

**Sent by special delivery and received the next day**

4th May 2020

**Sir Mark Sedwill KCMG FRGS  
Cabinet Secretary  
10 Downing street  
London SW1A 2AA**

**Dear Sir Mark Sedwill**

# Two Months

**Further to my previous correspondence, this letter contains the way to remove the virus from the UK and reduce damage to the Economy in two months, two months, not 4 months, not a year,**

**It does not have to be health or Economy, this strategy meets both objectives  
Some people have not benefited from the furloughs, also the cost of this over a long period of time is prohibitive, this strategy overcomes all this**

Two months of implementation will meet all the desired objectives

You will be aware of the 'high flyer' examinations for civil servants whereby a series of situations is envisaged but it is considered impossible to resolve all of them and the candidate is invited to suggest the best course of action and the reasons for this

- the desired solution requires *simplicity*, that it will overcome the anguish this virus is causing in different ways and *that it works*.
- *the ideal solution will both kill the virus and mitigate damage to the economy from a prolonged shut down*. This is it.
- the ideal strategy would meet both the need to protect health and the economy, which has a bearing on health as well in the future. This is it.
- the ideal strategy would kill the virus now rather than later to avoid the possibility of it passing its characteristics to other viruses we already have, or creating other strains. This is it.
- Failing to kill the virus now could mean, that just as we have flu today, we might have the novel virus and its relatives as they appear with its horrible effects established in the uk for good. A permanent fixture in the UK biosphere this would affect our health, increase anxiety and affect our economy in so many ways, such as increasing health costs, reducing tourism, reducing our quality of life, and that is if future mutations of this novel virus once established, were not fatal to our population, if it was difficult to find a vaccine or multiple vaccines which may be the



case.

- it is absolutely imperative that the virus is killed today, in the next two months, we cannot risk waiting months to do this and the door may close and prevent us from stopping it establishing itself permanently in the uk
- there is growing evidence that finding a vaccine will be harder than envisaged. Also some evidence of re infection. If this is the case we cannot afford to wait to find out

From The Fatal strain, on the trail of the Avian Flu and the coming pandemic by Alan Sipress 2009

301 **An analysis in 2007:** Aeby Thomas, Niels Guldager, and Klaus Hermansen, "Pandemic Flu Preparedness: A Manufacturing Perspective," *BioPharm International*, Aug. 2, 2007. For further discussion of the delays inherent in developing a pandemic vaccine, see Jesse L. Goodman, "How Fast Can a New Vaccine for an Emerging Respiratory Virus Be Developed and Available for Use?" Presentation at the International Conference on Emerging Infectious Diseases, Atlanta, GA, Mar. 22, 2006.

301 **confound efforts to develop a single vaccine:** See, for example, WHO, Report of WHO Working Group, "Influenza Research at the Human and Animal Interface," Sept. 21–22, 2006; Steven Riley, Joseph T. Wu, and Gabriel M. Leung, "Optimizing the Dose of Pre-Pandemic Influenza Vaccines to Reduce the Infection Rate," *PLoS Medicine* 4, no. 6 (June 2007): e218; and G. J. D. Smith et al., "Emergence and Predominance of an H5N1 Influenza Variant in China," *PNAS* 103, no. 45 (Nov. 7, 2006): 16936–41.

301 **unusually resistant to experimental vaccines:** See, for example, Karl G. Nicholson et al., "Safety and Antigenicity of Non-adjuvanted and MF59-adjuvanted Influenza A/Duck/Singapore/97 (H5N3) Vaccine: A Randomized Trial of Two Potential Vaccines Against H5N1 Influenza," *Lancet* 357, no. 9272 (June 16, 2001): 1937–43; Jean-Louis Bresson et al., "Safety and Immunogenicity of an Inactivated Split-Virion Influenza A/Vietnam/1194/2004 (H5N1) Vaccine: Phase I Randomised Trial," *Lancet* 367, no. 9253 (May 20, 2006): 1657–64; Isabel Leroux-Roels et al., "Antigen Sparing and Cross-Reactive Immunity with an Adjuvanted rH5N1 Prototype Pandemic Influenza Vaccine: A Randomised Controlled Trial," *Lancet* 370, no. 9587 (Aug. 18, 2007): 580–89; and Nega Ali Gogi et al., "Immune Responses of Healthy Subjects to a Single Dose of Intramuscular Inactivated Influenza A/Vietnam/1203/2004 (H5N1) Vaccine After Priming with an Antigenic Variant," paper presented at Third WHO Meeting on Evaluation of Pandemic Influenza Prototype Vaccines in Clinical Trials, Geneva, Feb. 15–16, 2007.

- we need to fight them on the beaches now so to speak, our window of opportunity is short

know thy enemy

The virus is novel and hopes that a vaccine may be found could be premature given the different strains of the virus and difficulties in finding vaccines for some viruses even going back 40 years that has still not being successful



The virus has clear vulnerabilities but the biggest threat is through the perception that it is a form of flu, though it has the transmission capability of flu

the virus can remain hidden for sometime once a person is infected, unlike sars where one who official commented that we had been lucky that time

it is an invisible enemy, it has the perfect camouflage and can exploit cultural differences in nations where some perhaps like ourselves have got used to being more independent than is desirable at this moment

it has the terrifying prospect of combining with others, meaning that the environment we live in could be changed for ever more toxic with this virus, mutating with others and passing on its lethal qualities and the fear and disruption and division this will bring. As we test for anti bodies the question might be does the presence of antibodies guarantee proection against the different number of strains of covid 19 that have been detected, if not this reinforces the urgency for the global two month lockdown envisaged.

This novel virus must be killed now, we must not wait for the hoped for development of vaccines as by that time, there might be a number of different types, with more on the way, we would never be rid of it

**we cannot base a plan on a 'hope' but on certainty**

**This strategy has the certainty of been successful, the alternatives have a strong possibility of catastrophic failure and harm to our nation**

**It would be like gambling on the future of our country, putting all your money on a horse coming home in a race to pay off the mortgage. It might work but it might also leave you bankrupt, or in this case our nation ruined and thousands more dead.**

**This plan will work, it will take two months, I urge you to support its immediate implementation. Please**

Crucially this is the moment and history will pivot on what is decided today. This will irrevocably change our future unless we act fast now to eradicate the virus altogether. Fortunately the virus has weaknesses that will allow collective determined action marshalled by steely and resolute leadership at the top to kill it off altogether

This will take TWO MONTHS no more than that

to take a war time analogy, the enemy is on the beaches, now is to the time to drive it back into the sea.

Unacceptable

Back to the economy there are worrying sounds about the need to return to the herd immunity idea, but this is something connected to vaccination and protecting 95% of the population. If restrictions are lifted this will be a death sentence for many, what exactly is meant to happen then, those who can getting to hospital to be helped by medical staff with both knowing this as been allowed to happen, when there is not easy ways to treat people and some admitted will die in intensive care. This is amoral, and must not happen.



Two Months is a form of herd immunity version 2 where the herd ie us can become immune by working collectively and as one, all for one and one for all. We are all our brothers and sisters keeper

The virus dies if it cannot keep moving, the cure so to speak, the outcome is already in our hands and the immediate policies needed to resolve this, meet all the difficulties and kill off the virus, ahead of the chimera of a vaccine I believe is the following

### Two Months

I urge you in the strongest terms to recommend to the Government that they introduce this at once

if we allow the virus to beat us it will be entirely down to our lack of resolve and self discipline

two months is all that is required to beat this and for people to do as they are told

the country needs to be put in full lockdown for 2 months, Nothing moves

only the most vital services will continue.

### Two Months

**Simplicity -everyone is on the Government for two months, the terms of employment will be to follow the instructions of the employer ie the Government, disregarding them will mean dismissal and loss of income.**

#### **Both a carrot and a stick**

1) **All employed people will join the Government payroll so to speak**, joining those not working being financially supported. discrepancies and fraud can have money retrieved later. This will include all those not covered by the existing furlough scheme and at 100% of income protection.

2) If a person breaks the lock down or a benefit claimant does this, they will be deemed to have broken their terms of employment and lose their income. This potential sanction would encourage most to stay at home.

if we cannot live a bit outside of cur comfort zone then we are finished as a nation anyway

(later we need to have a day where we could practice this in years to come in case other pandemic or disasters or even war were upon us. Perhaps an asteroid strike. An accident at a Nuclear facility, anything. But we could have pandemic practice day every year after this, perhaps on the day the two month lock down is ended and the virus is dead, when we might also remember those we have lost at this time and sheer courage and sacrifice of those who put themselves in harms way to protect us and care for the sick and dying.



### **3) Rescuing the vulnerable -extraction teams and trying to improve the safety of vulnerable people through enhanced visibility**

It is understood that the lock down poses risks, teams could be ready to extract abuse victims immediately from harmful areas and taken to places of safety,. It might be stipulated that houses would have cameras online perhaps using their laptops, alexa or modern technology already at home, so that what was happening could be seen if necessary, this has been a way people caring for those in residential homes have sometimes helped protect those they care from abuse. If a machine was turned off it should be possible for this to be immediately picked up. AI could help monitor this in addition to the Police by picking up key words and bringing this to the attention of a police officer. It is exasperating to hear people complain about human freedom re apps etc, this is to protect people and these measures would be temporary. People who wish to argue against this I would suggest cannot see the wood from the trees.

From the letter I sent on the 12<sup>th</sup> and that was received by yourself on the 13<sup>h</sup> March people caring for the vulnerable should live on site such as in care homes. They would need to be tested for the virus first.

Re an idea I tried to suggest in around 2010 it might be helpful if vulnerable or older people were asked if they might live together for a time when care is harder to provide in for example one of their houses, they might later prefer this to living alone

#### **One month quarantine**

all travel in to the country must stop, people can leave but if people wished to return they would need to stay in quarantine as countries like New Zealand have adopted, we stopped rabies getting into the country through this method other countries I believe have protected themselves from other environmental hazards for some time, such as soil

after two months the virus will have died out in the UK

#### **Two Months**

- **Absolutely crucially we must encourage all other nations to adopt this as well**
- **this would also be the template we could use that could protect us from future pandemics which potentially could wipe out our nation.**

The population could binge on tv and film and people working for television, radio, entertainment could be moved to areas to continue their work after testing for the virus, I would suggest that contained areas could be established so that their families could live near to them and perhaps even return to some form of education. But the key thing is that they would stay in the areas and not move for the two months.

Gyms and sports centres could distribute exercise equipment to peoples homes, classes could continue online with classes taking place. We could ensure everyone who wants to take part has the technology to do this.

#### **Two Months**

##### **Its a walk in the park**

I heard a caller to a phone in show suggesting we could help organise times for people to



take park time

this might be help maximise the space available in inverse proportion to the people enjoying it

Electoral role, postal addresses could facilitate say an automatic phone call saying that it was an optimum time to go out, perhaps for an hour, this could be done in a way that people had the best chance of keeping the distancing, each road could have one such message at a particular time etc

someone else suggested closing roads, this would create more space as well as helping emergency vehicles to reach their destinations faster, hence a more efficiency use of these vehicles as well as shorter journey times for the people needing their help.

The lockdown would need to be enforced by the army and police, you have to be ruthless with this not taken the approach of asking them if people would be terribly kind if the did this, they have to do it for the good of the country whether they understand the reasons for the strategy or not, this is not the time to debate it

also all further criticisms of the police has to stop, I thought it was good to see Police using their initiative in trying to keep the distancing, to my mind any criticism what is going on at the moment is completely inappropriate,

two months is all that is required for this to work. We can get through two months of tv radio and pizza, surely,!

people already continue to smoke and drink despite the warnings of what could happen, through years of health warning. The apparent invisibility of this combined with the perception that the virus affects the old it is unlikely that the would be a complete sea change in behaviour, therefore people need to be told, it is only for two months,

also this will give us a template in case this happens again, something we can all do quickly, if perhaps a worse pandemic arrives. It doesn't rely on a vaccine or other people it relies on us and our attitude,

if we have the right attitude the virus will be beaten

it is vital that everyone is in together with as few exceptions as possible.

Supplies of food and medicine can be provided in this way

**with testing workers can live with their families on site**

### **Supermarkets and the distribution of food**

silos of self contained supermarkets could prepare food for personal collection all staff living on site with their families could pick out an order by phone. All staff could use their with phones for this,. If practical touchfree cards could pay for the delivery through the glass of the supermarket. Products lines might be restricted to the fundamentals if the system comes under strain, so as to reduce deliveries needed. People could pick up by arrangements, they might also pay on the phone or online.

### **Using volunteers and the issue of infection control**



I would give a word of caution about the large number of volunteers being recruited who may inadvertently spread the virus if they do not fully adhere to the strictest infection control measures, the virus can be spread in different ways, such as on packaging, lasting on it perhaps for days , Volunteering is an excellent thing to do, some may see it as a way for some to get out of the lockdown while helping people but could be very risky.

### **Exit strategy**

so long as this plan is adhered to strictly after the two months the virus will be extinct in the UK. This would continue to be the case if people coming into the country are quarantined, If one attempts to compromise this will **fail**

**the exit strategy can be costed financially and also the certainty provide by the two months that people can understand through simple public messages using all media, it will reduce anxieties as much as possible**

**possible risks might be the migration of birds**

**Bird Flu returns to Germany Deutsches Welle Oct 9 2008**

**source The fatal strain On the trail of avian flu and the coming pandemic by Alan Sipress 2009**

if birds can bring this into the country and the virus can be maintained in animals, it would be necessary to stop the migration of birds until the virus has being extinguished across the globe, this is possible, unpleasant but necessary

another risk could be packaging from imported products so this may have to cease for these two months

as testing is introduced swathes of the country might return to normal if the compartmentalisation idea in the letter of the 12<sup>th</sup> March is implemented this might allow a faster return to what is considered normal than the two months,

this could lead to the introduction of compartmentalisation, this might be on a smaller area perhaps local communities so long as people did not travel outside the area until the all clear.

### **Silos**

People could be tested then subject to a minimum 14 day quarantine before being moved to a location to be with people they want to be with at the moment. This might be members of a family who wish to be with someone who may be old or unwell. This could at least ensure they could be with them though they would need to stay there for the remainder of the two months,

testing and quarantining could allow the establishment of virus free communities of different types that could help make the two months easier for some.

Normal life could return to some areas faster in this way but people could not move to and from such areas during this time to make this work.

### **Intellectual Property and the best PPE equipment**

I do not know if a limiting factor on providing the very best PPE equipment or ordering its



immediate production in the UK is adherence to the Intellectual Property rights of companies producing this? I do feel if this is an issue it is a grave mistake

I understand that in certain situations the UK Government can override Intellectual Property rights on a product, often this relates to price but this is a National security uses so this should allow us them oral right to produce whatever we need at this time, Intellectual Property is designed to encourage innovation it is not intended to deprive health workers of the equipment they need to save peoples lives.

Experts in all the relevant fields will know what is the best equipment and PPE to use at this time. I would suggest we order UK manufacturers to begin immediate production of it, all IP rights must be waived at this time.

Relating to this and the desire of people to have some contact with others, conceivably if people wore for example respirators, this would protect them and others, we should assess how many millions of these respirators we need and order UK manufacturers to construct them.

This appears to be underscored by a statement by the Director General of the World Intellectual Property organisation

<https://www.wipo.int/portal/en/>

In a written statement, WIPO Director General Francis Gurry explores "Some Considerations on Intellectual Property, Innovation, Access and COVID-19."

# Some Considerations on Intellectual Property, Innovation, Access and COVID-19

April 24, 2020

## Executive Summary

The IP system recognizes at both the national and the international levels that emergencies and catastrophes may call for measures that may disrupt the normal functioning of the incentive framework upon which the IP system is based during the period of the emergency or catastrophe.

6. The policy measures that are available in international and national IP law to manage and to mitigate emergencies and catastrophes include compulsory licenses and licenses of right of patented technology embodied in vital medical supplies and medicines; and the use of exceptions in relation to cultural and educational works to ensure the availability of vital data, information and knowledge for the purposes of combatting and containing the virus, reducing the human suffering that it is causing and enabling disrupted institutions, such as schools and universities, to continue to carry out their missions in remote or virtual conditions. These measures, when



deployed in a targeted and time-bound manner, may be useful or even vital when there is evidence of a need to which they may be addressed.

### **Millions of masks and ppe to help with the exit strategy**

Part of the exit strategy could include the mass production of the very best face masks and ppe that could then be given to people so their safety could be improved when they went to work, or for all members of the public to be protected when starting to go out again, or go shopping, this would help overcome the fear people will have,

Practical steps such as this will be very helpful to allaying fear and reducing anxiety even when the all clear has been given, it could also be kept by each member of the Public should another lock down have to be ordered, or another pandemic or situation arise where the public need to stay in their homes. As an adjunct to this it might be helpful to see how each household could keep such a stock, perhaps even make it a legal requirement and where a register is maintained so that such ppe and other equipment considered necessary to protect from any similar occurrence and either maintained properly or replaced as a matter of course just as social housing tenants are all required for example to have boiler serving or electrical checks for equipment in our homes. (this might be something that could be made mandatory for everyone, just to keep safer generally)

### **Re intellectual Property vis a vis National emergency**

If we can sidestep the legal restraint on producing such large amounts of PPE for all our population we can afford to do this, otherwise the cost would be prohibitive, but it would be a fair legal argument under the ethos of Intellectual Property law that no one who hold a patent can use it to effectively stop a country taking measures to protect itself in such a situation of national emergency or it can reasonably be argued take the steps needed now to protect from a possible future pandemic or disaster, given that there would not be time to do this once such a situation was upon us, it has to be done beforehand and it must be affordable for a nation to do this.

### **Returning to the issue of face masks**

Clear plastic masks, over the nose as well as the eyes with the breathing areas at the back would help overcome the concern caused by not being able to see a persons face, social cues etc,

## **Two Months**

there is an idea that the shadow of the virus can last one month. Therefore two months is necessary for us to give the all clear.

I would ask you to revisit the letter of the 12<sup>th</sup> March, copy enclosed and recommend people wear masks, this is an obvious way to reduce infection as it will help enhance the efficacy of people keeping two metres away from people; a mask will contain droplets of water. We can make them ourselves, or wear scarves, it might even become a creative process, we could make our own iron man mask

there is another compelling reason why we may need to stamp this virus out quickly in the



way suggested above

### **particular reason for urgency**

we already have a range of other coronaviruses circulating, often during the winter, it would be of serious concern if covid virus was able to pass its insidious qualities to a range of existing viruses, we would then never be rid of it except for finding a vaccine which may be more difficult than we imagine, particularly if there were a number of viruses similar to covid 19

Another reason was raised by a nurse who phoned LBC. She asked how it would be possible to administer the flu vaccine later in the year if a vaccine hasn't been found, the difficulties involved in this could lead to further deaths through the normal influenza.

### **Additional supporting arguments for taking the proven route of killing the virus for good both in the UK and globally by asking all nations through the WHO to do this at the same time**

We are also hearing of companies like John Lewis thinking of not re opening shops and BA of making staff redundant

a caller to LBC who works for an airline pointed out that countries like new Zealand will not let tourists into their country while the virus is around, so this undermines the business model whereby airlines take thousands to tourist destinations

the imperative on this and every other front that Nations across the globe introduce the two month plan now knowing that really applying this strategy will render the virus extinct, no need to wait for a hoped for vaccine, no more deaths, then businesses can come out of the hibernation and life can continue hopefully in a more humane and kind way chastened by what we have been put through

Governments will need to ensure that the wellbeing of the nations is protected and those involved in providing it at every level. We need to be mindful that disasters can come in other ways, as an example we need to get a system in place which we have within our capabilities to locate and destroy any asteroid heading towards earth, if we do not there will not be a second chance as we will have here, and once we become aware of the nemesis we face, it will be too late to do anything. Disaster could come unexpectedly, we need to be ready with all nations to take quick action if necessary. For example, a benign experiment landing a spacecraft on an asteroid could theoretically through the tiny amount of kinetic energy nudge the asteroid and alter its path. Who knows, but if we could all work together the outcomes for all nations will be far better.

### **People need to leave home**

Not rushing to make irrevocable decisions because of the lockdown, economic or social. There might also be a consideration by firms that people can work from home and that this would save overheads, but the home working may be effective at the moment but this is because the teams of people have worked before together in offices. It would be far harder if home working was contemplated as an economic model and might not be so effective. Additionally people need to leave their homes to protect existing relationships or meet people,



If this situation lasts for too long companies will pre-empt whatever might be best and take irrevocable decisions in terms of closing offices and shops, it would be harder to restore this and would cause further economic chaos

We see other countries around the world facing increases in infection

we should ask all nations to adopt this at the same time

### **reset button**

anti carpetbagging legislation for this period of crisis to prevent some trying to profit from the suffering of others. We should also consider laws that ensure people do not profit or lose from this unusual time

**a covid profiteering law** to protect all at this time or to prevent some organisations/countries trying to gain an economic advantage over others or to buy up their companies which may have encountered financial problems as a result of this situation.

essentially we will need to put matters back to pre-virus situation to prevent profiteering or loss from this.

We must not allow carpetbagging at this time

### **Outcome**

this will mean that covid 19 is extinguished in two months across the globe

If we introduced this globally we could start planning the party two months after implementation day

### **Implementation day**

we could launch Implementation day across the globe simultaneously in a way similar to the brilliant launch of the 2012 London Olympics by Danny Boyle

Then globally we wait inside and watch, share stories globally and kill the virus the global community will come together in a way never seen before, we will also see clearly how working together rather than against each other can achieve a massive result, in this riding the globe of this virus for good in two months

this might be one of the legacies from this that could really help unite the world and promote peace, and global research and kindness in a way we have never witnessed before

We could then count it down across the globe to encourage us to maintain this two months lockdown, this will help us

then we can have a big party and celebrate and give thanks

The world could have a global count down clock

### **Need to avoid conflict**

Finally we need to ensure that this pandemic does not lead to conflict with China on any



level. We can be firm about matters that concern us, but at the same time recognise the incredible progress China has made, so much, its awesome, and we need to start remembering our own history which is still not taught properly as far as I can see whereby we wreaked terrible suffering on countries such as China through the Opium trade, I really wish our country could drop this idea, I think its called exceptionalism, we are no better or worse as people than any other person on the planet. We have certainly being more fortunate by far than many, but that does not make us exceptional in the sense of being 'better than others, but lucky, blessed. Fortunate not to have suffered like so many nations though history and today. We need to remember this.

If you would like me to present this strategy to the Cabinet please let me know

### **Give Bob a job**

**there was a call for people to apply to the cabinet office. I would be more than happy to join Sage to help suggest creative practical steps involving the implementation of this strategy if you agree with it, and different situations that may face our nation.**

God bless

Bob Goodall

to summarises

1) Agree that this is the best strategy that meets all the required objectives

- It will be successful if applied properly
- It will save as many lives as possible
- It will mitigate damage to the Economy

2) Agree with all nations to apply the same strategy

if necessary those refusing to do so will need to sit outside the Global community in a way that they cannot re infect any nation

3) Tell the nation why this is going to happen, the reasons for it, keeping it simple

3) after 2 months check with all nations that the virus is dead

4) have a party



I sent this by email to various people asking them to forward it to Sir Mark Sedwill

24<sup>th</sup> March 2020

Sir Mark Sedwill KCMG FRGS  
Cabinet Secretary  
10 Downing street  
London SW1A 2AA

Dear Sir Mark Sedwill

very very urgent -further to the letter of the 12<sup>th</sup> March

**For 4 weeks -STOP all movement and financial activity in the UK**

The entire country needs to be put on full lockdown **immediately** for 4 weeks.

As well as providing the best last chance we still have to help people suffering from covid 19 by reducing new infections and other demands on the NHS through accidents etc.

To mitigate the damage to the UK economy, this 4 week lockdown will allow the financial package to be used to help **all** those affected, including those who are self employed. It will only be necessary for 4 weeks so the money needed does not have to stretch over a longer period.

- The psychological problems will be mitigated by the reduced 4 week period
- the 4 week shut down will mitigate the financial damage to the economy, this will address the concern that the cure will be worse than the disease.

7.This takes away the false choice of people needing to choose work over health for financial reasons, it is envisaged that 4 weeks will enable enough financial resources to help everyone impacted by this

- **CLARITY CLARITY CLARITY** by making **EVERYONE** do this it gives absolute clarity to the message. (You could even call it operation everyone) at this time the simplest message is needed.

**Those breaking this should be detained, fines might encourage some to take the instruction less seriously**

- People do **not** need to go outside to exercise. The criteria for leaving home must be limited, People need to be given permission to do this. **Leaving these decisions to peoples individual conscience or judgement at this time will be CATASTROPHIC to the public good.** The two metre rule is not workable and as such being suggested this is advice that will protect us is akin to suggesting people wash their hands with water and not soap. It is a chimera, not advice



- The armed forces and all reservists must be immediately and fully mobilised and stationed in all streets. Soldiers will need to have access to weapons , they would not be carrying them. This can happen tonight, there is no longer time to organise volunteers to do this.
- Food and medicine can be delivered to the public by these forces with special attention to infection control on the items being moved.

There needs to be a command centre to implement emergency work. The national grid and utilities need to have every resource available to protect and restore if necessary. We need to be aware that the current crisis does not preclude the possibilities of further difficulties, this might include a failure of the grid,

- Those working at this time should be moved to their places of work such as hospitals to live for this emergency time where they are working,

People arriving in the country need to stay in accommodation where they have disembarked

all international transport has to stop

similarly we need to look after people in the UK at the moment and not expect them to leave at this time,

If I can be of any assistance at this time please let me know

God bless

Bob Goodall



**I sent this by Special delivery and it was received the next day**

12<sup>th</sup> March 2020

**Sir Mark Sedwill KCMG FRGS  
Cabinet Secretary  
10 Downing street  
London SW1A 2AA**

**Dear Sir Mark Sedwill**

May I suggest this to you as a way to overcome the collanvirus situation

### **COMPARTMENTALISE -STOP- CONTAIN**

- The advantage we have is that we already know how to overcome the virus, it is unable to sustain itself if transmission ceases
- we need to devise a plan that would be copied globally
- then we push the **stop!** button, **stop** means the plan is implemented
- a global insurance fund will need to be immediately introduced to pay the costs incurred by nations
- **RESULT** -virus stops spreading after 3 weeks

### **COMPARTMENTALISATION**

- Divide the UK into self contained units, like a submarine Each one would be centred around a general hospital
- all citizens would know which zone they were in at a given time
- move all people who have planned operations for the next month to the hospitals and move them into accommodation there, erected by the army.
- Likewise move all medical personnel to these hospitals where they would live with their families until the epidemic is over
- stock all such hospitals for the required period
- re supply by helicopters etc



close all schools

## **STOP**

when the stop button is pushed life can continue within the compartments where people would still adhere to advice or restrictions been introduced at the moment **but the key point is that no one leaves their compartment in the country for 3 weeks, they would not need to.**

This would need to be enforced. Perhaps an army of volunteers could help monitor this. Signs would be erected at the end of a compartment on roads etc. perhaps barriers could be placed on roads to stop travel, Vital supplies could be moved between compartments but this would need to be supervised.

If people say want to go to another zone they could ask to be tested and then go to this area in a way that does not take the virus with them/ perhaps they could travel before the stop order goes out or if carefully done this could be arranged when the stop has started, people might have relatives who are ill etc in another area.

- **this will mean that certainty returns, the spread of the virus ends in 3 weeks. This can also be used if another virus broke out.**
- ✓ **Compartments** might continue to see an increase of people with the virus though current measures could help but other compartments would remain virus free
- ✓ **help and resources can be then concentrated on the compartments in the Uk and across the world affected by the virus**

## **SHOT IN THE DARK**

- we already know that viruses are affected by heat and light. Is it possible that the zoonotic viruses mimic the requirements of the host, ie with bats, darkness and cold. Therefore heat and light may be the remedies
- could using light therapy, placing people with the virus in conditions similar to a tanning business help overcome the effect of the virus? The blood circulating around the body near the skin or in the eyes would allow the effect of light to affect the virus and might reduce the virus count allowing other medicines to be more effective?

Younger people are less affected, it may be that their immune systems can adapt faster to meet the challenge of the virus faster than that of an older person, but also it is known that older people and people with neurological problems feel the cold more, perhaps if viruses of this type dislike heat, this might be why older people are more at risk?

Just a thought but might be helpful

## **POLICING AND GENERAL SAFETY OF THE PUBLIC FOR THIS 3 WEEK PERIOD**



we need to take all measures to reduce demands on services such as hospitals. I would suggest considering augmenting police with members of the army to reduce knife crime, reducing accidents ie on roads, even reducing speed limits, anything to reduce accidents at this time,  
one police officer could be assisted by a number of army personnel

### **short term protective gear**

perhaps wetsuits and breathing apparatus from clubs could help protect emergency workers or those caring for people with the virus. Since the virus does not survive in water showers or hoses could be used in conjunction with antiseptic between call outs

### **socially isolating**

- use more carriages on trains

trains would stop twice at a station,

with trains twice the length it isn't necessary to have longer platforms

trains simply stop once, then move out and stop again for the next part of the train to allow people to enter the carriages. This will allow more space for people for social isolating

(also every person who doesn't travel at the moment say on the underground is giving more space to those who do)

more railway carriages on trains will help people such as commuters generally after this crisis has passed.

say it is ok for people to wear masks etc, perhaps the PM can lead with this and show there is nothing weird about it

two sets of gloves, one tight ie surgical gloves one loose fitting over it for opening doors

### **Other**

1) I remember years ago children had something put on their fingers to stop them biting their nails,

**idea sounds grim but if we had something similar it might stop us touching our mouth which might help with spreading this virus?**

Apparently these products are still sold, I found this for a product called 'control it' on Amazon – the advert reads -Helps Break Bad Habits – Superior to thumb sucking nail polish, our natural cream helps deter thumb and finger sucking, nail biting, and chewing on painful cuticles.

- **Yucky, Bitter Taste – The natural cream tastes poorly which natural deters kids and ADULTS ! from putting fingers or thumbs in their mouths throughout the day.**
- **Help Prevent Sickness & Germs – Control-It helps stop thumb sucking and nail biting which can result in transmitting germs, dirt and bacteria into the mouth.**



2) **idea** I think I have found that Listerine mouthwash has been found to kill viruses for 30-60mins. This might be helpful. Also perhaps related products like Strepsils, perhaps a mixture of these might help protect people caring for others?

3) I have already written as a member of the public to Boots to ask if they could organise pharmacies to supply a top up for the public to fill their now empty gel bottles,

4) ? I am not suggesting we sip this but if we had alcohol in our mouths could this limit virus reaching mouth if there was a way to counteract this from causing intoxication? also I am curious as an inventor why is alcohol effective in killing viruses?,

I think it is because it breaks up the structure of the virus which is why hot soapy water is considered more effective?

could soaking a face mask in a spirit with sufficient alcohol content help it be more effective re viruses? There may be ways to reduce alcohol absorption into the body, years ago they found that people who ate fish and chips were less affected on account of the oil lining the stomach that slowed alcohol absorption

5) **idea** If it has been found that raised temperatures can provide some warning, I think it is possible to borrow a thermal camera that could help perhaps if put up in reception?

I found this on the internet -'You can convert your mobile phones into the thermal camera using the dedicated Thermal imaging apps for Android and iOS. Seek CompactXr, Flir One, and ThermApp are some the popular thermal imaging applications for both Android and iPhone.

And this on the internet, Body temperature of those infected is expected to be around 38~39°C while adult human normal temperature should be around 36°C. Thermal imaging camera can visualize such temperature difference instantly from safe distance for you to segregate those who may have been infected.

8.**idea** perhaps faith group leaders could say using alcohol related products is ok at this time in case some people worried about using hand gels with alcohol rather than those without alcohol which are said not be be effective?

7) **idea** Also re hygiene, Before this started I had been trying to work on a design modification for washrooms to essentially place the wash basin on the other side of the door so that one does not re contaminate after using the washroom. The best design would also have one inside and one outside, perhaps it would help with hygiene if washbasins were also place on the outside. This is more long term I guess.

I hope some of this might be helpful

with very best wishes



Bob Goodall



**addendum****Micro**

I wasn't sure whether to include this as isn't the main thrust of the letter but given that some people have been hoarding, thereby stopping others buying what they need, it might be important to ask people not to use alternatives to loo roll such as kitchen roll or newspaper, or we might end up blocking our sewage system nationally in a week or so when the virus might start to take hold when there will be less capability to clear it, and this could cause serious health problems and further chaos generally. As well as the practical problems it would make our nation a laughing stock around the world.



**I sent this by email and a version through the Royal Navy website**

Letter to Admiral Tony Radakin CB ADC

First Sea Lord Royal Navy

**Admiral Tony Radakin CB ADC**

**First Sea Lord**

**Royal Navy**

**18th April 2020**

**Dear Admiral Radakin**

I hope you do not mind me getting in touch. The armed forces have done such a magnificent job helping in the present crisis, I wondered in the spirit of improvisation whether the Royal Navy could step in to help Doctors and nurses who lack ppe with the situation getting worse over the weekend?

Regarding this shortage of PPE, may I ask if it would be possible for Medical staff to improvise and borrow wetsuits from the Royal Navy, Submarine Service. Royal Marines and Special Boat Service? This could provide effective protection for staff, and where in a buddy system two members of staff could ensure the suit of the other person was thoroughly disinfected before they could shower and then remove the suit?

this might work? breathing apparatus etc could also ensure that staff did not breathe in the contaminated air in the ward. Medical personnel do not have the time to learn the skills needed for this but you already have them in abundance and the equipment needed so I thought I should write to you as a matter of urgency.

Perhaps teams from these services could assist doctors and nurses with this? If you had teams working on wards with staff, then they might be able to help disinfect the wetsuits as staff left the wards. this might save time but also be a morale booster for hard pressed Medics and take a bit of pressure off them at this

it would be one less thing they needed to worry about? Just one other thought but other personnel could ferry staff to and from hospitals so they didn't have to worry about the journey to work at this time.

I hope you do not mind me getting in touch and this email reaches you

with best wishes and many thanks for all you are doing

Yours sincerely

Bob Goodall



**strongest possible caveat. These are just my personal opinions and need to be thoroughly checked with specialists in the relevant fields before been considered further**

### **Ideas thoughts and questions**

I have been working on ideas re covid 19. In addition to the campaigning I have been an inventor and hold a number of patents in green energy. I found that Ultraviolet light kills viruses. While working on ideas I found this old technology that pre dated antibiotics,

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6122858>

#### **Ultraviolet Irradiation of Blood: “The Cure That Time Forgot”?**

##### **Abstract**

Ultraviolet blood irradiation (UBI) was extensively used in the 1940s and 1950s to treat many diseases including septicemia, pneumonia, tuberculosis, arthritis, asthma and even poliomyelitis. The early studies were carried out by several physicians in USA and published in the American Journal of Surgery. However with the development of antibiotics, UBI use declined and it has now been called “the cure that time forgot”. Later studies were mostly performed by Russian workers and in other Eastern countries and the modern view in Western countries is that UBI remains highly controversial.

search terms "blood purification" "ultraviolet"

I have suggested a field hospital idea to use ultraviolet light to kill the virus, to run a clear tube from a vein in the patient past UV lights and back to them to reduce the viral load and give more time for their immune system to kick in, perhaps if it has more time it can create the necessary antibodies, and for other medicines to work

Ultraviolet light kills viruses by damaging it in a way similar to what happens to us if we are exposed to it, this maybe why viruses are killed off in the summer,

##### **some of what I have found**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1280232/>

Sunlight or, more specifically, solar UV radiation (UV) acts as the principal natural virucide in the environment. UV radiation kills viruses by chemically modifying their genetic material, DNA and RNA. **The most effective wavelength for inactivation, 260 nm (55), falls in the UVC range, so-named to differentiate it from near-UV found in ground-level sunlight**, i.e., the UVB and UVA portions of the spectrum, 290 to 320 nm and 320 to 380 nm, respectively (51). Nucleic acids are damaged also by UVB and UVA but with lower efficiency than by UVC radiation (64).

The most effective wavelength for inactivation, 260 nm (55), falls in the UVC range, so-named to differentiate it from near-UV found in ground-level sunlight, i.e., the UVB and UVA portions of the spectrum, 290 to 320 nm and 320 to 380 nm, respectively (51). Nucleic acids are damaged also by UVB and UVA but with lower efficiency than by UVC radiation (64).

while I was thinking how it might be possible to use UV light inside a patient, the idea



occurred to me about x rays, stronger than UV on the spectrum but used every day,

### **Question for experts**

**could an x ray using existing equipment be used to reduce the virus count in patients?**

other

re previous work obesity and cancer can viruses can be stored in fatty areas? If less fatty less areas for viruses? Re correspondence to Sir Paul Nurse

if the virus is reduced by Dry heat would dehumidifiers help to reduce the aerosol effect and intensify the effect of heat on the virus?

People say that the virus is still active in areas which are hot but perhaps this areas have high humidity which mitigates the effect of heat in reducing the virus?

### **Alternative to vaccines for protecting the population?**

#### **2) genome editing -changing us as a protection from viruses**

if vaccines are difficult to develop or people can be re infected perhaps another approach might be genome editing in terms of somatic gene editing where the change is made in us as individuals and cannot be passed on so is less controversial.

The thinking being to to subtly change our bodies so that the virus cannot find a way to infect us, this might be a way to protect us from this other viruses and pandemics if necessary.

With the covid 19 virus if the ace 2 receptor can be subtly changed this might outflank the virus and various mutations at least for now. The difficulty is that this is not only found in the lungs but other parts of the body !! but what if the change can be made and then reversed after a few months once the virus is gone? Changing the ace 2 receptor might be something that could be considered at least for women at this time if not men if there are difficulties in changing the ace 2 receptor in only the lungs.

#### **Some of the material I have been reading**

ACE2 Therapy Using Adeno-associated Viral Vector Inhibits Liver Fibrosis in Mice

Kai Y Mak<sup>1</sup>, Ruth Chin<sup>2</sup>, Sharon C Cunningham<sup>3</sup>, Miriam R Habib<sup>4</sup>, Joseph Torresi<sup>2,5</sup>, Alexandra and colleagues

<https://www.ncbi.nlm.nih.gov/pubmed/17285735>

#### **somatic gene therapy**

#### **ace 2 receptor**

<https://www.statnews.com/2020/04/10/coronavirus-ace-2-receptor/>

**The coronavirus sneaks into cells through a key receptor. Could targeting it lead to a treatment?**

by kate Sheridan



April 10, 2020

other experts believe treatments targeting ACE2, or angiotensin converting enzyme-2, could be the key to unlocking either a coronavirus vaccine or a treatment for Covid-19. The work targeting the receptor is one pathway among dozens that biotech and pharmaceutical companies are exploring as they race to find drugs that could help bring the pandemic under control.

But as Maraganore noted, there are big questions about whether knocking down ACE2, even temporarily, could have unintended consequences. Angiotensin levels can regulate a person's blood pressure and start (or stop) inflammatory processes.

3) Looking into other ways to mitigate the effect of the virus I came across the area of

### **Lipid peroxidation and the effect it has on cells**

**Lipid peroxidation** is the **oxidative** degradation of **lipids**. It is the process in which free radicals "steal" electrons from the **lipids** in cell membranes, resulting in cell damage. ... The chemical products of this **oxidation** are known as **lipid** peroxides or **lipid oxidation** products (LOPs).

lipids being a constituent of the virus

if lipid peroxidation can be reduced might this assist a patient suffering from covid virus?

[https://en.wikipedia.org/wiki/Di-deuterated\\_linoleic\\_acid\\_ethyl\\_ester](https://en.wikipedia.org/wiki/Di-deuterated_linoleic_acid_ethyl_ester)

**Di-deuterated ethyl linoleate** (also known as **RT001**; di-deuterated linoleic acid ethyl ester, 11,11-d2-ethyl linoleate, ethyl 11,11-d2-linoleate)<sup>[1]</sup> is an experimental, orally-bioavailable synthetic deuterated polyunsaturated fatty acid (PUFA), an isotopologue of an essential omega-6 PUFA, linoleic acid. The deuterated compound, while identical to natural linoleic acid, is resistant to lipid peroxidation which makes studies of its cell-protective properties worthwhile.

1

[https://en.wikipedia.org/wiki/Di-deuterated\\_linoleic\\_acid\\_ethyl\\_ester](https://en.wikipedia.org/wiki/Di-deuterated_linoleic_acid_ethyl_ester)

Di-deuterated linoleic acid is recognized by cells as identical to the natural linoleic acid. But when taken up, it is converted into 13,13-D2-arachidonic acid, a heavy isotope version of arachidonic acid, that gets incorporated into lipid membranes. The deuterated compound resists the non-enzymatic lipid peroxidation (LPO) through a non-antioxidant based mechanism that protects mitochondrial, neuronal and other lipid membranes, thereby greatly reducing the levels of numerous LPO-derived toxic products such as reactive carbonyls.<sup>[2][3]</sup>

### **Reactive carbonyls.<sup>[2]</sup>**

<https://en.wikipedia.org/wiki/4-Hydroxynonenal>

It is found throughout animal tissues, and in higher quantities during oxidative stress due to the increase in the lipid peroxidation chain reaction, due to the increase in stress events.

4-HNE has been hypothesized to play a key role in cell signal transduction, in a variety of pathways from cell cycle events to cellular adhesion.<sup>[2]</sup>



## Di-deutInhibiting lipid peroxidation

Antioxidants such as vitamin C and vitamin E may inhibit lipid peroxidation.[5] An alternative method employs deuteration of polyunsaturated fatty acids (PUFA) at the methylene bridges (bis-allylic sites) between double bonds, which leads to the inhibition of the chain reaction courtesy of a kinetic isotope effect. Such D-PUFAs, for example, 11,11-D2-ethyl linoleate, suppress lipid peroxidation even at relatively low levels of incorporation into membranes.[6]

## di-deuterated linoleic acid ethyl ester

Moreover, we address in this study the ability of E2 to influence the expression of pro-inflammatory and pro-oxidative molecules, which participate in the atrial prothrombotic remodeling.

A caller to a radio show asked if statins could help?

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3834518/>

## Lipid Peroxidation and Its Toxicological Implications

One of the most biologically important lipid peroxidations occurs in low-density lipoprotein (LDL) . LDL is the major carrier of cholesterol and cholesteryl esters of fatty acids.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5544171/>

<https://www.bmj.com/content/368/bmj.m627/rr>

**26 February 2020**

Zhiyi Zuo

Dear Editor;

The coronavirus disease 2019 (COVID-19) outbreak initially occurred in Wuhan, China, and has now spread to many countries. It causes pneumonia, failure of multiple organs and systems, and death. [1,2] The World Health Organization has indicated that COVID-19 viruses can be killed by ether solvent. One can ask whether ether can be used to treat patients with COVID-19, especially in the case that no specific therapeutic intervention is available for this virus.

Diethyl ether is a volatile anesthetic that was used to induce general anesthesia. Its minimum alveolar concentration (MAC) is 2.0% in humans and its blood:gas partition coefficient is 12. [3] Thus, the concentrations reached in the blood may be 24% or higher if ether is used for general anesthesia. These concentrations could be higher enough to kill COVID-19 viruses.



[https://en.wikipedia.org/wiki/Diethyl\\_ether](https://en.wikipedia.org/wiki/Diethyl_ether)

my understanding is it is a form of ethanol that is used in hand gel , hence its ability to kill the virus so I guess the author is suggesting this might be a way the patient can safely ingest this type of chemical to kill the virus

### **Returning to the issue of inflammation I found this**

<https://www.drugtargetreview.com/article/60832/cytokine-storms-a-major-killer-in-patients-with-severe-covid-19-infection/>

### **Cytokine storms**

<https://www.newscientist.com/term/cytokine-storm/>

Cytokine storms occur in viral infections when a large amount of cytokines are produced.

By Alison George

Diseases such as covid-19 and influenza can be fatal due to an overreaction of the body's immune system called a cytokine storm.

Cytokines are small proteins released by many different cells in the body, including those of the immune system where they coordinate the body's response against infection and trigger inflammation. The name 'cytokine' is derived from the Greek words for cell (cyto) and movement (kinos).

Protective regulation of the ACE2/ACE gene expression by estrogen in human atrial tissue from elderly men

<https://www.ncbi.nlm.nih.gov/pubmed/28661206>

There is the issue of why women have better outcomes than men with this virus. Previous research has found the benefits of estrogen in curbing inflammation [cytotoxic storm) and oxidation [does estrogen also curb [lipid peroxidation](#)?]. We are aware of the encouragement to eat foods that are high in anti oxidants to tackle free radicals.

### **Question for experts**

**Would estrogen help patients?**

<https://en.wikipedia.org/wiki/Quercetin>

**I also came across Quercetin**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2517549/>

Effect of Quercetin on lipid peroxidation and changes in lung morphology in experimental influenza virus infection

**In vitro pharmacology**[edit]

Quercetin has been reported to inhibit the oxidation of other molecules and hence is classified as an antioxidant.[17][20] It contains a polyphenolic chemical substructure that stops oxidation by acting as a scavenger of free radicals that are responsible for oxidative chain reactions.[21]



Quercetin also activates or inhibits the activities of a number of proteins.[22] For example, quercetin is a non-specific protein kinase enzyme inhibitor.[17][20] Quercetin has also been reported to have *estrogenic (female sex hormone-like)* activities by activating estrogen receptors. Quercetin activates both estrogen receptor alpha (ER $\alpha$ ) and beta (ER $\beta$ )[23] with binding IC<sub>50</sub> values of 1015 nM and 113 nM, respectively. Hence quercetin is somewhat ER $\beta$  selective (9 fold) and is roughly two to three orders of magnitude less potent than the endogenous estrogenic hormone 17 $\beta$ -estradiol.[24][25] In human breast cancer cell lines, quercetin has also been found to act as an agonist of the G protein-coupled estrogen receptor (GPER).[26][27]

4) Could chemistry be used to damage the RNA of the virus? There is mention of Chlorine killing the virus, could a chemical be found that doesn't cause harm to a patient but where it could combine with parts of the RNA to render it ineffective.

Is there a difference between RNA and DNA that would allow a chemical used to disrupt the RNA of the virus but not the DNA of the patient?

[https://en.wikipedia.org/wiki/RNA#Comparison\\_with\\_DNA](https://en.wikipedia.org/wiki/RNA#Comparison_with_DNA)

### Comparison with DNA

The chemical structure of RNA is very similar to that of DNA, but differs in three primary ways:

- Unlike double-stranded DNA, RNA is a single-stranded molecule[1] in many of its biological roles and consists of much shorter chains of nucleotides.[2] However, a single RNA molecule can, by complementary base pairing, form intrastrand double helices, as in tRNA.
- While the sugar-phosphate "backbone" of DNA contains *deoxyribose*, RNA contains *ribose* instead.  
[3] Ribose has a hydroxyl group attached to the pentose ring in the 2' position, whereas deoxyribose does not. The hydroxyl groups in the ribose backbone make RNA more chemically labile than DNA by lowering the activation energy of hydrolysis.
- The complementary base to adenine in DNA is thymine, whereas in RNA, it is uracil, which is an unmethylated form of thymine.[4]  
Like DNA, most biologically active RNAs, including mRNA, tRNA, rRNA, snRNAs, and other non-coding RNAs, contain self-complementary sequences that allow parts of the RNA to fold[5] and pair with itself to form double helices. Analysis of these RNAs has revealed that they are highly structured. Unlike DNA, their structures do not consist of long double helices, but rather collections of short helices packed together into structures akin to proteins.

In this fashion, RNAs can achieve chemical catalysis (like enzymes).[6] For instance, determination of the structure of the

### Question for the experts

Is there a chemical a could patient safely take that could damage the RNA and not the DNA? Is there a chemical that could for example bond with the RNA and not DNA that would lead to a change that would disable the RNA?

le

While the sugar-phosphate "backbone" of DNA contains *deoxyribose*, RNA contains *ribose* instead.  
[3] Ribose has a hydroxyl group attached to the pentose ring in the 2' position, whereas deoxyribose does not. The hydroxyl groups in the ribose backbone make RNA more chemically labile than DNA by lowering the activation energy of hydrolysis.

### DNA vs RNA

DNA contains a deoxygenated form of ribose called deoxyribose. The difference between ribose and deoxyribose is the presence of an OH group on the 2' carbon of the ring in ribose, making ribose less stable than deoxyribose and more susceptible to hydrolysis.

The hydroxyl groups in the ribose backbone make RNA more chemically labile than DNA by lowering the activation energy of hydrolysis.



**Hydrolysis** (/haɪˈdrɒlɪsɪs/; from Ancient Greek *hydro-*, meaning 'water', and *lysis*, meaning 'to unbind') is any chemical reaction in which a molecule of water ruptures one or more chemical bonds. The term is used broadly for substitution, elimination, and fragmentation reactions in which water is the nucleophile.  
[1]

### **Question for the experts**

if hydroxyl groups make the RNA more labile by lowering the activation of hydrolysis

[Labile cells refer to cells that constantly divide by entering and remaining in the cell cycle]

### **Q-can increasing hydrolysis be used to damage the RNA?**

**Hydrolysis** is widely **used in** industry to break down chemicals into smaller fractions or pieces. For example, a compound called organophosphate ester can be **hydrolyzed**, or undergo a **hydrolysis** reaction.

[https://en.wikipedia.org/wiki/Hydroxy\\_group](https://en.wikipedia.org/wiki/Hydroxy_group)

<https://en.wikipedia.org/wiki/Deprotonation>

### **Question for the experts**

Perhaps target the human ace 2 receptor so that it doesnt allow the virus to gain a hold, and treat patients suffering the later effects of the virus with estrogen and using therapies to reduce lipid peroxidation. **Somatic gene therapy as an alternative to vaccination?**

Relating to the disproportionate impact on BAME communities is it possible that in history previous pandemics have reached Europe but not elsewhere and a subtle change in the Ace 2 receptor has been passed on through generations. If this is the case and there are variations in the ACE2 receptor across the world would identifying this help pinpoint the changes needed through somatic gene therapy to provide effective protection from this virus?

all shots in the dark but some of this might be helpful

Beyond this it seems possible that this could bring together research in all these areas and help increase understanding and treating other conditions that involve genetics



**strongest possible caveat.** These are just my personal opinions and need to be thoroughly checked with specialists in the relevant fields before been considered further

Fax & Post 2 pages

1/2

To Professor Sir Paul Nurse  
London Research Institute  
44 Lincoln's Inn Fields  
London WC2A 3LY

Dear Professor Nurse

20<sup>th</sup> August 2014

I hope you do not mind me getting in touch. Sorry also for the fax, I have some problems sending emails at the moment, and also apologise for taking up any of your valuable time with some thoughts that are probably wide of the mark or may have been considered before, but one never knows, and as someone who tries to be an active citizen it would be remiss of me not to write, *just in case*, any of this is of use.

### **Re the Link between Obesity and Cancer**

The thought crossed my mind that fatty areas may be areas of the body predisposed to storing things that can cause or exacerbate cancer? Such as viruses or free radicals, so if a person has 'less' fat, the chances of cancer might go down? Also that certain cancers where the link with obesity, or fat is higher may be in areas of the body closer to where fat is stored, such as around the waste?

Free radicals may even be linked to increasing aging through increasing cell division. So perhaps there is a link here in some way to cancer? Thinner people seem to live longer, might this be because with less fat and hence less storage places for free radicals, the aging process is slowed down? If this was the case, this might also encourage people to lose weight and hence be healthier in other ways such as with less heart disease, in order to try to live longer?

Could I ask if it might be helpful to use Tamiflu where people have cancer? The thought being that this slows the progression of a virus across a body. Now if a virus has caused a cancer, even if the cancer has started might using something like Tamiflu help since it might help damp down something that may *still* be assisting the growth of the cancer?

Might there be a way to make fatty areas of the body, even if they are still there less hospitable or in fact repellant to things such as free radicals and radicals? There must be something that makes fat attractive to these? If this 'attractiveness' /propensity to storing such harmful things could be changed, might this also help? Do fatty areas make it harder for certain systems of the body to operate such as the immune system which might otherwise naturally counter or drive out these things?

I think you have done work on genetics and cancer, aside from changing genes to facilitate this change in areas such as fat that may store things that are linked to cancers, might



there be another simpler way to do this? Perhaps diet? May I ask if any studies conducted to show if certain foods, vitamins, spices? might change fatty areas perhaps in a

2/2

temporary way so as to reduce risks of cancer because they become less able to store things that can cause or exacebate it, or such things are flushed out of the body by eating these foods? Even high temperatures? There are a ot of stories (folk tales?) of various foods being helpful. Perhaps one or more of them *might* acutally cause this change (perhaps temporary while the food or substance is present in the body) in fatty areas to make it less hospital for free radicals or viruses to remain, or other things that may cause cancer?

With meat may I ask if the hormones in some meats, natural and possilby also added might have a link to the suggested increased risk of cancer through eating meat?

Today the news reported a less known fact that lotions to prevent sun burn and hence sone cancers may be ineffective after 12 months. I realise this is not exactly your area but if companies put a big slogan on their products say in red -'ineffective after 12 months', people may stop using less effective lotions and the increased demand generated might enable the price of the products to come down.

May I ask if people might benefit from using lotion all year round to stop burning? This might help reduce cancers a bit more, and reduce the aging process a bit also, this might be a selling point for some, also increased demand for lotions might help bring the price down for them?

Linking also into encouraging people to use lotions (and also to stop smoking) is to show the damage done to skin, making people look older -and significantly for some -less better looking!

Finally could I ask if work has been done to check whether the loss of the pituitary gland has slowed or stopped the growth of cancers?

With very best wishes

Yours sincerely

Bob Goodall