

Low Battery

Is it all about the germs, or is the body in need of a recharge?



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Uh oh.



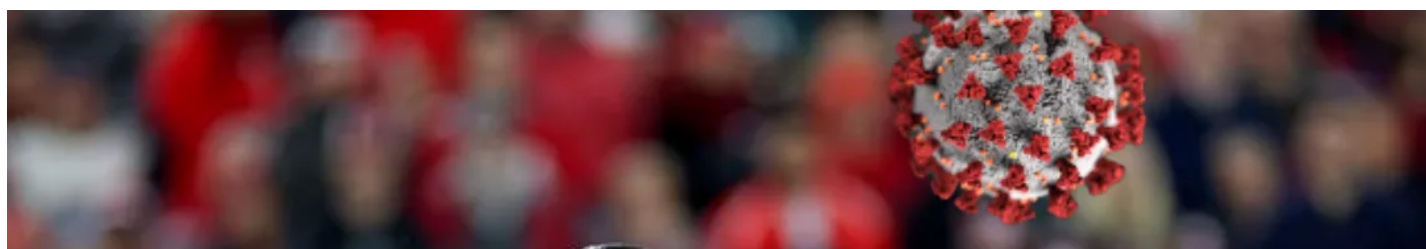
Congestion. Runny nose. Sneezing. Headache. Sore eyes. Scratchy throat. Dry cough. Digestion issues (enough said).

It sounds like I must have come down with the dreaded “Covid-19,” or any of the identical diseases it cannot be differentiated from, after my 16-day vacation. We traveled over many states, including Missouri, Mississippi, Arkansas, Tennessee, Louisiana, and Florida. It's clear that due to our reckless state-hopping ways, I must have encountered one of those invisible-to-the-naked-eye pathogenic boogeymen that was either floating freely through the air waiting to be inhaled at the exact right moment, or I must have touched a contaminated object of some kind where the “virus” was leisurely hanging out. Perhaps a fellow human being got too close and breathed his or her rancid “infected”

breath on me. Maybe I shook the grimy germ-filled hand of the wrong person? What if I got too close to Tom Brady's jersey, and it “infected” me with his stink?



Should I have social-distanced, hand-sanitized, and masked up throughout my vacation in order to protect myself from this dire fate? Did I make a grave mistake by not getting even one dose of experimental injection, let alone the remaining doses and boosters? If this was 6 years ago when I still believed in scientifically unproven fairy tales, any of those scenarios may have made sense to me, especially the Brady “virus.” Yuck.





I could have easily concluded that I picked up one of these [10 nonillion](#) (yep, you read that right) “viruses” covering our planet. That's essentially what “reputable” news organizations like *The Los Angeles Times* want us to believe. We are too accustomed to the “viruses” we are exposed to on our home turf. Thus, when we venture outside of our comfort zone, we are exposed to “viruses” we are not familiar with, which allows these nearly-identical-yet-just-different-enough-to-do-damage invisible foes to get inside and incubate over the vacation, eventually causing disease upon our return:

Here's why you get sick after vacation — and how you can prevent it

“When traveling... one is exposed to viruses to which they are not accustomed,” Dr. Mark Dressner, a family physician in Long Beach, said in an email.

“At home, it is the same old cold viruses [to which] you might have built up enough immunity. Upon traveling you are exposed to similar viruses from around the country or the world but different enough that your body is not accustomed and you get sick from this virus,” said Dressner, who has been on 14 medical missions to Honduras and two along the Amazon in Brazil.

Another culprit: enclosed spaces, whether an airplane, cruise ship or car or the great indoors, to which we retreat when it's chilly or rainy, said Dr. Robert Winters, an infectious disease specialist and founder of Westside Travel Medicine and Immunizations in Santa Monica.

“People are very, very effective at spreading various viruses and bacteria [by] coughing and sneezing,” he said, adding that you also may touch something an infected traveler has touched, such as a handrail or an airplane’s seat-back tray table.”

“It seems odd that our stomachs may be upset when we return home, especially because we’re now drinking water and eating foods that sometimes meet a higher sanitation standard. Is this our gastrointestinal tract rebelling against that?

Probably not. Chances are you picked up a bug before you left your vacation destination and it’s been incubating, preparing for its surprise attack just when you think you’re safe.”

<https://www.latimes.com/travel/la-tr-spot-post-vacation-sickness-20190217-story.html>

However, there is a much more logical and rational explanation for what occurred to me after a very fun, yet exhausting, vacation. Let's explore what this alternative is, and why there is no reason to even entertain a “virus” (or any other microbe) as part of the equation in the first place.





But when I do, it's after vacation.

I'm not going to go into too much detail as to why “viruses” are not the cause of any cold or flu-like symptoms associated with returning home from a vacation. Beyond the lack of scientific evidence supporting pathogens, it has been well-established that “viruses” are [nothing more than unproven hypothetical constructs](#) that were dreamt up in order to explain disease in a way that allowed for the snake oil salesmen to continue profiting off of their petrochemical poisons. The idea of “viruses” also provided a convenient scapegoat to blame so that people would not focus on their environment and/or lifestyles as an explanation for why they were experiencing dis-ease.

Why is this important? It is our lifestyle and our environment that directly influences whether or not we experience disease. This is a central tenet of the terrain theory (which I discussed [here](#)) that is in stark contrast to the germ theory of disease, which posits that dis-ease is the fault of the microbes. However, the role that our lifestyle and environment play on bringing about disease is well-established even in the germ theory-supporting pharmaceutically financed mainstream media. The major difference is that germ theory relegates lifestyle and environment to co-factors that weaken the “immune system,” allowing for the nasty germs to infiltrate and cause disease. These sources ultimately always blame bacteria and “viruses” as we saw with the article by *The Los Angeles Times*. Interestingly, these articles also unwittingly highlight the major role that factors outside of “pathogens” have on our health and well-being.

For example, according to an article on the *Complete Care* website, a medical emergency company based in San Antonio, Texas, it is stated that travel is an exhausting experience that takes a toll on the body. It is common for people to return home experiencing cold and/or flu-like symptoms. While the article relies upon the unproven “immune system” concept as a part of the explanation, they admit that common habits during vacationing such as staying up later (sleep deprivation), drinking more alcohol, eating increased

quantities of food, doing more or less physical activity than what would be normal, etc., all take a toll on the body, ultimately leading to flu-like symptoms. They state that temperature changes due to different climates can bring about symptoms faster as the body has to readjust to unrecognizable conditions. The article highlights a psychological concept known as leisure sickness, a phenomenon that is said to affect those who do not take the time to relax regularly. This often leads to falling ill on vacations or weekends, thus emphasizing that the mind has an important role to play in bringing about symptoms of disease. Low humidity, especially on airplanes, is factored in as well, as this is said to cause the nasal passages to dry out and lead to irritation in the nose and throat.

While the article admits to low humidity being the cause of these respiratory symptoms, it brings “viruses” and bacteria as well as a weakened “immune system” unnecessarily back into the equation, as these mainstream articles often do. Predictably, the article pushes the threat of germs from encountering many people as a reason for dis-ease. Despite the unnecessary foray into unproven concepts related to the “immune system” and pathogenic microbes, the advice given to deal with these symptoms speaks primarily to terrain theory, i.e. getting plenty of rest and fluids, rather than seeking a doctor for the latest diagnostic test and accompanying antibiotics/antivirals:

Why You May Have Flu-like Symptoms After Traveling

“If you’ve ever felt sick right after returning from a vacation, you may be wondering why you’re experiencing flu-like symptoms after traveling. Is it normal to get a cold after traveling? For a lot of individuals, travel can be an exhausting experience and can take a toll on the body. Whether you’re taking a road trip or flying on a plane to your destination, it is common for travelers to return home feeling sick after traveling for a period of time. Many patients are curious as to why this happens, and we are here to explain.”

Weakened immune system

“We typically take vacations as a way for our bodies to relax and our immune system to rejuvenate itself. So how can a weekend getaway leave us feeling ill? As we mentioned earlier, traveling can be exhausting. You may be staying up later, drinking more alcohol, or eating increased quantities of food. You may even be doing more or less physical activity than you normally do at home! These changes, especially sleep deprivation and alcohol consumption, can lead to a weakened immune system that can cause you to have flu-like symptoms after traveling.

Temperature changes

Traveling between different climates can confuse our bodies and make us more susceptible to illnesses because our immune systems aren't sure how to react. **Your body has to readjust to the new temperature** before it can fight off any symptoms coming your way, allowing you to feel sick much faster. This can be combated with regulating your body temperature and, if necessary, some over-the-counter cold/flu medication.

Leisure sickness

This post-vacation fatigue can also be known as **leisure sickness**, a psychological effect where those who do not take time to relax regularly often fall ill on vacations or weekends. Leisure sickness, though not recognized by all psychologists, has similar symptoms to the flu including body aches, headaches, and fatigue. The best ways to combat these symptoms are very similar to our tips for [staying healthy during flu season](#): keep an adequate sleep schedule, limit your alcohol intake, and practice healthy habits including exercise and handwashing.

Low humidity on airplanes

Airplanes can be a germaphobe's worst nightmare. Being cramped next to strangers who may have brought a sickness aboard along with their carry-on bag can have you feeling gross after the flight. **However, that's likely not the reason you feel sick after traveling** -- it's generally due to the lack of humidity on the plane.

Low humidity can cause the nasal passages to dry out and cause irritation in the nose and throat. On top of that, bacteria and viruses can survive longer in low-humidity environments, making it harder for your body to fight off any infections you might catch aboard a plane. If you are traveling by plane, be sure to drink plenty of water to keep yourself hydrated. If necessary, wear a face-covering during your flight to keep others' germs at bay.

Lack of hygiene and handwashing

When you're traveling, it's likely you'll come into contact with many different people, areas, and surfaces. As we mentioned earlier, **your immune system may already be weakened from the effects of traveling, making you more susceptible to bacteria and viruses.** If you do not take the proper precautions to wash your hands regularly, you can be exposing yourself to other people's germs. If possible, bring a small bottle

you can be exposing yourself to other people's germs. If possible, bring a small bottle of hand sanitizer with you wherever you go and practice basic handwashing techniques as regularly as you can.

What to do if you feel sick after traveling

If you have returned home and are experiencing flu-like symptoms after traveling, follow these at-home remedies for [how to care for yourself with the flu](#). It's likely that your body will readjust within the next few days with a little TLC (tender, love, and care). Get plenty of rest, drink plenty of fluids, and take it easy until you feel better.”

<https://www.visitcompletecare.com/blog/flu-like-symptoms-after-traveling/>



According to the mainstream germ theory narrative, the numerous changes to our lifestyle and environment are factors in experiencing symptoms of dis-ease, especially when these changes are experienced in rapid succession as is often the case during vacations and holidays. However, the concept of a weakened “immune system” resulting from these lifestyle and environmental changes is used to ultimately claim that the body is now susceptible to bacteria and “viruses.” This was how the “experts” explain it according to *The Times of India*:

The real reason you get sick after returning from a vacation

“According to experts, while you feel back in action mode to join normal life, your body isn't completely ready. **You are out of your regular environment and you come in contact with different bacteria and viruses from those you are exposed to back home.** You touch many surfaces covered in bacteria and viruses, come in contact with hundreds of people, try new things, get stressed more which ultimately takes a toll on your body. **A holiday might give you a change of pace but for the many germs in the air, it can be an easy way in.**”

It is a mixing of reality with unnecessary pseudoscientific fiction. Bacteria, “viruses,” and a weakened “immune system” are an unnecessary addition. In fact, as recently as 2018, [researchers were calling for a unifying general theory of “immunity”](#) in order to better explain the “immune system.” It proposed that the function of “immunity” is to the maintenance of homeostasis, i.e. restoring balance, by aiding in tissue, cell and molecular repair. That doesn't sound like “immunity” at all. In fact, it sounds like a system that is programmed to clean and repair the body back to normal. “Immunity,” i.e. that state of being resistant to pathogens, has nothing to do with it.

Most people will understand that environment and lifestyle can negatively impact our health and well-being without requiring an “immune system” as well as “viruses” and other pathogens as part of the explanation. We all have experienced the ill effects of sleep deprivation at some point in time. We all know how we feel after eating unhealthy foods and/or drinking unhealthy beverages. We know how our bodies feel after changing up our daily routines, whether getting more physical activity or less. I doubt many will argue the negative impact that increased stress can have. Any of these changes alone will impact us in some way physically and mentally. There is an adjustment period where our bodies must adapt as it deals with the different circumstances thrust upon it. Going on a vacation throws many such changes at us all at once. This is an overwhelming transitional period where the body has to take on too much toxic overload all at one time. Thus, it should come as no surprise that it will require extra effort for the body to clear itself of the increased burdens placed upon it so rapidly. This leads to symptoms of detoxification, a healing process, that is inaccurately regarded as a negative thing that requires suppression with pharmaceuticals.

Interestingly, like the *Complete Care* article before it, *The Times of India* also highlight terrain theory principles such as rest, water, veggies, fruit, and light exercise, in order to

restore health even though they both try to pin the blame on bacteria and “viruses” for any symptoms experienced. Somehow, it always comes back to the terrain:

“This might sound contradictory to a few, but, once you are back from your 'relaxing' vacation, give your body some time to truly relax and adjust to the usual routine.

If possible, we suggest you take a day off before getting back to the normal rut. Also, pay attention to what you eat and drink through the post-vacation routine. Water, veggies, and fruits will be the friends you need. You can also boost your immunity by indulging in some light exercises, yoga, and breathing techniques. Post that, you will be truly recharged to take on the day!”

https://www.google.com/amp/s/m.timesofindia.com/life-style/health-fitness/health-news/the-real-reason-you-get-sick-after-returning-from-a-vacation/amp_articles/69827645.cms



In my case, my lifestyle and environment changed very rapidly, and I started to notice a

response by my body fairly early on during our journey. I was sitting in a car for extended periods, sometimes over 15 hours a day. We were exposed to polluted air that was supposedly due to the northern Canadian wildfires, which exacerbated congestion, dry eyes, and a scratchy/sore throat. The symptoms subsided after the first few days, and we should have been able to escape the toxic air by heading south. However, as luck would have it, the areas we traveled to just so happened to be dealing with air pollution from a “dust storm” gliding over from the Sahara. No matter where we traveled, we were subjected to toxic air. This pollution also exposed us to greater heat. We dealt with hot and extremely humid weather in Louisiana, while Florida was encompassed in a dry heat.

Along the way, my nutritional habits changed as well. I drank coffee (something I had given up) and iced tea in order to stay awake for the long days and drives. We exclusively ate out at restaurants rather than eating the clean organic home-cooked meals we are accustomed to. We were consuming non-organic foods with plenty of added sodium, sugar, fats, and oils. And, lo and behold, we overindulged a bit...





Warm banana bread pudding with vanilla-bean ice cream.

While the food was great (for the most part) and we were able to experience some of the best dishes the South has to offer, it definitely took a toll on the body by switching nutritional habits that drastically that quickly. The accompanying results were not unexpected. It's the not-so-hidden price one must pay in order to experience the delicious flavors of the South.

On top of the environmental and nutritional changes, we packed activities in every day, leading to plenty of fun, but plenty of exhaustion as well. Adequate sleep was not something that I was achieving due to increased pain from the extra activity that had inflamed my preexisting back and neck injuries. To say that we pushed ourselves to the limits in a short period of time is an understatement. We wanted to get in as many experiences as we could over the entirety of the trip, and as anticipated, my body (as well as my wife's) decided on the way home that it needed to cleanse itself from all of the excess burdens placed upon it from this vacation.

We both experienced congestion, aches, and pains. Fortunately, my wife recuperated faster while it took me a few extra days for the process to conclude. Our son is young enough (and unlike us, got plenty of sleep on the trip) so that the toll of the vacation did not require as much from him. With both of us experiencing symptoms common to colds on our way home, it would have been easy to conclude that we picked up a "bug" along the way. One of us could have "infected" the other. We could have weakened our "immune systems" so much that we became susceptible at the right moment for one of the invisible pathogens to take ahold and cause mild cold/flu symptoms. Our son could be "super-immune" for some reason, or perhaps the "virus" only attacks parents. We could have believed this unlikely story for why we experienced dis-ease.

However, Occam's Razor states that the simplest explanation is preferable to one that is more complex. In order to believe that the microbes were the cause, an “immune system” must be invented as a part of the explanation. On top of this, the inanimate, lifeless “virus” (which can only “survive” outdoors for a limited time) must be at the right place at the right time in order to invade. Upon entering and bypassing the weakened “immune system” that is incapable of putting up a fight, the lifeless “virus” must somehow enter and hijack our cells, spring to life, and turn our own cells into “virus” producing machines. This creates billions of “viral” copies (that can never be found directly in the fluids for some strange reason despite their multitude) that then leads to symptoms of disease as the weakened “immune system” attempts to thwart the “viral” takeover. This is a process that has never been observed nor proven scientifically. It is entirely hypothetical, and not a simple explanation in the slightest.

The simplest scenario is that we simply had too many programs running simultaneously and we drained our batteries after a fun, yet physically exhausting, two-week trip. On the way home, we shut down many of these programs, sending the signal to the body that it was time to begin the process of rebooting everything back to normal. No “immune system” is necessary as there is nothing pathogenic to be immune from. It is a cleaning system. No unproven “viral” or bacterial causes are necessary as there is no scientific evidence supporting this fiction. We simply had too many lifestyle and environmental changes too fast within a short period of time. No “antivirals” or supplements of any kind were necessary for a full recovery. Instead, all that was needed was time to recharge.



FULL CHARGE