Reclaiming Our Health: Germ Theory Exposed

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[For a more detailed exploration of the issues covered in this article, see: *Ozone, influenza and the causes of disease*.]

1. Germs and our bioterrain

According to the germ theory of disease, we are at constant risk of being invaded by bacteria and viruses, which attack our bodies and make us ill. To fight disease, we're told that we need to suppress symptoms with pills and medicines, kill germs with antibiotic and antiviral drugs, and prevent infection by means of vaccines. This model of disease has dominated medical thinking since the late 19th century, and is the basis of the multitrillion-dollar pharmaceutical and vaccination industries.

The fact that certain microbes are often *present* during a disease process does not prove that they *cause* the disease in question, just as the presence of firefighters at the scene of a fire does not prove that they started the fire. A major problem with germ theory is that many people 'infected' with an alleged disease-causing microbe fail to get sick, and in many sick people the relevant microbe cannot be found.

For example, the bacterium said to cause tuberculosis has never been found in the early stages of the disease, is absent in 50% of cases, and 85 to 95% of people 'infected' with it do not develop tuberculosis.[1] The pneumococcus bacterium said to cause pneumonia is absent in more than 25% of cases, and administering it to healthy organisms does not cause the disease. Most people constantly have streptococcus bacteria in their throats, but do not suffer from a permanent sore throat.[2]

Germ theory was introduced by Louis Pasteur and Robert Koch, but it was opposed from the start by many prominent scientists. Antoine Béchamp, for example, wrote: 'Disease is born of us and in us.' Claude Bernard stated: 'The microbe is nothing, the terrain [i.e. body and mind] is everything.' The alternative to germ theory is therefore sometimes called 'terrain theory'. Rudolf Virchow stated that 'germs seek their natural habitat – diseased tissue – rather than being the cause of diseased tissue', just as mosquitoes seek stagnant water, but do not cause it to become stagnant.

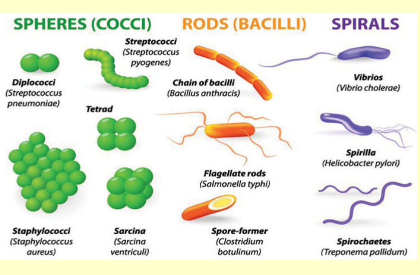
Germ theorists concede that sometimes people are not 'susceptible' to pathogens and can 'resist' them. This is a partial admission that an impaired bodily environment is the root cause of poor health, and that healthy living is the best way to avoid disease. But there is no profit in that for Big Pharma, and some people would rather blame ill health on microbes, or other people 'infected' with them, than on their own bad habits.

Bacteria play a vital role in nature: they digest and dispose of dead and dying matter. In other words, they are *saprophytes* (garbage eaters). They do not attack healthy tissue, but while performing their cleanup task, they can produce toxins that cause *secondary* symptoms if they build up in the body.

Béchamp gave the name 'microzymas' to tiny particles he saw under the microscope, which earlier scientists had called 'scintillating corpuscles'. He considered them to be the basic units of life. His experiments showed that in unhealthy tissue the microzymas already present change into different strains of bacteria, which clean up the internal terrain. The ability of microbes to change their shape, size and function is known as pleomorphism.

A number of 20th-century scientists, including Royal Rife, Günther Enderlein and Gaston Naessens, confirmed and continued Béchamp's work, often suffering persecution as a result. Using a highly advanced microscope that allowed him to view *living* tissue, Naessens discovered that microzymas (which he called 'somatids') to through a 16-stage pleomorphic cycle: the first three stages occur in healthy organisms, but if health is impaired, somatids go through 13 additional stages (including bacterial, yeast and fungal forms). Modern biology accepts that bacteria are pleomorphic, but only within narrow limits, and dismisses evidence of more radical changes as cellular debris or 'artefacts'.[3]

Bacteria appear and multiply in our bodies when needed – and mostly from within our own cells. A low-oxygen, highly acidic body provides an environment in which disease (and associated microbes) can thrive. For instance, cholera is not directly caused by Vibrio cholerae bacteria, which are found in both sick and healthy people, but by the toxin they produce under low-oxygen conditions.[4]



According to the bioterrain model, therefore, microbes do not cause disease; instead, *diseased tissue gives rise to microbes*. If our bioterrain is malnourished, poisoned, or weakened by stress or negative emotions, the body seeks to repair and heal itself, often with the help of microbes. As G. de Purucker says, bacteria are not the *primary* cause of disease; they are the *result* of a diseased condition of the body and act as *scavengers*.[5]

The indiscriminate use of antibiotics has forced bacteria to mutate into more aggressive forms and develop resistance. Using antibiotics is like poisoning rats in the hope of getting rid of the garbage they feed on. Antibiotics should only be used in life-threatening situations where the body's efforts to detoxify threaten to run out of control.

The Human Microbiome Project, launched in 2007, has revolutionized understanding of the microbiota living on and in our bodies. The human body consists of some 30 trillion cells, and it contains around 38 trillion bacteria and 380 trillion 'viruses'. Our bacteria help digest our food, produce vitamins, and regulate our immune system. Most of our 'viruses' are bacteriophages ('bacteria eaters'), which are usually assumed to 'infect' bacteria, but that view is starting to shift.[6] There is a growing realisation that it is wrong to assume that the activities of our ever-changing population of bacteria and 'viruses' are the *cause* of disease, rather than a *response* to it.

There is no such thing as innately 'harmful' and 'malevolent' bacteria. And as the next section shows, there is no convincing evidence that disease-causing viruses exist.

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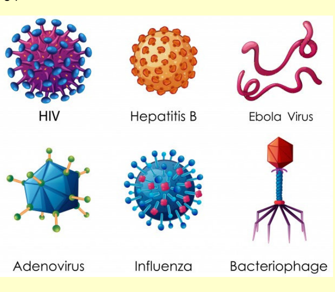
2. Viruses and exosomes

Viruses (literally 'poisons') were invented in the late 19th century based on the assumption that any diseases that could not be attributed to bacteria must be caused by a microbe too small to be observed under a normal microscope. After the development of the electron microscope in the 1930s, microbiologists were able to see tiny blobs in and around sick cells. They immediately jumped to the conclusion that these blobs were viruses and were *causing* the cells to become sick.

This was a big mistake, because research in recent decades has revealed that when cells start to break down, they produce all kinds of particles *indistinguishable* from 'viruses'; this can happen as part of the normal process of cell death and replacement, or because cells are damaged by toxicity. Such particles – known, among other things, as *extracellular vesicles* and *exosomes* – are believed to perform functions such as eliminating unwanted materials and transporting proteins and nucleic acids to other cells.



Bacteria are self-replicating organisms. Viruses are far smaller, and consist merely of tiny strands of genetic material (DNA or RNA) inside a protein capsule. These particles are inert, have no metabolism, and cannot move, grow or reproduce by themselves. It is absurd to believe that such particles can hijack and kill our cells, which are intelligent, highly complex organisms a million times larger. As one critic puts it, 'to ascribe *any* action to viruses is roughly akin to attributing actions to a dead person's decapitated head'![1]

The medical establishment, through the mainstream media, treats us to endless scares about viral epidemics, such as polio, AIDS, hepatitis C, SARS (severe acute respiratory syndrome), avian flu, swine flu, Ebola, and now Covid-19 (coronavirus disease).[2] In practice, 'viral infections' are never diagnosed by directly detecting and isolating the virus concerned, but on the basis of *indirect* evidence, such as clinical symptoms, antibody levels, or DNA or RNA fragments that are *assumed* to form part of a virus.

The proper way to prove the existence of a virus is to *isolate* it from a host cell, i.e. separate it from all other cellular components and debris. The standard procedure is to take fluid from a sick person, filter it (to remove anything the size of bacteria), spin it in an ultracentrifuge so that the constituents separate into different density bands, and extract the purified virus particles so that they can be analyzed and their genome can be sequenced.

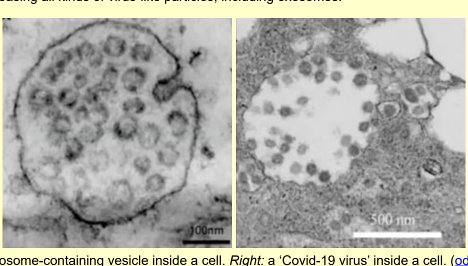
This technique has been used to isolate exosomes, and also two types of alleged virus: bacteriophages, which supposedly attack bacteria; and 'giant viruses', which supposedly attack unicellular organisms such as algae. An alternative view is that these two types of spores are actually *helping* bacteria and algae by sharing their genetic material with them. In fact, some bacteria and algae seem to metamorphose into these spores under very adverse conditions, and then revert to their original form once normal conditions are restored.[3]

No virus that is believed to cause disease in humans has ever been isolated using the above technique. Instead, virologists take diseased fluid containing all kinds of contaminants (the virus is assumed to be among them), and then add it to a culture of human or monkey cells which have been starved of nutrients (to facilitate absorption of the virus) and poisoned with antibiotics and other chemicals. If some of the cells then become unhealthy or die, the invisible virus is assumed to be responsible – and is said to have been 'isolated'![4]

The procedure for 'isolating' the measles virus for use in vaccines is as follows.[5] Wash monkey kidney cells with trypsin (an enzyme from a pig), which causes the cells to start dissolving. Add them to a cell culture containing antibiotics, and add fetal bovine serum (a growth supplement, containing foreign genetic material and particles indistinguishable from viruses). Next add a urine, mucus or saliva sample from a measles patient. If the cells start showing signs of damage, this is blamed on the measles virus.

At no point is the virus actually detected, purified and photographed with an electron microscope. Nor is a control experiment performed to find out what would happen if the same poisons were added to the cell culture but without the human sample (and alleged virus). During a trial in Germany on whether the measles virus had been proven to exist, Dr Stefan Lanka commissioned an independent laboratory to carry out this control experiment. It demonstrated that the tissues in the cell culture died *even when no material from an 'infected' patient was added*.[6]

No alleged disease-causing viruses have ever been observed with an electron microscope in humans or animals or in their body fluids, such as blood and saliva. They have only been photographed in cell cultures in which damaged cells start to disintegrate – releasing all kinds of virus-like particles, including exosomes.



Left: an exosome-containing vesicle inside a cell. *Right:* a 'Covid-19 virus' inside a cell. (odysee.com)

To prove that a virus causes disease, scientists administer fluid thought to contain it to laboratory animals such as mice or monkeys. If the animals show any ill effects, these are blamed on the virus. For example, monkeys are tied up in a vacuum chamber and 'measles-infected' fluids are pumped into their trachea and lungs through a tube in their noses; any tissue damage is then attributed to the measles virus, rather than to the abuse they have suffered.

In 1908 an experiment was conducted in which the spinal cord of a boy who had died from polio was minced up and mixed with water. This mixture, which was assumed to contain the poliovirus, was then given to two monkeys to drink, but they showed no ill effects. Next it was injected into their limbs, but again without any effect. Finally, it was injected directly into their brains. This time, one monkey died immediately, while the other was slowly paralyzed. This crude experiment was the first time scientists supposedly 'isolated' the poliovirus and 'proved' it was infectious.[7]

Virologists have never extracted an entire genome from an alleged disease-causing virus and then sequenced it end to end. Nowadays, computer programs are used to artificially assemble thousands of selected DNA or RNA fragments found in patients into a complete 'viral' genome, by matching overlapping regions and adding any missing sequences. This is known as 'in silico' alignment (meaning that it's done in a computer).

Scientists typically argue for years about which pieces of genetic code belong to a particular 'virus'; for the measles virus, this took decades. But it only took a few mouse clicks in the case of SARS-CoV-2, the virus that supposedly causes Covid-19 (a 'new' disease with no new symptoms). This involved searching for genetic sequences similar to those classified as belonging to the first SARS coronavirus from 2003 (which has also never been properly isolated) and then instructing a computer to piece them together.

The original Chinese version of the SARS-CoV-2 genome is now used as a template by other labs looking for the virus. But due to the diversity of genetic fragments in our bodies, there is never a perfect match, and any discrepancies are then hyped as potentially deadly 'mutations'. Note that while the genome of SARS-CoV-2 is supposedly mutating rapidly and can vary in length from 26 to 32 thousand bases, the genome of each type of bacteriophage and giant virus, which *have* been properly isolated, is always found to have exactly the same length and composition.

Many scientists and government health authorities have admitted that SARS-CoV-2 has not been isolated and purified.[8] A 1.5 million euro reward has been offered to anyone who can prove that the virus exists.[9] This means that none of the tests for the virus (or rather, alleged fragments of the alleged virus) has ever been validated. Virologists admit that the tests can respond to material from other sources, including other supposed viruses.

Covid 'cases' are diagnosed mainly by using the polymerase chain reaction (PCR) technique. Each PCR cycle doubles the number of genetic strands being searched for, so after 30 cycles they have been multiplied a billion times (this is only necessary because they are present in such tiny quantities). The tests use between 30 and 45 cycles, even though anything above 30 produces a high percentage of 'false positives'.[10] The test kits actually carry the warning: 'For research use only. Not for use in diagnostic procedures.' But the Covid cult would not exist without the misuse of PCR, which can turn even healthy people into 'confirmed cases' and therefore potential 'granny killers'.

To test whether the imaginary Covid virus is pathogenic, the experimenters in one study put a toxic liquid from monkey cells grown with human lung pus (assumed to contain the virus) and poisonous chemicals into the noses of transgenic mice. Less than half the mice showed any symptoms, the worst being weight loss (not a Covid symptom) and 'slightly bristled fur' (not yet reported in humans!). In addition, the autopsy findings in the transgenic mice did not match those in Covid patients.[11] Yet this study is hailed as proof that 'SARS-CoV-2' causes Covid.

In another study, fluid from a Covid patient was sprayed under high pressure into the trachea of six macaque monkeys. This caused some damage to their lungs (note that pneumonia can be caused by breathing in vomit or a harmful substance), but after six days the injuries had largely disappeared. None of the monkeys developed any visible clinical symptoms, except that one monkey partly lost its appetite. The experimenters were pleased with this outcome because it matched the fact that most people testing positive for 'the virus' are completely healthy![12] And so the scam continues.

In short, virology is a worthless but dangerous pseudoscience, based on a misinterpretation of microparticles produced by dead and dying tissue. SARS-CoV-2 is a computer-fabricated fantasy. And the Covid-19 crisis is entirely man-made.

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3. Sickness and psyche

Our state of health is determined by our diet and lifestyle, by the environment we live in, by how we cope with our life experiences, and by our thoughts, emotions, beliefs and expectations. Organ dysfunctions can result not only from malnourishment, toxicity and injuries, but also from emotionally and psychologically distressing experiences. Different types of conflicts affect different regions of the brain, resulting in symptoms in the corresponding organs or tissues.[1] Psyche, brain and body are inseparable.

Fear, including germaphobia, is highly contagious and can be debilitating or even deadly. For example, in 1853 two young Frenchmen were bitten by the same dog. One died of 'rabies' within a month, but the other was unaware of this as he had left for America. 15 years later he returned to France and learned of his former companion's death. He then developed rabies symptoms himself and died within three weeks.[2]

African doctors sometimes attribute AIDS sickness to 'voodoo death' syndrome, a term for psychologically induced illnesses. One nurse reported that, when a group of patients dying of AIDS were tested and found out that they were negative for the 'virus', they suddenly started to recover and regained full health.[3]

In 2006 an episode of a popular teenage soap opera was broadcast in Portugal in which the characters got infected with a life-threatening virus and experienced rashes, dizziness and difficulty breathing. Soon afterwards over 300 Portuguese students were struck with the same symptoms and several schools had to close. An investigation concluded that the students' symptoms were caused by mass hysteria from watching the show.[4]

A young man involved in a clinical study attempted to commit suicide by taking an overdose of the drug being tested. Convinced that he was going to die, he developed serious symptoms and arrived at the hospital sweating and shaking and with extremely low blood pressure. However, it turned out that he was part of the control group and the pills he had taken were harmless placebos. When the doctor told him this, the man recovered within 15 minutes.[5]

A recent study of Covid-19 concluded: 'Negative information which is spread through mass media repetitively can affect public health negatively in the form of nocebo effects and mass hysteria.' This can lead to physical symptoms such as weakness, headaches or a choking feeling – a phenomenon known as mass psychogenic illness or epidemic hysteria.[6]

Due to the current Covid obsession, anyone who dies is at risk of being classed as a 'Covid victim' – not just people with pneumonia, but even people who die of heart attacks, in traffic accidents or from gunshot wounds. Nevertheless, even the official figures show that the probability of dying from or with Covid is tiny, except in the case of the very elderly. Yet an intense campaign of sensational, fearmongering propaganda has succeeded in convincing the majority of the population that a deadly virus is on the rampage and only draconian measures can save them.

Covid-19 survival rates per age group in the United States[7]	
0-17 years	99.998%
18-49 years	99.95%
50-64 years	99.4%
65+ years	91%

Lockdowns, coerced social isolation, and mandatory masks and social distancing represent an unprecedented assault on civil liberties. The shutdowns have devastated the global economy, and wrecked and impoverished countless millions of lives.[8] Yet dozens of studies have demonstrated that, worldwide, strict lockdown measures do not correlate with lower rates of death and illness.[9] Most 'Covid' victims have died from existing health conditions, exacerbated by fear, paranoia, stress, isolation and despair, along with toxic drug treatments and invasive ventilation, and various forms of environmental and electromagnetic pollution.[10]

As H.L. Mencken once said: 'The whole aim of practical politics is to keep the populace alarmed (and hence clamorous to be led to safety) by an endless series of hobgoblins, most of them imaginary.' Under the pretext of waging war on a 'killer virus', there are dark forces at work seeking to establish a surveillance state ruled by a medical technocracy. The good news is that, while many people are still under the spell of Covid mania, others are experiencing an awakening; they are questioning mainstream groupthink and germ-theory dogma, and forging new connections and communities.

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4. Contagion and epidemics

Conventional medicine distinguishes between *infectious* diseases (i.e. acute diseases like measles and influenza) and *noncommunicable* diseases (i.e. chronic diseases like cancer and dementia). Infectious diseases are supposedly caused by bacteria, viruses, fungi or parasites, and can be transmitted from person to person, while noncommunicable diseases are attributed to lifestyle, poor nutrition, environment and genetics. Noncommunicable diseases kill 41 million people a year – over twice as many as infectious diseases.[1]

The contagion theory is flawed. First, not everyone with a particular 'pathogen' in their bodies gets the disease in question, so clearly factors like lifestyle, nutrition and environment must play a role in acute diseases too. Second, bacteria and other microbes do not 'infect' us and are not the root cause of disease. Third, disease-causing viruses do not exist.

Bacteria can certainly be transferred from one person to another, but they will not have much to do in the other person's body unless it already contains decomposing tissue for them to feed on. As G. de Purucker says, 'It is impossible for any human being to contract any disease unless the seed of that disease be already lying latent in him.'[2] Toxic bodily wastes could cause sickness if passed from one person to another, but this cannot happen via normal contact. It would require something like blood transfusion, or cannibalism.

It is of course true that a small percentage of people who have been in the presence of sick people develop similar symptoms themselves – but *most do not*. Virtually everyone has unhealthy habits, is subject to stress, and has some level of toxicity in their bodies, and we certainly don't need to 'catch a bug' from someone else in order to develop similar symptoms. We don't 'catch' disease; we *create* it.

We are taught from an early age to fear 'germs' and to regard other people as 'agents of contagion'. Being in the presence of sick people, or even just seeing reports about them, can stoke fear and anxiety, and undermine our health. Spread of fear leads to spread of disease, particularly among those of *weak mind and body*. People with stronger constitutions, who are able to resist the negative energy of their environment, are less likely to succumb. So in a sense disease can be 'infectious', but no more so than health and happiness.

In 2017 (a typical year), a total of 6.47 million people worldwide died from respiratory diseases and infections – without any media hysteria or sensationalism.[3] Respiratory problems can be caused by many factors, including a highly acidic diet, nutritional deficiencies, environmental pollution such as high ozone or nitrogen oxide levels, high atmospheric pressure, electromagnetic fields, and pharmaceutical drugs and vaccines. They can also result from various psychological conflicts involving fear.[4]

Every year, flu epidemics result in 3 to 5 million cases of severe illness worldwide, and about 290,000 to 650,000 deaths.[5] The flu season tends to peak in the colder months. This is often attributed to the effect of the climate on 'flu viruses', but there is no direct evidence to support this. A key factor is that lack of sunlight depletes our vitality by reducing vitamin D levels. Flu-like symptoms indicate that the body is ready for a detox.

All organisms are part of a vast network of energetic interconnections and resonances; there is ceaseless communication throughout the web of life. We are constantly exchanging matter and energy with one another and with our environment, and not just on the physical level. We can also be influenced by the ethereal energy fields of other people and of places, and by the currents of thought and emotion on the astral/mental plane – but only if we are *receptive* to them.

The earth is constantly bombarded with particles and energies from space (including the sun, with its 11-year sunspot cycle), which can affect the pattern of disease. But whatever the terrestrial or cosmic forces at work, there are always huge differences in how specific individuals respond to the same threats and challenges.

Humans often fall prey to collective thought-forms or 'mental viruses' – fads, fashions, crazes, panics, etc. Covid mania is a mass psychosis on a global scale, driven by fear of 'infection' and fear of death. The quest for a totally safe, risk-free existence is an illusion: the risk of dying begins the moment we're born. And the death of the physical body merely marks the start of a rest period in the eternal cycle of life, death and rebirth.[6]

In this incarnation we reap the consequences of causes we set in motion in the past. H.P. Blavatsky writes: '[T]here is not an accident in our lives, not a misshapen day, or a misfortune, that could not be traced back to our own doings in this or in another life.'[7] Disease often occurs at key stages of our growth and development, particularly in childhood. 'Genetic' diseases are part of our own karmic inheritance. But even someone who appears to be in robust health may harbour karmic weaknesses that lead to sudden illness.

Karma operates not only on an individual level but also on a collective level. We are social beings and are drawn together into families, groups, communities, nations, races, etc. So we commonly experience good fortune or misfortune together.

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5. Poisoning versus healing

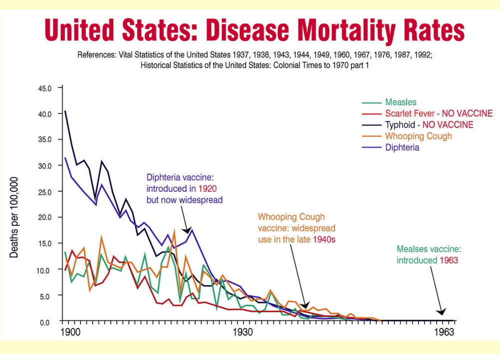
> 'Doctors are men who prescribe medicines of which they know little, to cure diseases of which they know less, in human beings of whom they know nothing.' – Voltaire

The symptoms we associate with being sick – fever, rash, mucus, pus, cough, inflammation, etc. – are a sign that our bodies are trying to eliminate toxins. Holistic therapeutic approaches, such as naturopathy and homeopathy, view disease symptoms as the body's intelligent healing responses, and seek to enhance our healing power by means of safe, natural, nontoxic therapies, in order to restore balance to the body, mind and spirit.[1]

Orthodox allopathic medicine, on the other hand, sees symptoms as malfunctions that need to be *suppressed* with aggressive medications. It also seeks to prevent disease by injecting toxic vaccines directly into the body, in order to artificially stimulate the production of antibodies. Such practices have contributed to the epidemic of chronic and degenerative diseases we see today.

Antibodies are said to either destroy toxic foreign elements or mark them for destruction by our white blood cells – but this process can take place even without the formation of antibodies. Antibodies also play an important role in healing cell damage.[2] But high antibody levels are no guarantee of good health. In fact, a hyperactive antibody response is a characteristic of people suffering from allergies, asthma and autoimmune diseases (such as rheumatoid arthritis and multiple sclerosis). Many studies have confirmed that vaccinated people are more prone to these ailments than the unvaccinated.[3]

Although vaccination is often credited with the massive reduction in 'infectious' diseases since the 19th century, historical data clearly shows that the main factors were improved nutrition, sanitation and hygiene.[4] This should also be the main strategy for improving health in the poorer countries.



Conventional vaccines are said to contain the pathogen (or part of it) responsible for a particular disease. However, in the case of diseases attributed to mythical viruses, vaccines merely contain fluid from a cell culture to which diseased material has been added (as explained in section 2) – either in a high concentration ('live vaccine') or in a lower concentration ('inactivated vaccine').

Vaccines can contain neurotoxins such as aluminium (to trigger a stronger antibody response), along with antibiotics and other toxic chemicals, foreign gene fragments, and animal proteins.[5] That's why they can cause serious reactions or death. Vaccine manufacturers are protected by law from being sued. Under the US government's Vaccine Injury Compensation Program, a total of $4.6 billion was awarded in compensation from 1988 to April 2021.[6]

In the name of Big Medicine, unspeakable cruelty is inflicted on tens of millions of animals every year. For example, to harvest enough fetal calf serum for making vaccines (including some Covid vaccines), 2 million pregnant cows are sliced open every year, and blood is extracted from the 3 to 9-month old fetus by puncturing its beating heart. No anaesthetic is used because that would adversely affect the serum.

Most Covid vaccines are experimental gene-based 'vaccines', whose purpose is *genetic manipulation*. They instruct our cells to make 'spike proteins' (allegedly part of 'the virus'), which the body will recognise as foreign matter and attack by making antibodies. But the cells making those foreign proteins are likely to be killed as well, and this can include brain cells. Reported adverse reactions include anaphylactic shocks, neurological and cardiovascular disorders, miscarriages, blindness, and many thousands of deaths.[7] The long-term effects are unknown: hundreds of millions of people are being used as lab rats.

A child who recovers from a disease in a natural manner tends not to get it a second time, whereas vaccination may temporarily suppress disease symptoms, so that a disease strikes at a later age when it may pose a greater risk. Vaccine scientists recognize that vaccines can fail to provide even short-term 'immunity'. They also admit that vaccination can lead to *worse* cases of disease, and have invented two impressive-sounding names for this: 'antibody-dependent enhancement' and 'original antigenic sin'.[8]

If an acute disease process is successful, it acts as a purifying experience that restores equilibrium, homeostasis and good health. But if the cleanup process is left unfinished, either because the symptoms are suppressed or because the body is too weak to withstand the disease process, waste products accumulate and tissue renewal is not completed, possibly leading to a recurrence of the disease, the development of chronic diseases, or death.

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6. Ageless wisdom

> 'The greatest preventive of disease is a selfless soul working through a selfless mind ...' – G. de Purucker

Before the rise of the germ theory, a far more holistic view of disease prevailed. The Ayurvedic and traditional Chinese systems of medicine, which date back many thousands of years, recognize that health is a state of balance embracing body, mind and spirit. Pythagoras stated: 'The gods are innocent of man's suffering. Our diseases and physical pains are the products of excess!' And Hippocrates said: 'Natural forces within us are the true healers of disease.'

In medieval Europe, disease was believed to arise when the 'humours', or vital essences, in the human body fell out of equilibrium. This echoed the ancient Hindu and Chinese teaching that health depends on keeping in balance the subtle energies (prana or chi/qi) circulating through the body. The Chinese attributed blockages in the flow of chi to moral flaws or wrongdoings, a weak physical constitution, a polluted location, and various meteorological and cosmological factors. They also believed that people could be contaminated with negative chi from a living or dead person. Epidemics were seen as a sign of disharmony between heaven and earth.

D.D. Palmer, who founded chiropractic in the 1890s, was an ardent opponent of germ theory. His son, B.J. Palmer, once said: 'If the germ theory were true, no one would be alive to believe it.'[1] After all, if bacteria and viruses really infect and kill plants, animals and humans, and if only pharmaceutical products and 'nonpharmaceutical interventions' like curfews, health-damaging facemasks and distancing can provide 'protection', then all three kingdoms should have been wiped out long ago.

The 'war on germs' model has proved immensely profitable to those who practise it and sell its toxic products, but it has taken a heavy toll on public health. As G. de Purucker points out, instead of teaching clean and unselfish living, it arouses needless fear and 'opens the doors to psychic infection'.[2] Conventional medicine has a lot to answer for: iatrogenic damage – i.e. damage resulting from orthodox medical treatments, including medical errors – kills as many as 784,000 people per year in the United States, making it the leading cause of death, ahead of heart disease and cancer.[3]

Abandoning germaphobic thinking is liberating and self-empowering. Far from being at the mercy of invading microbes, our health is in our own hands and depends on us living in harmony with the rich diversity of microorganisms inside and outside us. Our bodies are full of natural wisdom, which we should do our best to nurture. In addition to a wholesome diet and regular exercise, cultivating kindness, compassion, altruism, and a calm and positive frame of mind will contribute to the health and wellbeing not only of ourselves but also of society as a whole.

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