

Fighting Viruses, and Winning; From the Flu to Bio Terrorism.

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A virus cannot be killed using antibiotics. Those medications are meant to slay bacteria, which are a whole different class of critter altogether. Viruses cannot be feld by using herbs, colostrum, or any of the popular multi level marketing products touted as being immune enhancer's and germ fighters. The nastier viruses will not succumb to extremes in body temperature either fever or cold. In short viruses are perfect weapons because they can't easily be done away with.

Why, you ask is it so difficult to overcome a virus? What makes it so special that they can survive vaccines, poisons, sulfa drugs, antibiotics, herbs and most anything else science can think of throwing at them? Lets look into what it takes to be a virus and see what makes them tick.

Viruses live by a certain code of laws known as Koch's postulates. There are suppositions based on observations of the behavior of germs. First let's say that a virus is the one of the smallest bits of stuff our bodies can react to. Just as a for instance: if you dropped a bacteria on a piece of unglazed china, that bacteria is so big that it would get caught in the pores of the porcelain. A virus on the other hand is so small that it would fall right through the pores and get through to the other side of the dish! A bacteria is a living thing, it has a life span it eats, it poops, and has sex (with your DNA), and so it reproduces. Once it gets old a bacteria dies. Not so with a virus. A virus is not technically a living thing. Viruses have no life span; they can become dormant when sneezed onto a pile of dirt. Forty years or so down the road when a wind blows fragments of that dirt bearing the tiny virus into someone's nose, the bugger will become active again!

Every virus you've ever acquired either from exposure or injection (like the polio shot), is "alive" and well and sleeping next to your spinal chord! A recent issue of the Lancet, the prestigious journal of the British Medical Association, reported that out of 140 patients with chronic lower back pain, 114 of them had viruses that had migrated from where they were "sleeping" and had seeped into the injury, causing chronic inflammatory conditions. Many folks are familiar with Chicken Pox coming back to haunt seniors with suppressed immune systems as the disease of Shingles (Herpes Zoster), or as it's extremely painful and potentially deadly cousin Hepatic Neuralgia (liver nerve pain). Many of the viruses we were injected with as children in the good faith effort to keep us from getting infections have come back to haunt us in later life.

Many doc's now believe that Chronic Fatigue Syndrome and Fibro Myalgia are nothing more than Post Polio Syndrome in those who received the live cell (mildly active strain) polio oral inoculation instead of the dead (chopped to pieces) Salk vaccine! Pointing to the correlation between the brain swelling and 30 some odd common symptoms that

occur in Polio, Post Polio Syndrome and Chronic Fatigue Syndrome, the English medical establishment calls Chronic Fatigue "Myalgia Encephalitis" (muscle pain with brain swelling) to denote the connection of these three diseases. Here in the States the liability issues for doc's, governments and drug companies are too great for anyone in the medical establishment here to admit a connection between the live virus vaccine and the later onset of debilitating disease.

A virus comes to life so to speak when an active virus (one with an intact exterior protein coating) comes in contact with your bodies' cells. When they touch that exterior coating forms a connection to our cells called an Isoprin bond. Through that connection the virus latches onto our DNA (yes a virus IS that small) and it begins to spin off reproductions of itself in great big speedy numbers (viral load). Remember about that isoprin bond, it will become really important to us in a moment.

Viruses are constantly, mutating with some viruses changing faster than other strains. That change in its genetic form makes it almost impossible to formulate any kind of vaccine that will make one immune to some viruses. The ones that mutate the most, like the flu and HIV, look very different this year than they looked last year and they are almost unrecognizable to most eyes from the strains had a decade or two ago. (That's also why last years flu bug in this years flu shot are nearly always useless. The only one's gaining a benefit from the shots are the vaccine companies).

So with all that background is there anything we can do when to not let those little bits of genetic material procreate inside of us? Let's look in to the research that's been done here in the States and in Europe.

As I stated before, viruses mutate. So building an antiviral vaccine for one bug might not have much of an effect on it brother two or three generations down the road. So that line of thinking is of waste of time. The vaccine companies will argue with me but no less an agency than the US Office of Naval Research has agreed with me. They are following an entirely different track - protein eating (proteolytic) enzymes. Yep, the same things that control your digestion, clean your laundry and are your bodies first line of defense in:

- Fighting Inflammation. (1).
- Eating Fibrosis and scar tissue. (2).
- Modulating Immune Function. (3).
- Cleaning the Blood, (4).
- Enzymes can also be the first line of defense against a virus!

Those proteolytic enzymes do a number on the all-important exterior protein coating of the virus. They eat it! Remember the virus is active as long as it's coating is in tact. What happens when a virus cannot complete and Isoprin bond? Well, simply it becomes inert - harmless!

The doc's in the Office of Naval Research know that it would be impossible to make up new anti-viral vaccines as fast as a) the bad guys can make new bugs or b) as fast as the

virus itself can mutate. So to cover all of the bases instead of going after the particular genetic coding a virus may have, they are going after the thing that allows that bugger to replicate, it's coating!

In research against viruses, systemic enzymes have been found to greatly reduce the viral load by rendering the little guys inert. The trick to having enzymes work is to take enough of them. Some 5 to 10 tablets 3 times a day! Why so many tablets? Enzymes are huge and you with the molecular weight of enzymes ranging from 24,000 to 36,000 Daltons. For comparison vitamin c has a molecular weight of 6! Those facts make one have to take more of the tablets to have the anti-viral effect. Enzymes are non-toxic (no LD-50 exists). The US Defense Department is now bringing a prescription systemic enzyme preparation through FDA approval for fighting viruses. We don't have to wait for that. The strongest systemic enzyme available on the planet today is Vitalzym from World Nutrition. MD's as well as alternative docs are flocking to the product for because of the strength and speed of its various actions. The usual dose for fighting viruses is 5 capsules 3 times a day. Since there is no toxic level for enzymes more can be taken if needed.

So much for enzymes, what else can one take to "kill" viruses? Oxygen! The air we breathe does not contain a strong enough concentration of O₂ to do in these bugs. Due to pollution, lack of deep breathing (from to lack of exercise), due to lots of factors, the 21% concentration of O₂ in the air and 90% or less concentration of O₂ in our blood is not enough to singe viruses. First, let's explain two things. First - all disease states and what precipitates them are anaerobic, that means the bad guys inside us do not live on oxygen. Anaerobic respiration is dependent on glycogen for life not oxygen. In other words viruses, bacteria and cancers all breathe blood sugar. When these nasties are exposed to high concentrations of O₂ they "burn" and die. (7,8).

Point #2. All disease states need or do best in an acidic internal body environment. You innards are composed of salt water at a 0.9 concentration. Your blood, your lymphatic fluid, your tears - all salt water. Salt water is basic, that is the opposite of an acid. From our hectic, stressful, junk air junk food, run run lifestyles we are all mostly acidic inside. Some of us are SO acidic that we can tarnish gold jewelry! The ancients disinfected a wound with salt so that no bugs could grow in it; they had increased that tissues alkalinity. In so doing they took away the environment bugs could live and grow in. If we increase our pH back to normal (alkaline) then between that and having a high O₂ concentration in our blood and tissues we have created a terrain within us that bugs cannot live or grow in. (9).

OK, where do I get the oxygen from and how do I get alkaline? First the oxygen. It comes out of a little bottle and it's called K0-7. For prevention mix 10 drops in a glass of water and drink this mixture 2 to 3 times a day. When exposed to or actually fighting off a bug, use 20 to 30 drops in a glass of water 4 times a day. There are no side effects to the O₂ release this nifty liquid produces in our blood and tissues. Your O₂ percentage in the blood will increase 3 to 5 % in just 5 minuets or less!

Next we get to becoming alkaline. This is best and most safely done by using coral calcium. The minerals here are so bioavailable the powder melts on your tongue. The bioavailable calcium combined with the 72 other trace minerals have a whopping 84% absorption rate. If the coral calcium cannot lower your acidity and make you more alkaline your already dead!

These anti viral techniques have worked well for the researchers and patients who have used them. In my own experience I have been susceptible to lung infections since childhood and could set my yearly clock by when I caught bronchitis or had full blown pneumonia each and every winter since I was an infant. The last 3 years I have not come down with either bronchitis or pneumonia. As a matter of fact I haven't even caught so much as a cold! I have even flown long distances next to passengers overcome with the flu who were coughing, sneezing and suffering with a heavy fever and chills. I did not catch so much as a snuffle, these techniques so well!

These insane days viruses seem to be everywhere. New bugs are infecting man all the time, and we live in fear of some terrorist releasing a deadly viral concoction on us all; we need the tools to defend our health and the health and well being of those we love. Conventional medicine offers no hope against viruses. Using the combination of internal terrain altering with ample oxygenation, high enzymes and slick coatings most of us can avoid viruses latching on to us in the first place or fight them off handily if they've already found a home in us.

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