THE CONTAGION MYTH

Why Viruses
Including "Coronavirus"
Are Not the Cause of Disease

Presentation by Sally Fallon Morell

SHOCKING STATEMENTS

Cholesterol is our friend; statin drugs will shorten your life.

Animal fats are essential for health and happiness.

Industrial seed oils are slow poisons.

Children should take cod liver oil.

Raw milk is safe and healthy.

Salt is essential for life.

Soy is a toxic substance.



ANOTHER SHOCKING STATEMENT

There are no contagious diseases. . . and probably not any infectious diseases either.

Definition of *contagious*

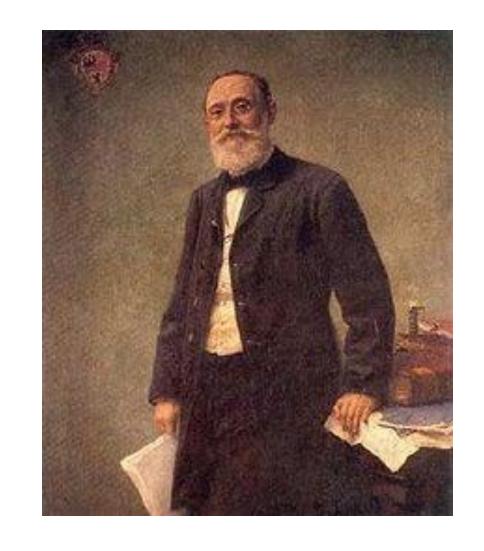
1: transmissible by direct or indirect contact with an infected person (infected with bacteria or virus), contagious diseases"

Definition of infectious

1: producing or capable of producing <u>infection</u> [illness] by bacteria and other *infectious* agents

"If I could live my life over again, I would devote it to proving that germs seek their natural habitat—diseased tissue, rather than being the cause of the diseased tissue."

Rudolf Virchow, MD Father of Modern Pathology







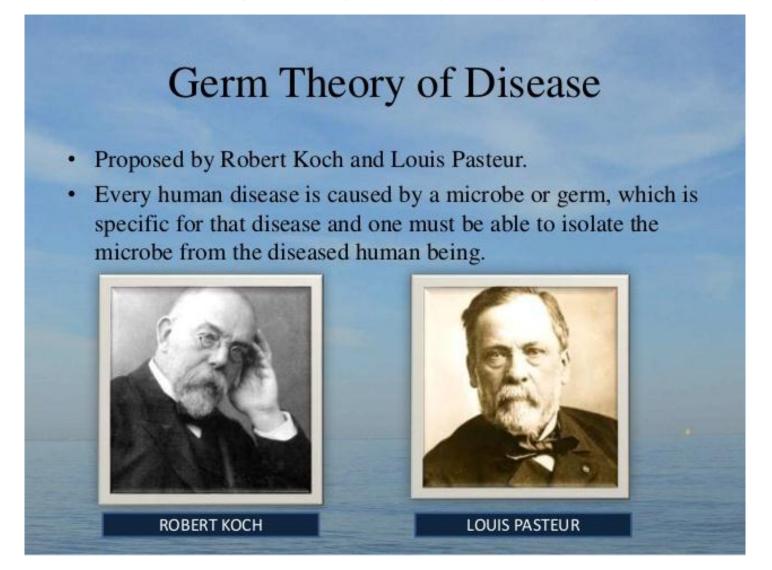
Rudolf Virchow

remedy for epidemics was:

"prosperity, education & liberty"

Doctor, Pathologist, Biologist, Politician: first to recognize Leukemia, elucidated embolism, founded "Social Medicine" founded discipline of Anthropology,

The Two Charlatans



"EVERY human disease is caused by a microbe or germ."

THE GERM THEORY OF DISEASE - 2021

A theory in biology which claims that small organisms or microbes (bacteria or viruses) cause **SOME** diseases. These diseases are called infectious diseases. The germ theory states that small organisms cause a reaction in the body of those who are infected. The body's reaction to infection is called a disease. The microbes are contagious, meaning they can be passed from sick to well people, causing well people to become sick.

DISEASES ONCE CONSIDERED HIGHLY INFECTIOUS/CONTAGIOUS

Scurvy Rickets Pellagra Malaria Leprosy Pneumonia

Koch was never able to prove any of his postulates for any disease!

Koch's Postulates (1884) The Germ Theory of Disease

- Isolate the suspected agent from a disease victim.
- Grow the agent in pure culture.
- Infect a healthy host and show that the organism produces the classical clinical disease.
- Isolate the "same" organism from the new victim.

DO GERMS CAUSE DISEASE?

• Early 20th Century View: ALL disease caused by microbes

• Late 20th Century View: **SOME** disease caused by microbes

21st Century View: Microbes are our friends!

Germs help the body get rid of dying/diseased tissue; that does NOT mean that germs cause disease!

DO MAGGOTS CAUSE DISEASE?



- Maggots are always found on dead dogs.
- Does that mean that maggots kill the dogs?
- Bacteria are always found at site of inflammation/dying tissue.
- Does that mean that bacteria cause the illness?

VACCINATIONS BASED ON THE GERM THEORY

CONVENTIONAL VIEW:

- Germs invade the body and cause illness.
- The body mounts an immune response to the illness
- The body "remembers" the illness and does not contract the disease again.
- Vaccines help develop immunity by imitating an infection.
- The body creates an immune response but does not get sick.
- Similar to ancient superstition that by taking a little bit of poison, you will become immune to a large dose of poison.

LOGICAL CONSEQUENCES OF THE GERM THEORY

- Kill each germ with a toxic drug;
- Prevent each germ with a toxic vaccine.

Jon Rappaport



"The combined death rate from scarlet fever, diphtheria, whooping cough and measles among children up to fifteen shows that nearly 90 percent of the total decline in mortality between 1860 and 1965 had occurred before the introduction of antibiotics and widespread immunization."



19th Century Slums: No plumbing, no sewage management, no clean water, no trash collection, pollution from wood and coal burning.

Ivan Illich, 1977, Medical Nemesis



20th Century Neighborhoods: Indoor plumbing, sewage systems, clean water, trash collection, clean energy.

It must be contagious. . .

Because lots of people in the same place get it. . .



SCURVY: Already recognized in 1800, cause was lack of a nutritional factor, not contagion.

It must be contagious...

Because the disease spreads...



CHERNOBLE: Radiation poisoning spread. . . but not from contagion.

PROVING CONTAGION

- Pasteur was unable to make animals sick by injecting them with the microbe he associated with the disease he was studying, such as anthrax or rabies (or even just exposing them to the microbe).
- In the case of anthrax, to make healthy animals sicken and die, he had to inject them with "virulent anthrax."
- Pasteur made "pathogenic" microbes more virulent by what he called "serial passage" of the organism through other animals
- In the case of anthrax he injected Guinea pigs with the microorganism he associated with anthrax, then sacrificed the animal and injected its blood or tissue, mixed with poisons such as carbolic acid or potassium bichromate, into another animal; this process was repeated through several Guinea pigs.
- In this way he came up with what he called "virulent anthrax."

RABIES

• For rabies, Pasteur was able to produce the symptoms of disease by injecting "cerebral matter. . . extracted from a rabid dog under sterile conditions [poisoned with antiseptics] and then inoculated directly onto the surface of the brain of a healthy dog through a hole drilled into its skull" (Geison, page 189.

- This treatment did sometimes make dogs foam at the mouth and die.
- Vets in Pasteur's day believed rabies was due to starvation.

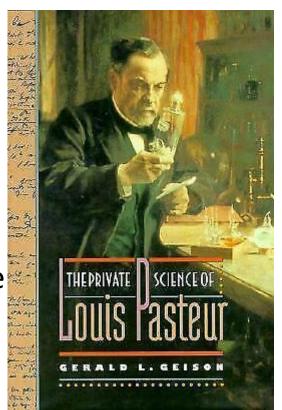
MINISTRY OF SILLY SCIENCE: TRYING TO MAKE AN ATTENUATED ANTHRAX VACCINE

- Subjecting the microbe to a poison, potassium bichromate, or carbolic acid, a disinfectant.
- Heating the blood of infected animals and injecting it into noninfected ones.
- Boiling the bacteria in chicken broth.
- Boiling the bacteria in urine.
- Exposing anthrax cultures to gasoline vapors.
- Subjecting anthrax bacillus to "atmospheric oxygen" [science-speak for air].

PASTEUR:

PRIVATE NOTEBOOKS VERSUS PUBLIC ANNOUNCEMENTS

- In his notebooks, Pasteur expressed frustration that his experiments with rabbits, Guinea pigs, monkeys and dogs gave such inconclusive results.
- "The magic [anthrax] vaccine was elusive, and Pasteur had exceptionally little experimental basis for announcing the 'discovery' of an anthrax vaccine in January 1880." (Geison, page 167).
- Pasteur made a similar announcement in February 1881, and in March he reported successful results in preliminary tests on sheep.
- As Geison reports, ". . . the boldly confident tone of Pasteur's public reports exaggerated the actual results to date of his experiments with the new vaccine. In fact, the results of his tests remained 'decidedly inconclusive'" (Geison, page 170).



ANTHRAX

Huge problem in Europe. Killed many sheep and sometimes humans.

Pouilly-le-Fort

In 1881, Monsieur Rossignol a journalist challenged Pasteur to test his vaccine in public. They used Rossignol's farm and 60 sheep



Pasteur "impulsively" accepted the challenge, even though his colleagues urged him not to.

Experiment begins 5th May 1881



Twenty five are to be vaccinated with the anthrax vaccine made by Roux.

Then they are given a fatal dose of anthrax

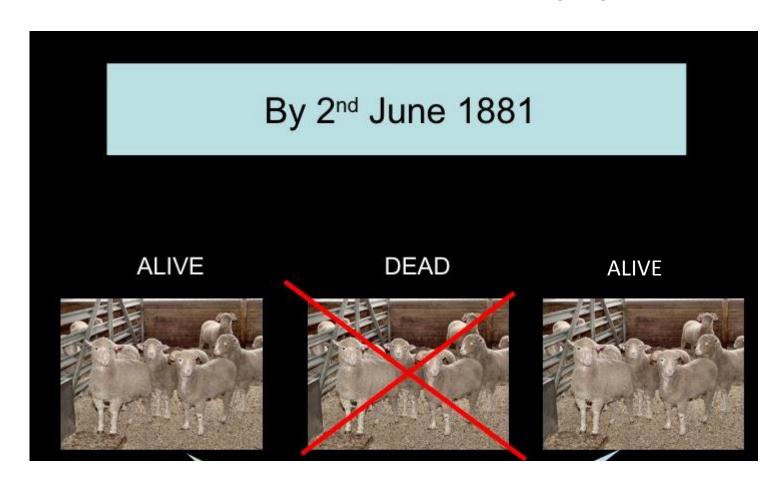


This twenty five are given the fatal dose of anthrax



The final are ten are left alone to compare to any survivors!

Complete Success! A triumph for Pasteur! Proclaimed in all the newspapers!



POUILLY-LE-FORT

- Did Pasteur cheat? He never got these results in his own lab.
- Made lots of money on the vaccine—for a few years.
- Sheep given the vaccine died in droves!
- Vaccine discontinued.
- Even without a vaccine, in the 20th century, anthrax largely disappeared... Why?



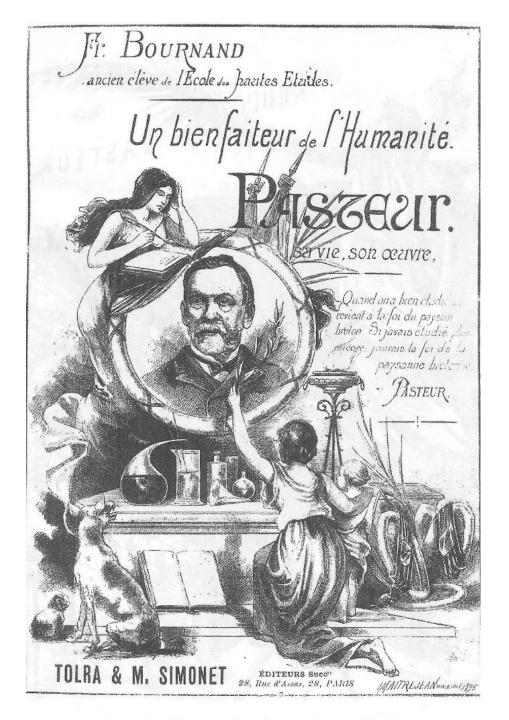
WHY DID ANTHRAX DISAPPPEAR?



Anthrax disappeared when they stopped using arsenic in the sheep dip.

Workers exposed while mixing the powder or dipping the sheep.



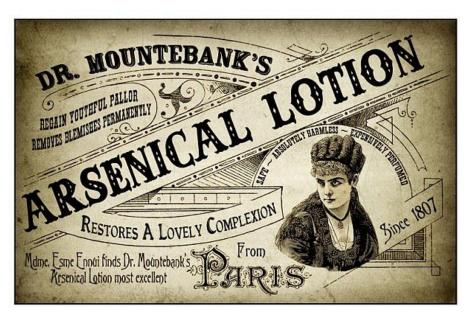


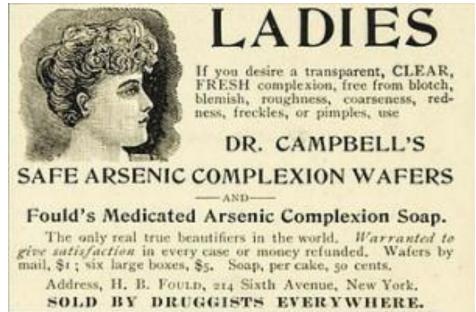
THE GERM THEORY: THE NEW RELIGION

Promise of quick fixes like antibiotics and vaccines.

NOT the hard work of improving housing & diet and eliminating toxins.

ARSENIC: MAJOR POISON IN THE 19TH CENTURY



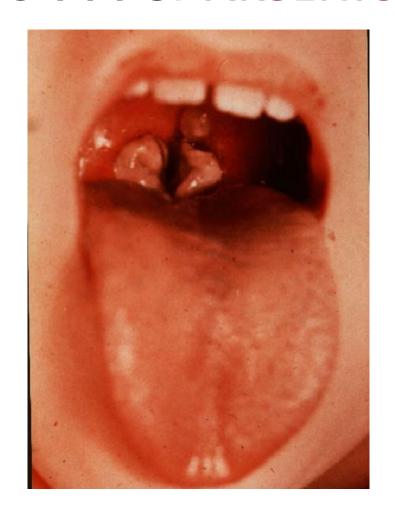




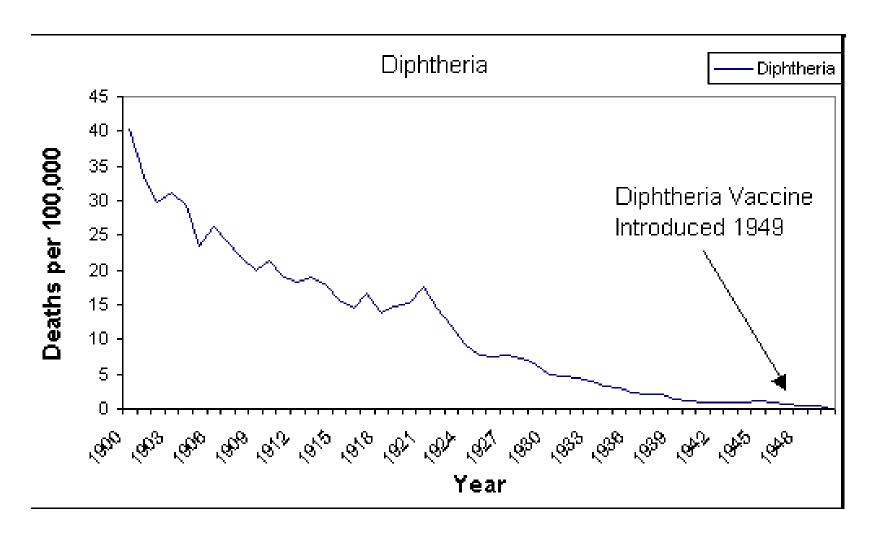
VICTORIAN WALLPAPER

- Contained arsenic coloring
- Gave off fumes in damp weather
- 32 million rolls per year in Britain; 57 million rolls per year in U.S.

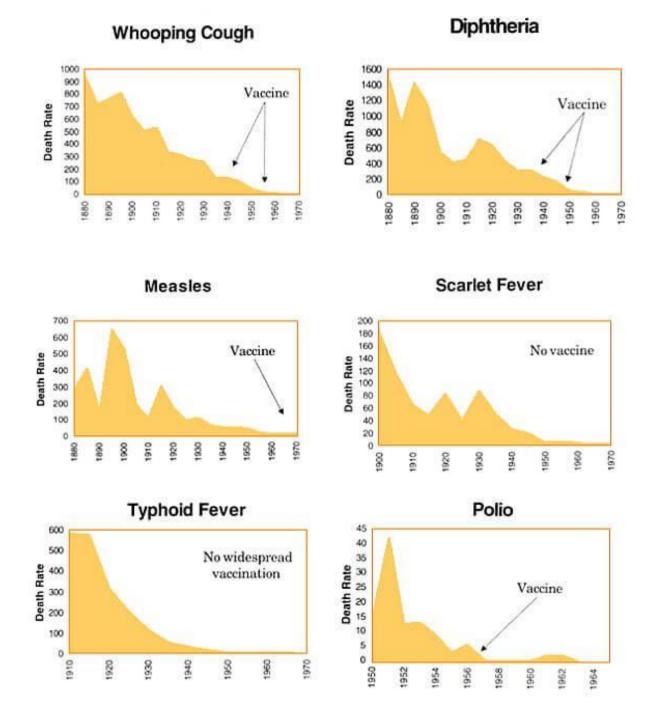
DIPHTHERIA: "an acute, highly contagious bacterial disease". . . or **ARSENIC POISONING?**







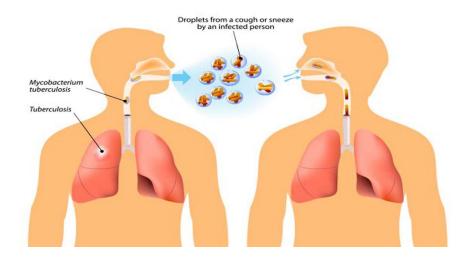
Decline began after discontinuation of arsenic in wallpaper



TB: MODERN CONVENTIONAL VIEW

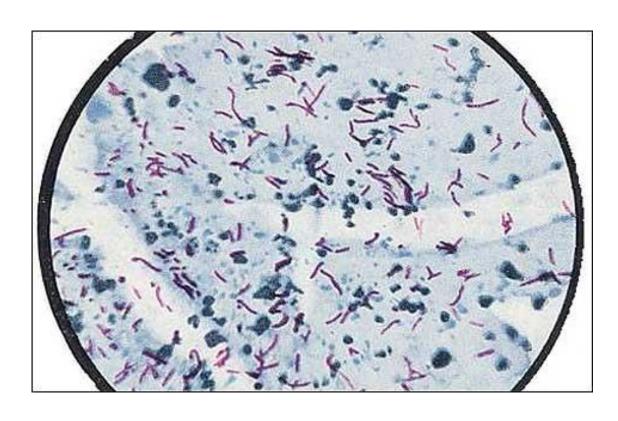
- Tuberculosis (TB) is a potentially serious infectious disease that mainly affects your lungs.
- The bacteria that cause tuberculosis are spread from one person to another through tiny droplets released into the air via coughs and sneezes.
- Nine out of ten people testing positive for TB have no symptoms
- Called "latent" TB
- TB bacteria can live in the body without making you sick.
- People with latent TB can't spread TB bacteria to others

TUBERCULOSIS

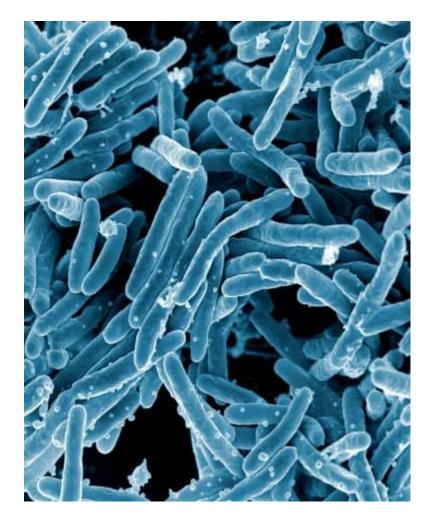


1882: INFECTIOUS NATURE OF TB "PROVED" BY ROBERT KOCH

- Used lye and poisonous dye to stain the bacillus.
- "Passed through" Guinea pigs.
- "Sterile [poisoned]" injection into experimental animals.
- Animals developed granulomas (which he called tubercles) at the site of injection and nearby organs.
- Did NOT introduce pure bacillus to the lungs through inhalation.

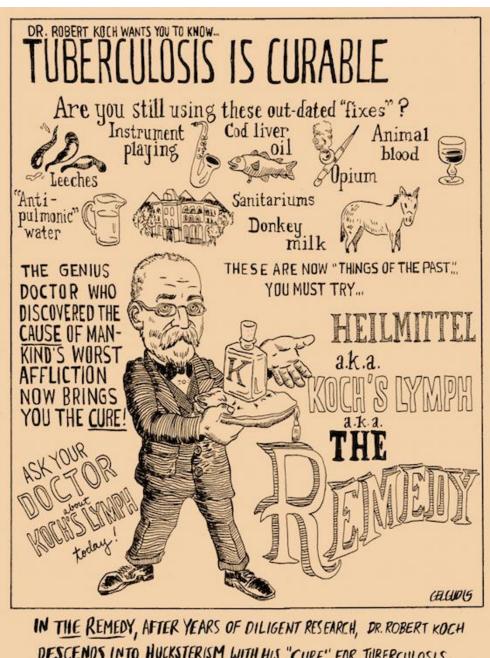


Photograph of stained "bacillus tuberculosis"



Computer rendering of "bacillus tuberculosis"

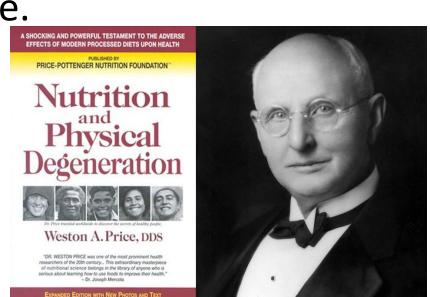
Robert Koch the Quack



DESCENDS INTO HUCKSTERISM WITH HIS "CURE" FOR TUBERCULOSIS.

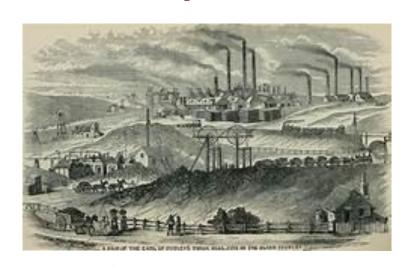
WESTON A. PRICE ON TB

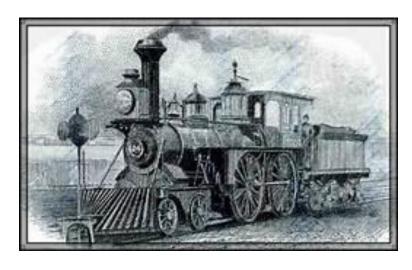
- Absent in primitive communities, even though lots of exposure to pollutants (mainly smoke).
- Appeared in the offspring of those who embraced western foods (first generation got tooth decay, second generation got TB).
- Common in those with narrow faces.
- Price believed the root cause was a malformation of the lungs, similar to malformation of the dental palate.
- Health workers urged a cleaner environment (e.g. put in chimneys).
- At the time, TB treated with raw milk, sunlight, cod liver oil.

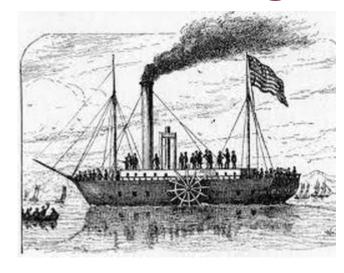


TB: THE IRON FACTOR

Widespread between 1700 and 1900: The Industrial Age









Symptoms of TB identical to those of "siderosis," poisoning by iron oxide

TB bacillis is iron-loving—does the bacillus cause the disease or is it helpfully sequestering toxic iron?

THE CRIMEAN WAR

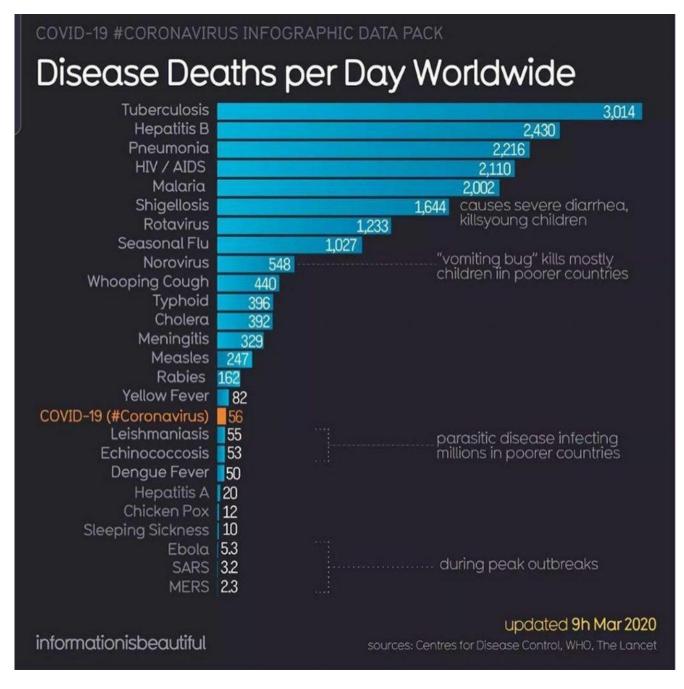


TB was endemic during the Crimean War, fought in trenches. Florence Nightingale: TB due to "the monstrous product of breathing foul air."





TB in 2020: Over 3000 deaths per day.



THINGS WE KNOW CAUSE DISEASE

NUTRIENT DEFICIENCIES

Scurvy—Vitamin C

Pellegra—Niacin

BeriBeri—Thiamine

Night Blindness—Vitamin A

Infertility—Vitamin E

Hardening of Arteries—Vitamin K2

Alzheimers—Vitamin B12

INJURIES

Birth Defects

Compromised Development

Accidents

Shock/Trauma

TOXINS

Insect Bites

Snake/Toad Venom

Pollution

Sewage Gases

Lead, Mercury, Aluminum

Arsenic, Iron

Agricultural Chemicals

Vaccinations

Industrial Fats and Oils

Refined Sweeteners

Additives

Radiation, EMF

CHEMICAL COMPONENTS OF INSECT VENOMS



Insect venoms can vary significantly in their composition. They commonly contain a complex mix of proteins, peptides, and enzymes, as well as smaller molecular weight components. This graphic aims to give a broad overview of some of these components.

The circle surrounding each component is colour coded to indicate whether it is present in bee, wasp, hornet, or ant venom. Note that this represents a general overview, and venoms will vary from species to species.

MELITTIN

A peptide, and a major toxic component of bee venom. Can break up & kill cells.

APAMIN

Can pass through the blood-brain barrier, act on the central nervous system, and block ion channels.



Wasp Venom



Hornet Venom



PHOSPHOLIPASE A

An enzyme that breaks up cell membranes and destroys cells. Also a strong allergen.

W

WASP KININ

A peptide that forms a large portion of wasp venom. Its components have yet to be fully characterised.

ACETYLCHOLINE

Presence reportedly increases stimulation of pain nerves. Particularly high concentration in hornet stings.

PHOSPHOLIPASE B

An enzyme, with an effect similar to phospholipase A. These enzymes also help immobilise prey.

А

HORNET KININ

A peptide that forms a large portion of hornet venom. Its components have yet to be fully characterised.

NORADRENALINE

Causes constriction of blood vessels, resulting in reducing blood flow and increasing blood pressure. ALARM PHEROMONES

Signal and attract other nearby insects of the same species to take defensive action.

HISTAMINE

Can contribute to pain and itching. It is also one of the chemicals released during an allergic response.

FORMIC ACID

A major component of some ant venoms, particularly those that spray their venoms rather than sting. HYALURONIDASE

Splits carbohydrates from their complexes with proteins and breaks them down, allowing penetration of venom into tissue. MCD PEPTIDE

Causes degranulation of mast cells, leading to release of inflammatory agent histamine.

SEROTONIN

Acts as an irritant and contributes towards the pain experienced as a result of the venom.

Н

PIPERIDINE ALKALOIDS

Class of compounds found in fire ant venom, and large contributors to the pain of fire ants' stings. DOPAMINE

Present only in small amounts. Any effect is largely obscured by other components of venom.

ш

LETHAL DOSES OF VENOM

Honey Bee 2.8mg/kg

Yellowjacket 3.5mg/kg

Giant Hornet 4.6mg/kg

Harvester Ant 0.12mg/kg





BLOOD-SUCKING INSECTS Fleas, mosquitos, tics, bedbugs, lice

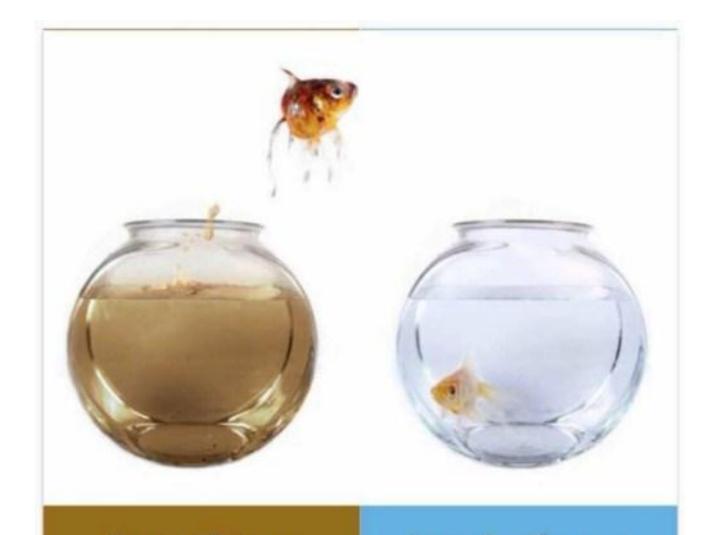
Enzyme in their saliva binds with arginine present in the blood.

People with high blood arginine (from diet low in animal products) are more attractive to these pests.



CAN GERMS CAUSE DISEASE?

- Yes, under certain conditions, germs can produce powerful poisons
- Rabies and Tetanus: poorly cleaned puncture wounds (treat with hydrogen peroxide).
- Root Canals: anaerobic bacteria produce powerful toxins
- Listeria species \top Listeria monocytogenes
- Don't blame the germ, blame the terrain!
- Cleanliness is still important!



Germ Theory
Vaccinate the Fish

Terrain Theory Clean the Tank

DISEASES CONSIDERED "INFECTIOUS"—(NOT NECESSARILY CONTAGIOUS) DON'T BLAME THE GERM! TREAT THE CONDITION!

- Encephalitis
- Epstein-Barr virus
- •Flu (Influenza)
- Fungal skin infections
- Giardiasis
- Hepatitis B
- •HIV/AIDS
- •HPV
- Impetigo
- •Infectious mononucleosis
- Leprosy
- Leptospirosis
- Lice
- •Malaria

- Measles
- Meningitis
- Meningococcemia
- •Molluscum contagiosum
- Mononucleosis
- Mumps
- Nail fungus
- Pertussis (Whooping cough)
- Plantar warts
- Poliomyelitis (Polio)
- Rickets
- Ringworm
- Roseola infantum
- Scabies
- Scarlet fever

- Scarlet Fever
- Shigellosis
- Smallpox
- Staph infection (MRSA)
- Strep throat
- •Swine flu
- Syphilis
- Tetanus
- Tonsillitis
- Tuberculosis
- Vaginitis
- Viral gastroenteritis
- Viral laryngitis

MALARIA: SWAMP FEVER



MALARIA: BAD GERMS OR BAD AIR?

- **CONVENTIONAL VIEW:** Malaria is a serious and sometimes fatal disease caused by a parasite that commonly infects a certain type of mosquito which feeds on humans.
- **NOT CONTAGIOUS**: Malaria is NOT spread from person to person, and it cannot be sexually transmitted. You cannot get malaria from casual contact with malaria-infected people, such as sitting next to someone who has malaria—proved by Walter Reed.
- Usually, people get malaria by being bitten by an infective female Anopheles mosquito.

SWAMP GASES: METHANE, HYDROGEN SULFIDE, CARBON DIOXIDE

METHANE

Rapid breathing

Increased heart rate

Flu-like symptoms

Clumsiness and dizziness

Decreased low-light vision

Euphoria

Decreased alertness

Loss of memory

Blurred Vision

Weakness

Fatigue

Cough

Emotional responses

Nausea and vomiting

Fainting and collapse

Convulsions

Coma

Death

HYDROGEN SULFIDE

Eye irritation

Respiratory irritation

Apnea

Coma

Convulsions

Dizziness

Headache

Weakness

Irritability

Insomnia

Nausea

CARBON DIOXIDE

Nausea

Vomiting

Dizziness

Headache

Rapid breathing

Fast heart rate

Flushing

Confusion

Convulsions

Loss of consciousness.

VASCODILATORS IN MOSQUITO BITES

Rapid heartbeat

Heart palpitations

Fluid retention

Nausea

Vomiting

Flushing

Headache

Joint pain

Chest pain



MALARIA

Fever

Chills

Feeling of discomfort

Headache

Nausea and vomiting

Diarrhea

Abdominal pain

Muscle or joint pain

Fatigue

Rapid breathing

Rapid heart rate

Cough

Death

NO LESSONS LEARNT?

2019

May 7: Two workers die after entering a septic tank at a house in Rohini's Prem Nagar

Feb 1: Labourer dies while another is critically injured while working inside a sewer line at a DJB construction site Jan 21: Man cleaning a sewer near Wazirabad drowns in it

2018

Sept 9: Five men die in a sewer pit at DLF Capital Greens in Moti Nagar

Apr 29: Five men inhale toxic gas inside a sewage treatment plant at a hotel in Lutyens' Delhi, 2 die

2017

Aug 21: Sanitation worker dies at LNJP Hospital while cleaning sewer line

Aug 14: Two workers die at a mall in Shahdara

Aug 7: Three workers die in Vasant Kunj

Jul 16: Four labourers die after inhaling toxic gas in a tank in Ghitorni

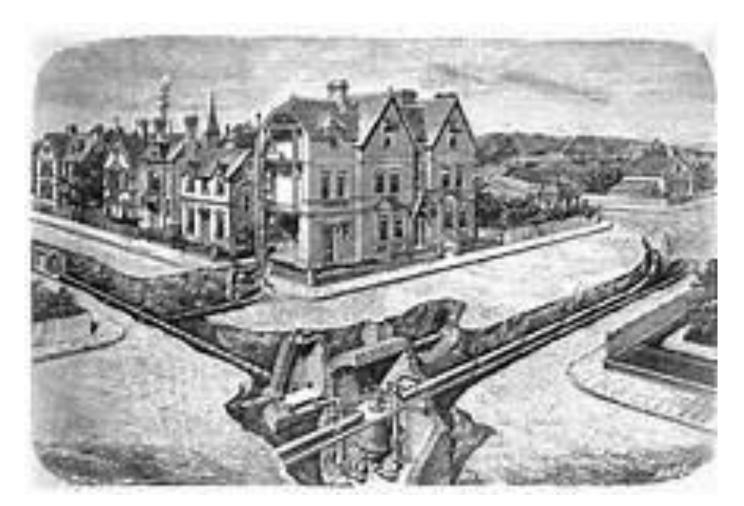
Mar 4: Youth dies and his colleague is severly injured while cleaning sewers in Fatehpur Beri

PRESCRIBED SAFETY STEPS

- Workers have to be given gas masks, safety harness belts and helmets
- Civic bodies are to provide mechanised equipment at dangerous sites like underground sewers
- A matchstick should be lit at the opening of a sewer to detect presence of any poisonous gas, but methane is often trapped under sediments



A worker dies, 3 injured after entering manhole in Shakurpur on Saturday



Following deadly cholera outbreaks, improved equipment at the London Sewerage System appears in an 1890s illustration.

WHAT'S IN SEWER GASES?

Hydrogen sulfide Carbon Monoxide Methane **Ammonia Esters** Sulfur dioxide Nitrogen oxides



LEPROSY

- Once considered "highly contagious."
- Now considered "not very contagious."
- Skin lesions; nerve degeneration; bone degeneration.
- *Micobacterium laprae* usually (not always) present in affected tissue.
- Degenerative disease caused by nutrient deficiencies, possible environmental toxins?
- Degeneration of connective tissue due to loss of collagen?



CARVILLE, LOUISIANA LEPROSY HOSPITAL







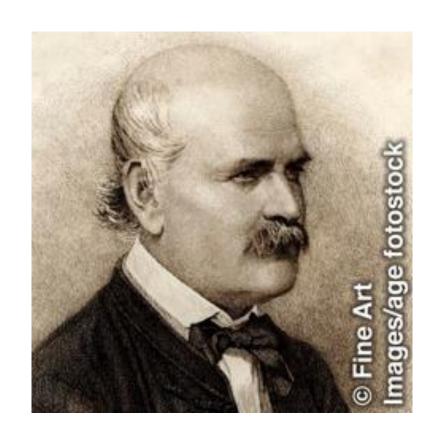
LEPROSY







SCLERODERMA



DID SEMMELWEISS PROVE THE GERM THEORY OF DISEASE?

- Ignaz Semmelweiss
- Hungarian physician
- Puerperal sepsis (childbed fever)
- Death rate higher when assisted by medical students than midwives
- Medical students had formaldehyde on their hands after doing autopsies
- Medical students required to wash hands with chloride of lime
- Death rate from puerperal sepsis dropped from 120:1000 to 12:1000

SMALL POX

- Considered highly contagious.
- FOLK WISDOM: milk maids rarely got smallpox, had beautiful skin.
- THEORY: milk maids got a mild version of the disease from handling cows infected with cow pox and became immune.
- Jenner developed a vaccine from cow pox.
- Vaccine highly controversial; killed and injured many; did not eradicate small pox.
- Yet today small pox is rare in western countries. Why?
- Is there another explanation for the immunity observed in milk maids?

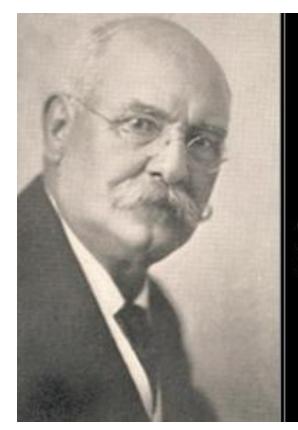


WHAT PROTECTED THE MILK MAIDS?

- Drinking raw milk daily—Nature's most protective food.
- Raw milk gives beautiful skin.
- Raw milk an excellent source of vitamin C.
- Raw milk an excellent source of glutathione.
- Raw milk provides fat-soluble vitamins.
- Raw milk contains healthy fats.



GOOD NUTRITION PROTECTED THE MILK MAIDS, NOT "IMMUNITY" INDUCED BY COW POX!



SMALLPOX INSECT-BORN

"Smallpox, then considered so "easy-catching," so infectious, and so contagious that even touching the clothing or breathing the air of a room occupied by a person afflicted with the disease was equivalent to acquiring it, was not so transmitted; that the panic a case of smallpox occasions and the resultant quarantine are entirely unnecessary and uncalled for, as the disease, like malaria, is insectborn, and carried only by bedbugs, and that the pitting or pocking can be prevented."

Charles Campbell M.D. (1925)

whale.to/vaccines/smallpox.html

Dr. Charles Campbell conquered smallpox with a program of strict sanitation in his clinic (to get rid of bedbugs), and fruits and vegetables for vitamin C.



Generalized Vaccinia

BED BUG BITES

SMALLPOX



In Bed Bug Saliva: Pain Killers, Vasodilators, Anticoagulants

(Pain killers allow bugs to bite many times without waking you up!)

THEORY OF IMMUNITY?

Dr. Campbell warned that we do not develop "immunity" to small pox.

He saw many patients recover from small pox and then contract the disease again when bitten by a bed bug.

We do not become immune to poisons.

DR. CHARLES CAMPBELL

Eliminated mosquitoes in San Antonio with bats, not pesticides.





NATIVE AMERICAN DISEASES: LACK OF IMMUNITY OR MALNUTRITION?

CHILDHOOD ILLNESSES: MEASLES AND CHICKENPOX

- Not one published study shows the isolation of identical particles that would represent a disease-causing virus from any bodily fluid from any sick person.
- Prize of 100,000 Euros to anyone who can prove the existence of the measles virus.
- Not "infectious" diseases, but cleansings that occur at transition periods in life.

POLIO







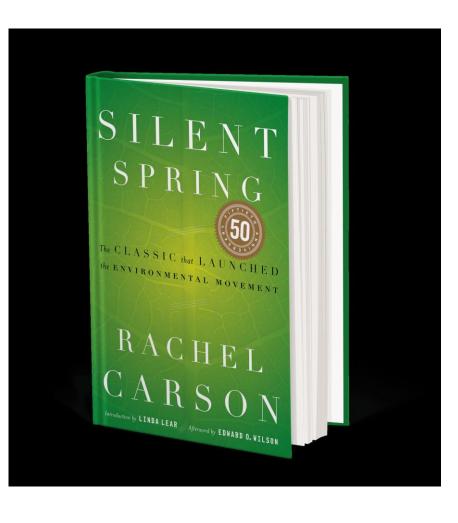


WHAT WAS CAUSING POLIO?

- Blamed on a polio virus, which was never isolated
- Congressional testimony that neurotoxic pesticides like lead arsenic and DDT caused polio
- Mostly occurred in warm months, when pesticides applied to crops, in dairies and houses
- Vaccine campaign, 1960s.
- DDT banned in U.S., 1972, without the public's learning of true DDT dangers
- DDT exported to foreign countries
- After vaccine, doctors forbidden from diagnosing anyone with polio—new name was acute flaccid myelitis







'Silent Spring' Is Now Noisy Summer

Pesticides Industry
Up in Arms Over
a New Book

By JOHN M. LEE

The \$300,000,000 pesticides industry has been highly irritated by a quiet woman author whose previous works on science have been praised for the beauty and precision of the writing.

The author is Rachel Carson, whose "The Sea Around Us" and "The Edge of the Sea" were best sellers in 1951 and 1955. Miss Carson, trained as a marine biologist, wrote gracefully of sea and shore life.

In her latest work, however, Miss Carson is not so gentle.



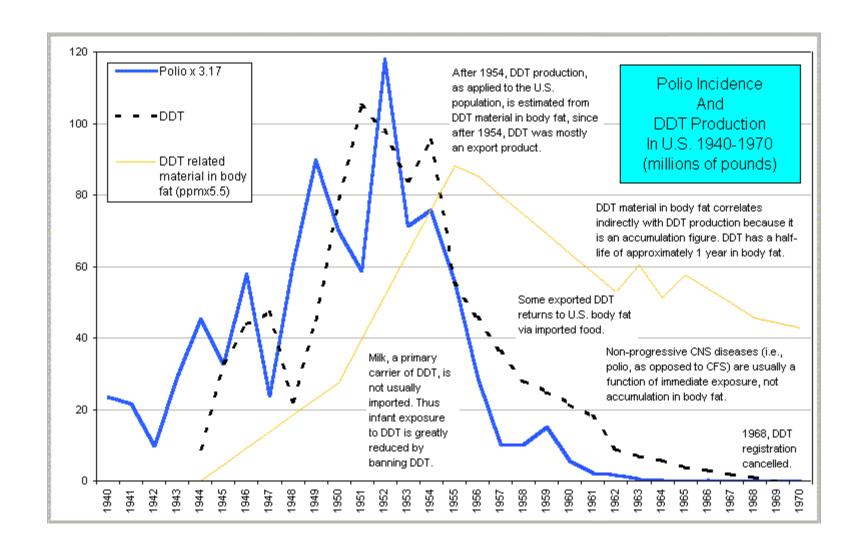
Rachel Carson Stirs Conflict—Producers Are Crying 'Foul'

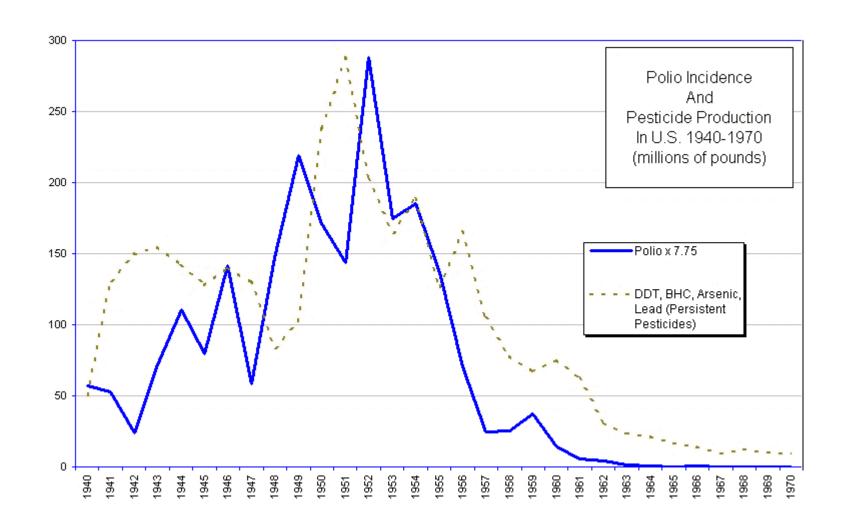
fending the use of their products. Meetings have been held in Washington and New York: Statements are being drafted and counter-attacks plotted.

A drowsy midsummer has suddenly been enlivened by the greatest uproar in the pesticides industry since the cranberry scare of 1959.

Miss Carson's new book is entitled "Silent Spring." The title is derived from an idealized situation in which Miss Carson envisions an imaginary town where chemical pollution has silenced "the voices of spring."

Exposé? or Damage Control?





THE BLACK DEATH 1346-1352

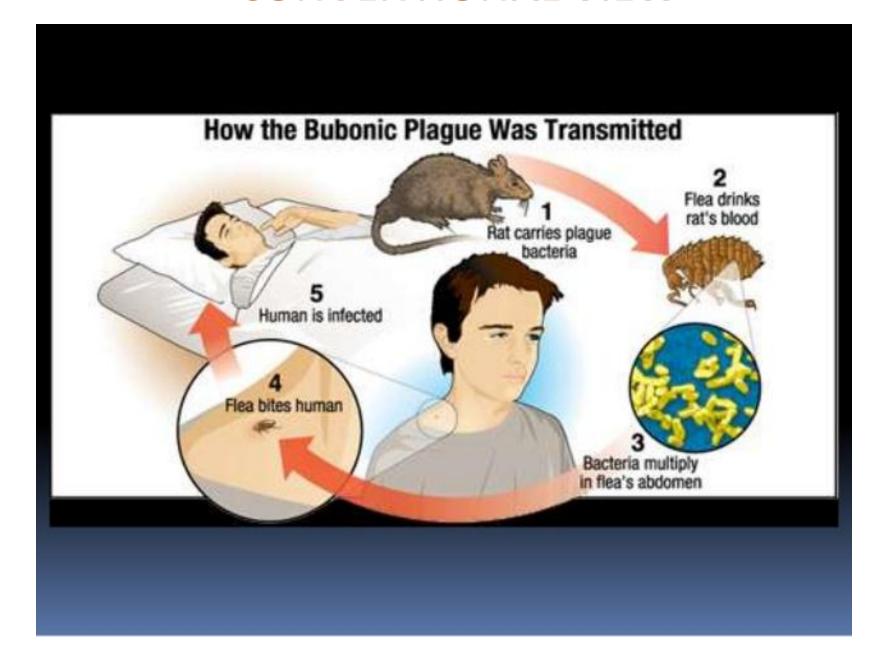
- Also known as the Pestilence, the Great Mortality or the Plague
- Most fatal pandemic recorded in human history
- Deaths of up to 75–200 million people in Eurasia and North Africa



SYMPTOMS OF THE BLACK DEATH

 In humans, the disease caused swelling in the groin, under the arms and behind the ears. These swellings were a black and purple colour, hence the name 'The Black Death'. The dark swellings were called buboes. People were in pain and victims died a horrible death. The symptoms could be seen 3-7 days after victims were bitten by a flea.

CONVENTIONAL VIEW





BLACK DEATH TRAVELED FROM SOUTHEAST TO NORTHWEST DID NOT SPREAD IN ALL DIRECTIONS FROM A CENTRAL POINT

THE BLACK DEATH: FLAWS IN THE CONVENTIONAL THEORY

- **KILL RATE:** The Black Death killed people at an extraordinary rate, far higher than that of a typical bubonic plague outbreak.
- RAPID SPREAD: In England, the plague moved northward at 2.5 miles per day.
- LACK OF RAT INFESTATION: No written documents from that time describe the vast legions of rats required to carry the plague.

THE BLACK DEATH: FLAWS IN THE CONVENTIONAL THEORY

- THE ICELAND PROBLEM: The Black Death killed over half of Iceland's population but rats didn't actually reach Iceland until the 19th century.
- **GEOGRAPHIC GAPS:** The Black Death moved in strange ways, including a leap over Constantinople on its way across the Mediterranean.
- **COLD TEMPERATURES:** It continued to kill people during the winter months in northern Europe despite the fact that the plague requires relatively warm temperatures to survive.

Medieval witnesses believed the plague came from the sky.

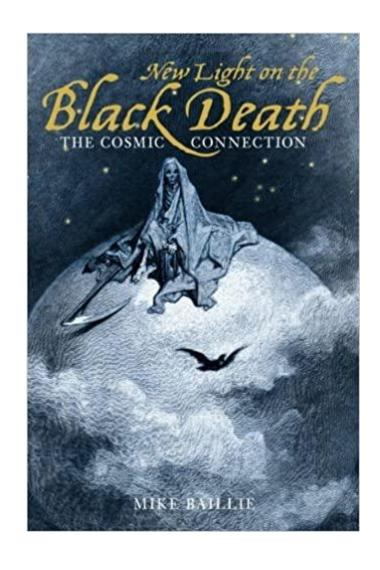


SO DID ANCIENT GREEKS

Oedipus Rex

For, as thou seest thyself, our ship of State, Sore buffeted, can no more lift her head, Foundered beneath a weltering surge of blood. A blight is on our harvest in the ear, A blight upon the grazing flocks and herds, A blight on wives in travail; and withal Armed with his blazing torch the God of Plague Hath swooped upon our city emptying The house of Cadmus, and the murky realm Of Pluto is full fed with groans and tears. Sophocles



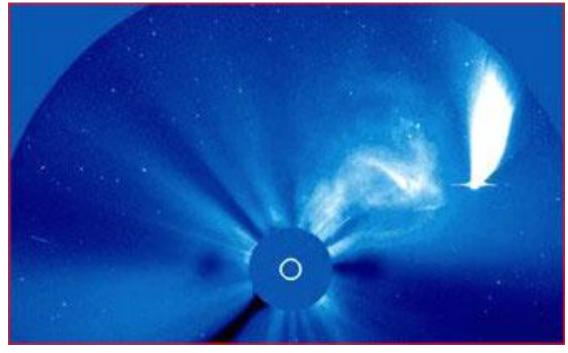


Documents of the time speak of a large comet, earthquakes, tidal waves, rains of fire, foul odors, strange colors in the sky, mists, even dragons.

"There have been masses of dead fish, animals, and other things along the sea shore and in many places covered in dust. And all these things seem to have come from the great corruption of the air and earth."

Historians generally dismiss these descriptions as colorful imagery or the ravings of religious fanatics.





- Comets are NOT dirty snowballs!
- Highly charged electromagnetic objects
- Emit many electro-magnetic frequencies including X-rays
- Attract solar flares from the sun
- Also, comets carry toxic gasses



RADIATION SICKNESS





THE SPANISH FLU: ANOTHER EXAMPLE OF RADIATION SICKNESS

- U.S. Public Health Service could NOT prove contagion.
- Coincided with the roll-out of radio towers world wide.
- Exacerbated by excessive vaccinations, use of aspirin.
- Homeopathic hospitals had very low death rates.

IS COVID-19 CONTAGIOUS?

No contagion studies (as were done with the Spanish Flu).

Wuhan study: people testing positive without symptoms do not spread the disease.

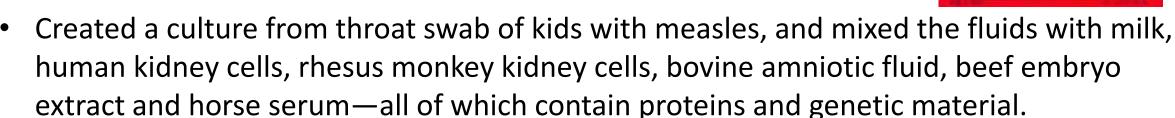
https://www.edp24.co.uk/news/uea-study-hows-asymptomatic-covid-cases-in-wuhan-not-infectious-6569130

No specific virus has been isolated and characterized.

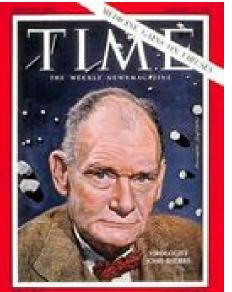
What??!! Pubmed brings up 286,000 studies when you put in "virus" and "isolated."

THE TOXIC VIRUS HOAX

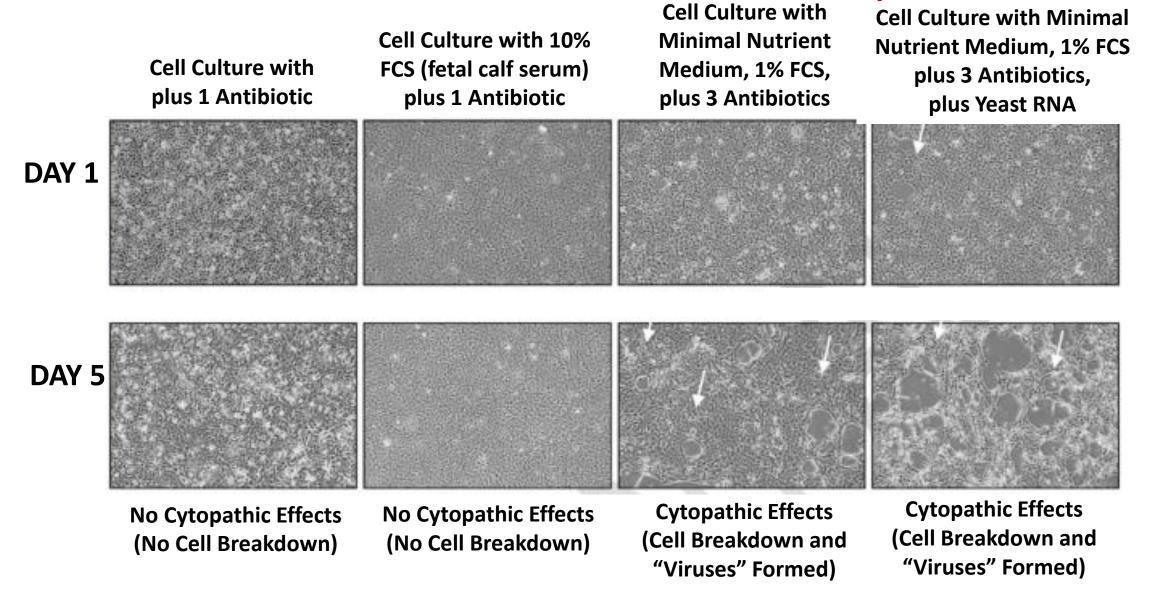
- No scientist has ever isolated a virus from the fluids of a sick person. "There is not enough virus to find," not even in 10,000 sick people.
- 1950s, scientists could see particles with electron microscope, but could not find them in any sick person.
- John Frank Enders won Nobel Prize for idea of a viral "culture."



- Added strong toxic antibiotics and observed a cytopathic effect (CPE)—transition of normal-sized culture cells into giant, disorganized cells with internal holes or vacuoles.
 Called this proof that the viruses from the throat swab killed the cells.
- All "viral isolation" uses this process; every genetic analysis is done on the results of the cell culture, not on purified, isolated virus.
- Enders got the same results using cultures that contained NO throat swab material.



EXPERIMENT BY STEFAN LANKA, 2021



The "viruses" are the result of cell breakdown, not the cause!

HOW THEY GENETICALLY CHARACTERIZE A VIRUS

- Use "alignment process" which creates a theoretical genome.
- Called "in silico," meaning that it only exists in a computer.
- In Lanka's experiment, the computer created a SARS-CoV-2 genome out of the yeast RNA.
- Why choose SARS-CoV-2 as the template? If you put measles template into the program, you would find the measles virus. You can get whatever virus you are looking for by providing the "template" for that virus.

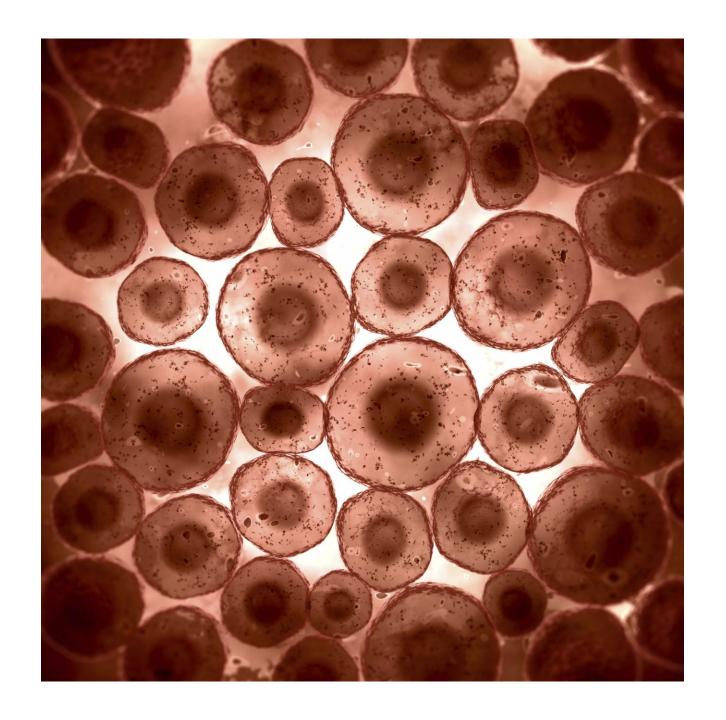
MORE SILLY SCIENCE

- Filtered snot grown on monkey kidney cells or lung cancer cells
- Poisons added
- Minimal Nutrient Medium (cells are starved)
- Cells break down
- "Genome Sequencing" on cellular goop
- Call this "isolated virus" and sell to researchers in catalogs.



ALL WE CAN REALLY SEE IN CELLS

Cell Membrane
Nucleus
Mitochondria
Cytoplasm (watery gel)





LANGUAGE OF WAR AND RAPE

Virus attacks and invades cells!

Virus takes over the cell and replicates!

Virus creates nurseries for breeding more viruses!

Virus escapes and attacks more cells!

COVID-19: WHAT IS THE CAUSE?

OUR THEORY: Deployment of 5G wireless technology

EPIDEMIOLOGY: Covid cases occurred when 5G deployed—in Wuhan, China, Northern Italy, Spain, Europe, New York, large American cities, smaller cities, rural areas

BIOLOGY: Science going back to the 1970s showing similar symptoms on

exposure to microwaves.

SECOND WAVE: Deployment of 5G via satellite.





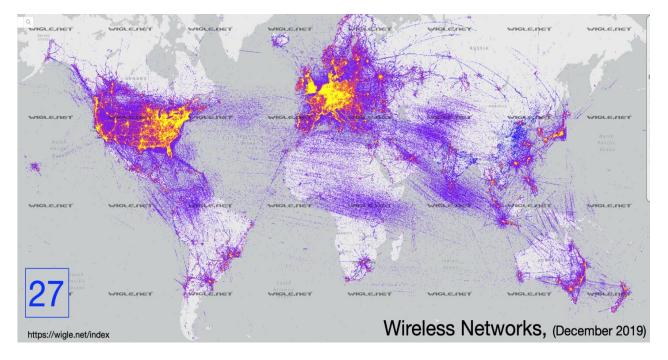


San Marino è la prima Smart Country 5G Highest number of Covid cases per person



PRINCESS CRUISE LINE: FIRST TO FEATURE WI-FI ON SHIP

- Diamond Princess: 218 diagnosed cases
- Grand Princess: 122 cases, 7 deaths
- Ruby Princess: 600 cases
- No reported outbreaks on other cruise ships





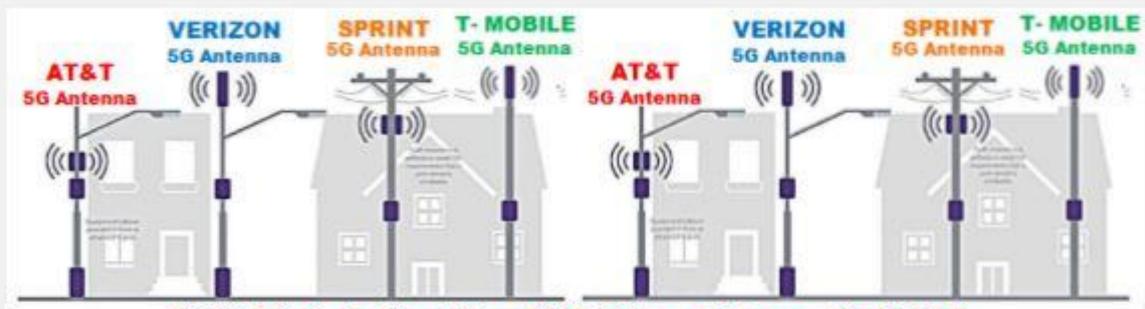


BIZ / TECH

Shanghai leads nation in 5G network and applications

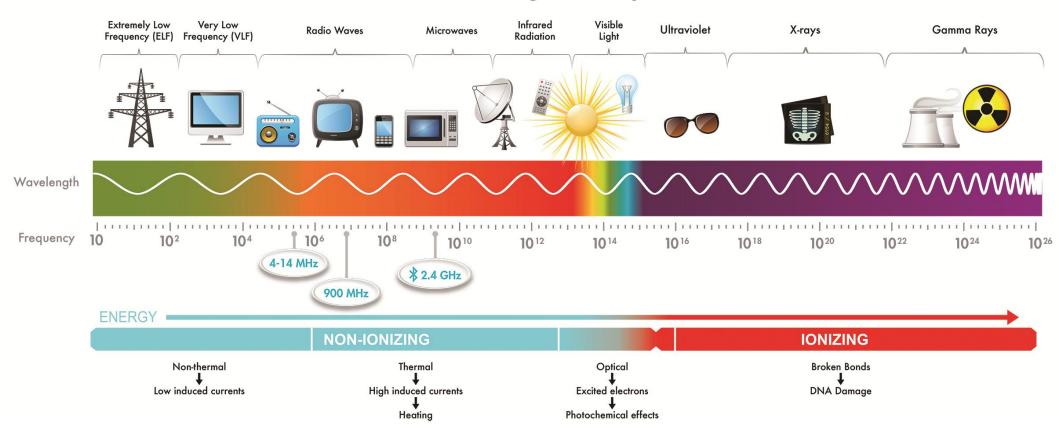
By Zhu Shenshen

"By November [2021], Shanghai had built 52,000 outdoor 5G base stations to cover the city. . . China Mobile, China Telecom and China Unicom all chose Shanghai to debut their 5G products and services."



Public Works Is Permitting 5G Cellphone Antennas On Light & Utility Poles In Our Neighborhoods, With NO Public Hearings & NO Planning Board Approval. SIGN OUR PETITION TO STOP THIS!

The Electromagnetic Spectrum



Wi-Fi: 2.4 – 5 GHZ

5G: 24 - 53 GHz

Satellite 11-30 GHz

Examples of 5G Small Cell Installations





5G 24-53 GHZ

5G Lite 600 MHZ

Symptoms of Microwave Illness

https://www.microwavedvets.com

Headaches	Difficulty Concentrating	Tinnitus
Dizziness	Memory Loss	Hearing Loss
Nausea	Brain Damage	Irregular Sleep Pattern
Skin Rash	Mood Disorder	Insomnia
Itchy Skin	Personality Disorder	Chronic Fatigue
Burning Skin Sensation	Increased Irritability	Deteriorating Vision
Tingling Sensation	Decreasing Trust in People	Pressure in/behind eyes
Tremors	Depression	Eye Damage
Muscle Spasms	Anxiety	Cataracts
Muscle and Joint Pain	ADHD/ADD	Immune Abnormalities
Restless Leg Syndrome	Digestive Issues	Altered Sugar Metabolism
Foot Issues	Abdominal Pain	Asthma Attacks
Low/High Pressure	Enlarged Thyroid	Bronchitis
Facial Flushing	Hair Loss	Pneumonia
Dehydration	Testicular/Ovarian Pain Low	Inflamed Sinuses
Body Metals Redistribution	Sperm Motility	Chest Pain/Pressure
Leukemia	Miscarriage	Heart Arrhythmia
Lymphoma	Electromagnetic Sensitivity	Heart Palpitations

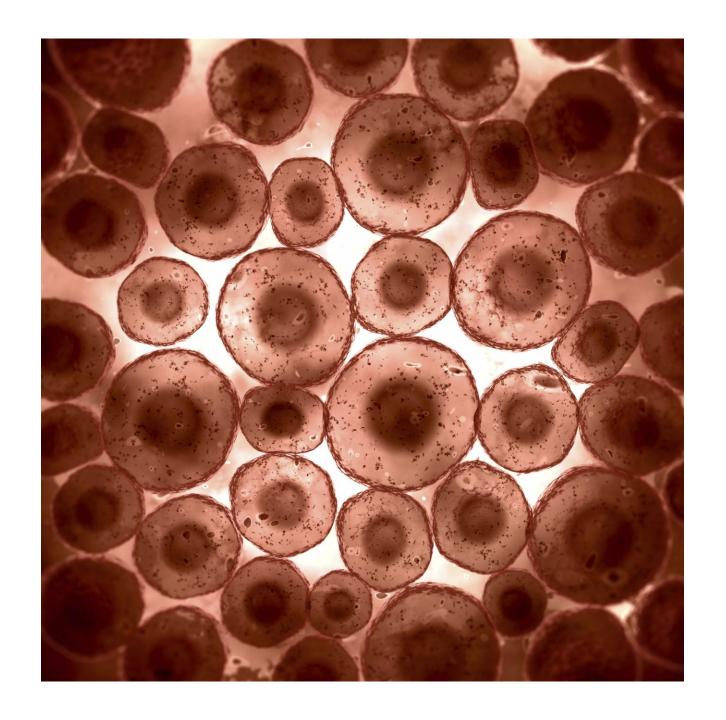
POWER DENSITY of 5G

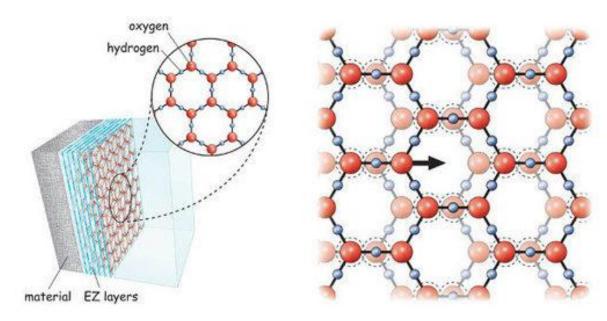


- CURRENT FCC EXPOSURE LIMIT: 1000 uW/cm² for 30 minutes (based only on thermal effects)
- NEW PROPOSED FCC EXPOSURE LIMIT: 4000 uW/cm² with no time limit
- CURRENT POWER DENSITY MEASURED IN DOWNTOWN SIOUX FALLS: Greater than 4000 uW/cm²

ALL WE CAN REALLY SEE IN CELLS

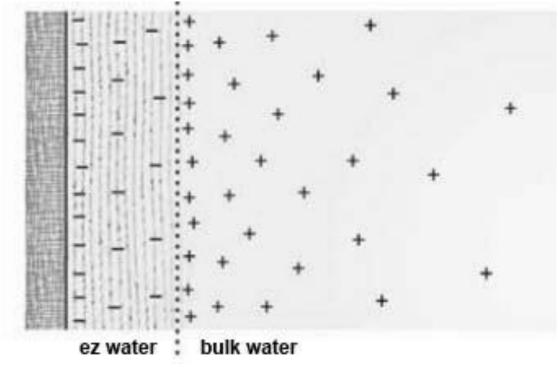
Cell Membrane
Nucleus
Mitochondria
Cytoplasm (watery gel)



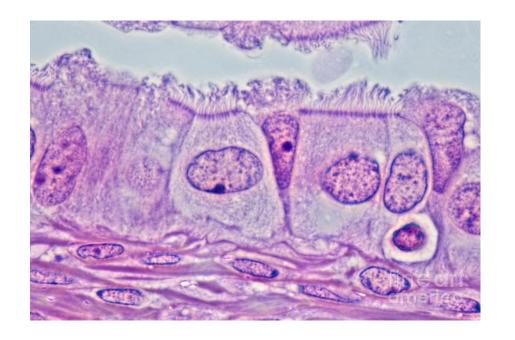


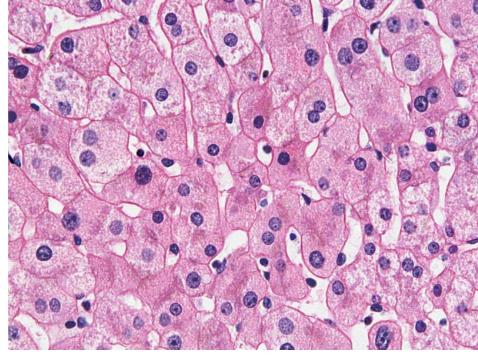
STRUCTURED WATER

The wiring in your cells!



Exposure to a router overnight reduces EZ zone by 15%

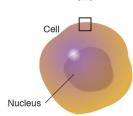


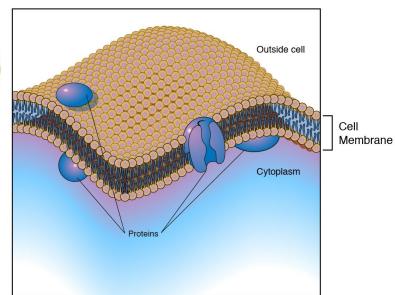


CELL MEMBRANES ARE HYDROPHYLIC SURFACES

Saturated fats are required for robust, smooth cell membranes, good electrical conduction.

Too many polyunsaturates results in cell membranes that are "floppy" and "leaky."





IMPLICATIONS OF THE GERM THEORY



NO KISSING!



No hugging, no kissing No shaking hands Masking, Sanitizers Social distancing Separate beds, No sex (Procreation by artificial insemination) No parties, No gatherings No travel No school No church—no communion No theatre No choirs, No dancing No singing, No laughing, No talking!! **VACCINATIONS**

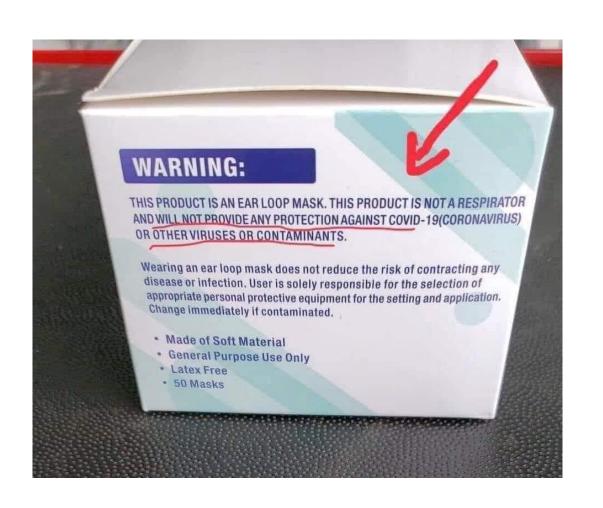
TOTALITARIANISM to ensure PUBLIC SAFETY





MASKS ARE USELESS. . . AND HARMFUL!

Cause hypoxia (lack of oxygen), the main symptom of Covid-19





Med Hypotheses. 2021 Jan; 146: 110411.

Published online 2020 Nov 22. doi: 10.1016/j.mehy.2020.110411

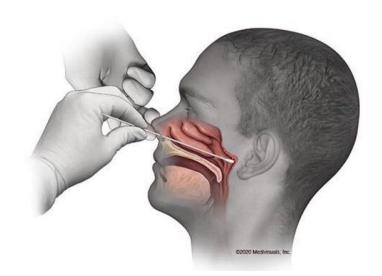
Facemasks in the COVID-19 era: A health hypothesis

Conclusion

The existing scientific evidences challenge the safety and efficacy of wearing facemask as preventive intervention for COVID-19. The data suggest that both medical and non-medical facemasks are **ineffective** to block human-to-human transmission of viral and infectious disease such SARS-CoV-2 and COVID-19, supporting against the usage of facemasks. Wearing facemasks has been demonstrated to have **substantial adverse physiological and psychological effects**.

THE PCR TEST

- Highly invasive and dangerous
- Designed to detect and amplify genetic material



- Not designed to diagnose illness
- "Diagnosis" of positive or negative depends on number of amplification cycles—at 30 almost everyone is negative; at 40 almost everyone is positive.
- Diagnosis of Covid-19 is only possible by observing symptoms & CT chest scan
- PCR Test is a complete FRAUD used to justify lockdowns, quarantines and closings of small businesses.



NEIL FERGUSON, IMPERIAL COLLEGE OF LONDON (ICL): THE GREAT EXAGGERATOR

2021 Prediction: 2.2 million people in U.S. would die from Covid-19 within 3 months

2009 Prediction: Swine Flu would kill 65,000 people in the U.K. Total deaths 457

2005 Prediction: Bird Flu would kill 200,000,000 worldwide. Total deaths 282

2002 Prediction: Mad Cow Disease would kill up to 150,000 in the U.K. Total deaths 177.

2001 Prediction: Hoof and Mouth predictions led to culling of six million sheep, pigs and cattle, costing 10 billion pounds.

Since 2002, ICL received \$302 million in grants from the Gates Foundation

SAME FEAR, DIFFERENT YEAR BIRD FLU 2005 H1N1 CHASING EBOLA WARNING: ME ARE NOT READY FOR THE NEXT PRANCEMIC

WHAT'S IN VACCINES?

"Pieces of genetic material (mRNA) wrapped in "tiny bubbles of lipid (oil)."

These "lipids" are actually types of **ANTIFREEZE**, especially polyethylene glycol (PEG). Over 70 percent of the population has detectable levels of anti-PEG antibodies in the bloodstream, causing hypersensitive reactions.

TROMETHAMINE (TRIS) with side effects such as fever, allergic reactions, low blood sugar, racing heartbeat, confusion, hunger, weakness, passing out, numbness or tingling, trouble breathing, swelling in the arms and legs, tissue damage and weight gain.

SODIUM ACETATE, another "harmless" ingredient, has a similar list of side effects.

WHAT'S IN VACCINES?

"Pieces of genetic material (mRNA) wrapped in "tiny bubbles of lipid (oil)."

MONOBASIC POTASSIUM PHOSPHATE, with side effects of blood in the urine, blurred vision, burning, crawling, itching, numbness, prickling, "pins and needles" or tingling feelings, changes in skin color, chest pain or discomfort, confusion, decreased or increased urination, dizziness, irregular heartbeat, fever, mood or mental changes, muscle cramps, nausea, nervousness, numbness and tingling, seizures, sweating, trouble breathing, unusual tiredness or weakness and vomiting

DIBASIC SODIUM PHOSPHATE DEHYDRATE, can cause permanent impairment of kidney function leading to long-term dialysis.

POTASSIUM CHLORIDE, used as the third drug in the "three-drug cocktail" for executions by lethal injection because it causes cardiac arrest.

GRAPHENE OXIDE, with magnetic properties, self assembles into nanobots

GRAPHENE OXIDE IN VACCINES

2020: Blood exposure to graphene oxide may cause anaphylactic death in non-human primates

2016: PEGylation of Reduced **Graphene Oxide** Induces Toxicity in Cells of the **Blood**–Brain Barrier: An *in Vitro* and *in Vivo* Study

2016: Toxicity of **graphene-family nanoparticles:** a general review of the origins and mechanisms

2015: Reduced graphene oxide induces transient blood—brain barrier opening: an in vivo study

2015: Bovine serum albumin bioconjugated **graphene oxide**: Red **blood** cell adhesion and hemolysis studied by QCM-D

2014: In vitro hemocompatibility and toxic mechanism of **graphene oxide** on human peripheral **blood** T <u>lymphocytes and serum albumin</u>

2012: Effect of size and dose on the biodistribution of **graphene oxide** in mice

2011: Thrombus-Inducing Property of Atomically Thin **Graphene Oxide** Sheets

ACCUMULATES IN LIVER AND LUNGS

2012: Effect of size and dose on the biodistribution of graphene oxide in mice

Results: Regardless of size, GO was cleared from the blood quickly and accumulated mainly in the liver and lungs. The uptake of GO in lungs increased with increasing injection dose and size.

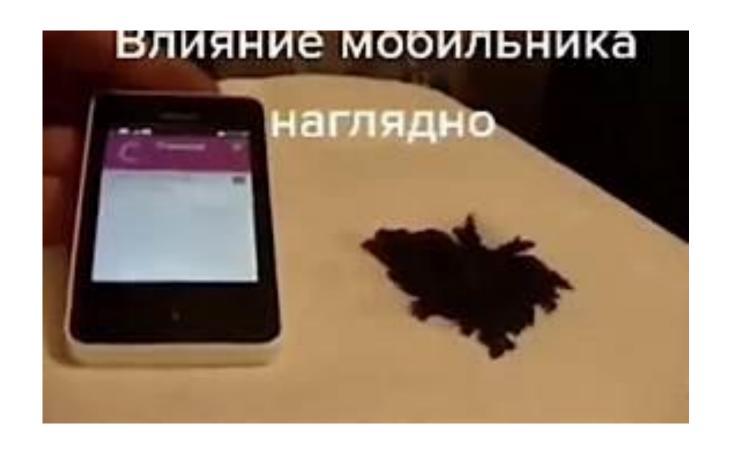
 $\underline{https://scholar.google.com/scholar?hl=en\&as_sdt=0\%2C28\&q=graphene+oxide+in+blood\&btnG=\#d=gs_qabs\&u=\%23p\%3DfZQF7HmhjvAJ}$

SELF-ASSEMBLING NANOPARTICLE VACCINES

2012: "NIAID is conducting and supporting research to develop state-of-the-art vaccine platform technologies that could be used to develop universal influenza vaccines as well as to improve the speed and agility of the influenza vaccine manufacturing process. These platform technologies include DNA, messenger RNA (mRNA), virus-like particles, vector-based, and self-assembling nanoparticle vaccines."

https://energycommerce.house.gov/sites/democrats.energycommerce.house.gov/files/documents/Testimony%20-%20Fauci%20(NIH)%2012.04.2019.pdf





Conductive Graphene Oxide particles move when near a 4G cell phone.

PLANNED AHEAD!

2015: "... Until an infectious disease crisis is very real, present, and at an emergency threshold, it is often largely ignored. To sustain the funding base beyond the crisis. . . We need to increase public understanding of the need for MCMs [medical counter measures] such as a pan-influenza or pancoronavirus vaccine. **A key driver is the media, and the economics follow the hype.** We need to use that hype to our advantage to get to the real issues. Investors will respond if they see profit at the end of process. . . "

Peter Daszak British Zoologist

Source: https://www.ncbi.nlm.nih.gov/books/NBK349040



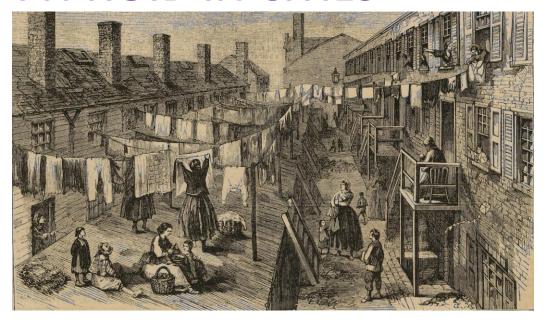


"The virus isolation fraud, the artificial viral genome fraud (including new variants), the pathogenicity fraud, the PCR fraud, and the experimental gene therapy "vaccine" fraud are crimes against humanity enabled by virology's unscientific self-referential scientism."

Vaccine Impact - https://vaccineimpact.com -British Biomedical Scientist: FRAUD and Crimes Against Humanity Enabled by Virology's Unscientific Voodoo Scientism

CHOLERA & TYPHOID IN CITIES





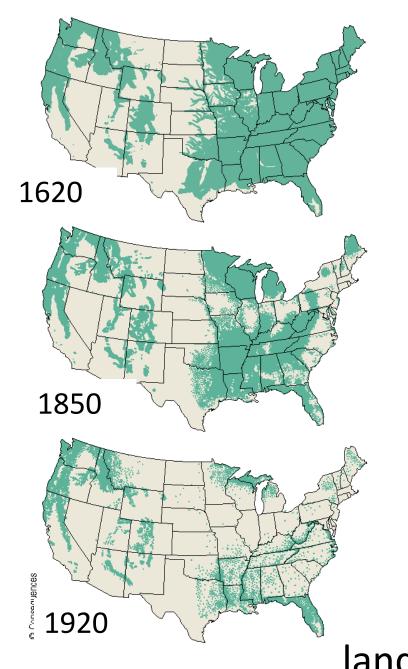


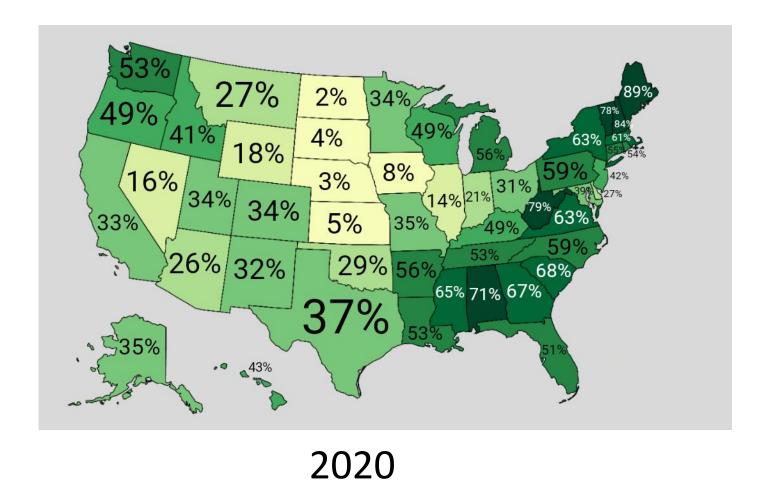


HOW WE MADE THE CITIES LIVEABLE

- Sewage systems
- Water purification
- Refrigeration
- Environmental regulations
- Wires put underground
- Replacement of the horse with the car
- Fossil fuels replacing wood and coal







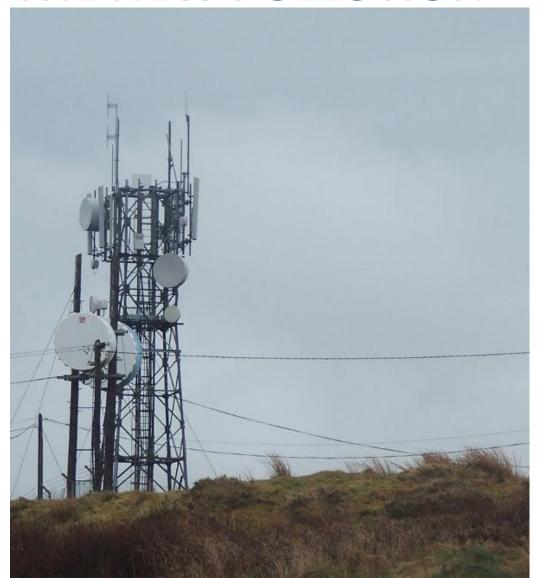
TREE COVER IN AMERICA 1620 – 2020

Trees no longer needed for fuel;
land no longer needed to grow hay for horses.

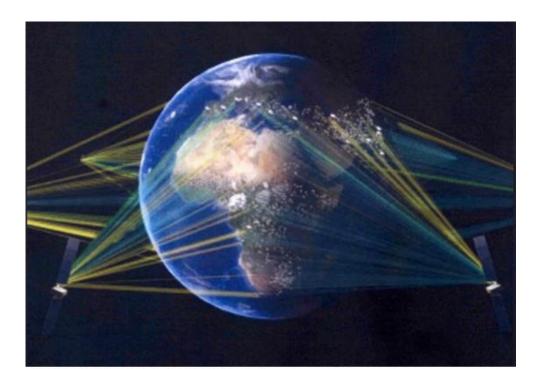


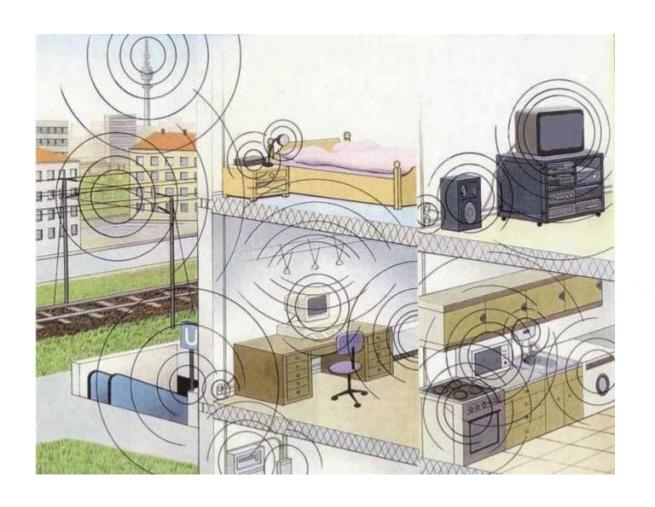
Los Angeles Then and Now: What Happened? Gasoline reformulated to eliminate harmful emissions.

ELECTRO-SMOG: THE NEW POLLUTION

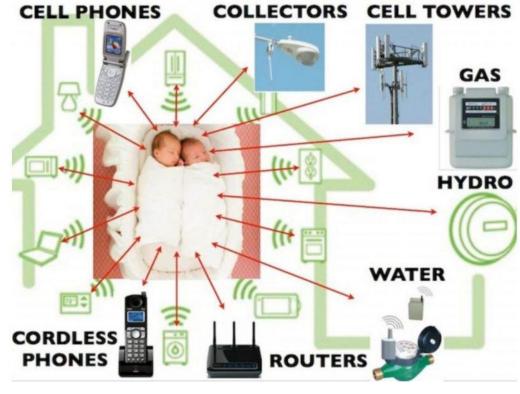








4G-5G OUTSIDE WI-FI INSIDE



THE CHOIR EFFECT SUPERSPREADER EVENTS





WHAT TO DO ABOUT THE WIRELESS REVOLUTION?

CLEAN UP OUR HOUSES

Like installing plumbing, bathrooms after the industrial revolution

No wifi, wired internet, at least inside Land lines, minimal cell phone use No smart meters, no smart appliances No electrical devices where we sleep Consult with a building biologist



NEW ETIQUETTE

Similar to new etiquette for smoking

Cell phones on airplane mode at gatherings

Ask permission to bring cell phone into someone's house

WHAT TO DO? AVOID METAL IN THE BODY

Amalgam fillings

Aluminum (from vaccinations)

Gadolinium, metallic stains in MRIs, colonoscopies, etc.

Too much copper (vegetarian diet)

Toxic iron (iron oxide, iron additives and supplements)

DIET FOR COVID?

THE WISE TRADITIONS DIET

Saturated animal fats, no industrial seed oils

Fat-soluble vitamins A, D and K2 (cod liver oil, liver, egg yolks, etc.)

Oysters/Red Meat for zinc

Raw milk for glutathione

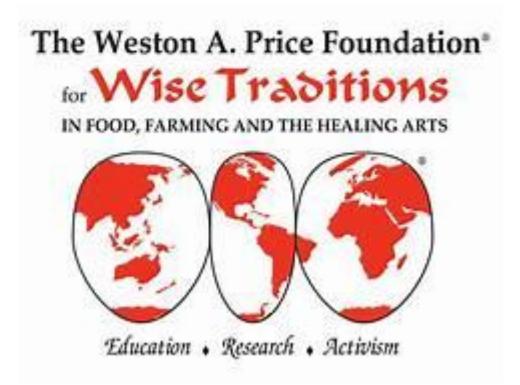
Broth for collagen

Organic foods, avoid glyphosate

Proper preparation of grains

Lacto-fermented foods

Unrefined salt



www.westonaprice.org

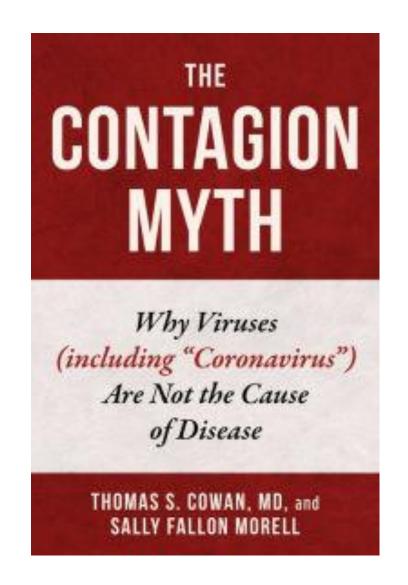
WHAT TO DO LONG TERM?

Recognize the cause!!

 Environmental regulations – just like for gasoline-powered vehicles.

 Wires, not wi-fi – telecommunications industry has been using funds deducted for fiber optics to install 5G (See irregulators.org).

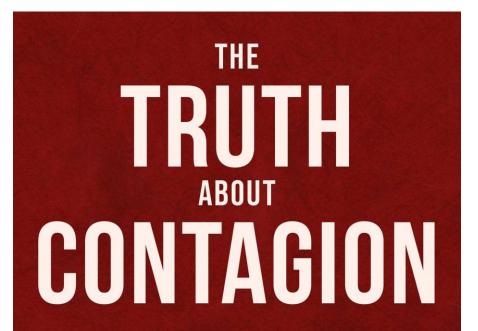
New technologies??



ORDER FROM BARNES & NOBLE

www.bn.com

For updates: drtomcowan.com nourishingtraditions.com



ORDER FROM AMAZON

www.amazon.com

Exploring Theories of How Disease Spreads

THOMAS S. COWAN, MD, and SALLY FALLON MORELL

For updates: drtomcowan.com nourishingtraditions.com

Myths and Truths about Covid-19

Contagious Virus?



5G Microwave Technology?



THE WESTON A. PRICE FOUNDATION®

for Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

Education • Research • Activism

The Weston A. Price Foundation is supported solely by membership contributions and private donations and does not accept funding from government or industry.

PMB Box 106-580 4200 Wisconsin Avenue, NW Washington, DC 20016 (705) 820-5555 info@westonaprice.org westonaprice.org

Copyright © 2021. The Weston A. Price Foundation. All Rights Reserved

Myths and Truths about Covid-19

MYTH: The disease called Covid-19 is just a mild version of the flu.

TRUTH: Covid-19 can be a very serious disease, especially in those taking inhibitory drugs and those with pre-existing conditions such as diabetes and heart disease. Many symptoms of Covid, including lack of oxygen, fizzing feelings, extreme fatigue, swelling of the extremities, tendency to form clots, and inability to smell or taste, do not occur with ordinary flu.

MYTH: Covid-19 is caused by a deadly virus.

TRUTH: Researchers have never properly isolated and characterized any "virus" said to cause disease. "Viruses" do not attack and "take over" our cells from the outside. Rather, extremely small, round bundles of RNA in a protein shell, called exosomes, form inside cells when the cells are under stress; these exosomes play helpful roles in detoxification and adjustment to the environment, actually protecting us against disease.

MYTH: Covid-19 is a contagious disease.

TRUTH: A study of almost ten million people in Wuhan, China looked at data on almost ten million residents who took part in a screening program between May 14 and June 1, 2020. Out of these, three hundred tested positive but had no symptoms. Researchers followed these cases and noted that out of over one thousand close contacts of the asymptomatic positive cases, they all tested negative and none got sick. Researchers have yet to carry out studies with symptomatic sufferers—to expose sick people to healthy volunteers and see what happens—as public health authorities did for the Spanish flu in 1918. In these studies, not a single healthy person became sick from exposure to those suffering from the Spanish flu.

MYTH: Masking and lockdowns have helped prevent disease and death.

TRUTH: States that have not required masking and lockdowns have had the same or lower rates of disease and death compared to those that have required masking and lockdowns. New York, which imposed severe lockdown and masking measures, has a death rate of 274 per 100,000 while Florida, with no statewide masking requirement and only a short lockdown, has a death rate of 183 per 100,000—and Florida has a far higher percentage of elderly and retirees than New York. In Europe, the daily death rates are 50 times higher in Spain, 44 times higher in the U.K., and 22 times higher in France—all countries that imposed masking and lockdowns—compared

to Sweden, which has no lockdown, no masking requirements, open schools and open businesses.

MYTH: Wearing a mask can protect you against Covid.

TRUTH: More than a dozen credible medical studies prove that face masks do not work, even in hospital settings! Even if Covid-19 were caused by a virus (which it is not), the pores on the recommended masks are bigger than any virus.

MYTH: Wearing a mask poses no danger.

TRUTH: Analysis of face masks worn by children found eleven dangerous pathogens on the masks. Masks also reduce oxygen levels leading to headaches, reduced immunity, hypoxia and brain cell death.

MYTH: The PCR test can accurately determine the presence of Covid-19.

TRUTH: The PCR test is designed to identify small samples of genetic material through cycles of amplification; it was not designed to detect viruses or diagnose disease. When a sample of nasal material is amplified 40 times, the results are usually positive; when the sample is amplified only 30 times, the results are usually negative. Thus, health officials can stipulate the number of amplification cycles to get the results they want, such as showing that the unwaccinated are testing positive and the vaccinated are testing negative. One Florida lab set the number of cycles so high that 100 percent of the tests came back positive!

MYTH: About 70 percent of Americans are fully vaccinated. TRUTH: The Kaiser Family Foundation reported that as of May 11, 2021, the average vaccine uptake was just 32 percent. Most states have huge inventories of vaccines about to expire—hence the recent push for vaccine mandates.

MYTH: The Covid vaccine can prevent infection and transmission of SARS-CoV-2.

TRUTH: In trials for the vaccine, vaccine manufacturers used statistical manipulation to claim that the vaccines had a 50 percent efficacy in preventing serious symptoms. They did not prove that vaccines could prevent infection and transmission. In a July 2021 outbreak in Provincetown, Massachusetts, 74 percent of those infected and diagnosed with Covid-19 were fully vaccinated. The Centers for Disease Control (CDC) then stated that vaccinated individuals can become infected with SARS-CoV-2 and transmit it to others, and said that even vaccinated people should wear masks.

MYTH: Vaccines for Covid-19 are safe.

TRUTH: A leaked confidential document reveals that Covid vaccine maker Moderna received 300,000 reports of side effects after just a three-month period following the launch of their vaccine. Side effects are similar to those of Covid-19 itself and include widespread clots, swelling of the extremities, extreme fatigue, fainting, eye disorders including blindness, tumors, kidney problems, skin problems, birth defects, paralysis, stroke, abnormal menstrual bleeding and miscarriage. As of July 18, 2021, the European Union's database shows 17,503 deaths and 1.7 million injured (50 percent seriously) from the vaccines. As of July 23, 2021, U.K. data indicated that fully vaccinated people are 65 percent more likely to be hospitalized and 1540 percent more likely to die from Covid-19 compared to unvaccinated people. In the U.S., as of August 2021, the Vaccine Adverse Event Reporting System (VAERS) has received 13,068 reports of death and 595,622 reports of adverse events following the vaccine. (It's estimated that only about 1-10 percent of deaths and reactions are reported to VAERS.) About 360,000 teens age twelve to seventeen have developed myocarditis (swelling of the heart) after vaccination.

MYTH: Ninety-nine percent of Covid-19 deaths are in the unvaccinated.

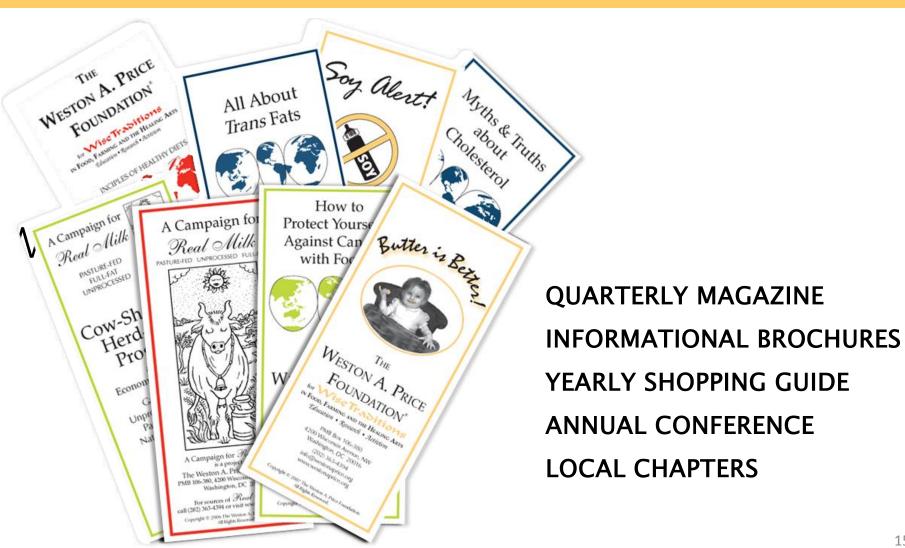
TRUTH: This claim, made by the Associated Press, June 24, 2021 hinges on mislabeling everyone who isn't fourteen days past a second dose of vaccine as "unvaccinated." Most vaccine reactions and deaths occur within days of the vaccination, but the article labels these as "unvaccinated." In Israel, nearly 50 percent of new Covid patients are fully vaccinated. Analysis of recent CDC data shows that the number of cases among the vaccinated is 26 percent higher than the unvaccinated, and that 80 percent of the total hospitalized in the U.S. for Covid were vaccinated, while 20 percent were unvaccinated. In the U.K. two-thirds of Delta deaths are in the vaccinated.

MYTH: Remdesivir is a good drug to take for Covid-19. TRUTH: Promoted by the National Institutes of Health, Remdesivir is a toxic pharmaceutical drug that causes kidney poisoning and other organ damage. Side effects include the lungs filling with fluid—attributed to Covid but actually a dangerous side effect of Remdesivir.

Compiled August 2021. For further information and references, see westonaprice.org/coronavirus



for Wise Traditions in Food, Farming and the Healing Arts





About the Weston A. Price Foundation

The Weston A. Price Foundation (WAPF) is your source for accurate information on nutrition and health, always aiming to provide the scientific validation of traditiona foodways. People seeking health today often condemn certain food groups – such as grains, dairy foods, meat, sait, fat, sauces, sweets and nightshade vegetables – but the

hoices and proper preparation techniques. The result is vibrant health for every age of life.



Opportunity to Support a Study on Raw Milk Cheese

Why Did God Create Cancer?

Dr. Tedd Koren reveals cancer as a self-protective mechanism

Support for Pediatric Cancer

NEW SERVICE FOR WAPF MEMBERS

regulators, food freedom legislation and issues regarding raw milk, cottage foods and on-farm







ALL HEALTH TOPICS













Why Butter is Better



















eges liver meat and liver oil seafood and other generations of healthy people worldwidel

READ OUR BROCHURE	
REQUEST FREE INFO PACK	
WERSITE TOUR	
FIND A LOCAL CHAPTER	
FIND NUTRIENT-DENSE FOODS	
BECOME A MEMBER	
RENEW MEMBERSHIP	
ORDER MATERIAL	
DONATE	
CIFT MEMBERSHIP	





















CONFERENCE SPONSORS

















westonaprice.org



About the Weston A. Price Foundation

The Weston A. Price Foundation (WAPF) is your source for accurate information on nutrition and health, always aiming to provide the scientific validation of traditional foodways. People seeking health today often condemn certain food groups -- such as grains, dairy foods, meat, salt, fat, sauces, sweets and nightshade vegetables -- but the Wise Traditions Diet is inclusive, not exclusive.

We show you how to include all these nourishing traditional foods in your diet through wise choices and proper preparation techniques. The result is vibrant health for every age of life, including the next generation. Read more...



Opportunity to Support a Study on Raw Milk Cheese

Does raw cheese help prevent osteoporosis? Here's an opportunity to find out. READ MORE

Why Did God Create Cancer?

Dr. Tedd Koren reveals cancer as a self-protective mechanism

Support for Pediatric Cancer

Kim Schuette provides detailed instructions for restoring your child to health

GcMAF and Raw Milk

DODGACTE AND DIOCE

Lee Emerson explains how the cancer paradigm is changing

NEW SERVICE FOR WAPF MEMBERS

Consultation with Pete Kennedy on policy and legal matters including disputes with government regulators, food freedom legislation and issues regarding raw milk, cottage foods and on-farm meat and poultry processing. Contact Pete at pete@realmilk.com.

CAMPAIGNS

SUPPORT THE WORK WE DO

DONATE NOW

BECOME A MEMBER



They're happy... because they eat butter!

They also eat plenty of raw milk, cream, cheese. eggs, liver, meat, cod liver oil, seafood, and other nutrient-dense foods that have nourished generations of healthy people worldwide!

READ OUR BROCHURE

REQUEST FREE INFO PACK

WEBSITE TOUR

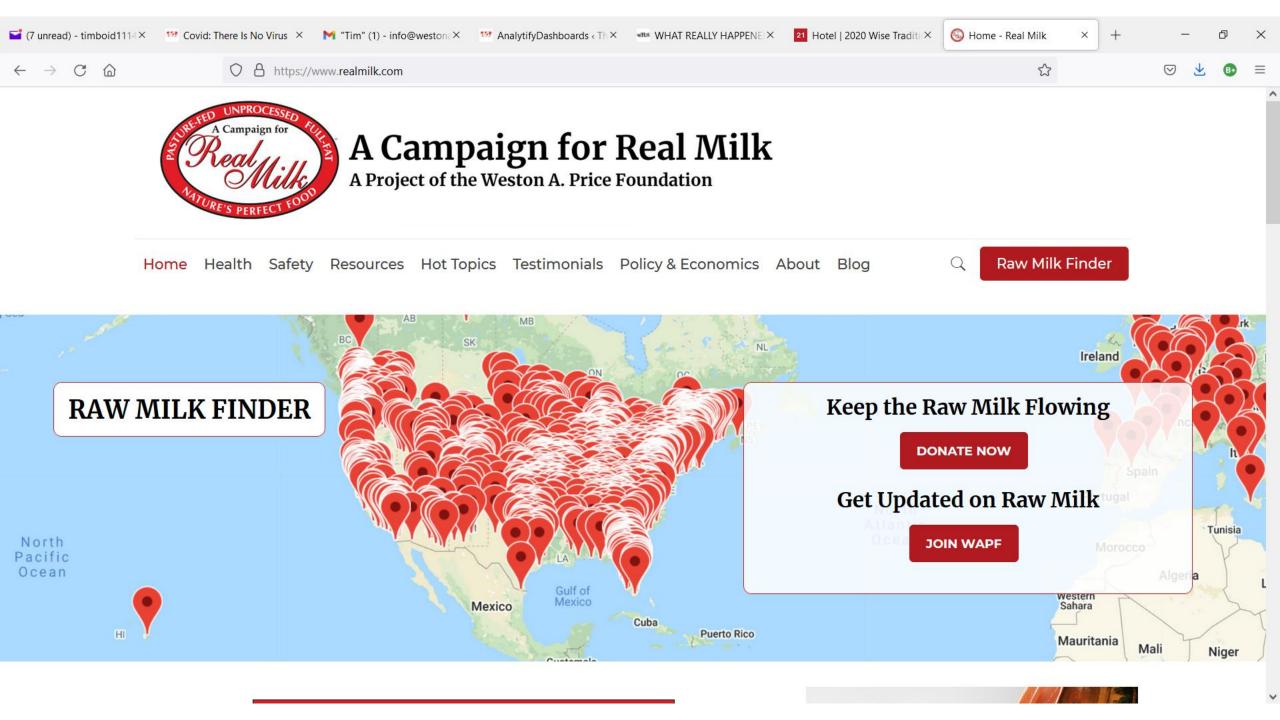
FIND A LOCAL CHAPTER FIND NUTRIENT-DENSE FOODS

BECOME A MEMBER

RENEW MEMBERSHIP

ORDER MATERIAL

DONATE **GIFT MEMBERSHIP**





for Wise Traditions in Food, Farming and the Healing Arts

Shoppins Guide

For Finding the Healthiest Foods in Supermarkets, Health Food Stores and by Mail Order



Education • Research • Activism

THE WESTON A. PRICE FOUNDATION®

for Wise Traditions

IN FOOD, FARMING AND THE HEALING ARTS

PMB 106-380, 4200 Wisconsin Avenue, NW Washington, DC 20016 (202) 363-4394 www.westonaprice.org info@westonaprice.org

YEARLY SHOPPING GUIDE

Now available as an iPhone app!
Also available on your laptop





for **Wise Traditions** in Food, Farming and the Healing Arts

Healthy 4 Life









Dietary Guidelines

from the Weston A. Price Foundation

for Cooking and Eating

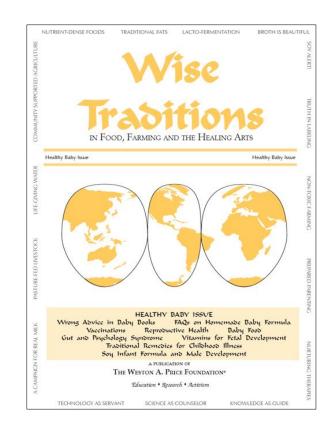
Healthy, Delicious, Traditional Whole Foods

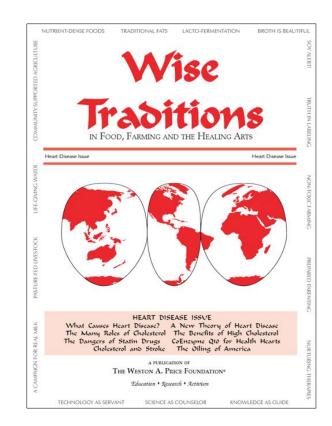
COLORFUL DIETARY GUIDELINES AND RECIPE BOOKLET BASED ON FOUR FOOD GROUPS

- 1. Animal Foods
- 2. Grains, Legumes, Nuts
- 3. Vegetables and Fruits
- 4. Healthy Fats and Oils



for Wise Traditions in Food, Farming and the Healing Arts





HEALTHY BABY ISSUE

HEART DISEASE ISSUE



for **Wise Traditions** in Food, Farming and the Healing Arts













TAKE THE 50% Pledge!

Spend at least 50% of your food dollars on direct purchases from local farmers and artisans; with the remainder of your food dollars, you can celebrate how small the world has become!









THE CONTAGION MYTH and other Powerpoint presentations

are available at

NourishingTraditions.com/Resources