

# Could the Greater Consumption of Fish and Chicken Be Accelerating the Ongoing COVID-19 Pandemic: A Pilot Single Case Study Examines Cholesterol Absorption Kinetics in Six Animal-Based Foods and Their Potential Reflection of Redox Imbalance and Immune Integrity to Decide the Utility of a Larger-Scale Study

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c This article, along with six other COVID-19 pilots, will be submitted to 15 universities in Alabama, USA; the Caribbean; Israel; Florida, USA; Jordan; Mississippi, USA; Tennessee, USA; Saudi Arabia; South Dakota, USA; West Virginia, USA; and Wyoming, USA, to gain academic appointments, replicate this pilot investigation on a larger scale, and to continue to design and launch additional pilots and wide-ranging studies to fortify further the new discipline of pH-Balanced International Cuisine and Dynamic-Longevity Lifestyles

## ABSTRACT

Mounting evidence exists that highly processed food and drink-prompted redox imbalance increases the risk of hosting symptomatic COVID-19 sepsis and a potentially lethal immune response. For fifty-six years, assuming animal-based foods with smaller amounts of exogenous cholesterol—such as fish and chicken—absorbed equally lesser blood levels of LDL without ever testing the assumed hypothesis.

*Objectives:* The purpose of this single case pilot study is to test the necessity of a more considerable investigation determining whether assumed exogenous cholesterol values agree with endogenously assayed LDL and TSH blood levels. Second, to document exogenous to

endogenous absorption kinetic changes, if any, among six animal-based foods processed in varying ways and under certain pro-oxidized conditions. Third, to analyze any correlation between specific food challenges, potential redox balance/imbalance, and the first law of thermodynamics. Fourth, to forecast redox balance/imbalance measures in six foods on COVID-19 immune response. Fifth, if validated, paving the way for newly established departments of pH-balanced international cuisine, and launching multicenter absorption kinetic studies for all forms of animal-based and plant-based food and drink.

*Methods:* The subject provided morning baseline lipid panel and TSH samples followed a specific dietary protocol and provided a following day blood draw before the second food challenge. Food challenges included chicken within a green alkaline diet (ALK-D), salmon within an ALK-D, and beige acidic diet (ACD-D), beef within an ALK-D, lamb within an ALK-D, mozzarella cheese within an ALK-D and ACD-D, and eggs within an ALK-D and ACD-D.

*Results:* Salmon-CHOL within an ALK-D translated into endogenous LDL (En-LDL) at the highest rate of all foods testing 8.2 mg EX-CHOL to 1 mg/dL/day LDL. Chicken within an ALK-D had the second-highest Ex-CHOL/En-LDL absorption kinetics ratio of all six animal-based fares tested. Beef-CHOL was third at 30:1, lamb-CHOL was fourth at 36:1, cheese-CHOL was fifth at 40:1, and least of all eggs-CHOL at 300:1.

*Conclusions:* These single-case pilot study findings do not prove that previously assumed absorption kinetics are incorrect. Nor do current finfish and chicken over red meat, cheese, and eggs recommendations do not make the best COVID-19 immune-fortifying dietary prevention and treatment plans. The results cast a substantial shadow of a doubt, stimulate preponderance of probability, and suggest more considerable investigations are warranted. If validated by multicenter studies, the potential COVID-19 public health and epidemiology prize is an eagerly welcomed component to all COVID-19 prevention and treatment plans from delta to mu variants and beyond. COVID-19 and its variants are

here to stay within our collective nasopharynx. Masks, social distancing, shelter-in-place, vaccines, and vaccine booster shots are not likely to substitute immune integrity kindled by pH-balanced international cuisine and a dynamic-longevity lifestyle.