

Notes for the class on the immune system, stress and exercise.

Vaccines do not work. What reduces disease? Sanitation, nutrition, sunlight, hydration.

Reference: Dissolving Illusions: Disease, Vaccines and the Forgotten History
Suzanne Humphries, MD and Roman Bystrianyk

What do those things represent? Terrain

Can You Catch a Cold? By Daniel Roytas. Disease theory vs Terrain theory (p 59)

The work of French sanitarian physicians in the late 1800's

Terrain theory means the body is always trying to restore homeostasis / equilibrium
Disruption happens because of a toxin, poison, nutritional deficiency, trauma, etc.

Should we focus on the cause of the disease? Or the state of the terrain?

Rudolf Virchow (1821–1902) was a pioneering German doctor, pathologist, and politician known as the "father of modern pathology" said "If I could live my life over again, I would devote it to proving that germs seek their natural habitat, disease tissue, rather than being the CAUSE of the diseased tissue" (emphasis mine). (p. 63)

Modern science cannot isolate viruses (p 124). The Merk Manual has consistently said the viruses are the smallest parasites.

Poisons vs viral infection. Page 157 followed by page 159 – aspirin poisoning.

LONG history of experiments trying to get well people sick. Rarely worked – unless people were compromised OR LET it happen. Placebo effect, Latin for "I will please," vs Nocebo effect which is Latin for "I will harm."

Pages 208 – 209 about cancer.

Page 256, Respiratory Infection or Desperate Detoxification? (nebulize hydrogen peroxide)

Page 210 – during the CoV2 "pandemic," the Chicago Director of Public Health stated, "It is our job to keep people from fear. Worry kills more than the disease."

Luke 8:40-50 – the story of Jairus, a leader of the synagogue. "He fell down at Jesus's feet and pleaded with him to come to his house, because he had an only daughter about twelve years old, and she was dying" (Luke 42). Then someone came to him and said, "Your daughter is dead. Don't bother the teacher anymore." Jesus answered, "Don't be afraid. **Only believe**, and she will be **made well**" (CSB, Luke 8:50, emphasis mine)

Segue into the Stress lecture.