

## The Things I Have Pondered

*By Liz Gibbons*

I have been researching viruses this past month. In 1990 I was given a tetanus booster shot despite my strong objections. Immediately I began to have strange health conditions. It first caused a flu-like illness and severe digestive issues followed by eye problems and then chronic fatigue. For two years I went from doctor to doctor for help. Finally I found a naturopath, who with some special testing equipment, determined that my condition was caused by a cytomegalie virus and several other viruses. He believed they came from the tetanus shot. He helped me some, but I have never felt that I recovered completely from the effects of that shot. I also just read research scientist, Dr. Judy Mikovits's, new book, *Plague of Corruption, Restoring Faith in the Promise of Science*, which was released on April 14. In it she reveals that mouse viruses present in vaccines are linked to Chronic Fatigue Syndrome. I don't know if this is related to my situation.

Now for what I have experienced being in isolation. I realized as the weeks went on that my body was missing the exercise it needed since my exercise classes were canceled. I saw how true the admonition is to avoid living a sedentary life. Our bodies needs to move. So now that the weather has warmed up I take at least a half hour walk every day.

Standing in line to enter Trader Joe's reminds me of elementary school where we had to stand in line and walk in twos to the music classroom, the auditorium, or outside to the playground. I had wonderful teachers, but I also was taught to follow authority and to be passive. I realize there is a big rebel inside me.

Microbes are everywhere. In most cases they are our allies in our health, not enemies. In the last few decades it has been found that there are more bacteria, viruses, and other organisms in our body than there are human cells. We take probiotics and eat yogurt and kefir inoculated with bacteria to develop and maintain a healthy gut biome. This is essential for a strong immune system. Contact with people and the earth helps maintain its diversity. Yet we are made to believe that we can't trust being with or near anyone. I miss interacting with my neighbors and getting hugs from my kids.

It seems folly to think that several layers of cloth around your mouth and nose are going to protect you. These little gremlins are tiny. You need an electron microscope to see some of them. Cloth is quite porous. Dr. Judy Mikovits claims that masks are immune suppressive and they drive infections into us. Where is the truth? What factors determine this virus's severity in any potential host? Dr. Bruce Lipton contends that fear shuts down the immune system and may be the greater hazard.

A vaccine is promised. Yet vaccines cannot be made for viruses as viruses continually mutate. And after my experience with the tetanus shot, I have never had another shot. When I consider all the adjuncts in vaccines plus aborted fetal cells and animal tissues, how can these substances be helpful injected into my blood stream?

There is no such thing as a disease-free or accident-free world.

For women, when you wear a mask you don't need to put on lipstick.

These are some of the things I have learned or pondered the past two months.