



People of Color and COVID -19

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I have observed that a person hair color and skin tone is dependent upon the levels of vitamin D in the system. We get vitamin D from the sun. The immune system is a function of Vitamin D and vitamin C. So, the immune system is dependent on hair color and skin tone.

Now people of color absorb less vitamin D because of the melatonin in their skin. Therefore, they should have weaker immune systems. Weaker Immune Systems leads to higher rates of COVID-19 infection. And that may be why we see Blacks and Brown people have more COVID -19.

Getting vitamin D fortified milk to Northern people of color should help reduce infections such as COVID-19. Milk is expensive. Many people of color live in poverty. School Milk programs are important during a pandemic. It would be cheaper to provide milk to people of color than to hospitalize them.

When selecting a mate, hair color and skin tone are of paramount importance. Too much Iron -is known to deteriorate the immune system. Iron affects hair color turning it red. This is why red heads are less desirable mates. It is also why people are more sexually attractive when they have a tan.

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