

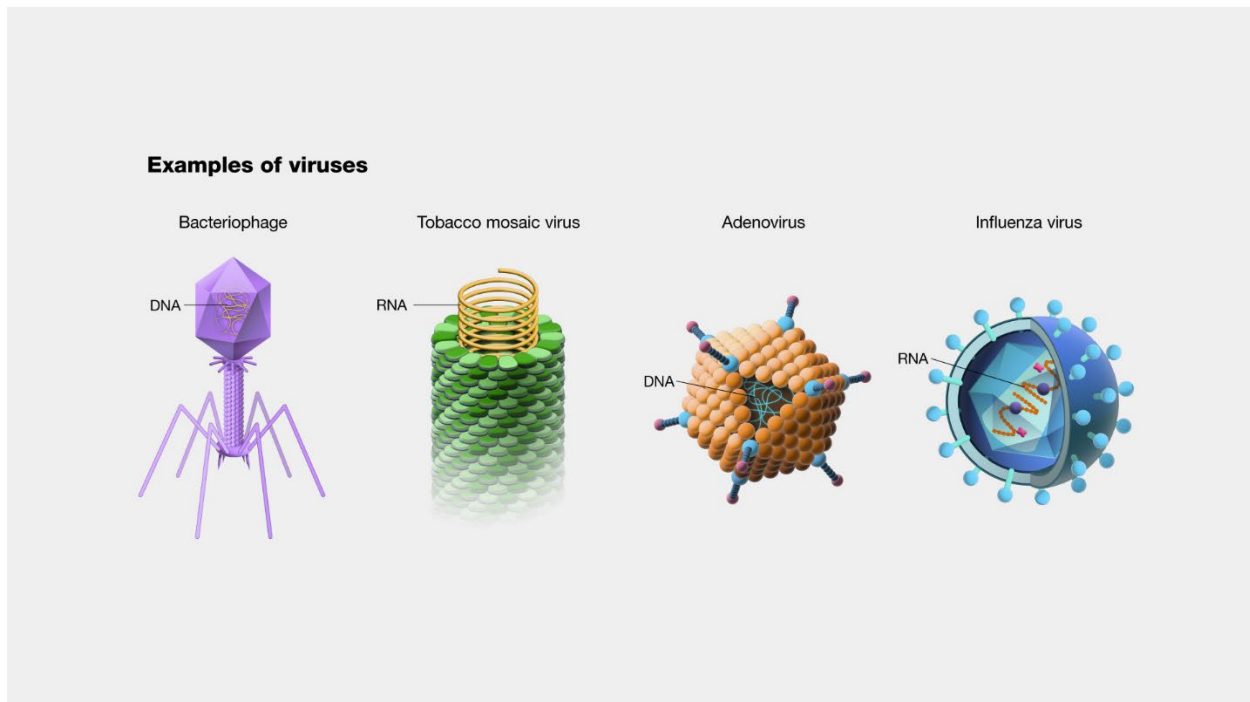
# Vaccines vs. Respiratory Viruses

## What is a respiratory virus?

Let's back up, first, and define a virus. We commonly lump viruses and bacteria, as well as prions and some other less common disease-causing "bugs" under the term "germs," but they are not all alike.

Bacteria are a large group of tiny single-cell microorganisms. They may be spherical (like little balls), rod-shaped, spiral-shaped, comma-shaped, or corkscrew-shaped. Bacteria generally multiply by dividing or budding, when they are in an environment comfortable for them, and some cause diseases which can often be controlled by medications called antibiotics. [You can see more about bacteria, including lots of pictures, here.](#)

Viruses are far smaller than bacteria, and they don't multiply by dividing. Instead, they consist only of a piece of nucleic acid (DNA or RNA) surrounded by a protein coat. In order to multiply, the virus must get into a cell and use parts of that cell to make copies of itself. Below are some examples of different kinds of viruses from the [National Human Genome Research Institute](#)



Respiratory viruses are the most frequent causes of disease in humans and can often transmit easily from person to person via sneezing, coughing, or just breathing. For more detailed information, [see this page on respiratory viruses at the National Library of Medicine.](#)

Some common viral respiratory infections are Covid-19, the flu, pneumococcal disease, RSV, and the common cold. Symptoms can range from mild to severe and may last only a few days or up to two weeks. Symptoms of the various respiratory viruses are similar, since they all enter via the nose and go to the respiratory (breathing) system. These symptoms include some or all of the following:

- Fever
- Runny nose
- Cough
- Congestion
- Sneeze
- Sore throat
- Headache
- Tiredness

Covid-19 is famous for loss of taste and smell, but I had that same symptom years ago when I had bronchitis. It may possibly be related to “using up” zinc in fighting the virus – and zinc is important for taste and smell among other things. My pharmacist at that time suggested I take some extra zinc for a while and it worked.

When you have any or all the above symptoms, stay home and don't give it to your friends or coworkers. A mask will not stop you from being contagious because viruses are so small they will actually sail right through the holes in the mask. A mask may stop droplets, but it won't stop the virus particles from sailing right out as you breathe.

While you are staying home to recover, make sure to drink plenty of fluid to avoid dehydration – especially if you also have any diarrhea or a high fever – and treat your fever. If you are vomiting and have diarrhea, and cannot keep anything down, you may need to be treated for dehydration – don't wait, as it is dangerous. At your doctor, or the emergency room, they will give you some IV saline solution and you will soon feel lots better. This did happen to my friend who had flu, and he thought he was going to die – he would not get out of bed at all, and would not drink anything, and I had to practically force him into the car to get him to the ER. A couple hours and a couple quarts of saline later, and he wanted to go out to eat.

If your fever is high, or you are not getting better, you will need to see a doctor. The danger is not from the virus directly, but from the possibility your illness can turn into a pneumonia (lung disease, often caused by an opportunistic bacteria). Back in the scary days of the 1918 Spanish Flu, it wasn't the flu that was killing people; it was pneumonia, and they had no antibiotic medications at that time.

At this moment (2022-2023) we are in the midst of an epidemic of RSV, but almost nobody is talking about where it came from. [See a short article about it by Dr. Viera Scheibner in the British Medical Journal](#). RSV – as well as the cancer-causing SV40 virus and a brain-eating

amoeba – was originally a contaminant in the polio vaccines made using monkey kidneys. These contaminants were discovered by Dr. Bernice Eddy, the same virologist who had discovered the polio virus. When she reported the problem, they banned her from her lab, changed her office locks, and put a gag order on her. They continued to vaccinate at least 99,000,000 more people with the vaccines they now KNEW were contaminated – because they didn't want the problem to create “vaccine hesitancy.” Sure, we have more or less wiped out polio, but at what a cost!! In 2015, [the CDC admitted](#) that “Much, possibly most, of the world's cancers came from the Salk and Sabin polio vaccines, and the hepatitis B vaccines.” The CDC, however, is still apparently not being so open about RSV coming from the vaccine, as it has settled into a yearly seasonal illness similar to flu season, and most people accept it on those terms.

### **But what is a vaccine?**

There are other vaccines besides the polio vaccine that are intended to prevent viruses from making you sick, and some work better than others. The MMR, for example, pretty well prevents measles, mumps, and rubella (what we used to call German measles). While measles, mumps, and rubella are all viral diseases, these vaccines are different from the Covid vaccine and the flu vaccine in that they use live viruses. The chickenpox vaccine is another live virus vaccine and it has a good history of preventing chickenpox, although it is suspected of causing the increase in shingles we are seeing since then, according to [Doerr \(2013\)](#).

There are also vaccines against some of the bacterial diseases – for example, the DTaP vaccine protects you against several things: The “D” is for Diphtheria (a serious throat disease caused by a bacteria that makes a toxin. It is the toxin that can make you sick. The “T” is for tetanus, another bacteria that produces a toxin that causes painful muscle contractions (lockjaw) that can kill. The “aP” is for acellular Pertussis, a serious cough in children although if an older child gets it they are usually not very sick and then have permanent immunity. This, too, is a bacteria that can attach to the tiny hairs lining part of the respiratory system, causing a bad cough. The older version of this vaccine was called DTP and the difference was that it incorporated a whole cell pertussis component which was more dangerous, as it can cause encephalitis (brain inflammation) in the children. It also contained mercury which is one of the most toxic metals known to man. This vaccine is still being used, by the way, in Third World countries, where apparently nobody cares whether children are being injured. When Dr. Aaby (who had originally brought DTP to Africa, went back to see how well his vaccinated children had done, he was shocked to find that the vaccinated children had died far more often than the unvaccinated ones -- of all sorts of illnesses. He asked the World Health Organization to discontinue using DTP, but they didn't stop. See some of the papers from his group:

- <http://www.talkingaboutthescience.com/Abstracts/Aaby2016-dpt.pdf>
- <http://www.talkingaboutthescience.com/studies/Aaby2018.pdf>
- [www.talkingaboutthescience.com/studies/Mogensen2017.pdf](http://www.talkingaboutthescience.com/studies/Mogensen2017.pdf)

- <http://www.closed.talkingaboutthescience.com/Byberg2016-vaccine.pdf>

Back to DTaP, it used to be required once every 10 years, but is now being considered enough if given every 30 years. On the other hand, some scientists believe that the only way to protect babies against Pertussis (since the vaccine doesn't really prevent you from getting it but it does suppress symptoms so you may be contagious without knowing you have it), is to give it to women while pregnant. This can result in a mother getting the shot every two years which is dangerous for her. In their focus on protecting the baby, however, doctors are ignoring the risk to the mother and pushing pregnant women into getting this shot even if they had it a year ago.

Development of a vaccine to prevent RSV, however – another bad cough and most dangerous for babies -- has so far been unsuccessful. This is the one introduced via a contaminant in the polio vaccine, you remember. As soon as they make one they think is safe enough that we won't object too loudly to it, you will be given the full brunt of the advertising about how deadly RSV is and how everybody in the world has to be vaccinated immediately.

We are already used to having a new flu vaccine come out every year, and some of them work better than others, although none of them actually prevent the flu very well, and some people have nasty side effects. The Covid vaccine works so badly at preventing Covid, that they had to change the definition of "vaccine" on the CDC website. For both flu and Covid, they are not using a live virus. For the Covid vaccine, they are using an "mRNA platform" which was originally studied as a medication for the treatment of illnesses such as brain cancer. It did not do very well as a treatment for cancer, so they thought it may work better as a vaccine. If you recall, they told you it would stay in your arm, where it was injected – but that was immediately understood to be a lie, since it had been originally designed as a treatment expected not only to leave the injection site but to go through every membrane in your body into your brain in order to be used to treat brain cancer. Except it didn't work so well for that. And it doesn't work so well for Covid, either, unfortunately. Most of the success you have heard of related to this vaccine is no more than advertising.

A very interesting paper on the subject has just been published, authored by none other than Dr. Anthony Fauci, now that he has retired from the Covid Front. [In this paper](#), he actually says – talking about the common cold, the flu, Covid, and RSV – that they have "not to date been effectively controlled by licensed or experimental vaccines." He blames the viruses themselves for not eliciting "complete and durable protective immunity by themselves" and says that now scientists must develop something he calls "next generation vaccines." Well .... Wait for it .... I'm sure they'll shortly be coming to a pharmacy near you.

