

# THE NUTRITIONAL HEALING SERIES

## LECTURE 2 – NH THE ORIGINS OF DISEASE



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# **ORIGINS OF DISEASE**

## **Introduction**

Health is an emotive subject at the moment and has been over the centuries, becoming a larger political issue in the last few hundred years too. The media reports on government health strategy most days and newspapers & magazines are full of articles offering advice on the newest fad diet or treatments for illness, and spiel about the latest health guru including the secret of their success. Yet in spite of all the available reading material and the millions invested in drug research, including vaccinations for nearly every ailment, chronic disease continues to increase and is met by orthodox medicine resorting to stronger drug intervention. In light of this I think it is useful to reflect on whether we are taking the right approach to health and illness.

Are we really treating the body in a way which promotes healing and wellbeing, if we are taking drugs, injecting vaccines and chemotherapy, surgically removing parts which are functioning under par, or blasting it with radiation? Are there other ways of healing the body which make more sense?

In this module I will be exploring that question, discussing what I mean by health and disease, observing the signs the body gives us when it is attempting to heal itself. We will examine the opposing ideologies of whether we catch illness or we manifest it from within. We will look at different viewpoints on the origins of disease and how they impact our philosophy and approach to the treatment of it in today's society. My aim is to motivate you to further explore and research this far reaching subject. To reinforce some of the points being made, I have also included some less well known but thoroughly researched information which will be useful to you in understanding of the philosophy and practice of Nutritional Healing.

## What is Health?

A dictionary definition is 'physical and mental wellbeing; freedom from disease, etc; the condition of body or mind'. Lindlahr, a renowned Naturopath from the turn of the 20<sup>th</sup> century defined it somewhat more eloquently: *"Health is normal and harmonious vibration of the elements and forces composing the human entity on one or more planes of being, in conformity with the constructive principle in nature applied to individual life."* Clearly, health has to be more than an absence of illness, and in my opinion the way that we treat disease is the illness!

### THE STATISTICS

Between 1971 and 2001 the incidence of cancer increased by 20% in males and 30% in females; it is the most common cause of death in people aged 50 to 64. Coronary Heart Disease caused 39% of deaths in 2002 and killed just fewer than 238,000 people. Every two minutes one person suffers a heart attack in the UK.

### SOME HONEST QUOTES:

Professor Charles Mathe, a cancer specialist made the following statement: "If I contracted cancer, I would never go to a standard cancer treatment centre. Cancer victims who live far from such centres have a chance."

Allen Levin MD who wrote 'The Healing of Cancer' stated: "Most cancer patients in this country die of chemotherapy. Chemotherapy does not eliminate breast, colon, or lung cancers. This fact has been documented for over a decade, yet doctors still use chemotherapy for these tumors."

Walter Last, a writer for 'The Ecologist' reported the following: "After analysing cancer survival statistics for several decades, Dr Hardin Jones, a professor at the University of California, concluded: '...patients are as well, or better off, untreated. Jones's disturbing assessment has never been refuted."

A WDDTY (What the Doctors Don't Tell You magazine) article called 'Nurse, the Screens, Hospitals are killing too many patients' reported on a review by an insurance company (Healthgrades Inc) of practices in UK hospitals drawing information from 45% of hospital admissions from 2000 to 2002. It was found that 850,000 errors occur every year, resulting in 40,000 deaths, although the rate could be as high as 72,000 deaths per year. This included a failure to save patients who were dying and death by infection in low risk patients. In addition to the deaths, over one million patients also suffered from a 'safety incident' (drug related event) during the same period.

## What causes Disease?

A look at Lindlahr's Nature Cure philosophy first: *"The primary cause of disease, barring accidental or surgical injury to the human organism and surroundings hostile to human life, is violation of nature's laws."* When the body is acutely ill, it is trying to tell us that it is unable to clean itself, that it is overloaded with current levels of toxicity which the normal routes of elimination cannot cope with. The resulting discharge is natural and useful. It needs to offload that waste through, for example; skin as in ringworm or eczema, or through mucous membranes as with hay fever or a cold. Conventional medicine would offer anti fungal, anti biotic, anti histamine drugs etc. in order to suppress the discharge which is somehow seen as unnatural and wrong. This is rather like trying to prevent moulds, bacteria and viruses etc. by disinfecting and bleaching our 'house'. Instead we need to keep 'home' scrupulously clean by flooding the 'house' with fresh air, sunlight and clean, healthful food. If the disease state has reached a chronic level, the body may be manifesting a set of symptoms which again are a sign from the body to let us know that it is overwhelmed with toxicity and that not only are routes of elimination congested but that it does not have the vitality to manifest an acute clearing. Consequently the toxicity is stored elsewhere in the body and shows itself, for example, as high blood pressure, arthritis or M.E. Illness can then be treated in a suppressive way with drugs and or lifestyle, or acute illness can be allowed to run their course with as much support as possible, using rest, special diet and naturopathic techniques. Chronic illness can be treated in a gentle way through diet and naturopathy – providing a different environment to bring the body's vitality up to a healthier state whereby it can manifest an acute clearing. If we do not have this understanding of illness, then the biggest disease becomes the way we treat it, because through suppression and poor living we must surely poison ourselves to death.

## What do we mean by toxicity?

Toxicity is one way of describing waste that the body lives most healthily without, for example, normal cellular and metabolic waste; the toxicity which arises from eating an acid forming diet; the heavy metals and pollutants found in the earth's atmosphere and water; and the chemicals the body produces under emotional stress. In Nature Cure toxicity is referred to as morbid or putrid matter. You will also hear toxicity described as acidity, relating to the incorrect pH of the body.

## How do we know that healing is taking place?

Lindlahr's wisdom on this is that "*Cure is the readjustment of the human organism from abnormal to normal conditions and functioning*". When we are treating an individual with a complex, chronic disease picture it is useful to have another way of observing their symptoms and the following 'Law' which is used by Homoeopaths, can be a useful tool.

### HERING'S LAW

"A progressive improvement in the patients state is indicated by directional changes in the disease process, namely from above downwards, from within outwards, from more important to less important organs and from the mental level to the physical level, and symptoms resolve in the reverse order of their onset."

'Hering's Law' is a homoeopathic principle which more simply put means that *during recovery, or the process of healing*, toxicity moves from the top to the bottom of the body, from the inside to the outside of the body and from the greater organs to the lesser organs, for example that asthma (lungs) may improve, but the patients eczema (skin) may temporarily worsen. Additionally, an important part of 'Hering's Law' is the distinction between 'I' and 'My', in that if a patient has depression and arthritis, if they were to say "I feel better, but my arthritis is more painful", this indicates that toxicity is moving in the right direction. In Nutritional Healing, we use Hering's Law as a rule of thumb or guiding principle rather than an absolute 'Law'. It has not been our experience, for example, that an individual needs to re-experience all the symptoms they have ever had! True healing is more than an improvement in physical and mental wellbeing – it is frequently a multi faceted journey to a greater understanding of the self and a realisation of what we were born to do, a time of personal growth and emotional and spiritual maturation.

## The Origins of Disease

In order to study this subject I need to take you back through 150 years to 19<sup>th</sup> century France, where we will take a particular look at the studies of three scientists, Antoine Bechamp, Claude Bernard and Louis Pasteur. (I am sure you will probably have heard of the latter, well known for his experiments with pasteurisation and vaccinations.) Then we will examine the 20<sup>th</sup> century for more up to date research, including the work of Royal Raymond Rife (1888 – 1971), Gunther Enderlein (1872 – 1968) and Gaston Naessens (born 1924).

## Fermentation

Up until about 1850, scientists were still debating the origin and nature of living matter, and were being asked by the food producers of the time, to solve the mysteries of why meat rotted, milk turned sour and wine fermented. The prevailing opinion was that the living matter which caused these events to occur came from nowhere! They believed that their appearance was due to 'spontaneous generation'. Scientists who supported this theory were called 'sponteparists'. Louis Pasteur (1822 – 1895), a self publicised chemist, who was extremely good at promoting himself and his achievements was one of them.

In the 1830's it had been the commonly held view – promoted by Schwann and Schleiden, two earlier scientists, that cells formed by what they termed free-cell formation, similar to the formation of crystals (spontaneous generation). However, following the studies of two scientists, Robert Remak (1815 – 1865) and Rudolf Virchow (1821 – 1902) from 1840 – 55, the idea was established that the cell was the smallest unit of life and that cells only arise from pre-existing cells; cell division being the predominant, if not exclusive, means for generating new cells.

### **BIOLOGICAL TERRAIN**

Claude Bernard (1813 – 1878), a well known and respected physiologist of that time, developed the theory of 'biological terrain'. He claimed that most disease was caused by imbalances in the body's interstitial cellular environment that he called the "milieu interieur" or Biological Terrain. He stated that disturbances in this cellular environment affected the integrity of the body's cells, which compromises the body's ability to fight disease and maintain health. The interstitial fluid bathes and nourishes every cell in the human body. Imbalances in the body are reflected in the pH of its blood, interstitial and intracellular fluids.

### **Bechamp versus Pasteur**

During the mid 1850's, Antoine Bechamp (1816 – 1908), (a qualified chemist, Bachelor of Science and medical doctor, who held professorships during his life at Montpellier, Strasbourg and Lille) and Pasteur were individually experimenting with the process of fermentation. Bechamp was an expert at using a microscope and a meticulous, thorough scientist, who would not divulge the results of his experiments until he had proof beyond doubt through comprehensive experimentation. He conducted many important and useful experiments throughout his life and we will look at some of the more highly relevant ones in this booklet.

## Sugared Water

The generally accepted theory was that fermentation was a simple spontaneous chemical reaction, but Bechamp's experiments showed that fermentation was a process brought about by microorganisms in the air. Bechamp placed sugared water in bottles with various chemicals. Where these were kept sealed from the air they did not ferment or form moulds. However, where they were exposed to the air they would develop moulds and ferment (except for when creosote was added, which prevented the process altogether).

Bechamp examined the fermenting solution under the microscope and observed tiny little granular threads. He discovered that these were not to be found in the non-fermented solutions and deduced that they had to be connected with the process of fermentation and also have been transported via the air.

Bechamp concluded in 1857 that it was in fact the living microorganisms in the air which caused the fermentation to occur. Although they were dormant at first in the sugared solution, after a time, given the correct conditions, they would secrete a chemical (Bechamp named this 'zymase') to break the sugar molecules down into simpler molecules, absorb them and then excrete the waste products of alcohol and carbonic acid. He named these microorganisms 'little bodies', overriding the earlier findings of Virchow that the cell was the smallest unit of life.

### SUMMARY

- When air was excluded from a sugared solution, the act of fermentation would not take place
- The sugared solutions that had fermented on exposure to the air would develop a mould, showing that organised life appeared, apparently from nowhere!
- ***Bechamp had discovered that there was a unit of life smaller than the cell, which was able to feed, grow and replicate itself, and was therefore alive.***

## Rock Chalk and Milk

Further experimentation followed, and it was the use of laboratory prepared calcium carbonate versus rock chalk and his observations of milk in 1865 which brought Bechamp greater enlightenment. On 26<sup>th</sup> September of that year he wrote to a colleague Monsieur J.B. Dumas about the results of his experiments. Dumas requested that Bechamp have the letter published; which he did the next month in the 'Annales de Chimie et Physique'. He stated " Chalk and milk contain living beings already developed, which fact, observed by itself, is proved by this other fact that creosote, employed in a non-coagulating dose, does not prevent milk from finally turning, nor rock chalk, without extraneous help, from converting both sugar and starch into alcohol and then into acetic acid, tartaric acid and butyric acid."

What he meant by this was that creosote prevented life entering an experimental solution or substance from outside and therefore the living organisms must have been present in the rock chalk and milk before the addition of creosote. These living organisms were the 'little bodies' that he had seen in cells and singly in the tissues and fibres of plants and animals. Eventually, in his work as a doctor, he also found these 'little bodies' which he came to call 'microzymas' in human urine. 'Micro' means small and 'zyma' means ferment.

Fascinatingly, Bechamp realized that the microzymas he found in rock chalk must be the organised and living remains of beings that lived long ago in ages past, and he found them to be morphologically (meaning the structure and shape of a creature and its organs) the same as microzymas in living beings. He also found that limestone microzymas were devoid of activity at low temperatures and they would only become active at temperatures of between 35 to 40 degrees.

Thinking about the implications of this, we contain within us the means to physically break down back into the dust of the earth. The behaviour of microzymas is such that the more acidic the environment in which they live the more their form has the means to evolve into bacteria, fungi etc. Accordingly, we could interpret this to mean that the more acidic the 'internal milieu' of the body becomes, the more likely we are to be slowly decomposing as we stand (or sit)!!!

## Pasteur plagiarizes and misinterprets Bechamp' Work

Pasteur continued to insist for some time after Bechamp' discovery that fermentation was a process that did not require oxygen because it was a lifeless chemical reaction (called spontaneous generation). It took Pasteur several years to finally comprehend the idea that fermentation of sugars is caused by yeast fungus, a living organism. In 1857, Pasteur published the results of his experiments on fermentation. He used a yeast broth rather than plain sugared water. As this was not a pure medium he would not have been able to satisfactorily establish the chemical changes which took place. He simply stated in his conclusions that "fermentation takes place spontaneously", without having the means to prove this!

In 1860 when he finally understood and wrote about these concepts, he presented them as his own findings, even though he himself admitted that the results of his poorly designed and executed experiments could not logically lead him to such a conclusion! He blatantly plagiarized the work of Bechamp and gave him no credit at all.

On 22<sup>nd</sup> November 1861, they both attended a meeting of the 'Societe Savantes' and Pasteur claimed the discovery of living organisms in a medium which was apparently free of protein (albuminoid matter) and protoplasm (the living substance of a cell). Bechamp requested politely that Pasteur "admit to knowledge of the work" that he had carried out earlier. However, Pasteur then had the audacity to complement Bechamp "on the most rigid of exactness" in agreeing with his own findings.

Pasteur next put forward the theory that if any organic substance were kept free from the air, and therefore away from 'germs' of the air, then they would not decompose. Pasteur experimented with meat by protecting it from contact with air. Although he noted in his private journal that it had in fact developed a green tinge, officially he took the line that agreed with his 'germ theory'. Modern medicine and conventional practice is based on the 'germ theory' of Pasteur, which works as follows:

- Disease is caused by germs
- Each disease has a germ, that is a bacteria, fungus or virus specific to itself, which can cause a particular set of symptoms
- Drugs can be developed to destroy each bacteria, fungus or virus and therefore rid the patient of the disease
- Health is the absence of any of the germs or micro-organisms that cause disease

## **Pasteur plagiarizes and misinterprets Bechamp' Work (Ctd)**

Promoting the above became Pasteur's lifework and he spent the rest of his life working with what he perceived to be the causes of various diseases—including septicemia, cholera, diphtheria, fowl cholera, tuberculosis, smallpox, rabies, and anthrax — and their prevention by means of vaccination. It is interesting that Pasteur's anthrax vaccine was known to have an 80% mortality rate in the unfortunate sheep that were injected, and he was obliged to pay large sums of compensation to French farmers whose animals had died.

In 1881, the Hungarian Government's Sanitary Commission banned the use of the anti anthrax inoculation and made the following statement: “The worst diseases, pneumonia, catarrhal fever etc. have exclusively struck down animals subjected to injection. It follows from this that the Pasteur inoculation tends to accelerate the action of certain latent diseases and to hasten the mortal issue of other grave affections.”

In 1887, Pasteur founded the Pasteur Institute, a non-profit making research organization of which there are now 24 in countries world wide, which researches development of vaccines based on the 'germ theory'. There is also a European company called Sanofi Pasteur dedicated exclusively to the manufacture of vaccines.

## VACCINATIONS

Vaccination culture follows the dictum of Pasteur's germ theory, which promotes the belief that we do not have responsibility for our own health and that something else will kill the germs which invade our body, regardless of whether the vaccine has a harmful effect on our health. Vaccines contain chemicals, heavy metals and foreign tissues & foreign DNA/RNA from a variety of sources ranging from cows to monkeys. In spite of being sold as substances which assist the immune system, vaccinations suppress our immune system, for example, some of them contain mercury and this is known to cause changes in lymphocyte activity and decreases lymphocyte viability. Vaccines are introduced straight into the bloodstream rather than through our digestive system so the large protein molecules they contain remain undigested and clog our lymphatic system and lymph nodes, this has been linked to an increase in allergies.

Several researches have shown that epidemics occur more commonly in the vaccinated group than they do in the unvaccinated population. We are even led to believe that some diseases have been cured when in actual fact it is simply that the medical profession has a new name for it. Polio is now called Meningitis. Autism has several labels, Angel syndrome, Post Encephalitic syndrome, Aspergers Disorder to mention a few.

Many highly credible scientists have had their research suppressed by the combined efforts of governments and drug companies, for example; Dr Viera Scheibner whose researches confirmed that infant vaccination is the biggest cause of SIDS (Sudden Infant Death syndrome). Dr Robert Mendelsohn, (Head of the Paediatric Society of the US) affirmed this research and was able to demonstrate that some 85% of SIDS occurred within 48 hours of the DPT vaccination with the rest of the deaths occurring within the two weeks after the vaccination. There is no SIDS in Japan as they do not vaccinate children until the age of two. Dr. Andrew Wakefield showed that the "M" component of the triple-antigen MMR vaccine causes chronic inflammation of the bowel and/or increased bowel permeability that is responsible for a cluster of developmental disorders we call "autism."

Dr William Howard Hay who advocated food combining and a predominantly alkaline diet to help address health problems, made the following address to The Medical Freedom Society in 1937, nearly seventy years ago: "It is now 30 years since I have been confining myself to the treatment of chronic diseases. During those 30 years I have run against so many histories of little children who had never seen a sick day until they were vaccinated and who, in the several years that have followed, have never seen a well day since. I couldn't put my finger on the disease they have. They just weren't strong. Their resistance was gone. They were perfectly well before they were vaccinated. They have never been well since. Now you can't record those as deaths from vaccination because they are still alive; but in England, where statistics are a little more frank than they are with us, where they are kept a little more accurately, a little more aboveboard than in this country, the actual official records show three times as many deaths directly from vaccinations as from smallpox for the past 21 years. If they record three times as many deaths, I will guarantee you that there are three times as many deaths that were not recorded that are directly traceable to vaccination. That doesn't take into account the many, many cases of encephalitis or sleeping sickness, of this or that form of degeneration, that occur as a direct result of vaccination. That case is still alive. It hasn't entered here the mortality records yet, but it is suffering and has suffered ever since vaccination."

## Vaccination (Ctd)

Neither the idea of germs nor inoculation were new, the germ theory had been mooted by Plenicz – a Viennese physician - in 1762, and Edward Jenner, a barber and chiropodist by profession had proceeded with organized inoculation of smallpox in 1796. In 1895, Pasteur is said to have stated shortly before his death; "Bernard (Claude) was right, the microbe is nothing, and the milieu is everything."

## Microzymas everywhere

Meanwhile, during the 1860's, Bechamp continued to carry out countless laboratory experiments with the assistance of Professor A. Estor, another competent scientist, and between them they found microzymas everywhere, in all kinds of organic matter, both in healthy and diseased tissues, where they were also associated with many types of bacteria. The conclusions they reached together are as follows:

- Microzymas rather than the cell were the elementary units of life and were in fact the builders of cell tissues
- **Bacteria are an outgrowth or evolution of microzymas** which occur when diseased tissue needs to be broken back down to constituent elements
- Bacteria can develop from microzymba by passing through described intermediate stages
- 'Germs of the air' were simply microzymas or bacteria liberated when their previous habitat was broken down, such as the 'little bodies' of long past ages found in the rock chalk or limestone

## The Disappearing Kittens

At the beginning of 1868, Bechamp and Estor put these ideas tested their theories further by burying the body of a kitten in pure carbonate of lime, specially prepared and creosoted to exclude any airborne or outside germs. It was placed in a glass jar and the open top was covered with several sheets of paper, to allow renewal of the air but prevent dust or organisms entering. They left this on a shelf in Bechamp' laboratory and did not open it until the end of 1874.

When they opened the jar they found that the kitten's body had been completely consumed (apart from some bits of bone and dry matter). It was free of odour, and there was no discolouration of the carbonate of lime. Using the microscope, Bechamp and Estor could not find any microzymas in the upper part of the carbonate of lime, but there were thousands present in the part that had been adjacent to the kitten's body.

Bechamp wondered if there might have been airborne germs in the kitten's fur, lungs or intestines, so he repeated his experiment three times, using firstly, the whole carcass of a kitten, secondly the liver only, and thirdly the heart, lungs and kidneys. The organs were all immersed immediately in carbolic acid on removal from the slaughtered animal. They began this experiment in June 1875 and it continued until seven years later in August 1882.

Bechamp found that the results were the same, there were bacteria in the remains of the second experiment, where airborne organisms had been carefully excluded, which proved that:

- When an organ dies, its cells disappear but its microzymas are imperishable and are the primary anatomical elements of all living beings
- Bacteria are able to evolve from microzymas when death, decay or disease cause an exceptional amount of cell life either to need to repair itself or break down
- The microzymas and bacteria, having carried out the necessary decay, do not die themselves; they go into a state of rest.
- The microzymas that remained from the corpse of the whole kitten still possess some activity of the specific kind that they possessed during the lifetime of the now dead animal. For example, the microzymas that remained from the corpse of the kitten were not absolutely identical with those of the liver, or the heart, or the lungs, or the kidneys.
- Every living being has evolved from the microzyma and also every living being is will return to the microzyma form.

## The Disappearing Kittens (Ctd)

- Only that which is organised and endowed with life can be susceptible to disease
- Disease is born in us and of us
- Germs (as they are rather unscientifically described by Pasteur) cannot exist primarily in the air we breathe, in the food we eat or in the water we drink; because the disease causing micro-organisms, are not spores or eggs, they are derived from a sick body, and will proliferate if the environment is suitable for their continued existence.
- Diseased microzymas should be differentiated by the particular group of cells and tissues to which they belong rather than the particular disease condition with which they are associated.

## Gangrene

A patient who was brought to Montpellier Medical University, provided interesting proof of Bechamp's researches. He had received a violent blow to one arm which caused an open wound and serious compound fractures, and all feeling and sensation had been lost. Amputation was deemed essential and carried out seven to eight hours after the accident. Immediately after amputation, the limb, which now had a dry black surface, was taken to Dr Estor's laboratory. Estor and Bechamp inspected it straight away and observed that all the symptoms of gangrene were present. Once under a high power microscope, the two Professors could see that there were microzymas present but no bacteria. Changes brought about by the injury had progressed too rapidly to give them time to develop. This was such strong evidence against bacteria being the cause of the arm becoming gangrenous that Professor Estor immediately exclaimed: "Bacteria cannot be the cause of gangrene; they are the effects of it."

Bechamp's theories have had much esteemed support over the years and I will begin by quoting a couple of people who substantiate them and then move on to 20<sup>th</sup> century research on this subject.

## Florence Nightingale

In 1860, Florence Nightingale attacked the germ theory. She said of 'infection': "I was brought up to believe that smallpox, for instance, was a thing of which there was a first specimen in the world, which went on propagating itself, in a perpetual chain of descent, just as there was the first dog, (or a pair of dogs) and that smallpox would not begin itself, anymore than a new dog would begin without there being a parent dog. Since then I have seen with my own eyes and smelled with my own nose smallpox growing up in first specimens, either in closed rooms or in overcrowded wards where it could not by any possibility have been **'caught', but must have begun.** I have seen diseases begin, grow up, and pass into one another. Now, dogs do not pass into cats. I have seen; for instance, with a little overcrowding, continued fever grow up; and with a little more, typhoid fever; and with a little more, typhus, and all in the same ward or hut. Would it not be far better, truer, and more practical, if we looked upon disease in this light?"

- True nursing ignores infection, except to prevent it. Cleanliness and fresh air from open windows, with unremitting attention to the patient, are the only defence a true nurse either asks or needs.
- Wise and humane management of the patient is the best safeguard against infection. The greater part of nursing consists of preserving cleanliness.
- The specific disease doctrine is the grand refuge of weak, uncultured, unstable minds, such as now rule in the medical profession. There are no specific diseases; there are specific disease conditions."

Florence Nightingale is one of the most famous nurses in history. Following her life-long experience with infection, contagion and epidemics, she challenged the germ theory 17 years before Pasteur put it forward as his own discovery!

## Dr Granville Bantock

This doctor was a member of the Royal Commission on Vivisection and he made the following statements during 1906:

“Bacteriologists have discovered that in order to convert filth or dead organic matter of any kind into harmless constituents, Nature employs micro-organisms (or microbes) as her indispensable agents.”

“The microbe in its relation to disease can only be regarded as a resultant or concomitant”

“I am bound to accept as a matter of fact the statements made as to the association of the ‘Loeffler bacillus’ with diphtheria; but to say that their presence is the **result** of the disease appears to me to be the more sound reasoning.”

### MONOMORPHISM VERSUS PLEOMORPHISM

In summary, the theories of Pasteur are said to be ‘**Monomorphic**’, which believes that there are **non changeable microbes or germs which cause disease**. Bechamp’ theories are said to be ‘**Pleomorphic**’ which acknowledges the occurrence of **more than one distinct form of an organism in a single life cycle, the change in which is caused by the terrain or environment**.

## Gunther Enderlein

The next researcher to shed more light on pleomorphic theory was the German zoologist, Gunther Enderlein. In 1917, Enderlein, finished a manuscript describing the pleomorphic development phases of bacteria and illustrated that illness and the process of healing are bound to exact cyclical and morphological laws. Dr Enderlein died in 1968 and he was well aware of the ideological conflict between Pasteur and Beauchamp devoting 60 years of his life to studying the blood and its inhabitants and observing the evolution of various pathogens into their higher life forms. In 1925, Enderlein was appointed the curator of the Zoological Museum in Berlin and shortly after this his manuscript was published as a book, *Bakterien Cyclogenie*, (The Life Cycle of Bacteria). Enderlein gives great credit to Antoine Bechamp as a source of inspiration for his work, as well as the German researchers' zoologist Robert Leuckart, founder of the science of parasitology, and Otto Schmidt, who reported parasites in the blood of cancer patients as far back as 1901.

Enderlein was able to study the changes in these life forms due to the development of new microscope technology called darkfield. Under darkfield examination, the various materials making up the structure of the cell or microorganism under view cause it to appear to glow and emit its own light, so that even tiny, fine structures can be seen.

By using the darkfield microscope, Enderlein could see that microorganisms go through a cycle of changing and reforming. He asserted that different types of microorganisms normally live within the body in a mutually beneficial symbiotic relationship but that if severe deterioration of the body's environment were to occur they would develop into disease-producing forms to create what he called dysbiosis, or "a fault in the life process."

Enderlein called these micro-organisms protits. **The protits (like Bechamps microzymas) live inside our cells and cannot be removed from them.** We coexist with them in a mutually symbiotic relationship. We give them a vehicle for life; they give us blood forms like platelets, without which we couldn't exist. The protit is found in all mammals and evidence suggests that it is of a plant nature. They play an enormously important role in cellular health, as the state of a person's health is determined by the stage of development of these organisms. **One of Enderlein's key findings was that the pH of the blood was a determining factor of the ultimate form of the microbe.** He also ascertained the connection between the fungal component of a number of degenerative diseases, and the over-acidification of the blood. Robert Young author of 'The pH miracle' is using darkfield microscope technology in the present day to examine live blood samples in which he can "view bacteria, yeast, fungus, and mould in exact detail."

## **EDGAR CAYCE**

Edgar Cayce, the American psychic and advocate of castor oil packing, predicted in the 1930's "The day may yet arrive when one may take a drop of blood and diagnose the condition of any physical body."

He also said: "What we think and what we eat – combined together, make what we are, physically and mentally,"

## **Royal Raymond Rife**

The next scientist to study the phenomenon of micro-organisms was called Royal Raymond Rife. Rife studied science at Johns Hopkins University, he developed microscope technology which is still in use today in many fields of science and particularly chemistry. He developed a system of bioelectric medicine, received 14 major awards and honors and was given an honorary Doctorate by the University of Heidelberg for his work.

Rife was self-educated in many different fields, if he needed technology to perform a new task; he simply invented and then built it himself. By 1920 he had completed building of the world's first virus microscope. Rife was the first scientist to see viruses and had the ability to actually see a live virus with this amazing microscope, a technological advance which has not been matched until quite recently. Modern electron microscopes kill everything they observe because of the levels of heat and light they generate. Rife's microscope focused light of a single wavelength via prisms onto the micro-organism he was examining, which enabled him to see organisms that were usually invisible and observe them actively invading tissue cultures.

Rife found that he could use the same principle to kill the viruses which made them visible: resonance. He observed that if he increased the intensity in the frequency that resonated naturally with the microbes, their natural oscillations increased until they literally distorted and disintegrated due to structural stresses. He also found that this did not harm the surrounding tissues.

In 1934, the University of Southern California brought terminal cancer patients from Pasadena County Hospital to Rife's San Diego Laboratory and clinic for treatment, and within 90 days of treatment, the result was that 86.5% of the patients had been completely cured, following which the treatment was adjusted and the remaining 13.5% of the patients responded within the next four weeks; making the success rate of Rife's treatment 100%.

## **Royal Raymond Rife (Ctd)**

However, by 1939 all the members of the medical profession who had supported and marveled at Rife's treatment had their silence bought by the pharmaceutical companies. Naturally, as this theory only used electricity, it was very cheap and an enormous threat to them. Rife's meticulous research notes were stolen from his lab. Next his microscope and equipment were vandalized and then the remainder of his research was illegally confiscated by the police. The medical journals, which were Drug Company financed and under AMA (American Medical Assoc) control refused to publish any of Rife's research articles. Rife technology only became public knowledge again in 1986 because the author Barry Lynes published 'The Cancer Cure That Worked.'

## **Gaston Naessens**

Lastly, I would like to include a look at the work of Gaston Naessens, a French born Canadian scientist who was also persecuted by the might of the pharmaceutical companies. In 1989, Naessens was brought to trial by the Quebec Corporation of Physicians (equivalent of the AMA) on five counts, including "accessory to murder." The jury acquitted him on all counts. 'The Persecution and Trial of Gaston Naessens' by Christopher Bird gives a detailed account of the trial, the witnesses for the defense, and explores the ongoing vendetta of the cancer industry against a scientist working for human health without thought of profit.

Naessens also had the skill to design and build his own microscope, which he called a 'Somatoscope'. Light is mixed from a Mercury lamp and a halogen lamp. The light from both sources is then passed through a complex arrangement of tubes which increases the frequency of the ray before injecting it onto the specimen, enabling Naessens to examine living matter.

Affirming Bechamp's researches, Naessens discovered an ultra-microscopic, sub cellular, living and reproducing microscopic form. He called it a "somatid" (tiny body). The somatid particle regulates all basic biological functions, such as cellular division and repair, two fundamental mechanisms maintaining life itself. This new particle could be cultured outside the bodies of the host. Again, like Bechamp, Naessens also observed that the particle had a pleomorphic (form-changing) life cycle and the Somatoscope gave him the ability to observe each of sixteen stages.

## Gaston Naessens (Ctd)

He discovered that only the first three stages of the somatid's life cycle are normal. He also found that when the immune system is weakened or disrupted, the somatids go through the other thirteen stages. Weakening of the immune system might be caused by a number of factors, such as exposure to chemical pollution, ionising radiation, electric fields, poor nutrition, accidents, shock, depression, vaccinations etc.

Like Bechamp and Rife before him, Naessens has stated that **"germs are not the cause, but the result, of disease."** He has studied the somatid cycle in the blood of human beings suffering from various degenerative diseases such as rheumatoid arthritis, multiple sclerosis, lupus, cancer, and, most recently, AIDS and has been able to associate the development of the forms in the sixteen-stage pathological cycle with all of these diseases.

Naessens believes that the somatid predates cellular DNA and carries on genetic activity. He also states that it is the first thing that condenses from light energy, and is the link between light and matter. A wide body of research on light, matter and energy is referred to in 'The Field' by Lynne McTaggart. Fritz Albert Popp's work (and that of others referred to in the book) suggests that a field of electromagnetic radiation, rather than chemicals alone, guides the structural growth and formation of the cellular body. Popp also found that all living beings emit biophoton light which in health follows natural plant or animal or human and earthly biorhythms. When he studied cancer patients, they had lost these natural rhythms. "In effect their light was going out."

## What do we make of all this?

What do all these long and dedicated researches mean to us? Firstly, they observe the same basic philosophy that the internal environment (terrain) of the cells, blood and tissues is where we need to look first to determine health. When looking at the cell, one might really observe, that is 'my**cell**!'

Robert Young who wrote the 'pH Miracle' acknowledges the work of all these scientists. The focus he has taken is to work with the pH of the body by using alkaline foods and concentrated greens supplements in order to alkalize the body. To picture incorrect pH, he suggests that we visualize the body as a fish tank, the water representing the body fluids and the fish being the cells and organs. If the water were to become polluted and acidic, the fish would become ill, but we wouldn't medicate the fish we would simply change their water and then keep it clean!

Many external factors, which cause us stress, affect the cellular environment as much as some of the foods taken internally into the body. Often internal stress due to dehydration, a challenging diet, and lack of Essential Fatty Acids – which allow easy flow through membranes, is the beginning of the disease picture. Any external stress is then like the 'straw which broke the camel's back'! When we are under stress, we sweat more, the heart rate speeds up, breathing increases and the adrenal glands go into 'fight and flight'. These metabolic processes and all the others which take place in a state of stress use more water. Consequently, under stress, we become more dehydrated and thus internal acidity increases as all the body fluids concentrate further still.

Increased internal acidity starts to affect our cellular electrolyte balance, which will knock on to affect the blood which has to maintain a pH of 7.365, so the acidity starts to impact on the bones and then the organs and so on. High acidity causes pain as it is dumped into joints, fluids or muscle tissue. Not only does our internal pH affect the body's electrical system and intracellular activity but also the way our bodies utilize enzymes, minerals, and vitamins. High acidity means poorly digested food and poor absorption. With high cellular acidity we cannot for example, produce stomach acid at the required level of acidity and therefore, break down our food properly. Dr Robert Young, author of 'The pH Miracle' has observed that the more acidic we become the more fat cells we create. This is a defense mechanism, to store the acidity away from the main organs to try and protect them.

## What other effects would this have on health?

- 1) Enzymes are part of our biochemistry. Countless enzyme processes take place in the body. Many of them are so specific to a particular task that they are like shaped pegs that need to slot into the right shape holes in order to carry out their duty. If blood pH is off balance they may not be activated or be able to carry out their function correctly.
- 2) The pH affects mineral assimilation uptake into the body. For example, Sodium and Magnesium have wide pH assimilation ranges, narrower ranges are available for calcium and potassium, narrower still for manganese and iron, even narrower for zinc and copper and iodine requires the narrowest band of all for its assimilation into the body. Iodine is required for healthy functioning of the thyroid, but access to this will be denied without a near perfect body pH. Thyroid and parathyroid will also be highly stressed already due to struggling to help maintain calcium metabolism in a highly acidic body.
- 3) Martin Budd, who wrote 'Low Blood Sugar', acknowledges that we need a consistent level of Calcium in blood, not only for blood clotting, but also for even maintenance of blood sugar. If calcium is being used to buffer cellular acidity it will be constantly drawn from bone to support blood, the long term result being osteoporosis. Additionally, the brain uses glucose as fuel, but cannot store it like other cells. It depends on the second to second supply from the bloodstream - a bloodstream that is affected by pH, which controls the efficiency of insulin, which allows sugar to enter into cells which in turn controls blood sugar levels.
- 4) Dr. Otto Warburg of Germany, two times Nobel laureate, won his first Nobel Prize for his discovery that there was oxygen deficiency in the cancer growth process. If pH is acidic, our cells are getting less oxygen. Robert Young, 'The pH Miracle' observes that if our pH is too acidic the small intestine cannot transform food into red blood cells (RBC). Consequently, the body will convert bone and muscle cells back into RBC as a level of above three million must be maintained for adequate oxygen supply to support the organs or eventually, they will stop working.
- 5) William Philpott M.D. wrote 'Biomagnetic Handbook' in which he made a connection between pH and the electrical potential of the body: "As the pH of the blood goes more acid, fatty acids which are normally electro-magnetically charged on the negative side switch to positive and automatically are attracted to and begin to stick to the walls of arteries which are electro-magnetically charged on the negative side. It should start to make sense that a society which over-emphasizes food that could push blood to be more acid will have a high rate of heart disease."

## What about epidemics?

It is often asked why, in a selected population, if infection or germs do not exist in the way that Pasteur promoted, what, for example, would cause a flu epidemic? I do not have a definitive answer, but I feel it is important to consider the implications of the astrophysics concerning the impact of the Sun and Moon's gravitational pull on Earth and therefore, on our bodies.

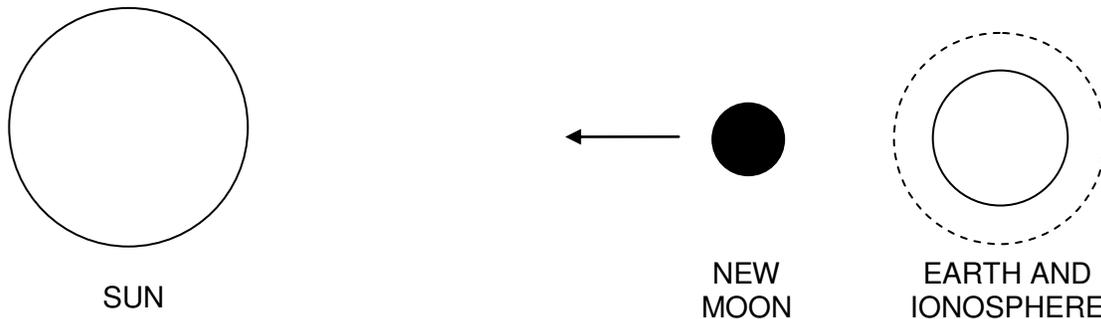
1) The Moon is full when it is furthest away from the Sun that is, on the other side of the Earth from the Sun. The Sun's gravitational force pulls the Moon closest to the Earth than at any other point in the month. The pull of the Moon by the Sun's gravity means that the Moon has an influence on the Earth's ionosphere. The ionosphere is a layer of positively charged particles and dust about 75 miles up from Earth, which encircles it all the way round. The underneath of the ionosphere is positively charged and is pushed by the Moon slightly out of its usual position around the Earth towards the surface of the Earth.



The positive ions from the ionosphere mix with the negative ions in the Earth's atmosphere, which means that the air we are breathing in becomes more positively charged. As the positively charged mixture enters our bloodstream, this has a physiological effect on our blood cells and the walls of our arteries and veins which are normally negatively charged. The normal negative charge would ensure an easy flow of blood as the similar charges repel each other. However, as the mix becomes more positive, due to the influence of the Moon, the blood gets 'stickier' which leads to poorer oxygenation, and the thicker body fluids would cause a corresponding increase in acidity. We are literally at our most toxic at a Full Moon. This also has a psychological effect and is known to increase aggressive tendencies in humans. Dr Robert Becker, a bioelectromagnetics researcher who wrote 'The Body Electric' observed that peaks in psychiatric admissions to hospitals tied in with Full Moons and the resulting changes in the electricity of the atmosphere.

## What about epidemics? (Ctd)

At the time of the new Moon, when the Moon is closest to the Sun, and is in the middle of the Sun and the Earth the gravitational pull is away from the Earth and the ionosphere expands, increasing the negative ions inhaled via the lungs into the bloodstream. This will help to ensure easy flow of blood through vessels and the body will find it most easy to detoxify at this time.



It seems to make sense to me that if we are all on Earth, we will all be affected by these fluctuations in the Earth's atmosphere, which will have an effect on our pH or acidity. Depending on how acidic we are to start with at any one point in time, will determine whether or not we manifest a bacterial, viral or fungal inflammation, in response to these events.

### **MOON IN CAPRICORN AT THE WINTER SOLSTICE 1999**

An example I have experienced was in December 1999, when the Moon was in Capricorn at the time of the Winter Solstice. Moon in Capricorn rules the skin, bones, teeth and knees. There was a nationwide epidemic of Impetigo at this time which both my daughters experienced. Impetigo is a bacterial skin inflammation with pustular blisters that usually occur around the nose and mouth. We treated this condition with plenty of rest, castor oil packing and homoeopathic remedies. Interestingly, my eldest daughter's front tooth had survived after being damaged in an accident a couple of years previously, but the nerves died in the tooth shortly after this inflammation.

2) Lindlahr believed that epidemics manifested due to the majority of people in a particular area living similar lifestyles with the same bad habits who would treat their ailments in a similar way. This would provide the 'morbid soil' suitable for microzymes to mutate into bacteria which would create inflammation and so on. He also felt that there were "certain atmospheric and cosmic influences and conditions which we do not fully understand that have much to do with the periodic appearance of epidemic or endemic diseases."

## What about epidemics? (Ctd)

### **EPIDEMIC – OFFICIAL DEFINITION**

An epidemic is generally a widespread disease that affects many individuals in a population. An epidemic may be restricted to one locale or may even be global (pandemic – an outbreak of infectious disease that affects people over an extensive geographical area). An outbreak is defined as being epidemic, however not by how many members or what number of population it infects but how fast it is growing. Thus even if the number of people affected is small, the phenomenon may still be called an epidemic, although for small epidemics the term 'outbreak' is more often used.

For example, SARS broke out in China in 2003 and there were 5327 cases and 349 deaths. With the other figures in Asia this amounted to something over 8000 cases and worldwide this was reported in the media as an epidemic.

**Did you know that the name 'influenza' comes from the old medical belief that unfavourable astrological influences were the cause of the disease?**

Hope-Simpson R.E. (1981) observed that influenza outbreaks are globally ubiquitous and consistently occur six months following the time of maximum solar radiation in an area. "The epidemic loci move smoothly to and fro across the surface of the earth almost every year in a sinuous curve that runs parallel with the 'midsummer' curve of vertical solar radiation but lags about six months behind it.

3) Daniel MacKinnon, a pupil of Lindlahr, reasoned that epidemics could be accounted for via the 'Law of Resonance', which is defined by physicists as 'A system free to execute vibrations of a definite period is capable of selecting and absorbing from the surrounding medium energy in the form of vibrations of the same period which it can execute.' MacKinnon explained that "This in fact means that the natural vibratory period, and the resulting energy emanations, of a specific chemical unit of toxic material will attract to itself similar vibratory emanations which are vibrating from an adjacent body." We might liken this to a discordant musical note playing from the body's toxicity which is tuned into by a similar toxic load in the next person's body and as that vibration is received the individual body reacts accordingly. He argued that the types of illness which can be transferred from one individual to another by reason of energy emanations are measles, mumps, chicken pox, small pox, scarlet fever and whooping cough. Childhood illnesses are often thought of as a way in which the child can offload toxicity and parents often observe a developmental leap in the child following this. Other illnesses, such as influenza and typhoid he stated were due to poisonous or other irritating matter found in air, water or food etc.

## **CHILDHOOD ILLNESSES: PHILIP INCAO M.D. – THE RUDOLF STEINER HEALTH CENTRE**

“All of the common illnesses of childhood are inflammations. ‘Infection’ is the wrong word for them because it suggests that we get sick because germs invade us. This is misleading. We are always exposed to, and often harbor, germs and yet we only occasionally get sick.

In order to be healthy we must keep an inner balance in body and soul while all the time growing and changing from birth to death. Childhood is the time of most rapid growth and dramatic change, and a child will remodel and renew the body many times while growing. Every remodeling job requires some demolition, a breaking down of part of the inherited bodily structure in order to rebuild it better. This breaking down of old cells and tissues results in debris, which must be cleaned up before the body rebuilds itself. It is the immune system that does the breaking down by causing cell death and, when necessary, fevers and inflammation to destroy and digest foreign or outworn bodily material. And it is the immune system which cleans up the digested material and debris by pushing it out of the body. That is why children so often will have skin rashes and discharges of mucus or pus, because their immune systems are actively working. Debris that remains in the body may act like a poison or may cause allergies or repeated inflammations later on. Germs do not ‘attack’ us, but they often multiply wherever the body's living substance is dying, breaking down, and being discharged, Germs don't cause illnesses; they feed on them.

Every childhood inflammation, every cold, sore throat, ear ache, fever and rash is a healing crisis and a cleansing process, a strong effort by the human spirit to remodel the body so it can be a more suitable dwelling.”

## **EXERCISE**

- 1) Draw up a timeline of your own acute illnesses – the seasons they have occurred in and observe what was happening in your life at the time emotionally and with regard to lifestyle.
- 2) Have you experienced any ‘epidemics’ around you in your life?
- 3) What do you feel about any acute or chronic symptoms you may experience now? For example, would you feel less fearful if you get a cold or a ‘flu or welcome an acute as an opportunity to offload toxicity?

## Conclusions

Infectious microorganisms are quite probably passed on due to lack of hygiene, but it still would depend on our susceptibility to them, for them to take effect, due to our own body providing the correct environment for them to exist in, a soil for them to thrive in.

We can also observe from the researches of the last 150 years, that the more acidic our pH, the more likely we are to suffer from bacterial, fungal and viral inflammations as our body attempts to throw that acidity out of harms way. It is empowering to know that the research also supports the Nutritional Healing philosophy which is based on the Nature Cure Principles of returning the body back to integrity by creating the correct environment (a more alkaline pH) for it to flourish as nature intended.

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