

# Your Cold is the Cure

And Germs Don't Cause Disease



Amanda Dawn Vollmer  
Mar 19

76

14



<b>ILLNESS/DISEASE:</b>	<b>DEFICIENCY:</b>
<b>MUMPS</b>	<b>VITAMIN B DEFICIENT.</b>
<b>MEASLES</b>	<b>VITAMIN A DEFICIENT.</b>
<b>RUBELLA</b>	<b>VITAMIN A DEFICIENT.</b>
<b>CHICKEN POX</b>	<b>VITAMIN A &amp; D DEFICIENT.</b>
<b>SHINGLES</b>	<b>VITAMIN A &amp; D DEFICIENT.</b>
<b>POLIO</b>	<b>VITAMIN A &amp; B DEFICIENT.</b>
<b>ROTAVIRUS</b>	<b>VITAMIN A &amp; D DEFICIENT.</b>
<b>PNEUMONIA</b>	<b>VITAMIN A &amp; D DEFICIENT.</b>
<b>PNEUMOCOCCAL</b>	<b>VITAMIN A &amp; D DEFICIENT.</b>
<b>TETANUS</b>	<b>VITAMIN A DEFICIENT.</b>
<b>PERTUSSIS</b>	<b>VITAMIN D DEFICIENT.</b> <b>(TREATED WITH VITAMIN C)</b>
<b>INFLUENZA</b>	<b>VITAMIN D DEFICIENT.</b>
<b>MENINGITIS* BOTH*</b>	<b>VITAMIN C &amp; D DEFICIENT.</b>
<b>HPV</b>	<b>VITAMIN B &amp; C (&amp; ZINC) DEFICIENT.</b>

There are no viruses. None have ever been isolated or proven to cause disease.  
Ever.

There are no contagious germs, just contagious habits. Knowing that your expressive symptoms are the body's mechanism for communication and healing is something "big harma" doesn't want you to be empowered with. Are you full of toxins and are operating nutritionally deficient? Well, there's your trouble.

The change of seasons is one trigger for us. It is that time of year again when your body needs to clean house (spring cleaning).

Amandha D Vollmer's Newsletter is a reader-supported publication. To receive new posts and support my work, consider becoming a free or paid subscriber.

Type your email...	Subscribe
--------------------	-----------

Here are a few videos I have explaining support methods (and more below).

<https://yummy.doctor/video-list/colds-and-flu-are-detox/>

<https://yummy.doctor/video-list/preventing-healing-colds-flu-holistically/>

What about contagion? Science has **not been able to prove this idea**, but ran with it anyway! Our modern ideas of disease do not operate as we have been sold.

Not only this, modern scientism ignores an entire living process in our bodies, the **16-stage pleomorphic somatid/mycrozyma cycle**. Whoops! My recent talk at the True Earth Equinox Summit goes into this topic in detail. If you would like to listen to the summit, **sign up here**.



**Amandha Vollmer**





11m • 

"There is no new disease, just the usual seasonal detoxification triggers (symptoms differ from season to season depending on the toxic exposures) renamed as c0v/d. It is a renaming of a constellation of symptoms that occur when the body is sick and needs to recover. Pathogenic viru\$es do not exist except in the minds of magicians and the brainwashed. Walk away from foolishness and this long con that began with the lie of the germ theory. It's revolution time."



You and 5 others



Your post couldn't be shared.

[View Post](#)

When you understand this, they can no longer manipulate you.

## CONTAGIOUS DISEASES and the GERM THEORY

Compiled by Dr. Bernarr, D.C., D.D. T.C.

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. 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 be 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 germs causing 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."

“

Had it not been for  
the mass selling  
of vaccines,  
Pasteur's germ theory

of disease would have  
collapsed into  
obscurity.

E. DOUGLAS HUME

Ethyl Douglas Hume knew what was up.

**Are you experiencing symptoms?**

 Cough	<b>ALL SIGNS OF A BODY THAT'S TRYING TO PURGE ITSELF</b>
 Shortness of breath	
 Fever	
 Fatigue	
 Runny nose	
 Nasal congestion	
 Diarrhea	
 Body aches	
 Sore throat	



Some questions to ask yourself are: What did I eat and drink lately? Did I drink any alcohol or eat new foods? Have I taken any drugs or vaccines (which are poisons that suppress and damage my natural healing responses)? How toxic is my lifestyle? Have I been on the edge of a detox (which is a cold or flu) and some experience pushed me over the edge? Have I been stressed lately, perhaps out with others when I am not normally used to being social? What is my body telling me? How can I help it purge/cleanse? How can I alter my frequency to not become triggered by others who are purging?

Later we will talk a lot more about frequency...

With love, ADV

**More detox resources:**

<https://yummy.doctor/video-list/detoxing-from-the-thing-by-adv/>

<https://yummy.doctor/video-list/magnesium-is-a-catalyst-your-liver-up-regulating-our-detox-pathways/>

<https://yummy.doctor/video-list/detoxing-your-liver-and-intermittent-fasting/>

Amanda D Vollmer's Newsletter is a reader-supported publication. To receive new posts and support my work, consider becoming a free or paid subscriber