

CONTAGIOUS DISEASES and the GERM THEORY

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By Dr. Bernarr, D.C., D.D.

T.C. Fry wrote, "Actually bacteria are our symbiotic partners in both health and disease. They serve a useful role. As scavengers they make harmless or remove undesirable substances within our bodies. They also elaborate certain of our body needs. That is, they help build complex organic compounds from simple ingredients. A notable example of this is the production of vitamin B-12 in our intestines."

Fry also wrote, "'Infection' is no war in which the body is fighting invaders. The bacteria that come to these sites are symbiotic and help the body in elaborating dead cells and tissues for expulsion-they are partners in the cleanup process. When this has been accumulated the bacteria disappear and the wound heals. Infection...is a body-cleaning process for a body burdened with toxic materials."

Dr. Paul Goldberg writes, "We need to re-direct our perspectives of microbes and see them in a new light. In terms of bacteria, for example, we need to appreciate them as: Bodily inhabitants who assist us in such ways as protecting us from other organisms (e.g. fungi), assisting in digestion and metabolism of food, synthesizing vitamins, and helping to eliminate waste materials."

Dr. Alec Burton writes, "DO GERMS CAUSE DISEASE? Or could it be the other way around...first, the disease, then the germs. Natural Hygiene contends that germs do not cause disease. They are not the originators. Most diseases occur when people allow themselves to become enervated, that is, low in nerve energy. As a consequence, the organs of excretion fail to function normally and waste material accumulates in the body. When this waste continues to build up, exceeding the body's toleration point, a crisis arises. The body, to offset this overabundance of poisonous matter, begins to react. The result of this reaction is sometimes a cold, the flu, pneumonia, or some such, depending on the individual. At this crisis point of elimination, germs may or may not be present. They are sure to come later, not to attack, but to assist in the cleanup or cleansing process."

Dr. Virginia Vetrano writes, "Hygienists object to the germ theory of disease because germs do not cause disease. They may be present in disease processes, and they may complicate a disease with their waste products which can be very

toxic at times, but the germ or virus alone is never the sole cause of disease."

"Germs are saprophytes; that is, they live off dead and decaying organic matter. Bacteria are actually our benefactors. They decompose our excretions, helping to rid the system of them. Bacteria are non-toxic, and non-virulent as long as body secretions and excretions are normal. When toxemia exists, that is, when metabolic wastes accumulate in the system in excess, causing the secretions and excretions of the body to become abnormal and poisonous, a non-pathogenic bacterium can turn into a so-called pathogenic one simply by feeding on toxic wastes. Bacteria excrete toxic waste only when human secretions are abnormal and when the cells of the body are killed by excessive toxic saturation, bacteria go to work to disorganize them and help the body rid itself of dead tissue. 'Disease producing' germs are often present in the absence of the disease they are supposed to cause. They are often found when an individual has not had the disease that a particular germ is supposed to cause and when the individual never develops the disease. Furthermore, in myriads of cases, a particular pathogenic germ is not present when the disease it is supposed to cause exists."

Dr. Robert R. Gross wrote, "Germs do not cause disease! Nature never surrounded her children with enemies. It is the individual himself who makes disease possible in his own body because of poor living habits...Do mosquitoes make the water stagnant; or does stagnant water attract the mosquitoes? We should all we taught that germs are friends and scavengers attracted by disease, rather {than} enemies causing disease...As their internal environment is, so will be the attraction for any specific micro-organism...The germ theory and vaccination are kept going by commercialism."

Dr. Herbert Shelton wrote, "Warmth, moisture, food-these are the causes that activate latent germs and arouse them to activity. They exist, all except the food, in the mouth, nose and throat at all times. The food is thrown out into these, as excretions, in disease. The germs feed on the excretions. They are scavengers. They were never anything else and will never be anything else. They break up and consume the discharge from the tissues. This is the function ascribed to germs everywhere in nature outside the body and is their real and only function in disease. They are purifying and beneficial agents. The medical profession has worked itself into hysteria over the germ theory and is using it to exploit an all too credulous public. Germs are ubiquitous. They are in the air we breathe, the food we eat, the water we drink. We cannot escape them. We can destroy them only to a limited extent. It is folly to attempt to escape disease by attempting to destroy or escape germs. Once they are in the body the physician has no means of destroying them that will not, at the same time, destroy the patient. We cannot avoid germs. We must be proof against them. We have to accept them as one of the joys of life."

Rudolph Virchow, a great German scientist, repudiated the germ theory of disease.

He said that disease brought on germs rather than the germs caused disease. Claude Bernard, Bechamp and Tissot-great French scientists-all disproved the germ theory of disease. In Hans Selye's book Stress of Life (Page 205), an account is recorded that Louis Pasteur, inventor of the germ theory of disease, admitted he was wrong. Sanitation is the only factor that has reduced the spread of the old-time scourges. If the germ theory were founded on facts, there would be no living being to read what is herein written, for germs are ubiquitous-they exist everywhere. In many diseases supposedly caused by a specific germ, that germ is not present. Contrariwise, specific germs said to cause a specific disease are present in huge proportions without the specific disease manifesting itself.

Dr. Virginia Vetrano writes, "Just remember that there are no contagious diseases, just contagious habits which lower your vitality. There have been many people who have had diphtheria and yet no germ could be found. The same can be said of tuberculosis and other diseases. This is why the virus had to be discovered-to save the germ theory. Now we have virus infections instead of germ infections because pathologists could not find a germ for all the diseases of mankind. If a germ does not cause disease, what does? Soon everyone will learn that it is the individual's way of life that produces disease and not the saprophytes of earth, which are actually beneficial to us. Without them we would all succumb. They do so many jobs for us that it would take volumes to tell you about them. In fact without bacterial life, all animal and plant life would soon wither and die. On second thought, without bacteria we can't even wither."

Dr. Vetrano adds, "A truly healthy child can sleep with a person 'infected' with scarlet fever, mumps, measles or some of the other virulent so-called infectious diseases, night after night, and still not develop the disease. But overfeed that same child and he will now develop a so-called infectious disease. This disease will not be due to germs, but due to putrefactive toxins absorbed from the digestive tract in an enervated and toxemic individual."

"Hygienists do not use the term infection to mean 'invasion' of the organism by pathogenic micro-organisms, but recognize the element of poisoning in all so-called 'infections.' Tilden said that all infections stem from one source-protein decomposition. The term septic infection covers the whole field of infection and means protein decomposition. Pioneer (Natural) Hygienists said specific infections have no place in biological abnormalities or disease and any infection is only septic infection arising from absorbed protein putrefactive toxins from the digestive tract. Dr. Shelton states that 'sepsis is the only infecting agent in all the so-called specific diseases.'" Without drugs, surgery, condoms, vasectomies, contact me NOW. I will help you immediately. I have successfully helped many people safely do birth control throughout the world via the Internet and/or telephone. Dr. Bernarr, D.C. D.D.God Healing, Inc. Dr. Bernarr, D.C. D.D. P.O. Box 46832 Los Angeles, CA 90046 USA Telephone: (323) 653-6314; (323) 852-0403 Web Site: <http://www.healself.org> E-mail: g.monbiot@zett.net.co.uk