

In The Name of Public Health - Part 1

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Specializing in Nutrition

More than anything, CV19 has revealed just how poorly educated medical officials in government are; their serious conflicts of interest and true inhuman agenda; and how utterly corrupt the MSM (mainstream media networks), internet giants, and many government leaders are. Almost everything being mandated defies logic and is contrary to promoting good health and maintaining a strong healthy immune system. And, it is making healthy people sick, homeless, poor, depressed, and suicidal. Their new rules and mandates are also destroying people's lives, businesses, and economies on a global scale, like never before, while those elected to govern acquiesce. Nothing is being questioned and responsibilities of governance have been transferred to 'medical' officials in the very industries that are profiting immensely from this whole 2020 fiasco!

Who are these people that were never elected? In addition to a few foreign implants dictating policies, a new 'official' seems to pop up every week on the radio or TV to reinforce the same talking points (agenda). Equally significant is the fact that most if not all have been on big pharma's payroll in one way or another. In essence, pharma, Gates, Fauci, the World Economic Forum, and their cohorts think they are now running the world! Well, lights on, masks off, and in comes people power! 2021 will be a year when humanity reveals its true power!

If government leaders are sincere about ending this alleged 'pandemic' and protecting people from CV19, or any other disease, they need to take back their duty of governance without conflicts of interest; and in the name of Public Health they need to:

Address the real causes of what is making some people sick. Ignoring this part of the science is very deceptive and doomed for failure because it is unsustainable. For example:

- After being vaccinated with the flu shot, people can shed GM flu viruses from the vaccine, for up to several weeks. This in turn, can spread a more virulent (GM) strain of the flu that can make others very sick.
- Once vaccinated, some people's immune system become compromised, especially the weak and elderly with co-morbidities. Then, exposure to other pathogens or the wild flu strain, becomes more deadly.
- Vaccines contain toxic ingredients, including parts of animal organs, aborted fetal cells, Al, Hg, and even glyphosate, which cause neurological damage and weaken or disrupt the body's immune system. READ the vaccine 'inserts' and warnings!
- Deficiencies of minerals, vitamins, and other nutrients, including quality protein, essential fatty acids (EFAs) in balance, and sunshine can also significantly weaken or disrupt the body's immune system.
- Exposure to agriculture chemicals, including glyphosate, pollution, toxic metals, EMFs (e.g., 5G towers) and other harmful frequencies can produce the SAME symptoms as CV19.

Stop censoring health/medical professionals, whistle blowers, independent media, and others (without conflicts of interest) who are asking important questions; reporting on successful medical treatments besides vaccines; exposing the lies being told; and differ from the planned mantra. Economies, businesses, and people's lives are being destroyed because of false modelling, misleading statistics, MSM fear mongering, and a serious lack of due diligence by governments.

Stop funding and close ALL bioweapon labs that are producing these dangerous GM viruses through Gain of Function (GOF), and **ban all biowarfare experiments**, including the

weaponization of viruses and bacteria using dangerous genetically engineered (GE) and synthetic biology practices!

Stop using PCR tests, which are unreliable and yet another profitable racket. These tests do not diagnose active or infectious cases of CV19, or any disease. Conflating false ‘test positives’ with actual ‘cases’ of infections, as the media is doing, is dangerously misleading and fear mongering. Even the Nobel laureate inventor of the PCR test warned that these tests are not designed to diagnose a disease and should not be used as such. Anyone with the common cold CV or exposed to pollution such as glyphosate will test positive. **Biofuels**, which are often used on planes, cruise liners, many cities, etc., **are contaminated with glyphosate**, and thus, showing up as positive. Hypoxia symptoms from this kind of toxicity are identical to CV. Even Kiwi and papaya fruit show up as positive! Plus, advancing the tests more than 30 cycles of amplification to achieve a (false) positive reading is unrealistic, inaccurate, and very misleading. Having a fragment of something highly magnified millions of times, which many people have, does not mean that person has a disease or is infectious.

Promote and support good nutrition and knowledge (real science) about how to strengthen the body’s immune system naturally, which is relayed by this author in previous articles. Any well educated health professional knows that a healthy body’s natural immune system is powerful and resilient and provides the best defense against illness or disease. And, the best way to heal a sick person is to **address the ‘cause’ and work WITH Nature**, not against it. Mother Nature has evolved over millions of years to perfect the Laws of Nature. Problems occur only when humans abuse or violate the **Laws of Nature**. For anyone to think they know more or can do better than Mother Nature, reveals the height of ignorance!

Continue to promote better hygiene by covering one’s mouth when sneezing or coughing and keeping hands clean by washing them with soap and water. This is the only sensible practice that has been relayed to a small degree. Promote natural hand sanitizers instead of the use of many commercial sanitizers that contain harmful cancer causing chemicals.

Clean up big Ag (e.g., factory farms) and promote **organic farming** and/or **permaculture**. According to Organic Consumers Association (OCA): “The primary reason why so many consumers are chronically ill and susceptible to a virus like SARS-CoV-2 is that Big Food and Big Ag in the U. S. (and across the world) basically produce—and in fact are subsidized by governments to produce—what can only be described as junk food commodities. These junk foods and beverages, which make-up 60 percent or more of the calories in the typical American diet, are highly processed, sugar and carb-laden, laced with pesticide, antibiotics, and chemical residues. In toxic combination with the typical American’s overconsumption of factory-farmed (processed) meat and animal products, U. S. [junk food diets](#) are a literal prescription for chronic disease and premature death.” Much of this factory farmed meat is also contaminated with glyphosate!

Clean up our environment, air, food, soil, and water supplies. Make polluters pay! And stop exposing our children to harmful chemicals! Pollution and contamination of our air, soil, food, and water supplies cause flu like symptoms and neurological damage that are often blamed on viruses. Harmful EMFs, contaminated vaccines, glyphosate and other cancer causing chemicals, fluoride, (a neurotoxin and endotoxin) in our water supplies, and other harmful chemicals ALL need to be BANNED!

Address why iatrogenesis is the second leading cause of death where ever drugs and vaccines are in use. Why no focus on this when it causes far more deaths than influenza!

Address why millions of cases of disability and chronic diseases are increasing exponentially, including the relationship between disability, chronic disease and vaccines and toxic chemical exposure.

NO MORE excuses! All the terrible birth defects, (e.g., thalidomide, agent orange/paraquat, DES, sex defects, etc.) from bad, incompetent, criminal Public Health policies or oversights, vaccines, and other pharmaceuticals, and toxic chemicals are **UNACCEPTABLE!**

Reverse NCCIA (National Childhood Vaccine Injury Act of 1986), which removed all liability, **and PREPA** (Public Readiness And, Preparedness Act of 2005) that affords drug makers immunity from all claims and provides \$3.8 billion for pandemic influenza preparedness in the case of a pandemic disease outbreak. This is obviously why, prior to CV19, the definition of a pandemic was changed to make it easier to implement PREPA.

Reinstate liability for vaccine manufacturers. Removal of ALL liability for harm was granted to the vaccine industry in 1986 with the NCVIA, which was based on fear instilled into members of Congress. If vaccines are so safe and effective, why the need to remove all liability? To date, over \$4.4 billion of tax payer's funds have been paid out in the USA, for vaccine injury. And, this only represents a small percent of the claims that are accepted by the NCVIA. When is enough, enough?

Clearly define what is a real pandemic. The true figures don't add up to a real pandemic. The modelling was wrong and the source of the statistics has serious conflicts of interest.

Stop pressuring doctors, nurses, and hospitals to list CV as the cause of death when they are dying of other co-morbidities. Old and sick people die all the time of all sorts of diseases and causes. Most of these deaths are being reported as CV deaths because of financial incentives. Hence, the statistics being reported are false/inaccurate and very misleading.

Stop the 24/7 blitz by MSM and medical officials that keep repeating the same mantra, instilling fear, and censoring anyone who questions the status quo. This is not only tyrannical and nauseating, but also, dangerous. **Stop BBC and ABC's radio 'fear' frequencies!**

Stop mandating the use of masks, which are clearly more harmful than helpful. Real science reveals that masks are breeding grounds for bacteria and deprive the brain of much needed oxygen. They are also contributing to increases of pneumonia and psychological harm to children. This is simple common sense for anyone with a clear thinking brain.

Defund and prosecute pharmaceutical/vaccine industries, CDC, and other government officials, including military personnel, and MSM executives that are fraudulently profiteering while promoting an industry of sickness, biowarfare, and death, (i.e., Racketeering). **Prosecute** Gates, Fauci, and their facilitators **for fraud and crimes against humanity.**

Stop diverting billions of our tax dollars for dangerous vaccine experiments by an industry that has been fined more than any other industry for harm and fraud. Four of the top pharma corporations are convicted felons! CV19 or any other flu is not caused from a vaccine deficiency, nor are vaccines the panacea for anything. Real history has shown that they have done far more harm than good when the truth is known. Also, improved hygiene conditions are what reduced infectious disease outbreaks.

How many know that most of the deaths blamed on the 'Spanish flu' were actually not caused by the flu virus, but rather by contaminated, experimental vaccines injected into thousands of debilitated, wounded troops after they returned from WW1.

Did you know that during the 1940s and 50s, children were heavily sprayed with DDT in their neighborhoods, school playgrounds, parks, and public pools to prove it was safe? And, that this DDT exposure caused a massive outbreak of paralysis, which was blamed on the polio virus, to promote the polio vaccine. Not long ago, it was uncovered that the polio vaccines contained live monkey kidney cancer cells (SV40), which were injected into 100 million Americans, for 8 years (1955-1963) before it was uncovered. Many of these people have since died of cancer. Yet, no one was held accountable or liable. Today, over 70% of the polio in India is from the polio vaccine (proved by DNA testing). In addition, there have been countless deaths and sterility throughout Asia and Africa from vaccines. Yet, no one is liable!

What about the thousands of people who were paralyzed with Guillain-Barre syndrome (GBS) after receiving the swine flu vaccine. Dengue fever, Zika virus, and hepatitis E virus vaccines have also been associated with episodes of GBS. Yet, no one is held accountable or liable!

Remember those terrible Zika birth defects that appeared in Brazil? What the MSM never reported was the massive amount of toxic chemical sprays and vaccines that those poor women were exposed to prior to that! Were those sterility experiments that went wrong?

And, the ‘Gulf War Syndrome’ that was caused from vaccines, not from the Gulf war, (toxic as it was), because it showed up in vaccinated soldiers who were never deployed! Not addressed either are the countless number of service men and women who have died or been permanently damaged (e.g., neurological/brain damage, paralysis, offspring with birth defects, sterility, etc.) from the **Anthrax vaccine**, which has still not been removed from their schedule. Why? Our military personnel and now our medical professionals are being used as guinea pigs for the pharma industry while they profit.

Yes, **none of our elected government officials seem to care**. They don’t even ask questions or check into vaccine ingredients or the serious side-effects they may cause when injected into the body. Children, unhealthy individuals, and the elderly are particularly vulnerable. Only pharma profits seem to matter, while those who have been injured are being censored and ridiculed. And, medical officials have the audacity to continue to claim that the benefits to the whole of preventing influenza outweigh the ‘small’ risks to individuals who may die or are paralyzed for life! How many more will be damaged for life!

<https://principia-scientific.com/cdc-report-3150-people-paralyzed-after-covid-19-vaccine/>

We know that government’s so called medical experts (pharma agents) and MSM are totally ignoring the real science and the human body’s amazing immune system. And, that they are instilling fear, rushing to vaccinate, and bypassing all the normal safety procedures and precautionary principals that should be administered with any drug, vaccine, or medical procedure. Perhaps, it is because they know that the wild corona virus, like all viruses, mutates and will eventually be destroyed or made harmless by a healthy body’s immune systems. Hence, the rush to vaccinate the masses, so they can claim credit for the vaccine as the panacea, instead of the body’s natural immune system. In other words, there is a rush to hijack the body’s natural immune response to justify the billions of dollars involved, along with the massive profits and agenda behind this insanity. No doubt, this will have very costly, serious long-term consequences. What is being done is good Public Health, nor is it sustainable! In fact, these are crimes against humanity.
TRUTH WILL PREVAIL!

Clearly, each new wave, as is claimed, is because we are either dealing with biological warfare (GM viruses); and/or a deliberately weakened immune systems. Weakened immune systems can be caused from bad, unhealthy mandates, lack of sunlight and fresh air or human contact, vaccines, a junk food diet, pollution, toxic chemicals, stress, fear, lockdowns, mask wearing, EMFs and other

frequencies, to name a few. When a person experiences fear, anxiety, depression, despair, and is deprived of oxygen, sunshine, fresh air, and human contact, or is exposed to pollution (e.g., glyphosate, or other toxic chemicals, EMFs or other harmful frequencies like what BBC and ABC are playing on radio news reports, the body produces inflammation and a cytokine storm, which in turn challenges the body's immune system.

It is VERY significant that the symptoms for CV19, SARS CoV2 (e.g., paralysis, ARDS precipitated by cytokine storms, multi-organ failure, hypoxia, blood clots, etc.) are the SAME as exposure to various toxic chemicals or environmental pollutants, including EMFs from 5G! So, is this CV19 pandemic really causing these all these illnesses, disabilities, and deaths, OR is the CV19 pandemic a mask for the real cause and damage to the human body's immune system, which is a build up all the toxins we are being exposed to, be it in our environment or injected via vaccines! I believe it is the later!

It is **also significant** that after decades and billions of tax dollars that Fauci has had control over, in the name of Public Health, he has never allocated any of it to researching the real causes of why people are so sick and dying. Obviously, his vaccines business with Gates is VERY lucrative, AND, there is NO liability! Wow! **What a racket!**

Because of a deliberate attempt to censor healthier options and vital information that doesn't go along with the vaccine manta, basic knowledge is confusing or lacking. Thus, to help people learn more about viruses, how the human body functions, and its amazing immune system, next month, In **The Name of Public Health - Part 2**, I will provide a basic, brief description of the terms involved. **Knowledge empowers and negates fear!**

Meanwhile, have a look at these links:

<https://www.bitchute.com/channel/HealthImpactNews/>

Bitchute: Videos banned on YT

<https://medicalveritas.org/fda-rules-on-risk-of-pfizer-covid-vaccine/>

FDA Rules on Risk of Pfizer CV Vaccine

<https://www.vaccinationdecisions.net/>

Dr. Judy Wilyman, PhD

<https://principia-scientific.com/page/5/>

Principia Scientific International

<https://principia-scientific.com/page/2/>

Principia Scientific International

<https://childrenshealthdefense.org/>

<https://childrenshealthdefense.salsalabs.org/11-25-2020defender?wvpId=8dd79c12-2b73-49b0-923d-6be5c68edfbf>

<https://www.momsacrossamerica.com/>

<http://plaguethebook.com/plague-of-corruption/>

<https://vaxxter.com/>

<https://medicalveritas.org/articles-on-vaccines/>

<https://standforhealthfreedom.com/>

<http://avoiceforchoice.org/>

<https://thehighwire.com/>

<http://stateofthenation.co/?p=40864> 1:34:21 10 Dec 20

35,000 Soldiers Died from the Experimental Anthrax Vaccine | SOTN: Alternative News, Analysis & Commentary [Former Medic Whistleblower Exposes How the Military is Testing Experimental Vaccines on Soldiers Using them as "Lab Rats"](#)

<https://www.bitchute.com/video/k0e5h13AbRRa/> 12 Dec 20

Are We Being Told the Truth About COVID-19? | Prof. Sucharit Bhakdi - YouTube

https://childrenshealthdefense.org/defender/why-are-we-listening-to-bill-gates/?utm_source=salsa&eType=EmailBlastContent&eId=c699f754-beff-464d-b758-caf69413f711
Why Are We Listening to Bill Gates? 22:36 25 Nov 20

<https://www.globalresearch.ca/fauci-first-fraud-documentary-exposes-decades-old-lies-behind-man-cancelled-thanksgiving/5730282> 1:33:49 24 Nov 20

"Fauci's First Fraud": Documentary Exposes Decades-old Lies Behind the Man Who Cancelled Thanksgiving - Global Research Global Research - Centre for Research on Globalization / Those who don't remember history are doomed to repeat it!

<https://www.zerohedge.com/medical/pandemic-over-former-pfizer-chief-science-officer-says-second-wave-faked-false-positive>

"Pandemic is Over" - Former Pfizer Chief Science Officer Says "Second Wave" Faked On False-Positive COVID Tests | Zero Hedge 22 Nov 20

<http://www.drug-dissolution-testing.com/blog/files/should-vaccine-approved.pdf> 21 Nov 20

Qureshi, Should FDA, and other authorities, approve...November 21, 2020 Page 1 Should FDA, and other authorities, approve the SARS-CoV-2/COVID-19 vaccines?—A scientific perspective, Saeed A. Qureshi, Ph.D.

<https://peerj.com/articles/10112/>

Positive Association Between CV19 Deaths and Influenza Vaccination Rates in Elderly People Worldwide 1 Oct 20

Masks:

<https://blogs.mercola.com/sites/vitalvotes/archive/2020/11/24/negative-mask-study-finally-gets-published.aspx>

Negative Mask Study Finally Gets Published, Liberty Report, Dr. Ron Paul, MD

<https://accountingweekly.com/face-masks-pose-serious-risks-to-the-healthy-blaylock/> May 12, 2020

Face masks pose serious risks to the healthy—Dr. Russell Blaylock, MD

<https://standforhealthfreedom.com/action/act-now-mandatory-masks-endanger-your-health/>

Mandatory Masks Endanger Your Health

<http://tapnewswire.com/2020/10/effects-of-masking-on-our-brain-effects-of-silence-on-our-lives/?fbclid=IwAR0a8ASWennecUNHLf7in3MBO2gG1yWSKkT5HdETWr7Eiqiy7dTTQUOoD3Q>

Effects of 'masking' on our brain+Effects of Silence on our lives

[Tue 10:10 am +00:00, 6 Oct 2020](#) posted by Weaver

Dr. Margarite Griesz-Brisson MD, PhD is a Consultant Neurologist and Neurophysiologist with a PhD in Pharmacology, with special interest in neurotoxicology, environmental medicine, neuroregeneration and neuroplasticity.

<https://naturallyhealthynews.com/masking-the-truth/>

Arthur Firstenberg, MD on Facial Masks

<https://thehighwire.com/videos/exclusive-david-martin-challenges-fact-checkers/> 57:39 29 Mar 2018

EXCLUSIVE: DAVID MARTIN CHALLENGES FACT CHECKERS - The Highwire

<https://patents.justia.com/inventor/william-gates?page=3> **Bonanza!**

William Gates Inventions, Patents, and Patent Applications - Justia patents Search

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In the Name of Public Health - Part 2

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The [U.S. spends more than any other country on healthcare](#) yet has more chronic health issues than any other country. Half of all adults in the [U.S. have a chronic illness](#), and nearly half will eventually die of cancer. We are exposed to a cocktail of synthetic chemicals from birth: polluted air and water, and processed food laced with pesticides, to which we add pharmaceutical drugs, including vaccines, into the mix. (Over 54% of American children now suffer from chronic diseases.)

Pharmaceutical drugs and vaccines contain multiple synthetic chemicals that should NEVER be put into the body. They are part of the reason we have skyrocketing chronic health issues that have somehow become the new “normal” in our society. But this is not normal. And science is clear: Most, if not all, of these health issues, can be linked to pharmaceutical treatments and drugs. In fact, the health care system is now the leading cause of death in the U.S. (Excerpt: <https://learntherisk.org>)

The whole foundation of vaccines is that they produce antibodies for the disease in question; but it has long been known that this does not constitute proof of immunity. And, how much long-term harm are they doing to the body’s immune system? Is it worth the high cost (billions of tax \$) and health risks when there are natural, cost effective, proven methods that can build and maintain a strong immune system?

Science has long known that antibodies alone do NOT create real immunity. Some people with high levels of antibodies can be exposed to an illness and still get sick, while others without antibodies can be exposed and not get sick. Dr. Merrill Chase, nicknamed the Grandfather of Immunology for his pioneering work, did clear-cut research on this issue back in the 1950s. His results are clear; antibody levels do NOT determine immunity. Immunology textbooks were completely rewritten recently, after a University of Virginia study finally proving the link between the gut and the brain through the lymphatic system. (The Trigger, David Icke, sourced from <https://learntherisk.org>)

According to retired neurosurgeon Dr Russell Blaylock, MD: *In the original description of herd immunity, the protection to the population at large occurred **only** if people contracted the infections naturally. The reason for this is that naturally-acquired immunity lasts for a lifetime. The vaccine proponents quickly latched on to this concept and applied it to vaccine induced immunity. But, there was one major problem—vaccine-induced immunity lasted for only a relatively short period (if at all) and then this applies only to humoral (body fluids) immunity. This is why they began to suggest boosters for most vaccines, even the common childhood infections such as chickenpox, measles, mumps, and rubella. <https://blaylockreport.com/>*

We have to ask, WHY do government and medical officials promote and mandate costly policies that risk death and disability and break down the body’s immune system instead of promoting policies that strengthen it? Have they and their ‘duty of care’ been ‘bought’ by big pharma?

Below is a brief, basic description of some terms involved, with the help of Wikipedia and other sources.

Inflammation is one of the first responses of the immune system to infection. Symptoms are redness, swelling, heat, and pain which are caused by increased blood flow. Inflammation is produced by *eicosanoids* and *cytokines*, which are released by injured or infected cells. *Eicosanoids* include *prostaglandins* that produce **fever** and the dilation of blood vessels associated with inflammation, and *leukotrienes* that attract white blood cells (*leukocytes*). Common *cytokines* include *interleukins* that are responsible for

communication between white blood cells: *chemokines*, that promote chemotaxis; and *interferon* that have anti-viral effects, such as shutting down protein synthesis in the host cell. Growth factors and cytotoxic factors may also be released. These *cytokines* and other chemicals recruit immune cells to the site of infection and promote healing of any damaged tissue following the removal of pathogens.

Virus

A virus is an infective agent that typically consists of a nucleic acid molecule in a protein coat. It is only able to multiply within the living cells of a host. Earlier medical sense was that it is the result of disease, especially one capable of infecting others.

My understanding is that when the body has been infected or contaminated by a pollutant or invaded by bacteria, fungus, parasite, or virus, the body produces a *cytokine* storm to activate the body's immune response, so it can either destroy the contaminated/damaged cells, or help to eliminate the toxins. Recall, a fever is Nature's way to burn/destroy invading viruses or bacteria. Germs, such as viruses and bacteria are everywhere. Your health depends on how healthy and well nourished you are, how strong your immune system is, and how well it responds.

Remember, that natural vitamin A helps prevent viral penetration of the cells and that vitamin D (actually a hormone) from sunshine is one of Nature's strongest immune protectors. Natural Iodine and *hydrosol* silver also help overcome viral infections.

Immune System

The immune system consists of various organs and a network of biological processes in the body that detects pathogens and protects an organism against disease. It also provides resistance to infection and toxins. Damage to the immune system can cause autoimmune diseases, inflammatory diseases, and cancer. *Immunodeficiency* occurs when the immune system is poorly nourished and less active than normal, resulting in life-threatening infections. There are two major subsystems of the immune system: the ***innate and adaptive***.

The ***innate immune system*** provides an immediate preconfigured response to broad groups of situations and stimuli. Cells in the *innate* immune system use pattern recognition receptors to recognize structures that are produced by pathogens. Some *leukocytes* (white blood cells) act like independent single-celled organisms and are the second arm of the *innate* immune system.

Cytokines are peptides (chains of small proteins) secreted by other types of cells of the immune system for signaling/communication, similar to hormones. They include *chemokines*, *interferons*, *interleukins*, *lymphokines*, and *tumor necrosis factors*. They modulate the balance between humoral (body fluids) and cell based immune responses. They regulate the maturation, growth, and responsiveness of particular cell populations. They also enhance or inhibit the action of other *cytokines* in complex ways.

Leukocytes include ***phagocytes*** (*macrophages*, *neutrophils*, *dendritic cells*), which identify and eliminate pathogens, either by attacking larger pathogens through contact or by engulfing and then killing microorganisms.

Phagocytes include *neutrophils* and *macrophages* that patrol the body in pursuit of invading pathogens, but can be called to specific locations by *cytokines*. *Neutrophils* are the most abundant type of *phagocytes* which are normally found in the blood stream. They represent 50%-60% of total circulating *leukocytes*. During acute inflammation, *neutrophils* are the first cells to migrate towards the site of inflammation (infection) in a process called *chemotaxis*. *Macrophages* are versatile cells that reside within tissue and produce an array of chemicals including enzymes, complement proteins, and *cytokines*. They also act as scavengers that rid the body of worn-out cells and other debris and as *antigen-presenting* cells (APC) that activate the *adaptive* immune system.

Phagocytes also include *dendritic* cells in tissues that are in contact with the external environment. Thus, they are located mainly in the skin, nose, lungs, stomach, and intestines. *Dendritic* cells, with their spine-like projections, serve as a link between bodily tissues and the *innate* and *adaptive* immune systems. They present antigens to T cells, one of the key cell types of the *adaptive* immune system.

Other *leukocyte* cells involved in the innate response are **granulocytes** (*innate lymphoid* cells, *mast cells*, *eosinophils*, *basophils*, and *natural killer* (NK) cells) that have granules in their cytoplasm. *Innate lymphoid* cells (ILCs) are a group of *innate* immune cells that are derived from common lymphoid progenitor and belong to the lymphoid lineage. *Mast cells* reside in connective tissues and mucus membranes, and regulate the inflammatory response. They are most often associated with allergy and anaphylaxis. *Basophils* and *eosinophils* are related to *neutrophils*. They secrete chemical mediators that are involved in defending against parasites and play a role in allergic reactions, such as asthma.

The **adaptive immune system** provides a tailored response to each stimulus by learning to recognize molecules (by a signature antigen) it has previously encountered. Thus, if it returns, it can quickly be eliminated. The ability to mount these tailored responses is maintained in the body by ‘memory cells.’ These cells are special types of *leukocytes* called *lymphocytes*, *B* cells, and *T* cells that are derived from hematopoietic stem cells in the bone marrow. *B* cells are involved in the humoral immune response. *T* cells are involved in cell-mediated immune response. *Killer T cells*, *helper T cells*, and *regulatory T cells* each recognize different antigens in their different roles.

The double-positive *T cells* are exposed to a wide variety of self-antigens in the **thymus**, in which iodine is necessary for its thymus development and activity. Though different roles, each of these cells and their systems work in unison to protect the body and organs they live in.

In contrast, the *B cell* antigen-specific receptor is an antibody molecule on the *B cell* surface and recognizes native (unprocessed) antigens without any need for antigen processing. Each lineage of *B cell* expresses a different antibody. The complete set of *B cell* antigen receptors represent all the antibodies that the body can manufacture. When *B* or *T cells* encounter their related antigens they multiply and many ‘clones’ of the cells are produced that target the same antigen.

There are two types of subtypes of *T cells*: the *killer T cell* and the *helper T cell*. Plus, there are regulatory T cells, which modulate immune response. *Killer T cells* kill cells that are infected with viruses and other pathogens or are otherwise damaged or dysfunctional. Killer T cells travel throughout the body in search of cells where the MHC 1 receptors bear this antigen. When activated, it releases cytotoxins, such as perforin, which then, in a process causes the cell to undergo *apoptosis* (destruction).

Helper T cells regulate both the *innate* and *adaptive* immune responses and help determine which responses the body makes to a particular pathogen. The activation of resting *helper T cell* causes it to release *cytokines* that influence the activity of many cell types. *Cytokines* signals produced by *helper T cells* enhance the microbicidal function of *macrophages* and the activity of *killer T cells*. This activation also provides stimulatory signals to activate antibody producing *B cells*.

Components of the immune system

Dysfunction of the immune system can cause autoimmune diseases, inflammatory diseases, and cancer.

Autoimmunity results from a hyperactive immune system attacking normal tissues as if they were foreign organisms. Addressing the cause is vital.

Immunodeficiency is when the immune system is mal-nourished and less active than normal, resulting in recurring and life-threatening infections. To rectify, the causes must be addressed.

Additionally, numerous factors, including fear, depression, isolation, tyranny can all break down the body's immune system.

Vaccines supposedly work on the *innate* immune system. When injected directly into the blood stream, they by-passes the body's natural digestive protective systems. Various foreign ingredients such as animal organs, aborted fetal cells, and toxic metals (e.g., aluminum, thiomersal/mercury) injected into the blood stream can trigger the body's immune system to over react out of control (autoimmunity) where it attacks its own organs (e.g., diabetes mellitus type 1, Hashimoto's thyroiditis, Graves, rheumatoid arthritis, systematic lupus erythematosus, etc.). On the other hand, exposure to a pathogen naturally, calls into play all of the body's natural immune defenses without the risks involved with vaccines. Once the body has recovered from a contagious disease, it usually develops life-time immunity, whereas vaccines don't usually provide life-time immunity; and when exposure to the wild pathogen occurs, the disease is more severe or even deadly.

Organs of the immune system include the thymus, bone marrow, and lymph nodes. Acquired or adaptive immunity, such as from childhood diseases, creates an immunological memory, leading to an enhanced response to subsequent encounters with the same pathogen.

Surface Barriers include mechanical barriers and chemical barriers. Mechanical barriers include skin and systems to protect body openings, such as the lungs, intestines, and the genitourinary tract. Chemical barriers include the skin and respiratory track secretions of

antimicrobial peptides such as *B-defensins* and enzymes such as *lysozyme*, and *phospholipase A2* in saliva, tears, and breast milk that are also antibacterials. Vaginal secretions serve as chemical barrier following menarche, when they become slightly acidic. Semen contains *defensins* and zinc to kill pathogens. The stomach's gastric acid serves as a chemical defense against ingested pathogens. Within the genitourinary and gastrointestinal tracts, commensal flora serve as biological barriers by competing with pathogenic bacteria for food space; and in some cases, changing the conditions in their environment, such as pH or available iron.

Antibodies (Ab) and Immunoglobulin (Ig)

An antibody is blood protein produced in response to countering a specific antigen. Antibodies combine chemically with substances that the body recognizes as alien, such as pathogenic bacteria, viruses, and foreign substances in the blood. The Ig is a large, Y-shaped protein used by the immune system to identify and neutralize foreign objects such as pathogenic bacteria and viruses. Each antibody recognizes the molecule of the pathogen, called an antigen, then locks in with precision. Once tagged, other parts of the immune system (*B*, *T*, *NK cells*) can remove or kill it. Antibodies are the most important part of the *adaptive* immune system. They occur in two forms: attached to a *B cell*, or in soluble form also called *immunoglobulin* (Ig) in extracellular fluids such as blood plasma.

The human body's immune system is truly a spectacular masterpiece of Nature that needs to be well nourished. Surely, this is taught in medical schools and medical advisors and officials are aware of this knowledge! So, why such a rush to inoculate millions of people and bypass all the normal safety procedures and precautionary principals that should be done with any drug or vaccine? Perhaps, because pharma and their government agents with a controlled MSM (who get 50-70% of their revenue from drug advertising) know that this virus, like all viruses, will mutate and eventually die off. Hence, in order to claim credit for the vaccine as the panacea, instead of the natural die off of a virus, such a rush is necessary.

Undoubtedly, all the pros and cons of policies will be very revealing when history looks back at what has been done in the name of Public Health.

<https://principia-scientific.com/the-deception-of-virology-vaccines-why-cv-19-is-not-contagious/>

The Deception of Virology & Vaccines: Why CV-19 Is Not Contagious | Principia Scientific Intl.

VITAL INFO - READ Carefully

<https://principia-scientific.com/vaccine-regret-what-to-do-if-youve-already-had-a-covid-jab/>

Vaccine Regret? What to Do if You've Already had a COVID Jab | Principia Scientific Intl.

Many commonly reported side effects from the COVID-19 **gene therapy** "vaccines" appear to be caused by brain inflammation. (NOTE: Vit D from Sunshine is far more effective than vit. D supplements.)

<https://www.organicconsumers.org/blog/covid-19-panic-mongering-faulty-math-and-shoddy-science> Oct 21, 2020

CV19 Panic Mongering-Faulty Math & Shoddy Science - OPEN your eyes & ears & USE YOUR BRAIN

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WHO Finally Admits the Covid-19 PCR Test Has a Problem

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COVID Vaccine Safety Concerns • Children's Health Defense

<https://www.blogtalkradio.com/sharry-edwards/2021/01/24/dr-stephanie-seneff--covid-19-vaccines-potential-effects-on-human-dna>

Dr. Stephanie Seneff, PhD & Senior Research Scientists at MIT Discusses CV19 Vaccine's Potential Effects on Human DNA

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Dr Stephen Malthouse the science and facts behind COVID-19 on Vimeo

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Dec 27, 20 GOF Hall of Shame, Bill Gates' Virus Hunter / BAN Bioweapons!

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<https://www.vaccinationdecisions.net/> **Dr. Judy Wilyman, PhD**

<https://vaxxter.com/> **Dr. Sherri Tenpenny, DO**

<https://www.advancedmedicine.com/site> **Dr. Rashid Buttar**

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