

Race against Covid-19: vaccines on phase 3

A race against time to find the vaccine against COVID-19

World powers such as the United States, the United Kingdom, China and Russia have started developing a vaccine in the shortest possible time.

There are several beliefs about the meaning of the numbers in a year, for instance, numerology explains that the year 2020 is considered as the year 4, and it is linked to elements in nature: four cardinal points, four seasons, four lunar phases so, this year means changes in different aspects, from spiritual to social.

The year 2020 will be in our memory because many changes have been made to change the way we interact with people and nature. However, since last January humanity is facing the most lethal disease in the XXI Century, a pandemic caused by the virus SARS-CoV-2 which causes COVID-19. This fact puts society and governments to the test, and as a consequence, a race to develop new vaccines to combat this virus has started.

Months ago, the most powerful countries like United States of America, United Kingdom, China, and Russia individually started developing a vaccine in the shortest possible time. More than 200 groups of researchers investigate, and 23 of those researches are in the level of being tested on human beings. However, World Health Organization (WHO) mentions that only four of them are ready to be on phase 3.

This race to survive pretends to eradicate that disease because it has taken so many lives around the world and it is still spreading all over the planet. Currently, more than 16.5 million people are infected, more than 655 thousand people have died, and about 9.5 million people were able to recover from that disease.

The process to develop a vaccine takes several years, but scientific experts hope to get positive results in a matter of months so, a ray of hope might light the dark humanity lives these days.

Between the vaccines that WHO has been monitoring, the most important ones are:

- AstraZeneca and Pfizer, United Kingdom.

This experimental vaccine is safe and it produced immunity in the preliminary stage of clinical trials with one thousand healthy volunteers, and 90% of them produced antibodies after the first dose was inoculated.

- Moderna, United States of America.

This vaccine is the first candidate and it will be tested on 30 thousand healthy volunteers. It is the first study on late-stage supported by US Government in order to contribute to the development of measures against coronavirus.

- Sinovac Biotech, China.

About 10 thousand volunteers participate on this research, and in case of approval, the production of it will start by the end of this year. The Institute of Biological Products in Wuhan/Sinopharm inoculated 96 volunteers with a dose, and it produced immune response in all of them. The phase 2 started the last days of July in the United Arab Emirates with 15 thousand participants.

- Johnson & Johnson.

In July, this company started trials on one thousand and forty-five healthy adults from 18 to 55, and also on adults over 65 in United States and Belgium.

- Pfizer and BioNTec

The New York based pharmaceutical company (Pfizer) and its German partner, are positioned beside Moderna, in the main vaccines that have started their final phase and are expected to achieve the regulatory review in October.

Waiting for the vaccine

World Health Organization hopes the vaccine will be found by the end of this year, or by the middle of 2021 so, it is necessary to continue with the hygiene and health measures in order to prevent the spread of COVID-19 because so far, medication is not able to prevent or cure this disease.

Therefore, avoid self-medication, use of non-prescribed antibiotics. Instead, follow the recommendations to protect you and the others from this disease:

- Regularly and thoroughly wash your hands
- Avoid touching eyes, mouth, and nose
- Cover your sneeze with your flexed elbow or use a tissue
- Maintain at least 1.5 meters distance between you and others





- Congregación Mariana Trinitaria's Alternative Medicine Model was conceived and developed by Dr. H.C. Catalina Mendoza Arredondo
- This health model restores integral health and potential by using an innovative therapy called "Listening to the body"

Health Model CMT

Congregación Mariana Trinitaria (CMT) has developed its Alternative Medicine Model "Listening to the body", conceived by Dr. h.c. Catalina Mendoza Arredondo, whose objective is to restore integral health and potential by using an innovative therapy. Thanks to the combination of this therapy with allopathic medicine, patients have recovered from different kinds of diseases.

This model recovers knowledge and traditional practices from native communities in Mesoamerica based on the use of the four natural elements: water, fire, wind, and earth to find a cure to their health complaints. Nowadays, this alternative health model is accessible and it is also recommended by more than 10 thousand patients.

It is important to keep yourself healthy, have a balanced diet, exercise and relax to reduce levels of stress. Alternative medicine works as a complement to assist patients who are usually exhausted after their allopathic treatments.

We still do not know the consequences that COVID-19 may have so, alternative medicine will complement and it will be also a fundamental part to provide follow-up attention to people infected by this virus. The model "Listening to the body" is being updated constantly and several researches are made on it so as to continue improving quality of life in families.

Phases of vaccines

Phase 1

In this phase, vaccines are only tested in groups from 20 to 100 healthy people. This research is focused on showing that the vaccine does not represent a threat to health and the efficiency of it. Besides, secondary effects must be analyzed to determine the most suitable dose

Phase 2

It consists of a larger scale study with hundreds of participants. The most common short-term side effects are evaluated, as well as the reactions of immune system

Phase 3

It is a larger study with thousands of participants. On this phase, evolution of inoculated and non-inoculated people is compared, and data are collected to measure efficiency and safety of the vaccine

Source: BBC