



The Truth About

VIRUSES

***If the germ theory was correct
there wouldn't be a human alive today to tell the story!***

Germs, bacteria, fungus, pathogens and even 'viruses'
(which are not 'viruses' but protein based Exosomes within our RNA) are everywhere.

Life is made up of these things. Our bodies are made up of these things.
So called 'diseases' are purely symptoms of an underlying toxicity within the cells.
So called 'viruses' are manufactured within our own bodies
as a protection mechanism against over toxicity.

When we are overly toxic our body creates a natural detoxification process
CALLED a 'flu', a 'cold' or 'pneumonia' to rid the body of these deadly toxins.

'VIRUSES' ARE NOT CONTAGIOUS in any way or form.

The only way you can 'catch a virus' is to be injected with one via a vaccine.

What is a Virus?

By *Makia Freeman*

Go deep down the virus rabbit hole and question everything. The coronavirus fake pandemic is a giant scam, and it's bigger than you think. Watch out! The killer virus is coming! Well ... maybe not. Behind any pandemic, there are always a long set of assumptions that underpin the medical reports and subsequent political and legal decisions. These assumptions are barely recognizable since they are routinely reported as facts.

However, to truly justify everything that's happening all over the world right now – social distancing, surveillance, censorship, lockdowns, quarantine, **medical martial law**, economic crashes, *new digital currencies*, *governmental emergency powers* – with mandatory vaccinations and human microchipping slated to come – those in charge at the Department of Propaganda have to convince you that those assumptions are facts.

So, we're going to take a journey down the rabbit hole to ask some fundamental questions not only about the coronavirus but also the mysterious entity of the **virus** itself. What is a virus? Can a virus cross from animal to human? Can it cross from human to human?

Did you know the CDC admitted that their beloved PCR test is essentially useless, as it doesn't tell you whether a virus is causing disease? Is it 100% proven that viruses cause disease in humans anyway? How do the competing theories of **germ theory** and **host theory / terrain theory** play into this? So, buckle up, open your mind and get prepared for a ride.

What Is a Virus?

Mainstream Western Medicine (allopathy) developed due to the influence of the *Rockefellers who created it to help sell their petroleum drugs* which became the basis for today's Big Pharma medicines. The Rockefellers and other NWO (New World Order) central banking

bloodline families overtook the schools and curricula for Medicine, and shut down competition like homeopathy, via the [Flexner Report](#). They made sure that allopathy would be purely focused on pharmaceuticals and blocked proper nutritional knowledge from doctors. This is the same mainstream medical system that sets the definitions for things like viruses, so let's begin with a healthy dose of skepticism.

This is also the same Rockefeller family that funded the UN (and donated land for its HQ in New York), whose [Rockefeller Foundation has co-opted education](#) and whose [Rockefeller Foundation released a 2010 paper](#) analyzing how governments could/should react to a pandemic scenario. According to this mainstream scientific mindset, viruses are entities composed of DNA or RNA fragments (genetic material) and encased in a protein cover and/or lipid (fat) envelope.

They are not technically alive, requiring a cell host to replicate. They are tiny – far tinier than a bacterium – and unlike a bacterium they are not a cell, so they don't have a respiratory, circulatory or nervous system. The virus is said to be right on the border of the living and the non-living.

However, there is an important alternative view of the virus. The late primal diet/raw meat advocate Aajonus Vonderplanitz (who died in 2013) gave [this fascinating interview](#) during the swine flu hoax of 2009, when everyone was freaking out (not as much as with the coronavirus, but in a similar vein to the hyped [ebola](#) and [zika](#) outbreaks). He claimed the following: Viruses are created by the body to clean itself when friendly bacteria can no longer break down all the waste;

- all viruses are good viruses, being necessary cellular responses;
- viruses are like a solvent or soap, made by cells to help dissolve and eliminate toxins (a solvent is something that will make the solute [the thing to be dissolved] turn into a solution [liquid]);
- viruses are specific to the cell that created them;
- viruses cannot cross species;

- viruses don't exist outside of bodies; and
- that only way that a virus can cross species is if it's made in a factory and injected, i.e. extracted, kept in a lab, genetically altered and modified, weaponized, then made into vaccines and bioweapons.

Dormant viruses and latent viruses can exist in our bodies all the time without causing disease. The mere presence of a virus in an organism doesn't tell you anything about the health of that organism. It is quite possible that due to all the toxicity in our world (junk food, GMO crops, chlorinated and fluoridated water, poisoned skies), our body has to make a solvent to help us get rid of the toxins.

Interestingly, the main points in the interview with Aajonus are also explained in this recent video by [Australian Tom Barnett](#).

What if the body is producing viruses in response to toxicity?

What if their apparent spreading and replication is due to the body making many of them to clean up a mess?

Are Viruses Misunderstood?

French scientist Antoine Bechamp (more on him below) did experiments that led him to discover tiny particles which he called **microzymas** and which others have called or protids, **somatids exosomes**.

These tiny particles are **pleomorphic** (taking on many shapes) and may well go through a life cycle where they begin as 'buds' (which is what the word 'germ' means etymologically) or offshoots, and later develop into viruses or bacteria.

The fact that microbes can be pleomorphic is a very important concept to understand. This idea is also relevant when it comes to [understanding what cancer is and how to heal it naturally](#). In an earlier article [Inner Terrain vs. Outer Terrain: Which Do You Emphasize for](#)

Good Health?, I explained:

“Bechamp theorized that germs were actually the chemical byproducts, dead tissue and degenerative aspects of a body’s unbalanced state. He stated living entities called microzymas (tiny enzymes) created bacteria in response to host and environmental factors.

“Claiming discovery that the “molecular granulations” in biological fluids were actually the elementary units of life, Béchamp named them microzymas—that is, “tiny enzymes”—and credited them with producing enzymes and were the builders of cells while “evolving” amid favorable conditions into bacteria.

Denying that bacteria could invade a healthy animal and cause disease, Béchamp claimed instead that unfavorable host and environmental conditions destabilize the host’s native microzymas, whereupon they decompose host tissue by producing pathogenic bacteria.””

James Hildreth MD from Johns Hopkins University *declared*:*“The virus is fully an exosome in every sense of the word.”*

In his article *Dismantling The Viral Theory*, Dr. Robert O. Young writes:

“ALL Viruses from HIV, EBV, CMV, Hepatitis C, West Nile Virus, Ebola, Measles, Zika, and Now the Coronavirus, are ALL Phantom Viruses – Viral Existence Has NEVER Been Scientifically Demonstrated and Never Proven! ...

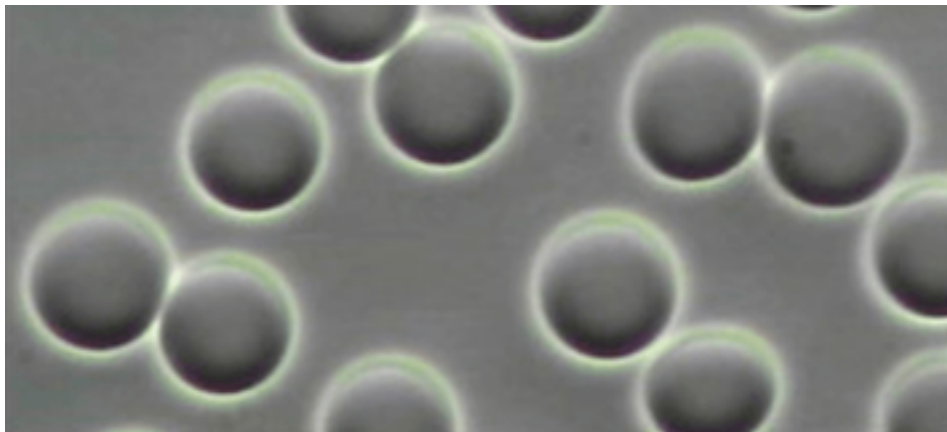
Thus, the polio and measles vaccines do not contain viruses, but particles of dead monkey kidney tissue or human cancerous body cells.

To date, no negative control experiments have been done with respect to the so-called polio and measles viruses either, which would have shown that it was the laboratory procedures that lead to the cytopathic effects on the cells ... the only objective conclusion ... they were observing and analyzing the cellular particles or

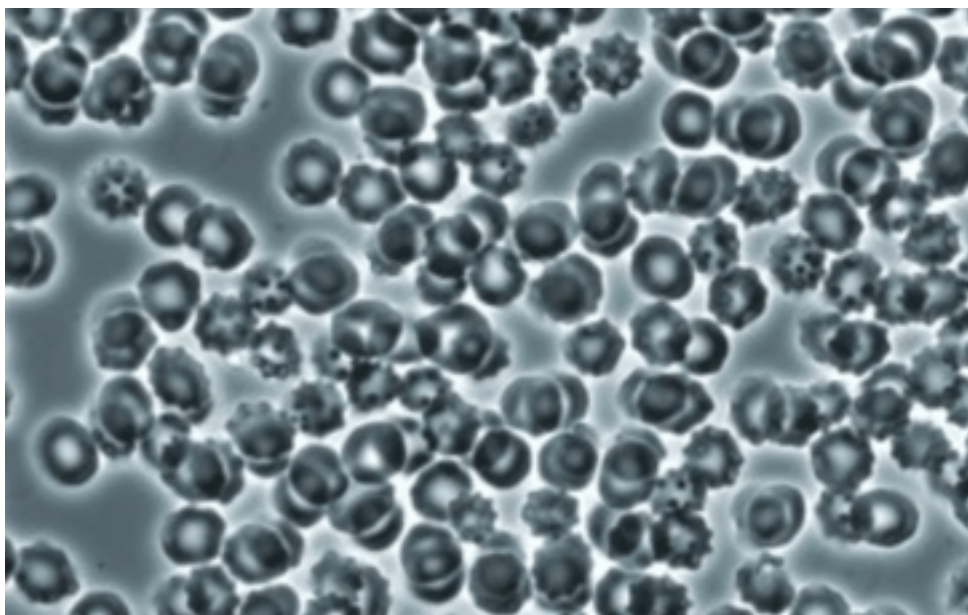
fragments and the activity thereof in the test tube, misinterpreting these as particles and characteristics of the alleged polio and/or measles viruses.”

Young also **writes** about the ‘coronavirus’:

“The following micrographs, using pHase contrast microscopy that I observe in healthy red blood cells that are oxygen-rich and the second micrograph is of unhealthy red blood cells that are oxygen-deprived indicated by the white target or missing red blood cell hemoglobin. You can also see the degeneration of the cell membranes with spiking or knobs indicating the ‘corona effect’, a symptom caused by an acidic lifestyle and radiation poisoning.”



Oxygenated red blood cells.



The corona effect: red blood cells not oxygenated.



Piezoelectrical Repair Crews

This **video** which highlights aspects of the **fake coronavirus pandemic** also talks of viruses as entities created by the body that do not do any harm and are designed to carry waste.

The video creator refers to viruses as a “piezoelectrical repair crew”, with a polysaccharide coating on their heads, who can travel to a damaged cell and facilitate glycolysis (the conversion of sugar into energy). In other words, they go to a cell needing a repair and give it energy (sugar) and electricity (a kind of jump start).

According to this viewpoint, blaming a virus for damage is like blaming an innocent helper at the scene of the crime; just because someone saw a crime and came to help does not mean they caused the crime. The situation is similar to the **demonization of cholesterol which I have discussed elsewhere**; it turns out that cholesterol is an essential nutrient and at the scene of bodily damage to repair it, not because it caused it. By the way, around 8 years ago **Berkeley scientists turned harmless viruses into piezoelectric generators**.

The Flawed PCR Test; You Might Have the Virus, But So What? That Doesn't Mean You're Sick

Even if you strongly believe in germ theory (more on this below), there are some serious problems with the generally accepted method of testing for a virus. It's called the PCR (Polymerase Chain Reaction) test.

The **PCR test** amplifies a specific region of a DNA strand (the DNA target). It is qualitative not quantitative; in other words, it can tell you if a virus is present or not, but it can't tell you in what quantities, and it can't make any accurate assessment about whether the presence of that virus or not is enough to cause disease.

As I pointed out in my article [6 Solid, Scientific Reasons to Assuage Your Coronavirus Panic](#), the [CDC \(US Center for Disease Control\)](#) itself admits that a positive coronavirus COVID-19 test (using the PCR method) doesn't mean the virus is causing the disease/symptoms you may have! These are the actual words of the CDC:

“Positive [test] results are indicative of active infection with 2019-nCoV but do not rule out bacterial infection or co-infection with other viruses. The agent detected may not be the definite cause of disease.”

Is it 100% Proven That Viruses Cause Disease in Humans?

Amazingly, no – it is not. Germ theory is just that: a theory. For those wanting a more technical explanation of this alternative understanding of viruses, check out [Dr. Thomas Cowan](#), Dr. Andrew Kaufman and especially Dr. Stefan Lanka.

Kaufman has given some recent interviews with [Crrrow777](#) and [Richie from Boston](#) where he elaborates upon the idea that viruses have never been proven to cause disease. Both Cowan and Kaufman discuss the tests that were done after the 1918 Spanish Flu (an outbreak which it turns out was [caused by EMFs/electrification and/or vaccines](#)) where they had sick people breathe into healthy people's mouths.

The healthy people didn't get sick. Likewise, they had sick horses sneeze and cough mucus, fluids, droplets, etc. into a bag, put food in that bag, then gave that food to healthy horses. They were unable to make the healthy horses sick.

Dr. Stefan Lanka is the king in this area. He is a German biologist and virologist who came to understand we have been lied to on a grand scale regarding the nature of the virus. He offered a reward of €100,000 for anyone who could scientifically prove that measles was a virus. That case that went all the way to the German Supreme Court where he won. Paul

Fassa reports:

“At first it appeared he had lost. But Dr. Lanka took his loss to a higher court with more experts and the backing of two independent laboratories. He wound up not having to pay. It turned out that the “proof” provided was a composite of several different electron microscope images. And the composite involved different components of damaged cells.

The composite could not be duplicated. The German Federal Supreme Court confirmed that there was not enough evidence to prove the existence of the measles virus.”

Dave Mihalovic reports in the article: *Biologist Proves Measles Isn't A Virus, Wins Supreme Court Case Against Doctor*:

“In a recent ruling, judges at the German Federal Supreme Court (BGH) confirmed that the measles virus does not exist. Furthermore, there is not a single scientific study in the world which could prove the existence of the virus in any scientific literature. This raises the question of what was actually injected into millions over the past few decades. Not a single scientist, immunologist, infectious disease specialist or medical doctor has ever been able to establish a scientific foundation, not only for the vaccination of measles but any vaccination for infants, pregnant women, the elderly and even many adult subgroups.”

Lanka has spoken out against similar viral epidemics or pandemics, such as the H5N1 bird flu scare (which was being hyped in 2005). Finally, there are even other prominent virologists like professor Peter Duesberg who have stated with solid evidence that **HIV does not cause AIDS**. Here are some more **quotes** from Lanka (who speaks German, so translated into English):

“What viruses are there at all, then, and what are they doing?

Structures which you can characterize as viruses there are in many species of

bacteria and in simple life forms, similar to the bacteria. They are elements of together-living of different cells in a common cell type which have remained independent. This is called a symbiosis, an endosymbiosis, which has arisen in the course of the process of different cell types' and structures' combining, an endosymbiosis which has brought forth the present cell type, that type of cells of which humans, animals and plants consist ... Very important:

Viruses are component parts of very simple organisms, for instance of the confervacea type of algae, a particular species of a one-celled chlorella alga and of very many bacteria. As existing there, these viral component parts are called phages. In complex organisms however, in particular in humans, or in animals or plants, such structures which you might call viruses have never been seen.

In contrast to the bacteria in our cells, the mitochondria, or the bacteria in every plant, the chloroplasts, which cannot leave the common cell, since they are dependent on the metabolism of the common cell, viruses can leave the cell, since they are not carrying out any survival-vital tasks within the cell.

Viruses, thus, are component parts of the cell which have turned their entire metabolism over to the common cell and therefore can leave the cell. Outside the common cell, they are helping other cells, in that they are transferring construction and energy substances. Any other function of theirs has never been observed.

Those actual viruses which have been scientifically demonstrated to exist are performing, in the very complex processes of interactions of different cells, a helping, a supporting and in no case a destructive function.

Also in the case of diseases, actually neither in the diseased organism nor in a bodily fluid has any structure which you could characterize as a virus ever been seen or isolated. The proposition that there is any sick-making virus whatsoever is a transparent swindle, a fatal lie with dramatic consequences."

Dr. Lanka also drops this bombshell:

*“Why then are **disease-causing viruses still being maintained to exist?***

The school medicine protagonists/practitioners need the paralysing, stupid-making and destructive fear of disease causing phantom viruses as a central basis for their existence: Firstly, in order to harm many people with vaccinations, in order to build up for themselves a clientele of chronically ill and ailing objects who will put up with anything being done to them.

Secondly, in order not to have to admit that they are failing totally in their treatment of chronic illnesses and have killed and are killing more people than all wars so far have made possible. Every school medicine practitioner is conscious of this, but only very few dare to speak about it. Therefore it’s no wonder either that among professional groups, it is that of the school medicine practitioners that has the highest suicide rate, far surpassing other professional groups.

Thirdly, the school medicine practitioners need the paralysing and stupid-making fear of diabolical viruses, in order to conceal their historical origin as an oppression and killing instrument of the Vatican’s when it was struggling to rise in the world, having developed out of the usurping West Roman army.”

To understand all this, we have to revisit germ theory and terrain theory.

Germ Theory vs. Terrain Theory

In the aforementioned article *Inner Terrain vs. Outer Terrain: Which Do You Emphasize for Good Health?*, there have been 2 competing theories which have influenced thought in many fields (medicine, biology and many more): **germ theory** and **terrain theory/host theory**. This started in the 1800s in France when Louis Pasteur championed the germ theory (the world is full of pathogenic germs, microbes, bacteria, etc. which can infect you if you are unlucky enough) and Antoine Bechamp and Claude Bernard championed the terrain theory (microbes can change from one type to another according to the blood or tissue where they reside). The quote attributed to 1 or more of these 3 men is *“the germ is nothing,*

the inner terrain is everything.”

Pasteur (the same man after which pasteurization is named) won out and germ theory became the more dominant philosophy of the two. This has had the unfortunate effect of making people more scared of their environment and more susceptible to propaganda by Big Pharma (we're here to protect you; just take your drugs and vaccines and everything will be OK). It has also led people to take less responsibility for their inner terrain, via poor dietary and lifestyle choices, meaning a weakened host and lowered immune system – thus becoming more susceptible to disease.

But what if we had it wrong? What if it is far more important to emphasize your own strength, health and terrain than to worry about possible germs floating around everywhere that could kill you? What if this whole coronavirus crisis is making everyone OCD, scared of every surface, scared of basic and natural human contact, forgetful of their internal strength and forgetful of the power of their gut microbiome and immune system?

Can a Virus Cross from Animal to Human, or Human to Human?

According to the people quoted above, the answer is no. A virus is made specifically by your body for the purpose of healing via excretion and clean-up of toxins. According to this new way of understanding, a virus is made specifically for a cell, group of cells or organ, so viruses don't even cross organs, let alone from one human body to another.

Where is a Real Picture of the Virus Causing COVID-19?

In a world where everything – literally everything – is photographed and video-recorded, why are there no actual pictures of the virus, the actual coronavirus supposedly causing all this

mayhem? It shouldn't be that hard to get an **electron microscope** and take a picture. Why are we only given CGIs (computer generated images)?



The Importance of Iodine and Oxygen

Amidst the Coronavirus Crisis

On another note, given all the panic and fear surrounding COVID-19, it is important to revisit some health fundamentals right now – specifically iodine and oxygen. Iodine is a very important mineral, the only halogen that the body needs. However, if you don't have enough, the body grabs chemically similar elements (the other halogens: fluorine, chlorine and bromine), all of which are toxic. If you have too much of these, you will get sick. Have you noticed how some nations are spraying chloride bleach on everything in reaction to the supposed killer virus, thus exposing you to more chloride? Also, the 6 GHz frequency (used in many wireless phones, routers and other devices) affects your iodine absorption.



One symptom of iodine deficiency is respiratory distress (also a symptom of COVID-19). Iodine deficiency is also implicated in cancer.

5G is undeniably connected to the coronavirus, but we still don't exactly understand how. 5G was first rolled out in Wuhan, China, the epicenter of the outbreak. However, not everyone around 5G is getting sick. One possible cause is the new frequency band it will be using (60 GHz or **WiGig** which is the new name for 60GHz Wi-Fi). Just as the 6 GHz frequency affects iodine absorption, the 60 GHz frequency affects oxygen absorption.

In fact, the 60 GHz frequency attenuates or weakens the oxygen molecule. This can lead to O₂ molecules not binding so easily to hemoglobin – meaning you don't take in as much oxygen. This leads to under-oxygenation or **hypoxia**, the forerunner to disease. Again, just as with iodine, a symptom of oxygen deficiency is respiratory distress (also a symptom of COVID-19).



Hmm ... it's almost as if this virus is providing the perfect excuse and acting as a scapegoat for the toxic chemicals and EMF which are damaging us long-term all the time ...

If Viruses Can't Cross Species, Bodies or Be 'Caught',

Then What Happens When One Person Appears to

'Catch' the Flu from Someone Else?

This is the key question. If viruses really are completely different than what almost all of us have been taught to believe, how can we explain apparent viral contagions or viral infections? Are they real? Well, certainly many people have experienced getting sick right after being around other people who were sick. The real issue is how?

One possible answer is that the terrain of the recipient was lowered at the point of infection, whether because they were worried or anxious they would get sick (fear lowers the immune system), had the thought they would get sick (and unconsciously gave that thought power) or developed some kind of emotional entrainment or frequency match with the sick person. It's all about creating a frequency lock. In life, we all have strong and weak moments; in those weaker moments we become more susceptible to disease. The great genius Nikola Tesla said that

“The day that science begins to study non-physical phenomena, it will make more progress in one decade than in all the previous centuries of its existence.” He also said that ***“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”***

Possible ways we may get sick include exposure to toxins, mental causes, emotional causes, renewal/detoxification or via shock. Dr. Ryke Geerd Hamer (founder of German New Medicine) established that “every disease is caused by a conflict shock that catches an individual completely off guard” and made it his first biological law. Is catching disease not about “evil germs out to infect us” but rather about our mental and emotional state, our immune system, our microbiome and our susceptibility?

Conclusion:

***Use This Crisis as an Opportunity
to Look at Viruses in a Different Way***

It would be wise amidst all the fear over the coronavirus COVID-19 if we were to all remember that germ theory is just that – a theory – and that we have the power to take charge of our own health. We can strengthen our immune system with healthy food choices, enough sunshine (vitamin D), sufficient exercise and adequate sleep. We can choose to reduce or eliminate exposure to toxins like fluoride, chlorine, aluminum, mercury and EMF wireless radiation. We can supplement with things that boost our immunity – like vitamin C, antioxidants, iodine and oxygen – and natural anti-viral medicine like olive leaf extract, medicinal mushrooms and oregano oil.

It is a maxim of life that knowledge decreases fear. What if the real conspiracy here is the exploitation of the mass ignorance regarding the true nature of the virus? What if there is no such thing as a killer virus?

What if the real virus here is **fear** itself – fear of the virus, fear of the unknown and fear of death? It hardly bears stating that the NWO controllers are master manipulators who intimately understand how to exploit human psychology.

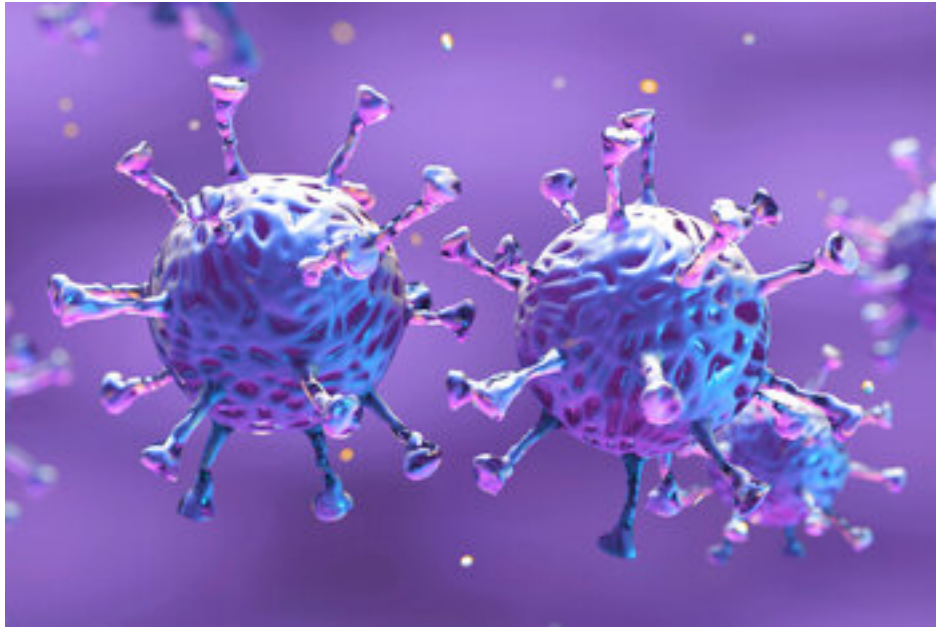
Now is the time for people to dive in and question everything they thought they knew. It is an opportunity to gain new levels of comprehension, understanding and knowledge – so that we may remain free. After all, we cannot be free if we continue to remain ignorant, else our ignorance will continue to be exploited.

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