

Follow the Science

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The term 'follow the science' has been used so many times that it has become a mantra for those in control. They use this mantra to silence any opposing view on how to handle this world-wide pandemic. The curious fact is that those that espouse this mantra are so myopic that they never follow the science.

The first scientific fact that they ignore comes from the early Greeks, of whom Thucydides observed that the people that survived the plague of Athens were able to care for the sick without becoming ill again. This scientific fact has stood the test of time and has never been disproven. So why are the health professionals saying that the millions of people who survived COVID-19 need to be vaccinated? That statement defies scientific fact. If your immune system defeats any virus then you are immune to that virus for a lifetime. And all life experiences since COVID-19 began have proven that. Survivors are immune.

The 'experts' try to disprove this scientific fact by getting a positive reading when retesting survivors. Further study shows the fallacy in their attempts. The test is an RNA test, and the false positive results occur because an attenuated virus still contains RNA markers. Your Immune system breaks down the virus, but the residue is still RNA detectable. Further scientific tracking of these retested survivors has shown no spreading of the disease.

Those in control try to convince us that COVID-19 has not been around long enough to know if immunity lasts. This is true, so we need to rely on studies done on similar viral infections. Luckily, the genome for SARS CORONA VIRUS is extremely close. Although SARS was deadly it was not very communicable. So, survivors are rare, but scientists were able to track down more than one hundred survivors and found them to still have anti-bodies. SARS occurred in 2003 so antibodies were detected seventeen years later.

'Experts' try to confuse us with statements like, "We do not know the antibody titter levels." which is medical nonsense. Even if someone tests low in anti-bodies it does not matter. The scientific fact is that even if someone tests at a level of zero antibodies, they still have T memory cells against that virus. Upon detection of that specific virus these T cells contact B cells which produce billions of specific anti-bodies to that virus within hours.

Science backs up the amazing reliability of the immune system. All we need to do is strengthen our immune system and keep it healthy. We strengthen our immune system by challenging it, not by living in a bubble. Of course, we want to challenge it when we are healthy, like in the Summer, and providing it with the nutrients needed for it to properly function. If we expose our skin to the summer sun, its rays penetrate our skin interacting with cholesterol and creating Vitamin D. This vitamin is also found in outdoor grown mushrooms, eggs from pasture raised chickens, and oily fish. In the second quarter of 2020. hospitalized patients with COVID-19 were tested for Vitamin D levels through drawn serum. Those patients with low levels of Vitamin D died at the rate of 98.9%. However, those with average levels died at a rate of only 4%. The fact is that white blood cells need Vitamin D to function. Other nutrients needed by your immune

system include Vitamin A, Vitamin C, Vitamin E, Zinc, and Iodine. Vitamin A is easily obtained by drinking carrot juice. Vitamin C is found in most fresh produce, as is Vitamin E especially in avocados and nuts. Zinc is abundant in legumes. Also, consider taking kelp for adequate iodine levels. Root vegetables are good for healthy levels of immune protective friendly flora.

A happy and healthy body contributes to a well-functioning immune system. Junk foods and drugs suppress the immune system. My favorite immune herbs are Elderberries, Echinacea, and lots of garlic.

By following actual science, and with a healthy immune system we need not live in fear of viruses.

David Christopher is a Master Herbalist and the director of The School of Natural Healing. He also co-hosts the popular radio show "A Healthier You" and is a popular international teacher and lecturer.