

Living with Viruses and Staying Well

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It is 2021 and the entire world is living in fear as governments wage full-scale war efforts against an invisible virus known as COVID-19 and its mutations.

Society is stuck in the old germ theory paradigm geared to annihilate infections with an arsenal of antiseptics, antibiotics, antibacterials, antivirals etc, but there is more to staying well than trying to kill off germs.

The microbes in our gut, in our soil, as well as the plants that we consume, are the building blocks for life. The building blocks for life are put together by our incredible microbiome.



The healthy human body is actually teaming with bacteria, fungi and viruses that far outnumber the body's cells and are a major part of us and our wellbeing. These friendly microbes are not only in our digestive track but also on our skin and even in our brain as part of a supportive ecosystem that is meant to defend us when our immune system is challenged.

Vulnerability to pathogenic viruses is more a matter of the condition of our microbiome. Our intestinal flora is our largest organ in terms of number of cells and has a great influence on the detoxification of our body. Resilience against a virus, or any other disease producing pathogen, depends largely on a healthy microbiome.

Offensive insults in the environment empower viruses to do damage to us that normally would be benign. If we had a healthy ecosystem inside and outside, many of the problematic viruses would not exist. Viruses function as pathogens when our environment and ecosystem are disturbed.

The explosion of infectious and auto-immune diseases must also be part of an environmental insult because genes do not cause pandemics. Electromagnetic Frequencies (EMFs), heavy metals such as mercury and aluminum, herbicides and pesticides, genetically modified foods and chemical substances, are all part of the assaults against our bodies and altered immunity.

Chemicals introduced into our environment that contaminate our food, water and air, such as glyphosates (systemic herbicides introduced in the seventies), are toxic to the human body. Unlike other previous contaminants, glyphosates are water soluble and leach into our water systems and are ubiquitous. Thus, these compounds insidiously penetrate our bodies, continuously breaking down our innate immune response and damaging our microbiome.

Nature has the best blueprint for our survival and our best medicine is within nature.

Co-creating with nature, fostering a healthy relationship with our food, air and water, is the best way for us to stay well instead of trying to out-think nature or trick her. Nature's healing elements extracted and put into natural supplements supports our innate immune system and helps protect us while we wait for positive environmental changes.

To create the future that we want, where staying well is the norm rather than the exception; we need investments in clean environmental technologies and practices. We need a food system that is grown or raised consciously and protected from profiteering.

Staying well in the midst of a pandemic virus outbreak is dependent on how well our cells thrive within the ecosystem within us and outside us. Wellness and thriving as a species is about our alignment with nature not dependence on trillions of dollars of old paradigm warring against her.

We can buy into the fear and helplessness of the situation and be disempowered in this pandemic or we can create an alternative path that works with nature to support and enhance our immune function. We don't have to fight against anything.

References:

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- 3.Rau, Thomas Dr., Biological Medicine The Future of Natural Healing