similar age in all journals

and publishing history

☰
Outline

Images

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WCH-led Covid Vaccine Research



Review

The Novelty of mRNA Viral Vaccines and Potential Harms: A Scoping Review

Matthew T.J. Halma ^{1,*}, Jessica Rose ² and Theresa Lawrie ¹

¹ EBMC Squared CIC, 11 Laura Place, Bath BA2 4BL, UK

² Independent Researcher

* Correspondence: matt.halma@gmail.com

Abstract: Pharmacovigilance databases are showing evidence of injury in the context of the modified COVID-19 mRNA products. According to recent publications, adverse event reports linked to the mRNA COVID-19 injections largely point to the spike protein as an aetiological agent of adverse events, but we propose that the platform itself may be culpable. To assess the safety of current and future mRNA vaccines, further analysis is needed on the risks due to the platform itself, and not specifically the expressed antigen. If harm can be exclusively and conclusively attributed to the spike protein, then it is possible that future mRNA vaccines expressing other antigens will be safe. If harms are attributable to the platform itself, then regardless of the toxicity, or lack thereof, of the antigen to be expressed, the platform may be inherently unsafe, pending modification. In this work, we examine previous studies of RNA-based delivery by a lipid nanoparticle (LNP) and break down the possible aetiological elements of harm.

Keywords: COVID-19 vaccination; mRNA vaccines; clinical trials; safety assessment; novel technologies; spike protein



microorganisms



Review

Strategies for the Management of Spike Protein-Related Pathology

Matthew T. J. Halma ¹, Christof Plothe ², Paul Marik ³ and Theresa A. Lawrie ^{1,*}

¹ EbMCSquared CIC, 11 Laura Place, Bath BA2 4BL, UK

² Center for Biophysical Osteopathy, Am Wegweiser 27, 55232 Alzey, Germany

³ Front Line COVID-19 Critical Care Alliance (FLCCC), 2001 L St. NW Suite 500, Washington, DC 20036, USA; pmarik@flccc.net

* Correspondence: tess@e-bmc.co.uk

Abstract: In the wake of the COVID-19 crisis, a need has arisen to prevent and treat two related conditions, COVID-19 vaccine injury and long COVID-19, both of which can trace at least part of their aetiology to the spike protein, which can cause harm through several mechanisms. One significant mechanism of harm is vascular, and it is mediated by the spike protein, a common element of the COVID-19 illness, and it is related to receiving a COVID-19 vaccine. Given the significant number of people experiencing these two related conditions, it is imperative to develop treatment protocols, as well as to consider the diversity of people experiencing long COVID-19 and vaccine injury. This review summarizes the known treatment options for long COVID-19 and vaccine injury, their mechanisms, and their evidentiary basis.

Keywords: long COVID; COVID-19 vaccine injury; spike protein; thrombosis; inflammation; repurposed medication; autophagy



...the novel mRNA platform has never been proven safe...

WCH-led Covid Vaccine Research



Opinion

Public Health Needs the Public Trust: A Pandemic Retrospective

Matthew T. J. Halma ¹ and Joshua Guetzkow ^{2,*}

¹ EbMC Squared CIC, Bath BA2 4BL, UK

² Institute of Criminology, Department of Sociology & Anthropology, The Hebrew University of Jerusalem, Jerusalem 91905, Israel

* Correspondence: joshua.guetzkow@mail.huji.ac.il

Abstract: The COVID crisis of the past three years has greatly impacted stakeholder relationships between scientists, health providers, policy makers, pharmaceutical industry employees, and the public. Lockdowns and restrictions of civil liberties strained an already fraught relationship between the public and policy makers, with scientists also seen as complicit in providing the justification for the abrogation of civil liberties. This was compounded by the suppression of open debate over contentious topics of public interest and a violation of core bioethical principles embodied in the Nuremberg Code. Overall, the policies chosen during the pandemic have had a corrosive impact on public trust, which is observable in surveys and consumer behaviour. While a loss of trust is difficult to remedy, the antidotes are accountability and transparency. This narrative review presents an overview of key issues that have motivated public distrust during the pandemic and ends with suggested remedies. Scientific norms and accountability must be restored in order to rebuild the vital relationship between scientists and the public they serve.

Keywords: public health; public trust; science communication; pedagogy; citizen science; stakeholders; informed consent; uncertainty communication

Brief Report

Disarming the Sword of Damocles: Biomarkers and Susceptibilities to Spike Protein Diseases

Matthew Halma

EbMC Squared CIC, Bath, United Kingdom, BA2 4BL

Abstract: Delineating the epidemic of vaccine injury from the coterminous condition long covid is a challenging prospect, but one with many implications not just for treatment, but also has important legal considerations for settlements of vaccine injury. The shared etiological factor of the spike protein in both vaccine injury and long covid make differentiation difficult, and while treatment is largely similar between vaccine injury and long covid, there are important distinctions. Furthermore, diagnostics are important for monitoring treatment progress and assessing the extent of subclinical vaccine injury in population having received a covid-19 vaccine. The development of rigorous diagnostics is an important step towards the recognition of both long covid and vaccine injury, as those suffering these conditions have faced immense challenges in having their conditions recognized, treated, and compensated by insurance companies or national health services.

Keywords: vaccine adverse event; COVID-19; spike protein; diagnosis

WCH-led Covid Vaccine Research



Review

Exploring autophagy in treating spike protein-related pathology

Matthew T.J. Halma^{1,*}, Paul E. Marik² and Yusuf M. Saleeby^{2,3}

¹ EbMC Squared CIC, Bath, United Kingdom; matt.halma@gmail.com

² Front Line COVID-19 Critical Care Alliance (FLCCC), Washington, DC, USA, [REDACTED]

³ Carolina Holistic Medicine, Mount Pleasant, South Carolina, USA; [REDACTED]

* Correspondence: matt.halma@gmail.com

Abstract: Fasting, a practice with historical roots in various cultures, has recently garnered significant interest in the field of medicine. In this article, we delve into the mechanisms underlying fasting-induced autophagy and its therapeutic applications for spike protein associated pathology. We explore the therapeutic potential of fasting on spike protein-related pathology and the role of interventions to upregulate autophagy, including compounds like spermidine, resveratrol, rapamycin, and metformin. In conclusion, fasting, coupled with an understanding of its nuances, holds promise as a therapeutic intervention for spike protein related diseases; with broad implications for human health. This review presents the therapeutic possibility of using autophagy to treat spike protein related diseases, and details the interventions to deploy this therapeutic modality.

Keywords: Fasting; autophagy; long-COVID; post-vaccination syndrome; spike protein; mitochondria; mitophagy

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EDITED BY
Mohamed M. Radwan,
University of Mississippi, United States

REVIEWED BY
Zhonglei Wang,
Qufu Normal University, China
Shizhong Dai,
Stanford University, United States

*CORRESPONDENCE
Gijs J. L. Wuite,
g.j.l.wuite@vu.nl

[†]These authors have contributed equally to this work and share first authorship

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Therapeutic potential of compounds targeting SARS-CoV-2 helicase

Matthew T. J. Halma^{1,2†}, Mark J. A. Wever^{3,4†}, Sanne Abeln⁵, Didier Roche⁴ and Gijs J. L. Wuite^{1,*}

¹Department of Physics and Astronomy, Vrije Universiteit Amsterdam, Amsterdam, Netherlands, ²LUMICKS B. V., Amsterdam, Netherlands, ³DCM, University of Grenoble Alpes, Grenoble, France, ⁴Edelris, Lyon, France, ⁵Department of Computer Science, Vrije Universiteit Amsterdam, Amsterdam, Netherlands

The economical and societal impact of COVID-19 has made the development of vaccines and drugs to combat SARS-CoV-2 infection a priority. While the SARS-CoV-2 spike protein has been widely explored as a drug target, the SARS-CoV-2 helicase (nsp13) does not have any approved medication. The helicase shares 99.8% similarity with its SARS-CoV-1 homolog and was shown to be essential for viral replication. This review summarizes and builds on existing research on inhibitors of SARS-CoV-1 and SARS-CoV-2 helicases. Our analysis on the toxicity and specificity of these compounds, set the road going forward for the repurposing of existing drugs and the development of new SARS-CoV-2 helicase inhibitors.

KEYWORDS

SARS-CoV-2, helicase, nsp13, drug repurposing, small-molecule inhibitors, natural products, COVID-19

DNA contamination panel



Moderated by:
Dr Mark Trozzi
Christof Plothe, DO

**URGENT EXPERT HEARING:
WHAT EVERYONE NEEDS TO KNOW
ABOUT DNA CONTAMINATION**

**Can vaccine DNA contamination
reprogram our genes & promote cancer?**

**Join our panel of experts as they discuss
this issue that has implications for all.**

Expert panelists:

Kevin McKernan, Prof Brigitte König, Dr Janci Lindsay, Dr Jessica Rose,
Prof Sucharit Bhakdi, Dr Alexandra Henrion-Caude, Assoc Prof Byram
Bridle, Dr Peter McCullough, & Katie Ashby-Koppens



9 OCTOBER 2023 | 6 PM UTC

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WCH global public health research (with partners)





- Priority areas
 - Diabetes
 - Depression
 - Cancer (public health view)
 - Neurodegenerative diseases
 - Childhood vaccines



Review

Cancer Metabolism as a Therapeutic Target and Review of Interventions

Matthew T. J. Halma ^{1,2}, Jack A. Tuszyński ^{3,4,5} and Paul E. Marik ^{6,*}

¹ Department of Physics and Astronomy, Vrije Universiteit Amsterdam, 1081 HV Amsterdam, The Netherlands

² EbMC Squared CIC, Bath BA2 4BL, UK

³ Department of Physics, University of Alberta, 11335 Saskatchewan Dr NW, Edmonton, AB T6G 2M9, Canada

⁴ Department of Data Science and Engineering, The Silesian University of Technology, 44-100 Gliwice, Poland

⁵ DIMEAS, Politecnico di Torino, Corso Duca degli Abruzzi 24, I-1029 Turin, Italy

⁶ Frontline COVID-19 Critical Care Alliance, Washington, DC 20036, USA

* Correspondence: pmarik@fccc.net

Abstract: Cancer is amenable to low-cost treatments, given that it has a significant metabolic component, which can be affected through diet and lifestyle change at minimal cost. The Warburg hypothesis states that cancer cells have an altered cell metabolism towards anaerobic glycolysis. Given this metabolic reprogramming in cancer cells, it is possible to target cancers metabolically by depriving them of glucose. In addition to dietary and lifestyle modifications which work on tumors metabolically, there are a panoply of nutritional supplements and repurposed drugs associated with cancer prevention and better treatment outcomes. These interventions and their evidentiary basis are covered in the latter half of this review to guide future cancer treatment.

Keywords: cancer metabolism; Warburg effect; glycolysis; ketogenic diet; repurposed drugs; lifestyle interventions

Looking forward



- Cancer Strategy (main focus of today)
- Diabetes Protocol (Accepted, upcoming in *Journal of American Physicians and Surgeons*)
 - Co-authors: Dr. Paul Marik and Dr. Mobeen Syed
- Depression
- Neurodegenerative illness
- Healthy Aging

David and Goliath (in Cancer)



Big pharma

Repurposed drugs

Lifestyle changes

Complementary medicine

Metabolic Approaches

Are we winning the war on Cancer?



Factor	1975	2016
Incidence (Age-adjusted)	466.8	469.2
Mortality	258.4	185.9
Five-year survival rate (all malignant cancers)	48.9% [149]	70.2%

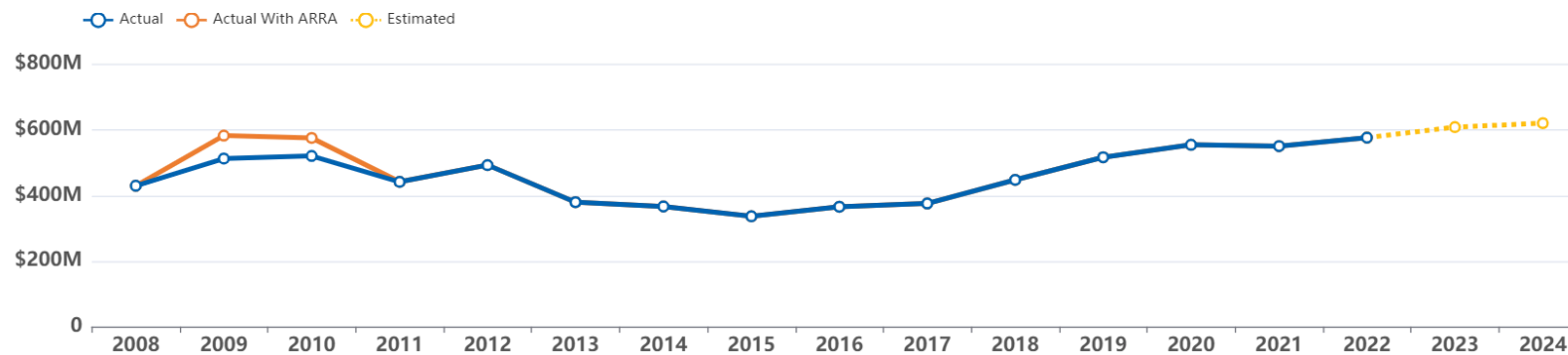
Some modest improvements, much attributable to anti-smoking campaigns

Yang, R.; Zhou, Y.; Wang, Y.; Du, C.; Wu, Y. Trends in Cancer Incidence and Mortality Rates in the United States from 1975 to 2016. *Ann Transl Med* 2020, 8, 1671, doi:10.21037/atm-20-7841.

David vs Goliath



- In 2018, NIH funding for Category “Complementary and Alternative Health” is \$448 Million¹
- Total NIH funding in 2018: \$27 billion... Complementary medicine is 1.7% of total²

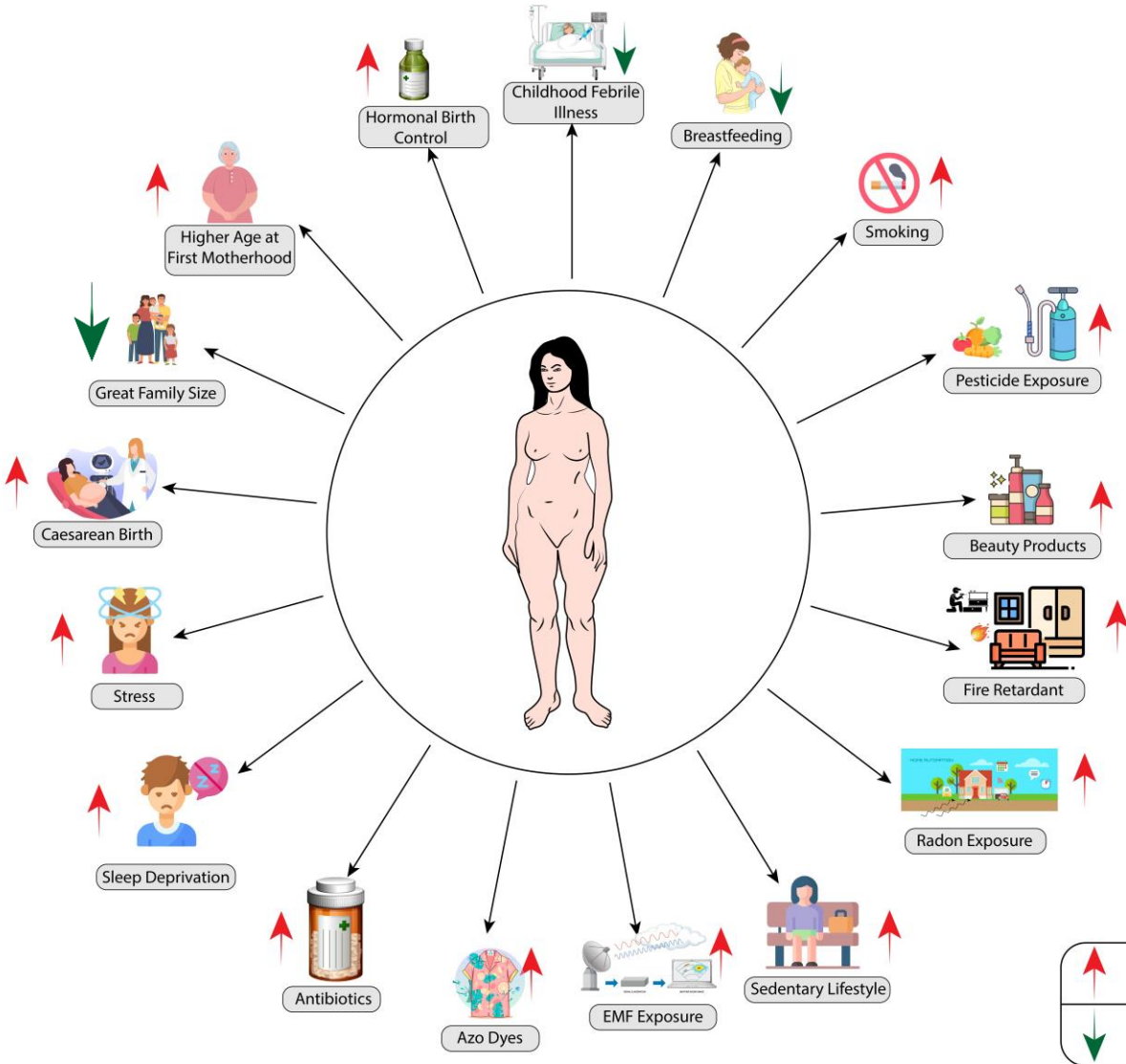


- Despite increased interest, relatively flat growth rate

¹<https://report.nih.gov/funding/categorical-spending#/>

² <https://nexus.od.nih.gov/all/2019/03/13/nih-annual-snapshot-fy-2018-by-the-numbers/>

Cancer and the total environment



Halma, Tuszynski and Marik. *David vs. Goliath: Low-cost approaches to treating and preventing cancer.* Submitted to Journal of Health, Population and Nutrition

Environmental Exposures

- Magnetic field exposures
 - Increased Relative Risk (RR=2.0) for childhood leukemia for high exposure group ($\geq 0.4 \mu\text{T}$) compared to low exposure ($< 0.1 \mu\text{T}$)[32]



Pesticides

- Those exposed through work (farm workers) at double the risk of Non-Hodgkins Lymphoma
- Eating Organic decreases risk of non-Hodgkins Lymphoma by 21%



Sources (Previous Slide)



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Now for what you don't expect...



- Lower mother's age at first birth
 - Mothers who have children at age 18 have 1/3 the risk of breast cancer than those who first have children after 35
- Breastfeeding
 - Breast cancer risk (in mother) decreases by 2% for every 5 months of breastfeeding



Childhood Fevers

Table 2 Odds ratios for the association between a diagnosis of a carcinoma and the anamnestic information

- FICD: Febrile Infectious Childhood Disease
- Table shows odds of developing a carcinoma
 - 1-2 fevers in childhood: 34% reduction in carcinomas compared to those with no fevers



(A) All pairs

FICD	Version ¹	n ²	OR	P
Measles	1	373	0.980	.921
	2	373	0.873	.548
Mumps	1	372	1.000	1.000
	2	372	1.009	.957
Rubella	1	362	0.742	.055
	2	362	0.647	.014
Pertussis	1	368	0.924	.599
	2	368	0.917	.592
Scarlet fever	1	366	0.902	.612
	2	366	0.822	.350
Chickenpox	1	372	0.800	.158
	2	372	0.732	.099
Number of FICD				
≥ 1 FICD (vs none)	1	346	0.538	.187
Trend 1	1	346	0.912	.108
≥ 1 FICD (vs none)	2	346	0.400	.058
Trend 1	2	346	0.882	.041
Other FICD				
1-2 times		314	0.655	.028
3-4 times			0.573	.046
More than 4 times			0.440	.001
Reference: never had another FICD				

Sources (previous slide)



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- Scoccianti, C.; Key, T.J.; Anderson, A.S.; Armaroli, P.; Berrino, F.; Cecchini, M.; Boutron-Ruault, M.-C.; Leitzmann, M.; Norat, T.; Powers, H.; et al. European Code against Cancer 4th Edition: Breastfeeding and Cancer. *Cancer Epidemiology* **2015**, 39, S101–S106, doi:10.1016/j.canep.2014.12.007.
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Top interventions

- See Dr. Marik's Cancer Care guide
 - <https://covid19criticalcare.com/reviews-and-monographs/cancer-care/>
- Recent publication with Dr. Marik

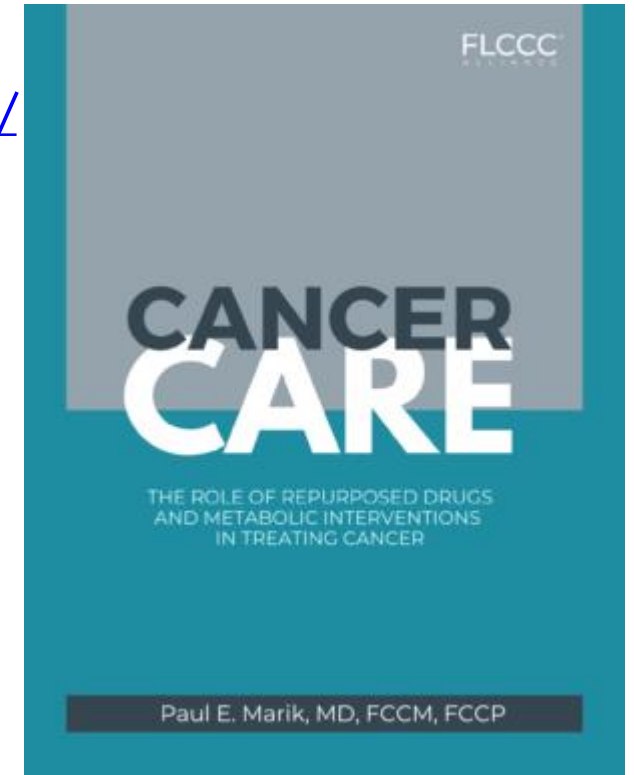


Review

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- ¹ Department of Physics and Astronomy, Vrije Universiteit Amsterdam, 1081 HV Amsterdam, The Netherlands
- ² EbMC Squared CIC, Bath BA2 4BL, UK
- ³ Department of Physics, University of Alberta, 11335 Saskatchewan Dr NW, Edmonton, AB T6G 2M9, Canada
- ⁴ Department of Data Science and Engineering, The Silesian University of Technology, 44-100 Gliwice, Poland
- ⁵ DIMEAS, Politecnico di Torino, Corso Duca degli Abruzzi 24, I-1029 Turin, Italy
- ⁶ Frontline COVID-19 Critical Care Alliance, Washington, DC 20036, USA



• From the article

- Interventions ranked by level of evidence
 - Top
 - Glucose Management
 - Exercise
 - Sleep
 - Recommended
 - Vit D
 - Melatonin
 - Green tea
 - Metformin
 - Curcumin
 - And more...

METABOLIC AND LIFESTYLE INTERVENTIONS FOR CANCER TREATMENT

1 Glucose Management
low-carbohydrate, high-fat, ketogenic diet

2 Exercise
aerobic and resistance training

3 Stress reduction and sleep
8 hrs

modified time-restricted eating

TIER ONE REPURPOSED DRUGS: STRONG RECOMMENDATION

4 Vitamin D3
20,000 to 50,000 IU daily*

5 Melatonin
start at 1 mg and increase to 20-30 mg at night (extended/slow release)

6 Green tea catechins
500-100 mg daily

7 Metformin
1,000 mg twice daily †

8 Curcumin (nanocurcumin)
600 mg daily or as per manufacturer's suggested dosing

9 Mebendazole
100-200 mg daily

10 Omega 3 fatty acids
2-4 g/day

11 Berberine
A daily dose of 1000-1500 mg or 500-600 mg two or three times daily †

12 Atorvastatin
40 mg 2x/day †

13 Disulfiram
80mg 3x daily or 500 mg once daily

14 Cimetidine
400-800 mg twice daily

15 Mistletoe
given subcutaneously by an integrative oncologist

16 Ashwaganda
2g per day during chemotherapy

17 Sildenafil
20 mg daily †

18 Itraconazole
400-600 mg daily

TIER TWO REPURPOSED DRUGS: WEAK RECOMMENDATION

19 Low dose naltrexone
1-4.5mg daily

20 Doxycycline
100 mg daily (for cycles of 2 weeks – use sparingly)

21 Wheatgrass
9g fermented wheat germ extract daily

* dosage should be adjusted according to blood vitamin D levels, aiming for a 25-OH level of at least 55-90 ng/dl

† Depending on blood glucose levels, metformin and berberine can be used together or alternating months

‡ Simvastatin 20mg 2x/day is an alternative

¶ Tadalafil: 5 mg daily is an alternative

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- Dr. Yusuf Saleeby
- Dr. Tess Lawrie
- Dr. Christof Plothe

- Many others...





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