

“The Weaker Sex “ Shows Another Strength

Well, ladies it seems being a woman has another benefit when it comes to Covid 19. Scientist have recently discovered that female reproductive steroids have a protective benefit when it comes to contracting Covid 19. Female reproductive steroids, estrogen and progesterone and its physiologically active metabolite, allopregnanolone, provide anti-inflammatory functions, reshape competence of immune cells, stimulate antibody production and promote respiratory epithelial cell repair, and inhibit the ACE2 receptor, the door of access for the novel coronavirus (SARS-CoV-2) to infect the organism, suggesting they may protect against COVID-19 symptoms, according to Pinna's report. The paper is published in *Trends in Endocrinology and Metabolism*. These hormones are at their highest level in the third trimester of pregnancy. According to Pinna, pregnant women are 15% less likely to die from Covid than non pregnant women.

Pinna shows the importance of reproductive hormones in stimulating the production of antibodies and promoting lung cell repair. The Covid virus causes a “cytokine storm” in the body where the bodies own immune system attacks its own tissues and cells instead of just the virus. "Progesterone and allopregnanolone can block the incredible overreaction of the inflammatory system, repressing it and avoiding the over-expression of pro-inflammatory cytokines," said Pinna. This “protection' may not only be seen in those women who are pregnant. It is thought that those women on oral contraception or post menopausal women being treated hormonally may also reap this benefit. This is unclear, however, and needs further investigation.

"Additionally, nutrition may also play a role when diets are enriched with phytoestrogens -- plant-produced 'estrogen' -- (in foods such as soybeans, lentils, oats). Phytoestrogens have the ability to bind directly to human estrogen receptors, or can be converted to estradiol by the microbiome. The microbiome is the collective genomes of the microbes (composed of bacteria, bacteriophage, fungi, protozoa, and viruses) that live in the gut.” <https://www.sciencedaily.com/releases/2020/11/201124122919.htm>

It is still very important for women and men to take all the precautions necessary to prevent the spread of Covid, but it is a bit reassuring to know that this protection may exist for women. Again I have to stress that your best defense is your overall health. Taking care of yourself through diet and exercise is more important now than ever before. So ladies, be smart, be healthy, and be safe!

