



**If you are a Universe,
Then your Immune System is
The Force that keeps all life
On every planet alive**

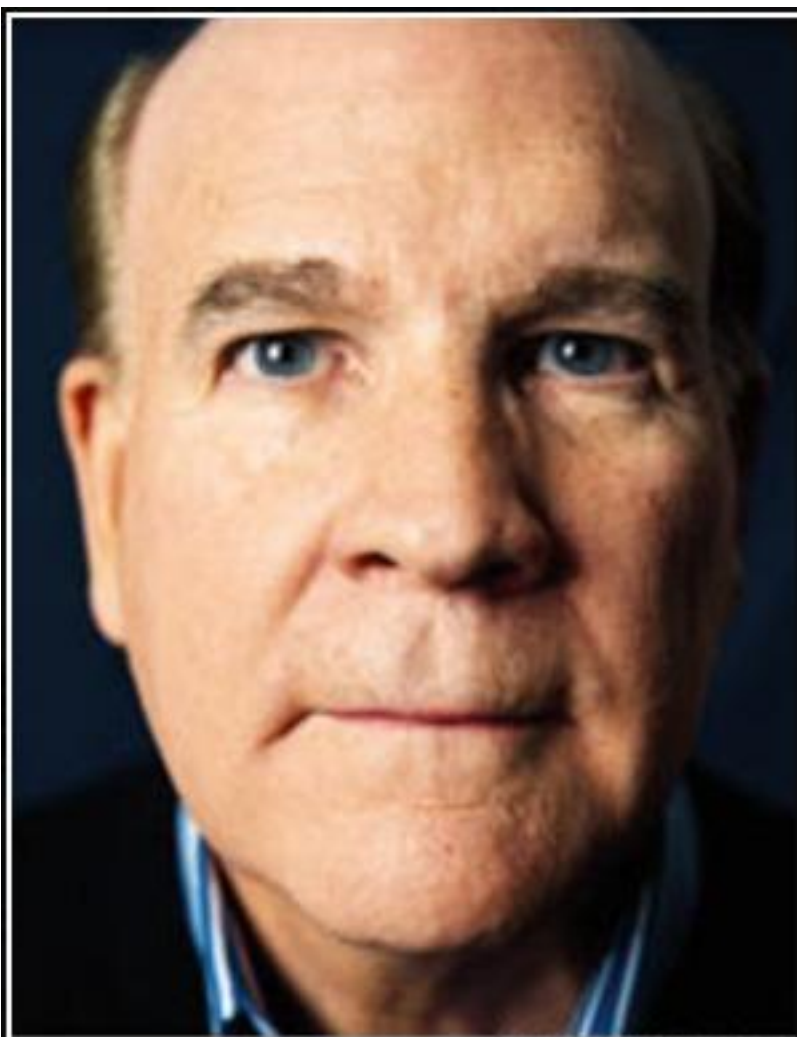


PHOTO: STEVE

No doctor has ever healed anyone of anything in the history of the world. The human immune system heals and that's the only thing that heals.

— *Bob Wright* —

AZ QUOTES

**The difference between
destruction of the immune system
and stimulation of the immune
system is an interpretation.**

Deepak Chopra

quote fancy

Virus Mania

- "Virus Mania is a social disease of our highly developed society.
- **To cure it will require conquering fear**, fear being the most deadly contagious virus, most efficiently transmitted by the media.

Errare humanum est sed diabolicum preservare... **(To err is human, but to preserve an error is diabolic).**"

Etienne de Harven M.D.



The word 'virus' comes from the Latin for a poisonous liquid,

The Fear Based Society



Trust Your Doctor



Give Birth at a
Hospital



Vaccinate Yourself
and Your Child

The Importance of Microflora

Bacteria

- **80 percent** of your immune system resides in your Gut
- Bacteria outnumber your cells **10 to 1**
- 100 trillion bacteria—about *two to three pounds* worth of bacteria
- You should have about **85 percent "good" bacteria** and 15 percent "bad."
- Beneficial bacteria keep the bad bacteria and yeasts in check
- Produce nutrients your body needs, such as B vitamins.

The Importance of Microflora

Viruses

- Bacteriophages: beneficial viruses in your body
- Outnumber your body's bacteria 10 to 1
- Roughly 4 Quadrillion viruses in your body

“Viral elements are a large part of the genetic material of almost all organisms,”

“We humans are well over 50 percent viral”

Dr. Phillip Sharp,

Nobel Prize Winner

Center for Cancer Research M.I.T.

Functions of your Gut Flora

- Digestion and absorption of carbohydrates
- Production of vitamins
- Absorption of minerals
- Elimination of toxins
- Distinguish between pathogens and non-harmful antigens
- Keep harmful bacteria under control
- Aid in production of antibodies to pathogens
- Provide support to the Immune System

Epigenetics

genes can be turned on (expressed) or turned off (silenced)

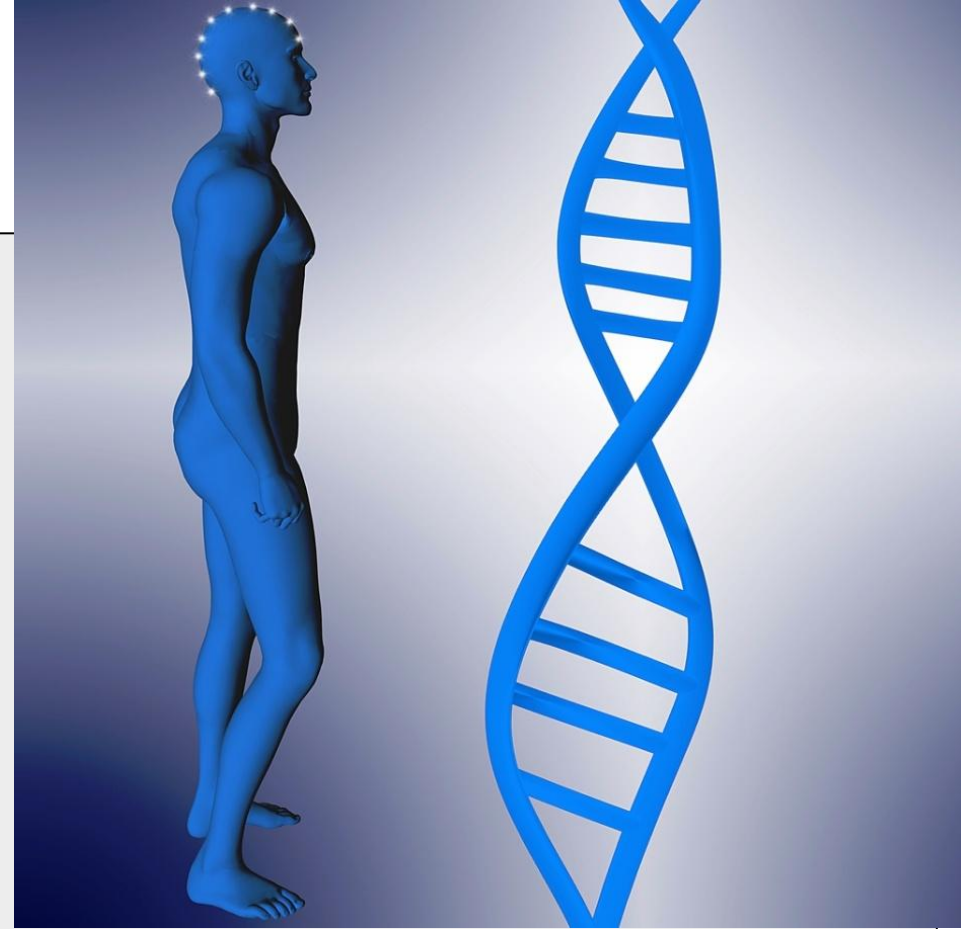
Drugs that are known to cause epigenetic changes include :

- **statin cholesterol-lowering drugs,**
- **antidepressants,**
- **beta blockers**
- **Diuretics**
- **tamoxifen**
- **methotrexate,**
- **anti-inflammatories**
- **even anesthetics,**
- **oral contraceptives**
- **antibiotics.**

Permanent changes in the epigenome

Researchers are most concerned that drugs may produce defects in subsequent generations. They speculate that the current diabesity epidemic may be hastened by drugs.

[Metabolism Clinical and Experimental 57: (2008) S16–S23]

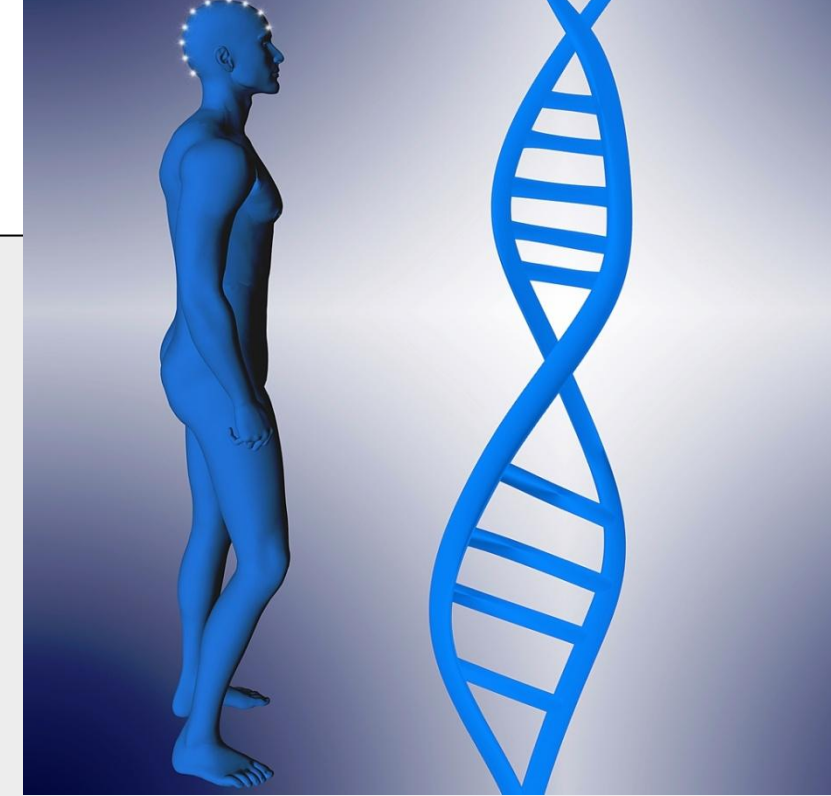


Epigenetics

genes can be turned on (expressed) or turned off (silenced)

...pharmaceuticals may be involved in the etiology of :

- heart disease
- Cancer
- nerve and mental disorders
- Obesity
- Diabetes
- Leukemia
- bipolar disorder
- Schizophrenia
- Infertility
- and sexual dysfunction.



[*Metabolism Clinical and Experimental*
57: (2008) S16–S23]

... "consequences for modern medicine are profound, since it would imply that our current understanding of pharmacology is an oversimplification."

The Importance of Social Connections

- Recent research indicates that actual or perceived loneliness or social isolation are **both associated with increased risk for early mortality.**

Sage Journals: <https://doi.org/10.1177/174569161456835>

- Conversely strong social connections have been shown to **strengthen the immune system**, help people recover from disease faster, help to lower levels of anxiety and depression and can lead to a 50 percent greater chance of longevity.

Stanford Medicine: The center for Compassion and Altruism Research and Education

<https://ccare.stanford.edu/uncategorized/connectedness-health-the-science-of-social-connection-infographic/>

3 signals to Dysfunction and Dis-ease

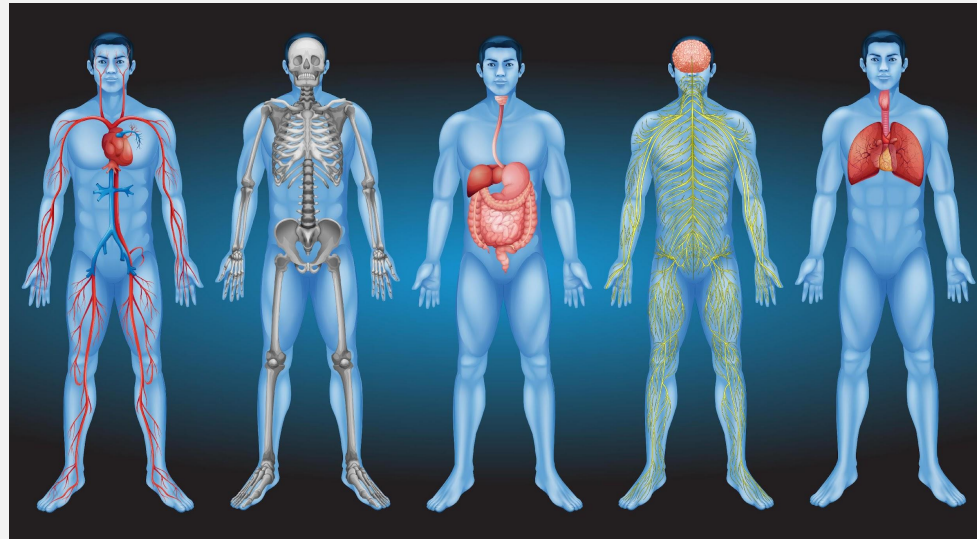
1. **Trauma.** If you twist or misalign your spine and physically impede the transmission of the nervous system's signals
2. **Toxicity.** Toxins and poisons can distort the signal's information on its path between the nervous system and the targeted cells and tissues. lead to the expression of dis-ease.
3. **Thought** Health is the nervous system's ability to accurately perceive environmental information and selectively engage appropriate, life-sustaining behaviors.
4. **If a mind misinterprets environmental signals and generates an inappropriate response, a thought could be enough to undermine an entire system - misperceptions can be lethal.**

Immune System involves Every System of the Body

Definition of Immune System:

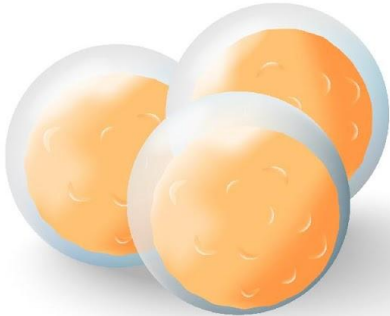
The bodily system that **protects the body from foreign substances, cells, and tissues** by producing the immune response and that includes especially the thymus, spleen, lymph nodes, special deposits of lymphoid tissue (as in the gastrointestinal tract and bone marrow),

- macrophages,
- lymphocytes
- B cells and T cells
- antibodies

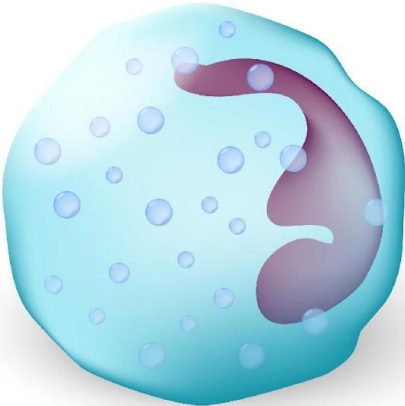


WHITE BLOOD CELLS

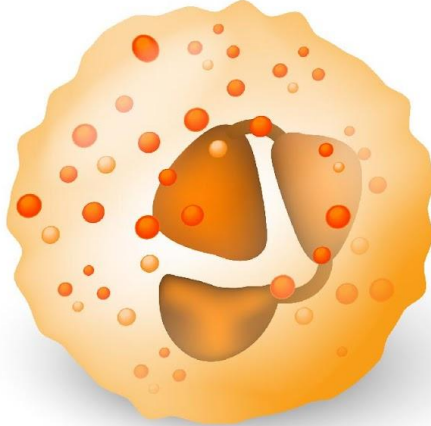
Lymphocyte



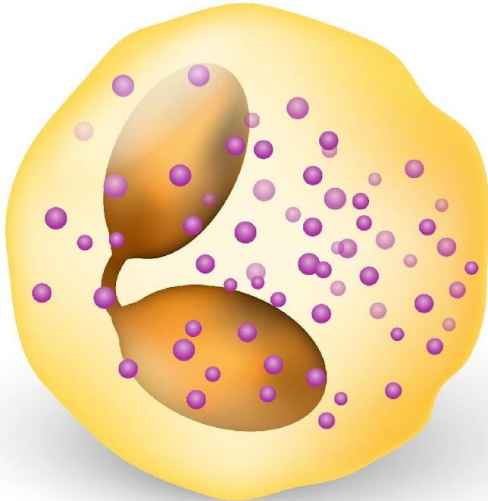
Basophil



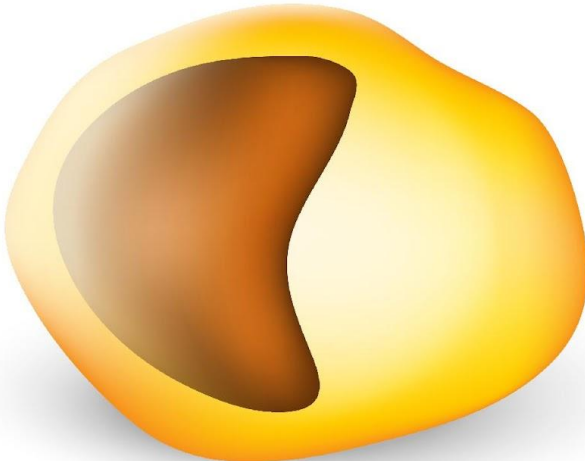
Neutrophil



Eosinophil

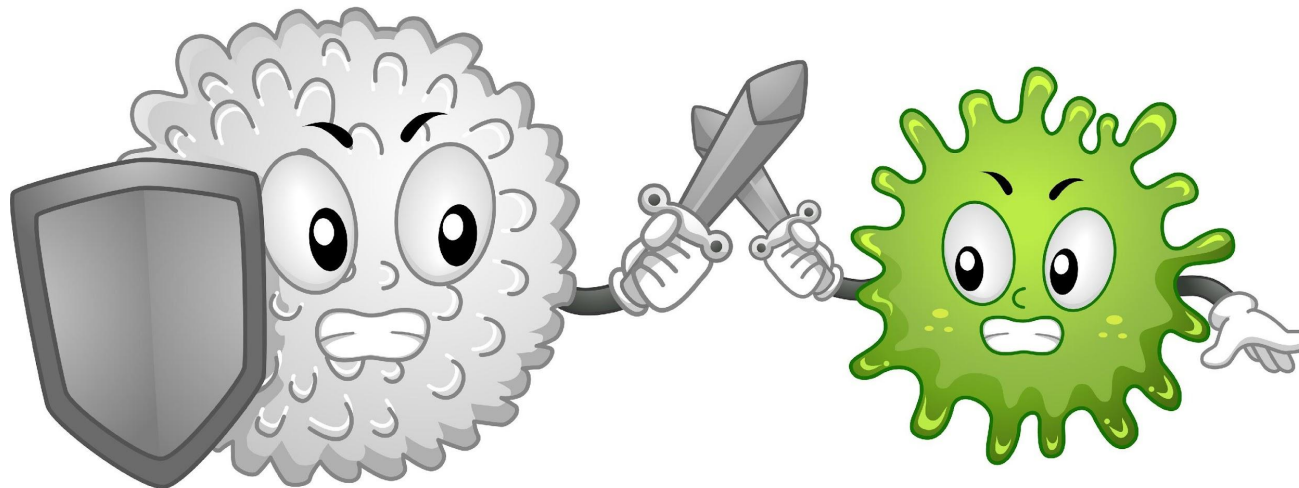


Monocyte



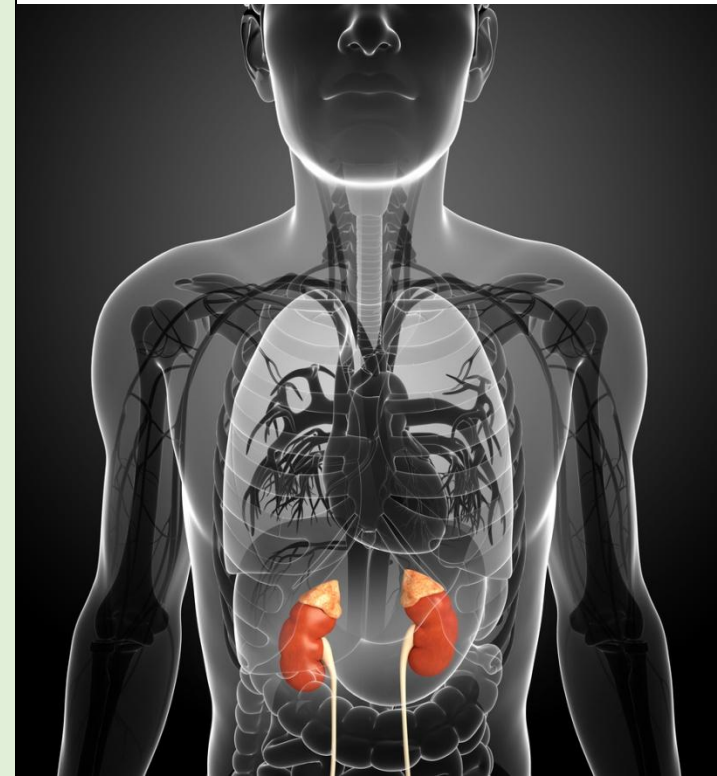
Get Ready for Battle!

- **The system works by identifying harmful bacteria, viruses, fungi and parasites** that have found their way to areas they shouldn't be, and then it sounds the alarm to rally the troops, gives them their orders and sends them out to destroy the invaders.
- Once immune cells hear the alarm, they activate and begin to manufacture chemicals which allow them to regulate their growth and behavior, to collaborate with and control other immune cells, and to direct those new recruits **to the site of the battle.**



Bodies Response infection

1. Fever = Leukotaxis, for every degree increased in temp, speed of white cells double (104 temp =64 times faster)
2. Increased Mucus Production (wall off invader)
3. Kill the Invader (Immune system cells produced)
4. Eliminate the Dead (Diarrhea, Coughing, Sneezing)
5. Restore and Rebuild



What are Cytokines?

- The term "cytokine" is derived from two Greek words "cyto" meaning cell and "kinos" meaning movement.
- They play a major role in both health and disease including:
 - **Inflammatory conditions**
 - **Immune-related concerns like infections**
 - **Trauma to the body**
 - **Reproduction**
 - **Cancer**

Symptoms of a Cytokine Storm

- Cytokine storms can result in significant damage to cells, tissues and organs and can cause serious side effects such as:
- Fever
- Fatigue
- Swelling
- Nausea
- And in severe cases, Organ Failure and Death

The Pathway to Problems- **A Malfunctioning Immune System?**

- The immune system functions until a certain point and when we examine what happens at that point of malfunction, we see common factors.
- When a person has a poor diet, sedentary lifestyle, lack of proper sleep, exposure to environmental toxins and excessive mental stress, **the immune system along with all organ systems begins to breakdown.**

The Idea of Vaccines

- The theory behind the concept of vaccination (aka immunization) is that **when injected with a small amount of a harmful pathogen (virus or bacteria)**, this will cause the body to develop antibodies which helps the body develop defenses if it encounters that pathogen in the future.
- Vaccines usually **contain a mixture of chemicals** from the process of extracting the pathogen from the animal tissue it was grown in.
- They also **contain preservative chemicals and adjuvants** which are chemicals that are supposed to stimulate the immune system response.

The Controversy of Vaccination

- There are **tens of thousands of doctors and hundreds of thousands of non-specialists** that are strongly opposed to the administration of vaccines.
- These people are sometimes labeled as **“Anti- Vaxers”** or in the very least “Vaccine Hesitant”.
- **Doctors and Scientists who have taken a public stand against vaccines have been ostracized from the medical community**, they have lost their jobs, their licenses have been taken away and some have even been sent to prison.
- This is a battle that has gone on for **over 100 years** and it will likely continue in the future.

The Evidence for the "Anti-Vax" Side

- There are hundreds of books written on this topic along with hundreds of research articles explaining the reasoning and **providing evidence in support of the "Anti-Vax" position.**
- There are also hundreds of thousands of non-specialist testimonials that chronicle personal experiences of **suffering severe injuries after receiving vaccines.**
- What do all of these people have to gain from taking such a controversial position?
- **What are the true motives** of the multi-billion-dollar pharmaceutical companies that manufacture these vaccines?

The Lancet: LIMITATIONS OF THE GERM THEORY

- “The germ theory of disease—infectious disease is primarily caused by transmission of an organism from one host to another—is a gross oversimplification.”
- “It accords with the basic facts that infection without an organism is impossible and that transmissible organisms can cause disease; but it does not explain the exceptions and anomalies.”
- **“The germ theory has become a dogma because it neglects the many other factors which have a part to play in deciding whether the host/germ/environment complex is to lead to infection.”**
- “Among these are susceptibility, genetic constitution, behaviour, and socioeconomic determinants.”

Volume 291, Issue 7551, 18 May 1968, Pages 1077-1081


The Theobald Smith Phenomenon

- Theobald Smith (1859–1934). Smith was a pioneer epidemiologist, bacteriologist, and pathologist who made many contributions to medical science that were of far-reaching importance.
- Among Smith’s many fundamental contributions to immunology, the most important was demonstrating that **animals develop hypersensitivity to bacteria upon repeated injections**. What is now called anaphylaxis was long known as the “Theobald Smith phenomenon.”

Virulence of Pathogen X Number of Pathogens X Opening size
Resistance of Host

=

Severity of
Disease

A close-up photograph of a person in a white lab coat holding a syringe filled with red liquid. The syringe has a scale on it with markings for 1, 2, and 3. The person's hands are visible, and they are wearing a white lab coat over a dark patterned shirt. The background is a plain, light-colored surface.

"The medical authorities keep lying. Vaccination has been a disaster on the immune system. It actually causes a lot of illnesses. We are changing our genetic code through vaccination."

- Guylaine Lanctot M.D. Canadian author of the best-seller 'Medical Mafia'.



NATURAL NEWS
Natural Health News & Scientific Discoveries

CNS Autoimmunity and the MMR Vaccine

- “Autoimmunity to the central nervous system (CNS), especially to myelin basic protein (MBP), may play a **causal role in autism**, a neurodevelopmental disorder. Because many **autistic children harbor elevated levels of measles antibodies**, we conducted a **serological study of measles-mumps-rubella (MMR) and MBP autoantibodies.**”
- showed a significant increase in the level of MMR antibodies in autistic children.
- MMR antibody in autistic sera detected measles HA protein, which is unique to the measles subunit of the vaccine.

CNS Autoimmunity and the MMR Vaccine

- Furthermore, over 90% of MMR antibody-positive autistic sera were also positive for MBP autoantibodies, suggesting a strong association between MMR and CNS autoimmunity in autism.
- **“We suggest that an inappropriate antibody response to MMR, specifically the measles component thereof, might be related to pathogenesis of autism.”**

J Biomed Sci. 2002 Jul-Aug;9(4):359-64.

Viruses are Beneficial

- Many studies have shown viruses like Measles produce beneficial effects on the body:
- **Measles have a protective effect in AIDS (Moss et al 2002).**
- **Measles also has a protective effect for asthma (Benn et al 2004)**
- **The *persistence of an infectious agent* – able to change the whole adaptation (Grenfell et al 2004) – might be helpful as it leads to a steady immune response that exerts an immune pressure onto other viruses persisting in the human, called ‘cross-protective immunity’ (Holmes 2007), which might be another explanation for the hygiene – hypothesis.**

Viruses are Beneficial

- Asthma is also improved through the infection with hepatitis A in certain genetically susceptible persons (McIntire et al 2004).
- **The AAV2, a harmless virus present in many humans, is known to kill cancer cells and humans carriers tend not to develop cervical cancer associated to the human papilloma virus (HPV) (Meyers2005).**
- Also the latency of the Herpes virus is associated with a better protection against bacterial infections (Barton et al 2007).

Impact of environmental factors on the prevalence of autistic disorder after 1979

Vol.6(9), pp. 271-286 , September 2014
Journal of Public Health and Epidemiology

The aim of this study was to investigate a previously overlooked, **universally introduced environmental factor**, fetal and **retroviral contaminants in childhood vaccines**, absent prior to change points (CPs) in autistic disorder (AD) prevalence with subsequent dose-effect evidence and **known pathologic mechanisms of action**.

The United States, Western Australia, United Kingdom and Denmark...

Impact of environmental factors on the prevalence of autistic disorder after 1979

Vol.6(9), pp. 271-286 , September 2014
Journal of Public Health and Epidemiology

...children vaccinated with MMRII, Varicella and Hepatitis A vaccines

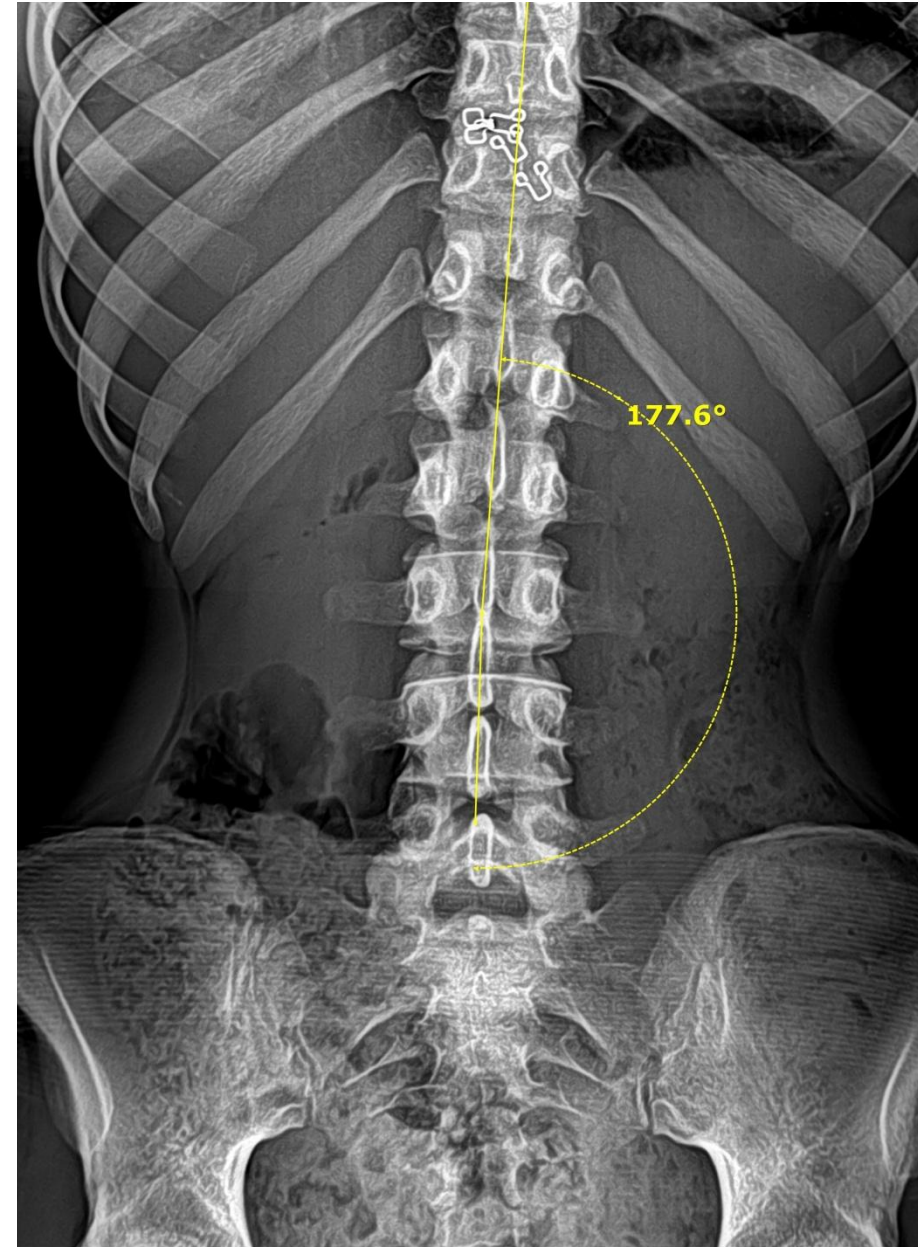
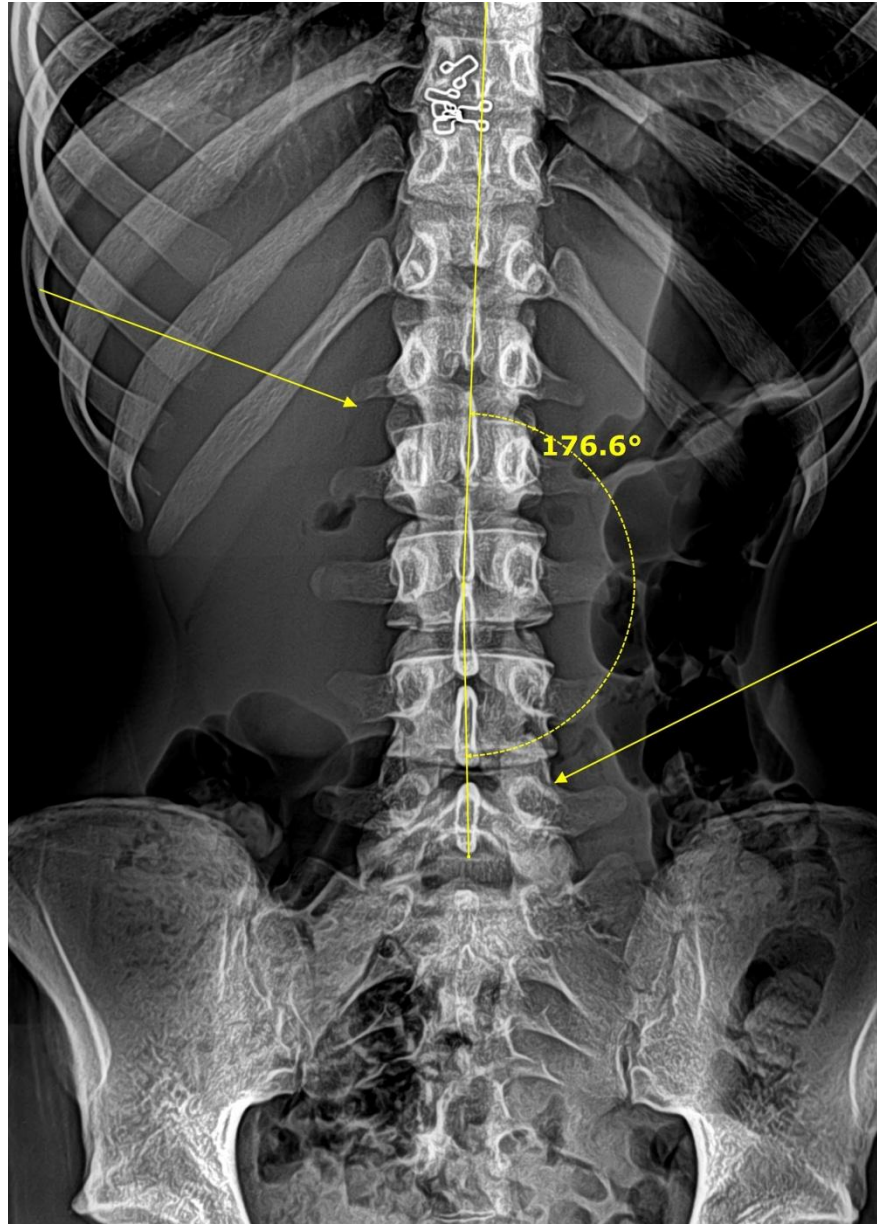
Autistic disorder change points years are **coincident with introduction of vaccines manufactured using human fetal cell lines, containing fetal and retroviral contaminants, into childhood vaccine regimens.**

Thus, rising autistic disorder prevalence is directly related to vaccines manufactured utilizing human fetal cells.

Multiple Vaccinations affecting gut

Abnormal Before

Normal After



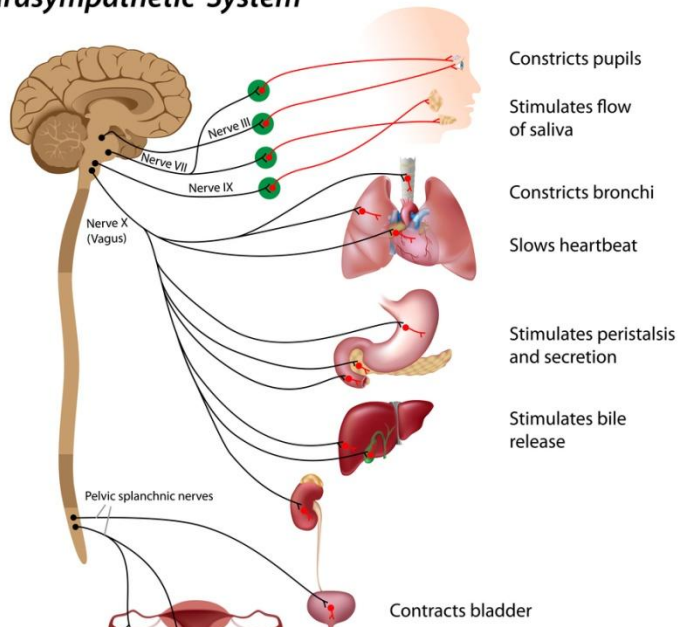
Processed Food linked to Disease and Early Death

- Research published in 2022 shows **ultra-processed foods are linked with cancer and early death — and could even raise the risk of cognitive decline.**
- Consumption of such unhealthy ingredients is linked to problems including obesity, diabetes, heart disease, inflammatory bowel disease, depression, and cancer.

Eur J Nutr 61, 3975–3985 (2022). <https://doi.org/10.1007/s00394-022-02911-1>

Autonomic Nervous system

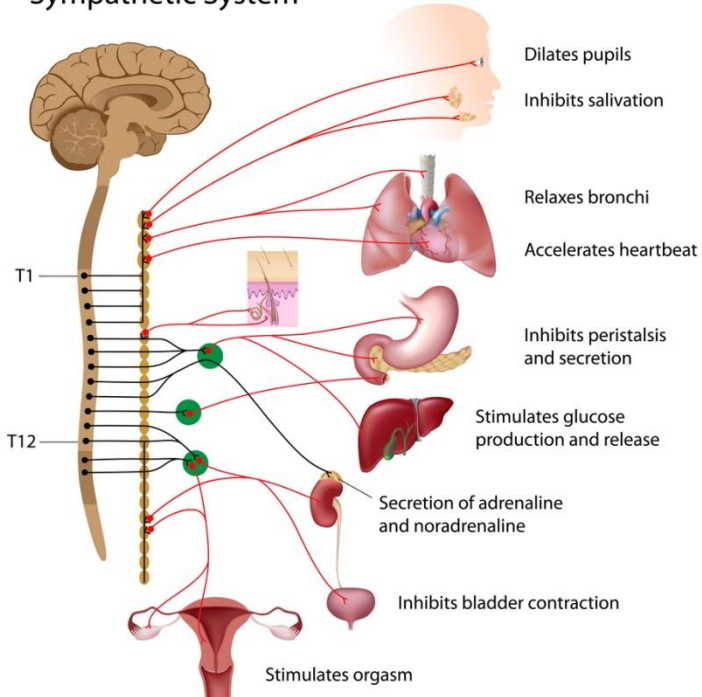
Parasympathetic System



PNS (Rest, Digest, Repair) = Cranial-sacral
Function:

- Stimulates immune system, repairs tissue
- Increases:**
- blood supply to gut, and all repair mechanisms

Sympathetic System

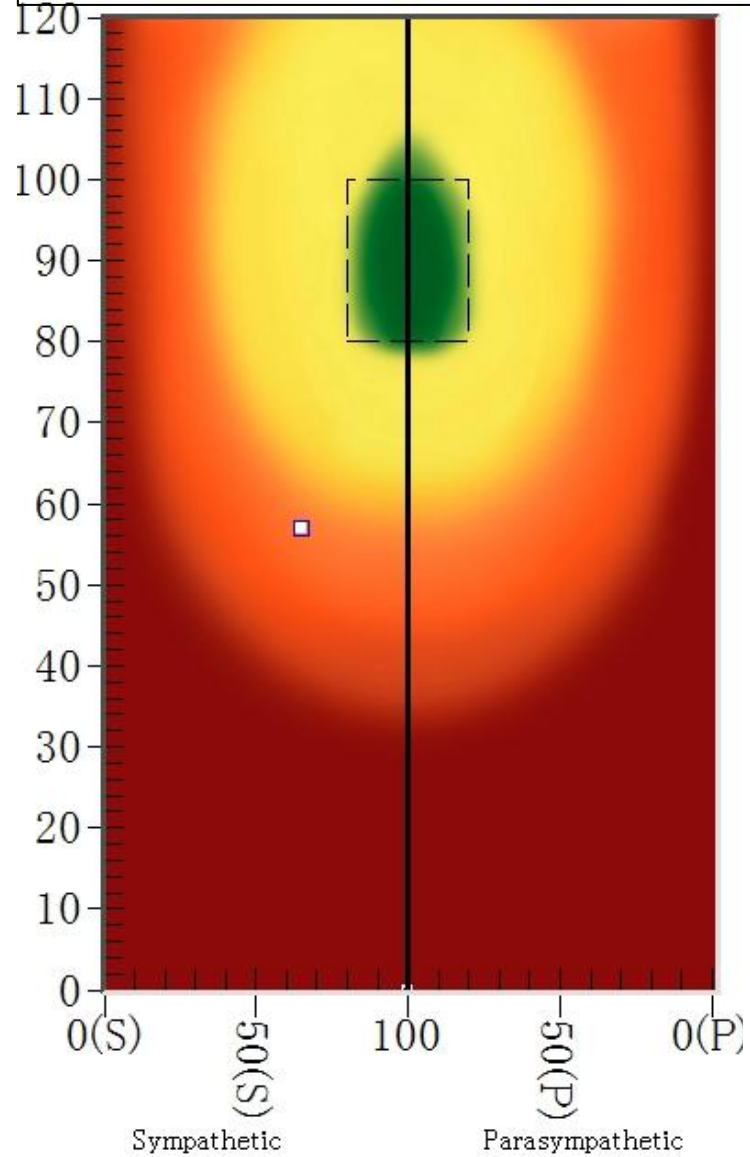


SNS (Fight or Flight) = Thoracic and Lumbar
Function: Keeps you alive under stress, increases Heart rate, blood pressure, blood sugar, LDL cholesterol, stress hormones

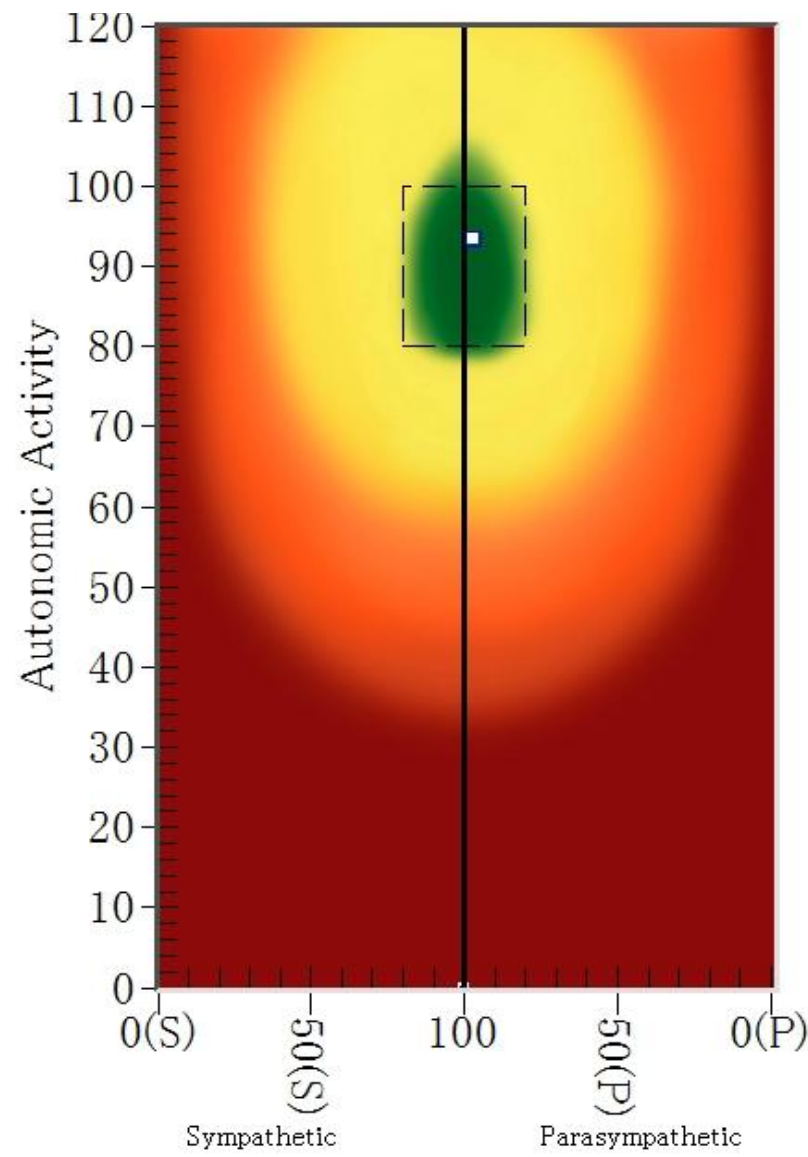
Decreases: blood supply to the gut, immune system function

Heart Rate Variability

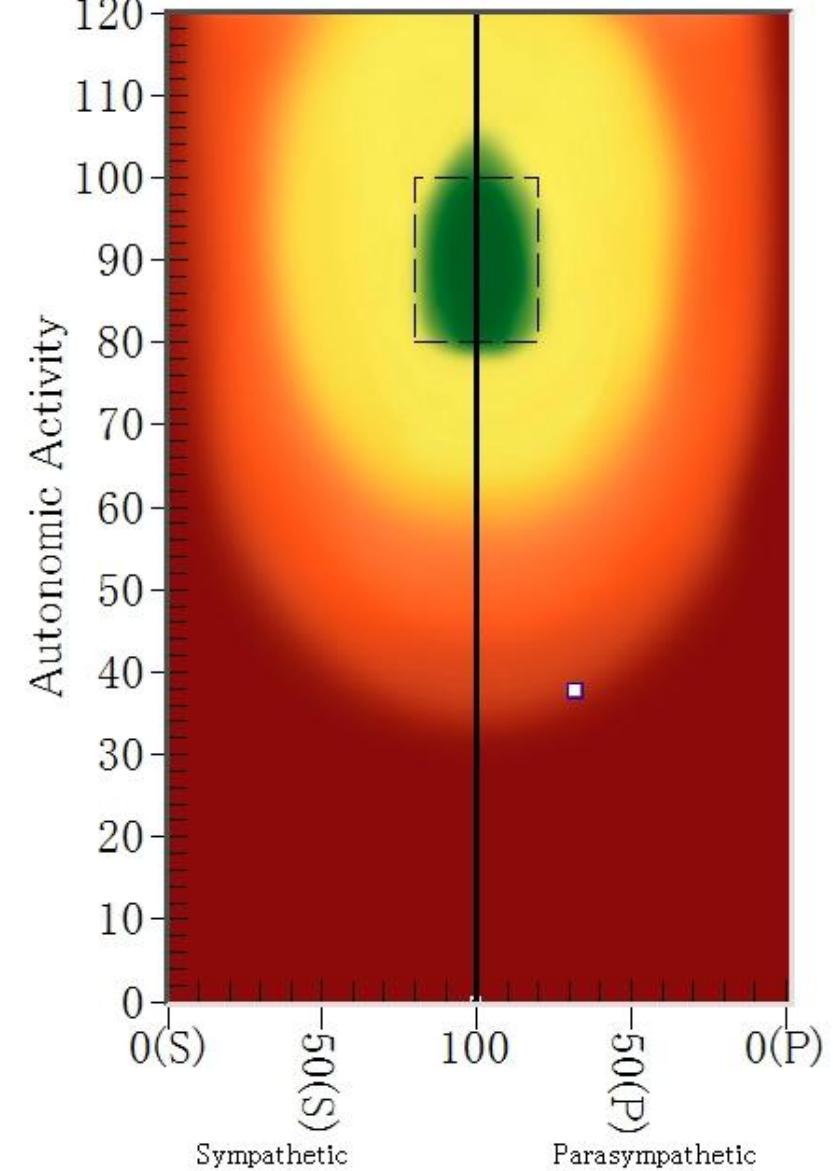
Sympathetic Dominant



Normal

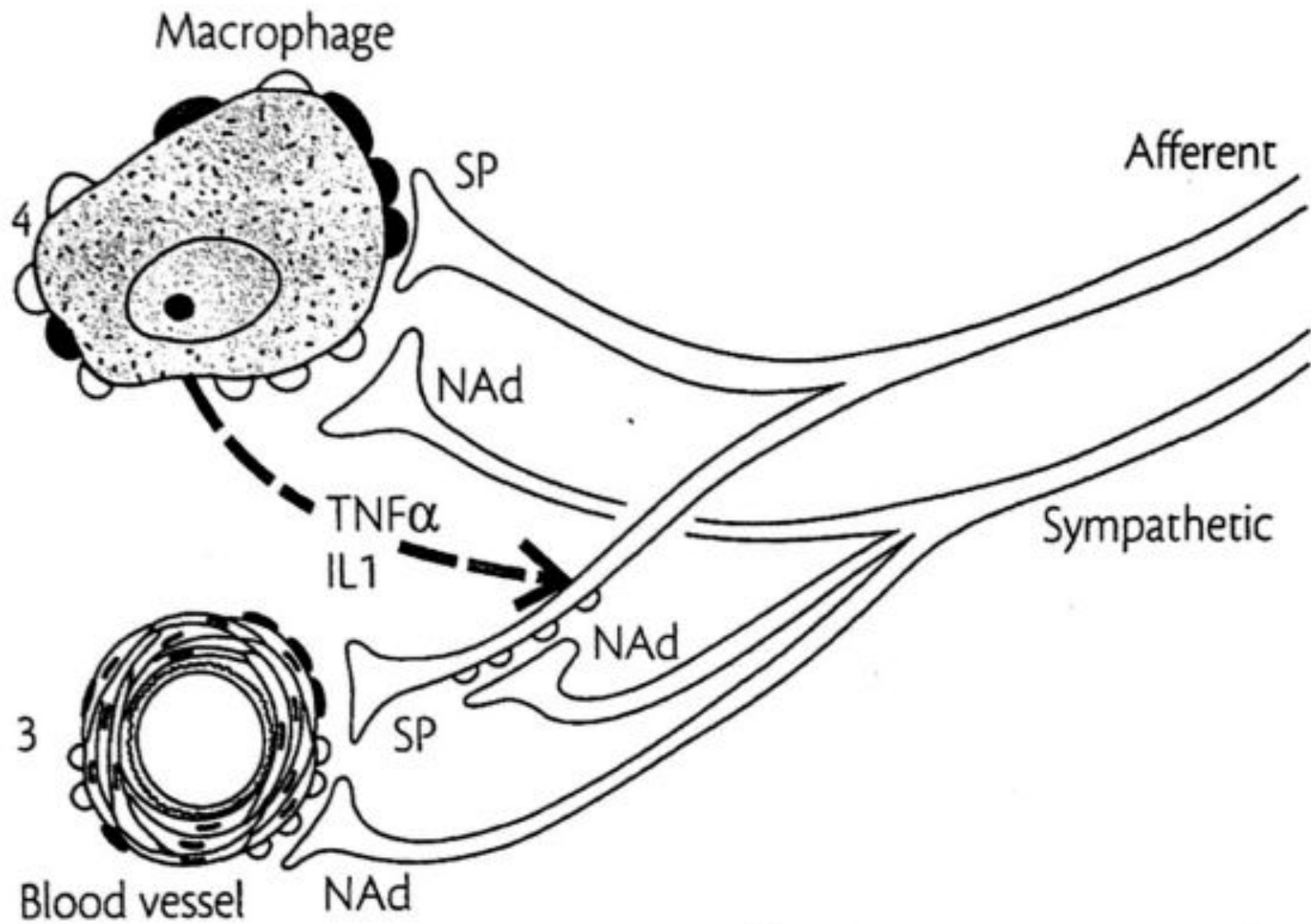


Parasympathetic Dominant



Neuroimmunology

- Physiologist I.M. Korr proposed that spinal “lesions” (analogous to the vertebral subluxation complex) are associated with exaggerated sympathetic activity.
- According to Korr, **“High sympathetic tone may alter organ and tissue responses to hormones, infectious agents, and blood components.”**
- Growing evidence suggests that immune function is regulated in part by the sympathetic nervous system. Sympathetic nerve endings densely innervate lymphoid tissue such as the spleen, lymph nodes and thymus, and lymphoid cells have beta 2 and adrenergic receptors.



Neuroimmunology

- Felten et al, reported that the neurotransmitter norepinephrine is present in postganglionic sympathetic fibers which **innervate lymphoid organs and act on the spleen.**
- Furthermore, there are available **receptors on cells in the white pulp and the localized neurotransmitter terminal** which directly contact T lymphocytes in the periarticular lymphatic sheath.
- Norepinephrine in lymphoid organs fulfills the criteria for neurotransmission, and **plays a significant role in the modulation of immune responses.**

"Cross-Talk" between the Nervous System and Immune System

- Considerable evidence has mounted to support **active communication between the nervous system and the immune system** which is often referred to as "Cross-Talk"
- The nervous system, including the brain and the peripheral divisions **can either stimulate or inhibit various activities of both the innate and adaptive immune systems.**
- Conversely, the immune system, through the release of cytokines, **can influence the activity of the nervous system.**
- The nervous and neuroendocrine systems, in principle, have the potential to serve a direct immune function

Chiropractic and Neuroimmunology

- Brennan et al, found that **when a thoracic “manipulation” was applied**, the response of polymorphonuclear neutrophils isolated from blood collected 15 minutes after the manipulation **was significantly higher** than blood collected 15 minutes before and 30 and 45 minutes after manipulation. A slight, but significant rise in substance P was also observed.
- Brennan PC, Triano JJ, McGregor M, et al: “Enhanced neutrophil respiratory burst as a biological marker for manipulation forces: duration of the effect and association with substance P and tumor necrosis factor.” JMPT 1992 15(2):83.

The Benefits of Breathing

- **Reduces mental and physical fatigue**
- Improves blood circulation and cell oxygenation
- **Stimulates the Parasympathetic Nervous System**
- Breathing acts as a pump to massage internal organs
- The action of your diaphragm helps push lymph throughout your body, which **helps eliminate toxic waste and strengthen your immune system**
- Toxic CO₂ waste is eliminated directly through your breath

Rewiring the Immune System

Step 1 - Raise Your Metabolism

- Deep Breathing
- Proper Sleep
- Ketogenic Diet Periodically
- Intermittent Fasting
- Exercise
- Cold Showers

Rewiring the Immune System

Step 2 – Unburden Your Immune System

- Avoid Processed Food
- Eat Immune-Enhancing Foods
- Supplement Accordingly
- Eliminate and/or Minimize Stressors

