

Topic: Six Feet Apart

What is the Truth?

by Liz Gibbons

My husband, a lover of McDonald's burgers and sweets, would regularly experience a cold. Our conversation about a cold would go like this. He would begin to moan "I'm catching a cold." He would keep complaining for the next several hours. At first I was sympathetic, but sometimes I finally would say, "You aren't catching a cold. Your body is detoxing." He would reply, "Oh, Liz, where do you get those crazy ideas? I've **caught** a cold."

Our bodies are designed to keep us well. A cold or the flu is our body's mechanism to get rid of toxins. Back when Louis Pasteur proposed the germ theory Claude Bernard countered, "The terrain is everything. The germ is nothing." It is said that when Pasteur was dying, he said, "Bernard was right. The pathogen is nothing. The terrain is everything." In other words, a pathogen needs a hospitable host.

Dr. Robert Morse, a naturopath in Florida stated in his March newsletter, "The key thing to remember with any 'virus' is that it's all about terrain! Always remember that viruses and the like are nature's clean up crews, their job is to dean up dead/damaged tissue. When your body is clean and your lymph is moving, there is nothing for them to feed on and they will not survive. But if you are full of stagnant lymph and/or tons of mucus, the terrain looks great to them so they move in and get to work." Nature works to eliminate the weak. The strong always survive, and this is true on the cellular level as well.

The gold standard protocol to confirm if a microorganism is the cause of a disease is Koch's Postulate developed in 1884 by Robert Koch and Friedrich Loeffler. This has not been done with the covid-19 virus nor as far as I know with other recent virus scares. Even if we had a test to verify the presence of the covid-19 virus that does not confirm that it is the cause of the symptoms people are experiencing.

There are many factors besides a virus that may be causing this illness that is affecting the victim's respiratory system. Is 5G involved, as some suspect? 4G? Is it a combination of factors? Our bodies are daily assaulted from chem trails, glyphosate in our foods, fluoride in our water, and radiation from electronic devices. Taking advantage of senior hour at Trader Joe's last week, I noticed as I was exiting just before 9 a. m. that about half of the people waiting in line six feet apart to enter the store were using their cell phones. I reflected that perhaps their cell phone was a greater danger to them than if they had been standing crowded together and unmasked.

If certain so-called diseases are part of nature's effort to cleanse our body, then we need to focus on ridding our world of all the toxins that weaken us. Why is the focus on sanitizing our hands and shopping carts, wearing masks and practicing social distancing, and little focus is on taking care of our immune system? Sunlight and fresh air are also necessary for us. Yet we are told to stay isolated inside. I don't fault those who are promoting this as they believe they are doing so in the best interests of keeping us healthy, particularly for us seniors. Based on the knowledge we are given, they are. But I believe it is time to dig deeper to find the truth.