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What Does—and Doesn't— Make Us Sick

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What makes us sick

What makes us sick and what doesn't make us sick? To answer that question, our first step is to understand how we as human beings come to know something. There are two basic ways. First, we can have a sensory experience of something that tells us that this thing is real. We might study a particular tree in its habitat and see whether it produces fruit or observe what type of birds it attracts. Or we could study frogs and learn about where they live, what they eat and their interaction with the wider ecosystem.

But there are also things for which no sensory experience is possible, perhaps because they're too small to see. That doesn't mean they don't exist, but in this situation, we have to do something called "science"— meaning looking for and establishing the existence of things that we don't experience directly through our senses.

When we do science—and this is important—we have to make sure, during every single step of the process, that we haven't altered the nature of the thing we're studying, or even brought that thing into existence through our intervention. Analytical chemists understand this; they tell me that in their line of work (which amounts to finding things they cannot experience through their senses), they have to validate that their procedures—taking something out of its habitat and shining a light on it or adding chemicals—didn't in fact actually create what they ended up with. Otherwise, they can't know whether or not the thing actually exists. Stated another

way, when researchers test cause and effect by changing an independent variable to see whether it has an effect on a dependent variable, they have to make sure, every step of the way, that they are measuring just the relationship between those two variables. This is the essence of the "scientific method." When we don't follow the true scientific method, we can end up in a world of illusions, delusions and make-believe.

What if there is no possible way to do an experiment? In that case, you are relying on something that is more like faith, and you should acknowledge that. You should state, "This is what I *believe* to be true and I'm going to dedicate myself to figuring out whether I can validate that it actually *is* true." In other words, the goal is to go from "I believe" to "I know."

How Do Viruses Make You Ill

AWOL VIRUSES

What is the agreed-on definition of a virus? A virus is described as a disease-causing microbe with a piece of either DNA or RNA in the middle surrounded by a protein coat, and is said to be self-replicating in a host. It gets into the host's cells, makes more of itself and then causes disease by bursting open the cells.

According to the definition, the expected natural habitat of this organism is the lungs, the blood, the lymph nodes, the urine, the cerebrospinal fluid and so on. However—and there is no scientific disagreement on this important point whatsoever—there is not a single study in the published medical literature for the past one hundred years that reports finding such a particle in any biological fluid of any plant, animal or human being. This is true whether you're talking about the fluid from someone's "herpes" lesion, or the lungs of someone with "Covid-19," or the snot from a person with "measles," or the blood of someone with "Ebola" or the lymph nodes of a person with "AIDS." There is not one published study in the scientific/medical literature showing that someone found such a particle in any one of those bodily fluids—and nobody disagrees with that! This should make you suspicious. As Mark Twain once stated, "It ain't what you don't know that gets you into trouble. It's what you know for sure that just ain't so."

WC Fields said, “If you can’t dazzle them with brilliance, baffle them with bullshit,” and I think he was talking about virology. Consider this: we now have over two hundred ten responses from various health departments around the world to the question, “Do you have any published study that shows that you directly isolated SARS-CoV-2 from any human being on the planet?”[1] (SARS-CoV-2 is the alleged virus, and Covid-19 is the disease alleged to be caused by the virus.) They all say the same thing: “We have no record of SARS-CoV-2 having been purified.” They’ve never found it, nor have they found any of the other pathogenic viruses. (We also have around forty or fifty similar responses pertaining to Ebola, Zika, HIV, measles and the like.)

Colleagues of mine have asked the authors of four of the most important papers written about SARS-CoV-2, some of which bafflingly have the word “isolation” in the title, “Did you isolate this virus in your study?” Their answer was not only “No” but also, “We didn’t even try to find it in any biological fluid of any person who was sick.” In the early days of virology, scientists did look, but they were never able to find such a particle using the very tool—the electron microscope—that should have allowed them to find it. After twenty years, they abandoned ship and said, “There’s nothing to this theory.” But then later, it got resurrected.

What Are You Sick With

A BELIEF SYSTEM

Note that virology has methods and techniques to truly isolate a virus.[2] Using ultracentrifugation and something called a “sucrose density gradient,” virologists can separate a fluid sample into bands by molecular weight. Ultracentrifugation will spin viruses out into their own band, which virologists can then extract with a pipette and check for purity.

But they don’t use these techniques! Instead, I’ll give an example of what a virologist says if you ask, “Why do you think this virus exists? If you can’t find it, why do you think it’s in the lungs?” A virologist told me that someone would have to be “incredibly ill and shedding extremely large amounts of virus, and the fluid from their lungs would have to have a large amount of virus—and even then, it wouldn’t be possible.” In other words, “There’s not enough virus to find.”

Think about this. Your lungs are said to be the perfect culture medium—at the ideal temperature (thirty-seven degrees Celsius) for viruses to reproduce—and the lung environment is, therefore, supposedly teeming with viruses. After they reproduce, viruses reportedly kill millions and billions of cells, and that, we are told, is how they cause disease. Supposedly, there are twenty million copies of a virus in a single sneeze. But the virologist's answer is, "There's not enough to see."

Remember, a virus is described as incredibly tiny—something like one-thousandth of a pinhead or less—which means that when viruses explode, they are exploding perhaps one hundredth of a pinhead of your lungs. Yet you could take out even a baseball-sized piece of your lungs, and while that might be called "having a bad day," you won't die. The body also isn't crazy enough to make an abnormal and excessive immune response to losing less than a pinhead size of the lungs. So, it is logical to ask, "If the virus is exploding the cells in a portion of your lungs that is the equivalent of less than a pinhead, how is it causing disease?"

There is a second reason virologists give for not using the tools at their disposal to isolate a virus. They say that the virus is an intracellular parasite organism, meaning it is only inside the cell and doesn't go outside the cell. But if that is the case, how does it get to the next person? This starts to strain credulity. Here's how that nutty conversation might go:

Q: "Why can't you catch the virus when it goes from one person to another person?"

A: "Well, it's not there for more than about six hours. We don't have enough money to pay someone to look every six hours to find the organism in the snot."

We asked one eminent virologist, "If you put ten thousand people together and collected all their sputum, would that be enough to find the virus?" His answer: "No, that's not enough."

POISONING, NOT PURIFICATION

There are something like ten thousand published papers that refer to the “isolation” of such-and-such a virus. Virologists will show you the title of these papers and say, “See, how can you say this isn’t true?” But since they aren’t using the proper steps, you have to know what they did instead. And you have to ask, did they rigorously validate every step of their process?

In 1954, a researcher named John Franklin Enders established the procedures that rejuvenated the then-languishing field of virology.[3] Here are Enders’ basic steps:

1. Virologists take snot from somebody alleged to have a certain disease (such as measles or Covid-19).
2. Sometimes they centrifuge (not ultracentrifuge) or filter the mixture to get rid of cells, fungi and debris. That has become a sticking point because some people call this “purification.” However, purifying the snot a little is not equivalent to purifying out a virus.
3. Next, they put the snot in a cell culture of green monkey kidney cells—cells that happen to be highly inbred and tend to break down easily.
4. Then they mix in antibiotics—and specifically antibiotics that are kidney-toxic (gentamicin and amphotericin)—and they take away the cell culture medium’s nutrients. (This is the equivalent of being forced onto a standard American diet after thriving on a Wise Traditions diet.)
5. Next, they mix in fetal bovine serum, a product sucked out of the heart of a newborn calf.
6. Maintaining the cell culture at a steady temperature, they then watch what happens. In about five days, the cells break down— which is called a cytopathic effect (CPE)—and they call the CPE the “proof” that the virus exists and causes damage.

Understand that virologists consider this process—which inevitably generates cell breakdown—not “a” proof but “the” proof for the existence of all pathogenic viruses. You might reasonably ask, “How do you know the CPE is not due to starving the cells, or poisoning them with gentamicin and amphotericin, or using fetal bovine serum, or because of some other toxin in the sick person’s snot?” Virologists’ answer is that they do a “mock infection” as a control. However, if you go to the hundreds of papers I and my colleagues have read over the past two years, you will not find even one actual

mock infection. In fact, it can't be done because the independent variable would necessarily need to be the very virus that they have not isolated. Often, the study authors don't even provide details, and if you try to obtain more information, you invariably learn that they did not conduct a properly controlled experiment.

Interestingly, Enders' procedures are also how pharmaceutical companies make viral vaccines.[4] For example, they take someone with measles and put their unpurified snot into a monkey kidney cell culture, add fetal bovine serum, gentamicin, and amphotericin, and then when the cells break down, they call that "isolation" of the measles virus. They put that goop into a vial—and that is called a "live" virus vaccine. They can also cycle the goop over and over in huge vats, removing some of the proteins, and that is an "attenuated" viral vaccine. But at no point did they ever demonstrate there is a virus in there. With mRNA and newer technologies, they are just putting different stuff—known and unknown—in their vaccines. In short, vaccines are biotoxins, and they make people sick. How could biotoxins possibly *prevent* people from getting sick?

THE LANKA EXPERIMENTS

There is one scientist, Stefan Lanka, who contracted with an independent professional lab to try to answer the question of whether the culturing process itself, rather than a pathogenic virus, might be causing the CPE.

The lab conducted four experiments. In the first, they cultured normal cells with a normal nutrient medium, adding only a small amount of antibiotics—and no snot from a sick person. Five days later, the cell growth was perfectly normal. The second experiment was the same as the first, but with the addition of 10 percent fetal bovine serum. Again, five days later there was no cell breakdown.

The third experiment replicated Enders' procedures, lowering the percentage of fetal bovine serum from 10 percent to 1 percent (that is, starving the cells) and tripling the amount of antibiotics. On day five, the characteristic CPE that "proves" the existence and pathogenicity of a virus was evident—except that Lanka had not added any fluid from a sick person or anything else that could have had a virus in it.

The fourth experiment repeated the third but with the addition of RNA from yeast. It so happens that monkey kidney cells don't like yeast any more than they like kidney-toxic antibiotics. Unsurprisingly, the fourth experiment produced the same CPE result—clearly showing that the CPE is the result of the culturing technique rather than any virus.

After they "prove" the existence of a virus using their cell culturing process, virologists "find" the genome of the virus using fragments of the RNA in the broken-down cell culture to create the assembled genome of the alleged virus. This is called "sequencing." What is important to understand is that this process generates a genome that is purely *theoretical* ("in silico"). As I explain in my booklet *Breaking the Spell*:

"This genome never exists in any person, and it never exists intact even in the culture results; it exists only inside the computer, based on an alignment process that arranges these short pieces [of RNA] into an entire 'genome.'"[5]

In the case of SARS-CoV-2, sequencing software generated anywhere from three hundred forty-two thousand to one million different possibilities of how to arrange the fragments. A small group of scientists then decided which arrangement they liked—by "consensus"—and then, for every subsequent analysis, they put that first consensus-derived genome in and told the computer to make another one along the same lines. When they turn out a sequence that is a bit different from the original consensus-derived "genome," that's called a "variant."

Note that all of this applies both to so-called "natural" viruses and to so-called lab-engineered "gain-of-function" viruses—which no more exist than any "natural" virus exists. So, here you have biologists in their hazmat suits, protecting themselves against a genome from a virus that exists only in a computer.

As for the PCR test, the whole premise of the test is also nonsense. You cannot say that a PCR sequence came from a thing you have not isolated. It makes no sense to even talk about "false-positives," because the results are just plain false.

IDENTICAL PICTURES, DELUSIONAL THOUGHTS

At some point, people say to me, “But Tom, we’ve seen electron microscope pictures of SARS-CoV-2,” complete with “spikes” and something that looks like a “corona”! However, I have a picture from a kidney biopsy produced before the year 2000 (when there was no possibility that it was SARS-CoV-2) that looks just the same. In fact, I have eleven electron microscope pictures—labeled as kidney biopsies, lung biopsies or SARS-CoV-2—and there is no way to tell the difference between them. They are morphologically indistinguishable—they all look the same. In fact, the CDC has known since the 1970s that electron microscopy cannot tell the difference between a kidney biopsy, lung cancer, cellular debris, SARS-CoV-2 or any so-called pathogenic virus; it simply is not possible.

The cellular debris, by the way, comes from poisoning—whether from putting yeast, antibiotics or fetal bovine serum on a culture, or from EMFs, or from not eating a Wise Traditions diet. It can even be from “wonky” or delusional thinking. For example, I knew an anthroposophical doctor who spent his career giving AIDS drugs to so-called “HIV-positive” people because he believed in the delusional germ theory, and then, because of this belief, he took four Covid shots. Five days after the fourth one, he was dead. You could say he died from the shots, but I say he died because he spent his entire life believing in something that is completely make-believe.

AN EVEN BIGGER DELUSION

It turns out that the delusion is even bigger than viruses—we didn’t just make up viruses, we made up diseases. Consider what happens if you get a splinter in your finger. In medical school, I was taught that pus is a sign of infection, but actually, the pus is the body’s therapeutic response to the splinter; if you suppress the pus, you will never get the splinter out. We need to stop thinking of the body’s responses as “diseases”; they are the wisdom of the body coming through.

We can look at many other conditions—and the body’s wise therapies—in the same way. For example, if you put toxic junk in your lungs, the body will cough it up because it wants to get rid of dead, dying and poisoned tissue. In Wuhan, which has

some of the worst air pollution in the world, bronchitis is the therapy for breathing air. It's not a disease.

Or consider chickenpox, which might have something to do with malnutrition or a collagen deficiency or a toxic environment—but is also a normal maturation and cleansing process. If you come along and poison a child with a chickenpox vaccine so they cannot go through that cleansing process, they will instead have a life of asthma, allergies, eczema and all these other made-up terms that really mean you stopped the process of healing. It may look like you lessened the incidence of "chickenpox," but by interfering with the cleansing process you have increased lots of chronic things, which never go away.

There are no vaccines that are exceptions to that rule—they all poison you, and you end up worse. When you cannot go through the normal maturation and healing steps, you eventually may end up with cancer. You're depositing one poison after another throughout your life, and now you've got a garbage can of poisons otherwise known as a "tumor." What would you do if you kept being poisoned over and over, and someone prevented you from getting the poisons out? It's very simple: you would buy a garbage can and put the poison in there. But what happens if you keep putting in garbage, and it starts piling up in your basement, garage, kitchen and bedroom until you can't live? That's called "metastasis," and then you die.

WHAT ARE WE MADE OF?

To examine more deeply the question of what makes us sick, let's consider what we're made of. To start on safe ground, let's accept that we're made of a head, ears, eyes, mouth, chest, arms, fingers, legs, toes and a bunch of other things. Inside, we also have things like a heart, bones, blood vessels, nerves, a liver, kidneys and other things. As far as I can tell, older healing traditions like Chinese and Ayurvedic medicine also believe there is a heart and liver and spleen and all the rest of it. In fact, not only do they believe it, they put huge stock in the energy flow through those organs.

Now remember, there are two ways of knowing. In the first instance, you can observe, but if you can't observe, you have to do science—and you have to be sure that any science you do isn't affecting what you're seeing. And if it is, you have to control for that.

We're told that hepatocytes are the main functional cells of the liver, but we might ask, "How do we know that?" How many of us have actually seen hepatocytes in the liver of an intact living organism? Nobody. That may not mean they're not there, but it means we've got a question that requires further experimentation. We can take someone and anesthetize them (or at least some part of them), and stick a needle in, and suck out a piece of the liver, and stain it with toxic chemicals, and shine a high-powered light on it, and then say that what we see are the hepatocytes.

But how do we know that the process of anesthetizing (that is, poisoning) the person, removing the sample from a living organism and putting chemical stains on it didn't create the structures we're seeing?

For example, we know that bacteria, when stressed, will create a storage form called bacteriophages, and the same is true for other organisms like fungus spores. How do we know that stressing the liver by removing it from the living organism that nourishes it didn't create the appearance of the liver cells? I'm not necessarily saying that this proves there are no liver cells, but I'm saying you need to ask the question if you want to do real science.

My thinking on these matters owes a lot to thinkers like the British biologist Harold Hillman, who spent fifty years and thousands of pages asking these kinds of questions.[6] If you really want to understand biology, read Hillman. Another influence is Gilbert Ling, a brilliant Chinese-born American scientist who challenged the accepted view of the cell.[7]

Let's remember that in addition to sensory observations and science, you may get to a point where you simply can't know something. Going back to virology, if you can't take the virus out of the sample that you inoculate, the best you might be able to say is, "We have no actual evidence that the virus exists. It doesn't mean it doesn't, but we

have no evidence." How different would the world be if, in March 2020, they had announced: "We did some experiments, and we have some idea there might be a virus, but we can't really prove it, and all the experiments have shown it's not really there—but we think we should lock you down and make you wear a mask and starve you anyway." Of course, they don't say it like that. My point is that it may not be possible to prove the existence of those liver cells—or any cells.

What is also interesting is that of the approximately one hundred eighty-four different tissue types, we know that forty-four don't have any cells. Examples are the crystalline lens of the eye, and the bursae—sacs of fluid (colorfully described as "miniature water balloons") that facilitate the frictionless movement of the joints.[8] The absence of cells makes sense because this organized water tissue is much stronger and more coherent than if it were broken up into little cells.

Historically, what did Chinese and Ayurvedic medicine have to say about cells? Nothing. There is no mention of cells in either of those traditions. By the way, they never mentioned contagion or germ theory either. It was the German physician Rudolf Virchow who popularized the idea that we are made of cells. In the 1850s, Virchow wrote a book about cellular physiology essentially based on his dissection of an onion; he saw that it had compartments and from there he asserted that all living things were made of cells and that "all cells come from cells." Although many people initially thought he was nuts, somehow that became the cellular theory of biology and medicine, despite the theory never having been "proven" in any meaningful sense of the word.

RIBOSOME FAIRY TALES?

For the time being, let's assume that cells do exist in those one hundred forty or so human tissues. Then we can ask, what is a cell made of? In addition to a cell membrane, standard textbooks show pictures with structures called organelles that include a nucleus, an endoplasmic reticulum, ribosomes, mitochondria, lysosomes, the Golgi apparatus and others (see Figure 1). This definition of a cell is the basis of all medicine and biology.

Now, let's consider the ribosomes. Cell biology tells us that ribosomes are the place where mRNA is translated into proteins, describing ribosomes as the cells' protein-making "factories" or "machinery." Ribosomes also happen to be an important part of the Covid story— remember, the official rationale for putting mRNA in the injections was so it could instruct the ribosomes to produce the SARS-CoV-2 spike protein.[9]

As an aside, if you say, "I'm going to make tires out of rubber," it would not be unusual to be asked, "How do you know that works?" Then you could describe the process, including the quantity of rubber needed to produce a set number of tires, and they could repeat the process to see whether they end up with the same number of tires from the same amount of rubber. Along these lines, you would expect there to be hundreds of studies showing that if you put "X" amount of mRNA into a human being, you get "Y" amount of spike protein. But do you know how many studies there are like that? Zero. Instead, we just heard, "We had to move at the speed of science,"[10] which really means "We made it up."

There is an interesting thing going on with the ribosomes, because we're talking about the place in a cell where the essence of you, biologically, is made. We are made of proteins. The creation of you, we're told, is in the ribosomes. The question is, is there such a thing as a ribosome, or did they make it up?

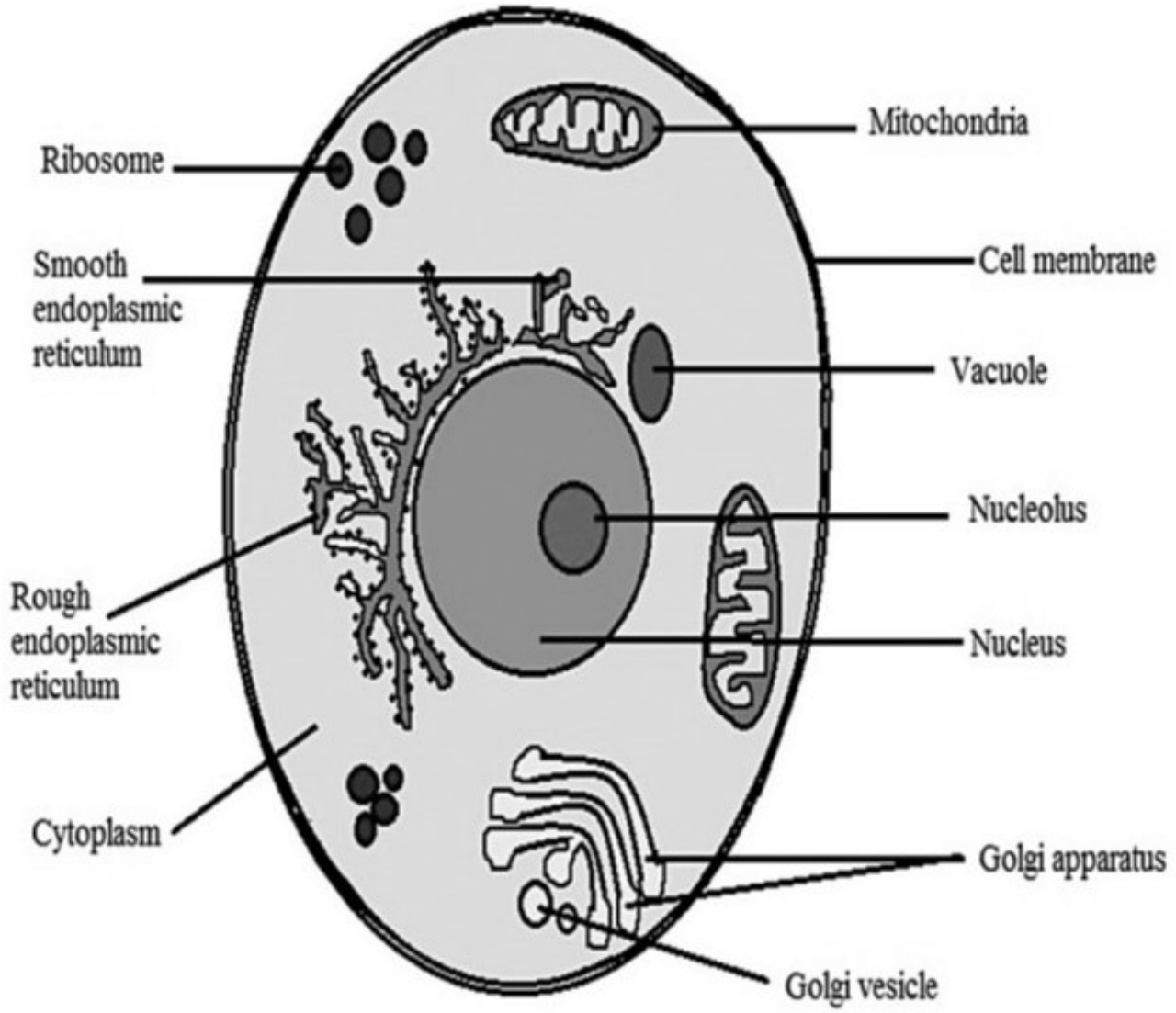

FIGURE 1. A standard (make-believe) cell diagram.

One clue that there is something fishy going on is that no one can tell you how many ribosomes a cell contains, other than a vague "millions." However, we can do some basic arithmetic (which will be an approximation because we're mixing volume and linear measurement). We're told that a ribosome measures about twenty-five nanometers (0.025 micrometers)—and if we conservatively estimate that a mammalian cell has about four million ribosomes, then that would equal one hundred thousand micrometers. However, a typical mammalian cell is something like one hundred micrometers, and the cytoplasm (which contains the ribosomes) is only 70 percent of the cell, meaning that its volume is seventy micrometers. Not only that, but the mitochondria—which are hundreds or thousands of times bigger than the

putative ribosomes—are also in there. So, how does something that is one hundred thousand micrometers fit into a space that is seventy micrometers and also houses millions of mitochondria? Doesn't anybody study arithmetic?

A second clue that ribosomes are imaginary comes from electron microscope pictures, which always show the ribosome as a perfect circle. If it is a perfect circle on a two-dimensional picture, that means it had to have been a sphere in real life. Now think about how biologists obtain these pictures: they take some tissue, put it in a blender, grind and macerate it, freeze it to minus one hundred twenty degrees centigrade, stain it with heavy metals and shoot a high-energy electron beam at it to evaporate all the water from the tissue. How does a sphere that has been ground up in a blender, frozen, poisoned and had all its water evaporated end up—every single time—as a perfect circle? It is not possible for those circles to be real cellular structures. (This is a good time to remember WC Fields' quote about "baffling them with bullshit.")

Fortunately, Harold Hillman had the genius to take something that could not possibly have ribosomes in it and put it through the same process (staining and so forth), and he got the exact same pictures. It turns out that those are just typical images of dead and dying tissue (remember that pictures of "viruses" also come from stained tissue that is dead and dying), and those perfect circles are gas bubbles—in which case, there are no ribosomes. And if there are no ribosomes, there is no place for the translation of RNA into protein to occur. And if that is the case, what the heck is going on, and how do we actually make the stuff that we're made of?

MORE CELL MAKE-BELIEVE

For another example, let's look at the cell component called the endoplasmic reticulum (ER). Textbooks describe the ER as "a netlike labyrinth of branching tubules and flattened sacs"[11] that serve as the cell's "transportation system." The millions of ribosomes in a cell are said to line the surface of the "rough" part of the ER.

Why does the ER even have to be there? Before I answer that question, let's consider that the cytoplasm of a cell (which is the gel-like liquid inside a cell membrane but external to the nucleus) has a different pH level than the pH inside the cell nucleus—

and that is a verifiable, measurable phenomenon. You can measure the two pH values one hundred times and they will never be the same. Why is the pH different? The reason can only be due to the cytoplasm and nucleus having different concentrations of hydrogen ions—because that is where pH comes from. And for the pH values to be different, there has to be an impenetrable barrier between the cytoplasm and nucleus, or some other mechanism that keeps the hydrogen ions from equilibrating across the two. If there were no mechanism, they would equilibrate and their pH would be the same—but it never is.

Now, we run into the conceptual problem of the mRNA. They say DNA makes mRNA in the nucleus; then, the mRNA exits the nucleus through pores in the nuclear membrane and heads to the imaginary ribosomes, where it is translated into protein. So, how does the mRNA get out without letting any hydrogen ions in to equilibrate? An mRNA molecule is at least thousands and maybe millions of times bigger than a hydrogen ion. Picture the problem this way: Something the size of an elephant can go out, but something the size of a mosquito can't get in.

Believe it or not, we're expected to believe that there is something like a whirligig that attaches to the mRNA (the "elephant") and spins around like a conveyor belt and takes the mRNA to the other side of the cell. Meanwhile, no one has ever seen the whirligig. ("But it must be a whirligig, because how else did the elephant get out?") But then you have to ask, how does it go round and round and not tangle up the "branching" components of the ER? If you picture them like ropes, wouldn't you have to untangle the ropes? (Didn't any scientist ever go on a merry-go-round?) Once again, Hillman provided a common-sense answer. He showed that when you take tissue and quickly freeze it, it makes fracture lines—and that's what we call the endoplasmic reticulum. The ER doesn't exist.

In short, using basic principles of geometry, mathematics and logic, you can go through the same process with every component of the cell. Nothing on a standard cell diagram—with the exception of the nucleus, the mitochondria and a thin cell wall—has ever been proven to exist. It's all make-believe.

OTHER THINGS THAT JUST AIN'T SO

In addition to the imaginary cell components, there are a lot of other things in science that, as Mark Twain put it, "we believe in but just ain't so." Consider "Neurology 101." A neurologist's explanation of how nerves work goes like this: We have nerves made up of nerve cells called "neurons"; they transmit electrical and chemical signals via "axons" that end in "synapses." Something called the "presynaptic junction" releases chemical messengers called "neurotransmitters" (such as serotonin and dopamine), which swim across the junction and attach to "postsynaptic receptors," where they "depolarize" the next neuron and start the next impulse—and so on, until the nerve ends at its destination and "fires." But the process can't work like that; it's nonsense. This becomes immediately obvious if you ask someone to wiggle the tip of their right or left index finger as soon as they hear the word "right" or "left"; they do it virtually instantaneously, with no lag time for this hypothesized neurotransmitter journey.[12]

In addition, if you dissect a nerve, you never see a synapse. Now, you could have the problem of "maybe it's just too small to see," but most things aren't too small to see with an electron microscope. If you hunt down a picture of what an anatomical synapse is supposed to look like, what you'll find are pictures of stained nerves. That's not a synapse—because there are no synapses. The nerve is continuous.

Think about how much in medicine is based on neurotransmitters and receptors (such as the famed "ACE2 receptors," "opiate receptors," "dopamine receptors," or "serotonin receptors"). They even tell us that it is oxytocin, a hormone that "acts as a neurotransmitter," that makes us love someone. It couldn't be because they're a nice person or they give you a backrub—no, it's the "love hormone" oxytocin.

Here is another example. How many of you have heard of the "blood-brain barrier" or believe there is such a barrier? We often hear about it from people opposed to vaccination, who say that vaccines make your blood-brain barrier "leaky." The implication is that we're talking about an actual anatomical structure—a physical barrier that stretches out like a piece of cellophane along the border between the blood vessels and your brain tissue so that nothing gets in or out—except vaccines. . . and except anesthetics because drug-makers "know how to get anesthetics through the blood-brain barrier." Nonetheless, no one has ever proven the existence of such a barrier.

Just to be clear, I am not saying that there aren't substances that get into the brain in a different way than they get into the liver. The liver and the brain each have a different composition of water and lipids, so logically, some things will dissolve and get into the liver differently from how they get into the brain. But just because things get in the brain differently does not mean there is an anatomical barrier.

Finally, we can scrutinize the notion that DNA is the mechanism of heredity. The premise of genetics is that you have a stable fixed code that is the same in every cell of your body. That fixed, stable DNA makes proteins, and the proteins make you. But there are probably two hundred thousand different types of protein, and only twenty thousand genes or units that code for these proteins. We're told that one gene makes one protein, so how does that work? Where did the other one hundred eighty thousand proteins come from? The central dogma that one gene makes one protein cannot be true. So, how we are made can't have anything to do with DNA and, therefore, DNA cannot be the code for biological systems. In fact, DNA changes from minute to minute—Barbara McClintock proved this decades ago[13]—so there is no stable DNA. We do not have the same DNA in all the tissues and cells of our body. These things have been 100 percent disproven.

IT'S THE STRUCTURED WATER

The ribosomes, endoplasmic reticulum, synapses, neurotransmitters and blood-brain barrier represent just a partial list—and I do mean partial—of things of which I either doubt the existence or suspect their function is different from what we have been told. If you are still wondering what we are made up of, the reality is more beautiful, simpler, easier to understand and more logical and rational. The real answer to what we're made of is structured water. Structured water, which creates free electrons, is the only possible explanation for how we're able to instantaneously wiggle our index finger when we hear the word "right" or left."

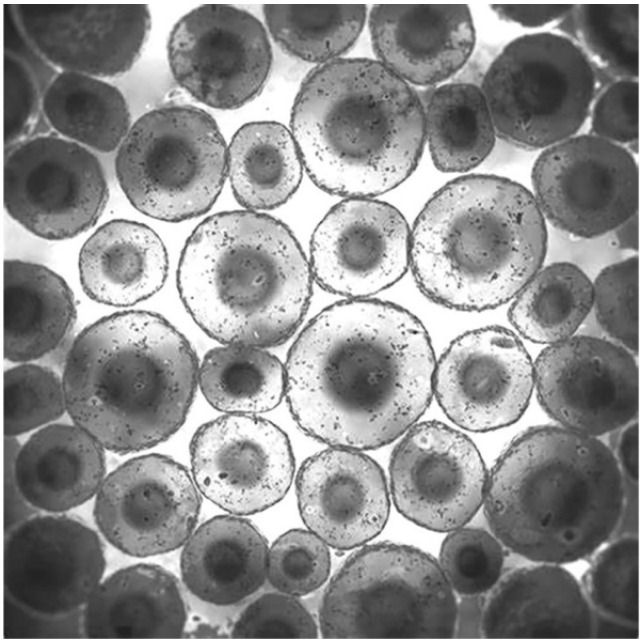

FIGURE 2. Dark-field microscope image of cells showing cell membrane, nucleus, mitochondria and structured water.

Figure 2 is an image of a cell produced with dark-field microscopy, which is the most reliable technique for viewing live, unstained biological samples. In the image, you see a thin membrane (the outer coating); you see organized water (also called structured water, coherent water, EZ water, the fourth phase of water or liquid crystalline water); you see little black dots in the structured water (the mitochondria) and you see a nucleus that is always circular or dome-shaped—and that's it.

Note that the mitochondria help structure our water by making ATP—which is not "energy" as we've been told. Think of structured water like jello. If you add water to gelatin proteins, nothing happens, but if you heat the mixture, the heat unfolds the proteins and you get water that gels. As for us, we have all these proteins, and the mitochondria make the ATP that unfolds them so that the proteins can interact with water and form gels. All gels create a negative charge and an electromagnetic field around them, which is the voltage—the energy—of life. To put it simply, we are living liquid crystals.

The dome in the middle (the nucleus) also has something sticking out that collects energy from the world. It may be DNA, but it is not a double helix—it's a spiral sticking out of the nucleus. The way it works is similar to a radio antenna. It "downloads"

information coming in through “radio waves” that get picked up by the “antenna,” and out of that emerge proteins and life (or sound and song in the case of a radio). And this dynamic, tunable, responsive, liquid crystalline medium pervades the whole body —from the organs and tissues to the interior of every cell.

Note that in Genesis, before God created the Earth, plants or people, he created water and light energy. No one can enter the kingdom of God unless they are born of the water and the Spirit. The Spirit is the information field that comes in through our antenna. Every scriptural tradition says that all living things and the universe itself are made of water.

WHAT DOES MAKE US SICK?

If we now circle back to “what doesn’t make us sick,” we could summarize the answer in one word: “viruses.” And if we ask, “What does make us sick?”, the answer is also straightforward. We get sick when we mess up our structured water. If we disturb the gels by putting “schmutz” in them—which could be aluminum, mercury, glyphosate, bad food, EMFs, or even negative emotions like anger, fear, shame or guilt—that will distort or dissolve the gels. If we do that in our eye, we get a distorted gel that has a film on it, and we call that a “cataract.” If we distort the bursa in our knee, so that the gels that are supposed to protect both sides of the knee start sticking together, then we have bone on bone and we call that “arthritis.” Public health officials create epidemics by pulling different manifestations of distorted water into a single diagnosis—such as AIDS or Covid-19—and when they are ready to make the epidemic go away, they separate them back out into twenty different diagnoses. It’s very clever —and it’s nothing new.

Without describing it as such, medicine does sometimes assess the coherence of your water to see if you are sick. For example, doctors use MRIs to diagnose cancer. What is the MRI measuring? It’s measuring the coherence of your water. When your water goes from a gel-like jello to a puddle-like liquid, it sends a different signal to the MRI.

Imagine you have a poison grape in your “jello.” Your body heats up the gel and you get a fever—that’s hyperthermia. The heat dissolves the gel and makes it runny, creating mucus that you can spit out or cough up, or creating something you can

push out through your skin. That's what we call "being sick." It makes perfect sense. If you want to flush out the poison grape, all you have to do is clean your gels—which is what detoxification approaches like the Gerson diet and water fasting are all about—and clean up the field and you will heal. If you want to know why you are sick, think about how you are structuring your water, what you're putting into your water, the quality of the water and the quality or composition of the field that you're exposed to.

I'm not the first person to say that water creates life. Mae Wan-Ho, a past speaker at Weston A. Price Foundation conferences, wrote books about "the role of biological water in organising living processes."[14] Marcel Vogel,[15] who knew more about crystals than any human being ever alive and who invented liquid crystal screens, discovered that he could use the energetic fields of quartz crystals to structure water.[16]

We are made of a living, evolving, changing crystal, which is why we are not made of quartz. One way of viewing Covid-related events is that people like Bill Gates are trying to make us be made of quartz, not water. In some ways, that is what this is all about. As a fixed, perfect quartz crystal, they tell us, nothing will ever change and we can live forever. But that is not what I want. I want to change, grow, evolve and be a human being who has to be watered.

We're swimming along with misconceptions in a make-believe world—and we have to get rid of this garbage. We can find a much better way once we explore and learn what we're really made of and how it all works. Every reason we get sick has to do with a distortion of the field coming in.

Continuing with the radio analogy, you need to find the good signal instead of the distorted signal. The good signal is the sun, moon and the earth; good friends; your dog; community; clean, nutrient-dense food, clean water and clean air; good music; and love, safety and freedom. That is the field that you "download" into the gel to give it information to organize progressively into the more and more perfect crystal that is you.

SIDEBAR

NO DEATHBED CONFESSION

How have virology's luminaries been able to claim they found a virus when we know they have never found one in any biological fluid? Let's consider Luc Montagnier, the prestigious virologist who won a Nobel Prize for discovering HIV. He died in 2022. Montagnier acknowledged that purification was a necessary step to prove the existence of a virus (or, in the case of HIV, a retrovirus) but admitted, "We did not purify."[17] The technician who performed his electron microscopy for twenty years even said, "It turns out we never saw a virus. All we saw was junk." But to his dying day, Montagnier never "fessed up" or acknowledged, "We don't have a real virus."

On what did Montagnier base his claim that he had found HIV? It's very simple:

- He took lymphocytes from the lymph nodes of a person said to have AIDS.
- He stimulated them to grow with a chemical called PHA (phytohaemagglutinin).
- When the lymphocytes grew, he assayed them for an enzyme called reverse transcriptase.
- When he found reverse transcriptase, he said that it proved the existence of a new retrovirus eventually called HIV.
- To "prove" that HIV was transmissible to other people, Montagnier took his PHA-stimulated lymphocyte culture and put it in a lymphocyte culture from a healthy person. When he found reverse transcriptase in that culture as well, that was the "proof" that HIV is a transmissible disease.

There was only one problem. Ten years previously, Robert Gallo had written a paper reporting reverse transcriptase in every single culture from anybody with lymphocytes stimulated with PHA. Both Gallo and Montagnier knew that his experiment had nothing to do with proving that there was a retrovirus or any kind of virus at all. Later, the scientist credited with discovering the reverse transcriptase enzyme, David Baltimore, also admitted as much.[18]

WATER PICTURES

Veda Austin, a "water researcher," has dedicated many years to observing the life of water, which she describes as "fluid intelligence."[19]

Veda has developed techniques for photographing water in its “state of creation.” This work explores whether, if she asks water a question, the water can take in and download the information and, given the right circumstances, make structures that essentially answer that question. And what she has found is that if she puts the water in a dish and freezes it, the water organizes its crystals and makes pictures.

For example, when she showed the dish of water a wedding invitation and said, “Water, show me the wedding invitation,” the frozen water created an amazing artistic depiction of a wedding ring. But my favorite example is when she said, “Water, what is falling down?” The water did not create anything as straightforward as an image of rain; instead, the water produced an image of “London Bridge is falling down.”

“SAFE AND FREE” BY JUDE ROBERTS[20]

In the last two years, I’ve learned important things from my cat Pumpkin. One stormy evening, with coyotes howling in the distance, I walked with Pumpkin toward the greenhouse where he sleeps, but Pumpkin started heading for the woods instead. When I called him, he gave me a look that seemed to say, “There’s no point in being safe if I can’t be free.” My friend Jude Roberts understands this, too. His song “Safe and Free” reminds us what this is all about.

I got up to go to work today,
there was no work for me.
Governor closed my shop, he say
to keep me safe and free

I’ve had my shop for twenty years,
It feeds my family,
And now we have to stay inside,
To keep us safe and free
To keep us safe and free

Called my dear old mother,
My mother said to me
“Son, I miss you dearly,

But you cannot come to tea”

“The children miss you, Mamma,
They’re healthy as can be.”
“A hug could kill their Grandma,
Keep them away from me.
Keep me safe and free.”

Giant tech and billionaires
And pharmacology
Spinning like a top to move
The wheels of industry

Amazon and Walmart,
The consumer pedigree,
They can do their business,
Because anyone can see
They keep us safe and free

Technocrats and robot gods
And blind authority,
Sell your soul and pray to them,
They’ll keep you safe and free

Biotech behemoths say
They have a shot for me.
I trust them with my body,
And forgive them for their greed
If it keeps me safe and free

Keep us safe from terrorists,
Keep us free from germs,
Keep us from the danger

Of the wisdom we have learned
Until the books are burned

Governor says to wear a mask
I cannot disagree
I cannot breathe or speak my mind,
But at least I'm safe and free

I'll wear my mask for you my friend,
You wear your mask for me.
Worried eyes and faceless fear
Is all that we can see.
Sure feel safe and free

Keep us free from choices,
Keep us stuck in blame,
Keep us in a toxic state,
Of poverty and shame
While they run their game

I'll open up my shop today
Even if they come for me.
If I can't feed my family,
We're neither safe nor free.

I may not be a scientist,
And I'm damn sure not a priest
Ain't a fool on God's green Earth
Can keep life safe for me.
So better I live free.

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About Tom Cowan

Dr. Tom Cowan has been one of the leading voices speaking out against the mainstream medical narrative and coordinated agenda of masking, social distancing and forced vaccinations. His messages of health freedom and personal autonomy have resonated with millions of people around the world. Dr. Cowan challenges conventional medicine to explore health and wellness in holistic terms, seeking to provide a collaborative forum for the exchange of knowledge, products and practices that enable us to forge a new world together, governed by truth. Explore this website for a wealth of free content (podcasts, blogs, videos, etc.), join Dr. Cowan's subscriber community of like-minded individuals seeking to survive and thrive in our rapidly changing world, and check out his books and the products he