

The Causes of **Contagion and Illness**

For more on Contagion and Germs see Article [Germs Debunked](#)

Science and Contagion

Believing in something just because you "see" it isn't science. Observing that the earth is flat doesn't make it so. The scientific method tests things out using a control group which is observed but left unaltered. When the test is completed, the controls are compared to the test group.

We're used to looking at contagion in certain ways. We're told that it's obvious and it begins looking that way. But mere life observation on its own has its limits. It uses no science to it and no control group.

We're told, and by now may firmly believe that germs pass from person to person causing disease and sometimes creating mass illness. But the science and an organized, measured method and evidence does not exist that proves that bacterial contagion is the cause of disease.

Modern mass sicknesses, in the main, are the result of what may be called "contagious" habits of life and environment. Take, for example, the debilitating lifestyle, outlook and consumption patterns of the majority of the world population. These are particularly similar from person to person in any localized area.

Epidemics tend to be triggered specifically by these mass debilitating, environmental and prostrating influences. They appear as contagious and are attributed to germs or viruses. But many believers in natural health say it's no more than a contagion of habits and the like influences of environment that cause emergent illness.

Like Environment, Like Habits

Prolonged temperature or humidity extremes, great and general worry, fear, grief, and anxiety, as in war or in panic are among the factors that can set off disease processes. Today it's been found that disturbances in the electrical fields of the earth may signal pandemic events. We know our bodies have electrical fields that are disturbed by magnetism, electromagnetics, radiation and so on. In any case, the most enervated and health-compromised people appear to be among the first to get sick.

The first colds of early winter are not "caught" from someone else with a cold, but are developed by those who have been improperly living and eating. The added stress of cold temperature further checks elimination, adds to the general toxemia, and thus precipitates a crisis.

As for the timing of illnesses that occur all at one time, note that common habits are often engaged in at similar times. Note that the flu season takes place in the winter along with and just after holiday feasting and people cooped up, missing out on their exercise, breathing stale air and possibly unhealthy attitudes. Similar calendars, similar habits, similar illnesses.

In 1948, a polio epidemic was proven to have been triggered by excess consumption of sugar, and dramatically stopped when decreased sugar consumption was encouraged by mass media campaigns. (Source: *Don't Get Stuck!*) Of course, vested interests soon reversed the trend, convincing the public to go back to the old habits.

In another example, **all were convinced that an epidemic in China was caused by a germ or virus until it was found that the soil in that area was markedly low in selenium, which affects the severity of a number of diseases.**

We know the pattern so well. The more severe diseases develop in people who carry a greater amount of un- eliminated waste in their bodies, Overeating along with the foods most often indulged in result in putrescent poisoning, obviously more prevalent after holidays and feasts. The enervating (anxious or nervous) excitement and indiscriminate eating at these times produce the inevitable unwelcome results.

Disease Process Explained

The body functions as a unit and depends on the continuous cooperation and coordination of all its parts. If one function is disturbed, the health and integrity of the organism along with all its parts and functions being affected.

The body ejects its un- eliminated waste products by means of a crisis or acute disease, so that the toxins are expelled vicariously, or through channels not normally utilized, e.g., mucous membranes, skin, etc. Thus the disease is a process of detoxification and recovery, and is remedial and beneficial. Although it does expend great reserves of energy, it is a process of self-preservation.

Why is it that some who are exposed to people in the throes of the body crises that we call sickness subsequently contract illness as well, being "laid low" while others are not? Those who've maintained an internal state of cleanliness through correct habits of living do not experience or need a body initiated crisis (also known as the disease process). The process of illness need not and cannot develop unless the pre- conditions of toxicity exist.

As previously noted, different diseases are different symptom complexes arising out of reduced nerve energy and increased toxicity. Habits of living that waste nerve energy result in inhibition of secretion and excretion and consequent internal self-poisoning. The part of the organism that is laden with toxins is the first to react, exhibiting the signs of disease, but the effect is general in that all the organs and structures of the body suffer the impairing effects of the body burden.

Disease Variation

Why does the stockpile of un- eliminated waste, known as toxemia in Natural Health circles, cause typhoid in one individual and pneumonia in another? Some say the answer will have to be found in the laws of heredity, nutrition, and environment. For example, those tissues that are most compromised offer the least resistance to toxins and are the first to be affected.

The more virulent diseases result from the poisonous toxins in the host. Toxins resulting from protein putrefaction are more virulent than those from carbohydrate fermentation. Flesh foods produce more virulent toxins than plant proteins. There is also a difference in the virulence of poisons produced by different animal proteins, and in various vegetable proteins.

Some also believe that one disease, say tonsillitis, may be the result of the less virulent

plant toxins, while a worse illness such as diphtheria results from the more virulent animal toxins. In both these diseases, there is decomposition in the intestinal tract which may sometimes cause pneumonia or meningitis or typhoid or other illnesses symptoms.

Body Toleration, also called Accommodation

There is a limit to the vital resistance the body can muster against accumulated toxins and acute disease. When the organism is continually subjected to intoxicating substances such as tobacco, coffee, drugs, etc., the body accommodates, and the result is impaired function and chronic disease.

Accommodation to toxins in the body, also known as toleration, is, in most cases, helps maintain stasis in the short run, but in the long game it is detrimental to the overall health. For example, the body accommodates to excessive exposure to sunlight by a deep tan, which cuts off the damaging influence of the sun. Vitamin D needed by the organisms is produced in a much reduced quantity and the skin becomes coarse and leathery as a defensive accommodations. Normal secretions are reduced, and other departures from the ideal occur. So too, when we accommodate to the lack of sleep or the regular intake of items destructive to health, this serves to make us less aware of the long-term negative effects on the body and more likely to continue in the negative practices. The body, in reaction eventually gets "sick", as in undergoing the process of vital intensive toxin elimination.

Likewise when calluses form on the hands as a result of manual work, this adaption is necessary. It is the body's defense against a mechanical irritant it cannot escape or overcome. Such accommodations preserve life, but are departures from the ideal.

Accommodation to smoking, drugs or other poisons imposes upon the body higher levels of toxins. The inevitable effect is the multiplication of the toxicity level, with the body actually accumulating additional toxins of its own which it cannot normally excrete. The result is disease.

Epidemic diseases are the consequences of the existence of such conditions in the bodies of great numbers of people. In today's world, it is probably not possible to achieve the degree of health that could be attained after several generations of healthful living. Although the true ideal of pristine wellness may be unattainable. May we keep striving for improvement.

Try as we might, we may still have occasional crises of illness, but we can realize that sickness is not an enemy. Discomforts are our teachers, our own body signaling that we are doing something wrong. If we heed such signals in a timely manner, by resting and non-invasion instead of drugging or waiting for a full-fledged healing crisis, we will need only a mild and brief time of physiological cleansing. If we live our lives in this manner, we do not need to fear so-called "contagion" and "epidemics."

Natural Health begins in the mind—with understanding. What we consume is critical, but all other needs of life must also be met. For optimal wellness, it is necessary to get in touch with ourselves, to supply our needs wisely and be in harmony with your biological requirements.

The True Explanation Of Contagion

"An average healthy person, with an uncontaminated bloodstream, need not be concerned or apprehensive about being subjected to a 'contagious' disease ... However, this is not true with a person of low vitality and high accumulation of metabolic waste. Bacteria or germs of such a person may be stimulated into activity by the devitalized elements upon which they thrive. When transferred to the mucous membranes or tissues of another person equally toxemic they may begin work immediately and in the same manner as on the first-carrier.

"This is a true explanation of 'contagion' and one may say that the germ precipitates the disease or excites it in the person to whom the germs are transferred ... Germs ... could be recognized as contributing factors in all toxic crises in which the localized outside area is exposed to infection or contamination. Serums or drugs will help add to the general toxic load, and instability results in serious harm, even though they" (the serums or drugs) "may apparently modify or suppress a local or general pathological process." M. O. Garten (*Tomorrow's Health*)

The modification or suppression of normal body function by poisoning (with serums or drugs) is another factor in this picture. Sometimes, when people are too drugged and devitalized, they *cannot* have the healing crisis, even though elimination of a high accumulation of wastes is necessary. Because vaccinations may so reduce vitality as to make it impossible to conduct a simple eliminative crisis, vaccinated people are said to be "immune" against the particular disease they have lost the ability to conduct. In truth, the price of their inability to dispose of the toxins at an early stage, is their accumulation and the insidious development of worse, and more serious, degenerative diseases.

The contagion that actually is prevalent is the contagion of bad habits, producing the same vulnerable and susceptible condition in great numbers of people. Such people conceivably can, through intimate contact, trigger disease symptoms in each other.

For more on Contagion see [On- Site article-- Germs Debunked](#)

Summary Details and NOTES

Evidence Contrary to Germ Disease Causation

Contagion through Germs-- Debunked

To assume that disease is caused by contagion, as in person-to-person transmitting of illness simply on the idea that similar symptoms arise simultaneously in a community or around the world is not science. Though it seems logical, it is not scientific.

* The book *What Really Makes You Ill?* in over 700 referenced pages looks at the science around the fact that viruses have never been proven to *not be* a part of our own genetics (the human virome), have never been identified as the definitive cause of illness, and have never been proven to “infect” through contact. Referenced by <https://kellybroganmd.com>

Among others, the Bio-Chemical Society of Toronto conducted a number of very interesting experiments in which pure cultures of typhoid, diphtheria, pneumonia, tuberculosis, and meningitis germs were consumed by the millions in food and drink by a group of volunteers. The results: no ill effects whatsoever.". From "The Germ Theory Reexamined" by Bob Zuraw and Bob Lewanski (Vegetarian World, Volume 3, Number 11, September-November 1977)

Numerous experiments have tried to produce various diseases by the feeding of germs, without any disease being produced. Such experiments by the U.S. Navy, again without results. Dr. Claunch says:

"These experiments, conducted under test conditions and under government supervision, with such disappointing results, should have knocked the last prop from under the germ theory. They doubtless would have done so if our government doctors had seen fit to make them public property. But alas, they did not. It would have been a great service to the people, but not good business for the doctors and serum manufacturers." Dr. S. K. Claunch, in Exploding the Germ Theory, 2. *ibid.* P 25

Even in the primary published literature, there are researchers who question the standard belief that influenza is contagious based on the observation that symptoms arise simultaneously around the world at a rate that can't be explained by person to person transmission <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1292615/> Referenced by <https://kellybroganmd.com>

MD Kelly Brogan also offered the following reference:

“One of the most compelling studies to interrogate the assumptions around contagion and germ theory was conducted by the Public Health Service and the U.S. Navy under the supervision of Dr. Milton Rosenau in 1918 in healthy volunteers at multiple locations. His first volunteers received first one strain and then several strains of Pfeiffer’s bacillus by spray and swab into their noses and throats and then into their eyes. When that procedure failed to produce disease, others were inoculated with mixtures of other organisms isolated from the throats and noses of influenza patients. Next, some volunteers received injections of blood from influenza patients. Finally, 13 of the volunteers were taken into an influenza ward and

exposed to 10 influenza patients each. Each volunteer was to shake hands with each patient, to talk with him at close range, and to permit him to cough directly into his face. None of the volunteers in these experiments developed influenza. Rosenau was clearly puzzled, and he cautioned against drawing conclusions from negative results." His article on this subject in JAMA ends with a telling acknowledgment:

"We entered the outbreak with a notion that we knew the cause of the disease, and were quite sure we knew how it was transmitted from person to person. Perhaps, if we have learned anything, it is that we are not quite sure what we know about the disease."⁴ -- Dr. Milton Rosenau <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2862332/> Referenced by <https://kellybroganmd.com>

As far back as 1914, scientists knew germs weren't the cause of disease. Reports in the Journal of Infectious Diseases, 1914. Vol. 14, pages 1 to 32, describe experiments by E. C. Rosenow, M.D., of the Mayo Biological Laboratories in Rochester, Minnesota. It was demonstrated that streptococci (pus germs) could be made to assume all the characteristics of pneumococci (pneumonia germs) simply by feeding them on pneumonia virus and making other minor alterations in their environment. When the procedure was reversed, they quickly reverted to pus germs. In all cases, regardless of the type of germs, they quickly mutated into other types when their environment and food were changed.

How can one bacteria be blamed as the cause of illness when it isn't actually a specific, singled-out germ, but a bacteria that has many names and many an evolution?

* Notes on the cause of the epidemic mentioned in the beginning of this article * Selenium is an essential trace element obtained from the diet (i.e. fish, meat and cereals) which has been found to affect the severity of a number of viral diseases in animals and humans. For example selenium status in those with HIV has been shown to be an important factor in the progression of the virus to AIDs and death from the condition. China is known to have populations that have both the lowest and highest selenium status in the world, due to geographical differences in the soil which affects how much of the trace element gets into the food chain.

Margaret Rayman, Professor of Nutritional Medicine at the University of Surrey, said: "Given the history of viral infections associated with selenium deficiency, we wondered whether the appearance of COVID-19 in China could possibly be linked to the belt of selenium deficiency that runs from the north-east to the south-west of the country."

Kate Bennett, a medical statistician at the University of Surrey, said; "There is a significant link between selenium status and COVID-19 cure rate, however it is important not to overstate this finding; we have not been able to work with individual level data and have not been able to take account of other possible factors such as age and underlying disease."

Ramy Saad, a doctor at Royal Sussex County Hospital, Brighton, currently taking an MSc degree in Nutritional Medicine at the Department of Nutritional Sciences at Surrey, commented; "The correlation we have identified is compelling, particularly given previous research on selenium and infectious diseases. As such, a careful and thorough assessment of the role selenium may play in COVID-19 is certainly justified and may help to guide ongoing public-health decisions."

<https://www.sciencedaily.com/releases/2020/04/200429105907.htm>

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