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Health Advisor



A Healthy Outside
Starts From The Inside.



About Tholi Mzobe Health

Tholi Mzobe Health is Dr Tholithemba Mzobe's registered company and platform for his book, "COVID-19; Elevated Basal HPA-Axis Aldosterone in Population with Comorbidities – A Basis for the ACE-2 Enzyme Insufficiency, Cytokine Storm, Thrombosis and for Treatment Strategies in SARS-CoV-2 Infection." Enterprise Number: 2020/666074/07.

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About The Book

The book discusses the process of development of ACE-2 enzyme suppression, an enzyme which is protective of COVID-19 complications, for each major comorbidity. Metabolic shifts resulting in poor energy production are discussed for all comorbidities and how these lead to elevated aldosterone levels and therefore ACE-2 enzyme suppression. Treatment strategies that restore homeostasis and therefore restore ACE-2 function are discussed. The book is targeted at health professionals, students, and the general public with interest in the disease. The work on the book started in August 2018 where a study on the pathogenesis of atherosclerosis was begun. From April 2019 a study on the effects of Metformin on the hypothalamic outputs was conducted. It is the manuscripts from this study that form the foundation of the book on COVID-19. The writing of the book on COVID-19 started in April 2020.

About The Author

Tholithemba Mzobe is a Medical Doctor in Primary Health Care practice. He has qualifications in Biochemistry, Chemistry and Medicine and Surgery. He has more than fifteen years of experience in Clinical HIV and Infectious Diseases management where he has worked as a clinician, mentor and team leader.

Contact Details

Cell Phone Number: +27 73 035 9281

Email Address: info@tholimzobehealth.co.za

Physical Address: 72 Ponders End, 631 Confidence Reef Close, Helderkruijn, 1724

Postal Address: PO Box 1026, Strubensvalley, 1735

