

My first priority when rousing from my nights' slumber is to read half a dozen international newspapers (online of course), to get a finger on the pulse of what's happened while I was asleep. You can imagine my delight to read the headline in Deutsche Welle that Germany will start coronavirus vaccinations before April. Read <[here](#)>. Now to be sure, researchers are still working on developing a vaccine, but an announcement by Germany's Health Minister to this effect is positive news indeed.

Also mentioned is that the vaccine will be voluntary -which I found surprising- and that vaccinations will be given to high-risk groups including the elderly, health care workers and people suffering from pre-existing medical conditions. I suspect this approach will be similar here in Canada and we simply need to wait to see which Big Pharma company wins the race to develop a safe vaccine.

Interestingly, there is some evidence to suggest that Chilean tree bark is an ingredient which could play a significant role in a future vaccine. Read <[here](#)>. The Chilean biotech company Desert King has developed a procedure that allows for active ingredients to be extracted from the bark and wood of the quillaja tree -which only grows in Chile. If this sounds like quackery, remember that Aspirin is derived from the bark of a willow tree and its medicinal benefits were understood by Indigenous people long before Europeans did. Fascinating!

So we're not quite there yet, but our brave scientists are working furiously around the clock towards the goal of a vaccine against Covid-19. Until then I will be checking the headlines before my feet hit the floor in the morning.

Be safe, be well!

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