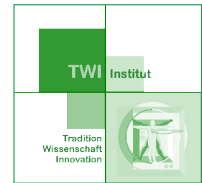


Topical again in Corona times:

Viruses as a challenge for mankind using the example of swine flu and bird flu

Seite 1



The scenario seems eerie. In a large city, large fire brigade and police platoons are on the move and cordon off a large part of the city. From now on, people are neither allowed to leave nor enter. After two days, the cordon is extended around the entire city. The airport and the main railway station are closed. All contact with the outside and the inside is cut off. Emergency plans are activated to guarantee food, energy and water, at least temporarily. In no time at all, we hear about similar scenarios from other major cities and also in other countries via news channels that are still functioning. The economic markets collapse, globalisation comes to a standstill.

Panic and chaotic conditions grip the population. An urban exodus against the will of the security forces. All social norms are out of control.

Long known from science fiction novels, this situation is now being discussed as a possible reality.

The primary culprit is man himself, and the panic is triggered by a micro-small virus that has been has existed since the existence of this earth and existed long before humans colonised this globe.

All those who warned of this development were not visionaries, but scientists who watched with concern the path to this dramatic development. Very early Professor W. Weidel warned of this development in his book „Virus and Molecular Biology“ and shows the danger of these viruses, which under certain circumstances even threaten the existence of life on this planet.

Prof. G. J. V. Nossal, in his major work „Antibodies and Immunity“, demonstrates the importance of the antibodies and shows the importance of the body's own defences in the fight against viruses and makes it abundantly clear that the merciless misuse of antibiotics and other chemical pharmaceuticals must lead to a deep disturbance of the biotope on this earth. The severe changes in the bacterial flora of this globe and the shifting of individual bacterial populations are leading to a slow preponderance of viruses, which can then usher in deadly epidemics. These visionaries or admonishers reported on such developments as early as 1968. Now prominent specialists, such as Prof. Dr. Dr. hc. mult. Anton Mayr, medical microbiology, infection and epidemic medicine of the veterinary faculty of the LMU Ludwig-Maximilian-University, Munich, and Prof. Dr. Theo Mantel, President of the Bavarian Medical Association have become active. In a letter to the highest ministries they point out the dangers of classical epizootic plague and at the same time offer proposals for solutions. With the current procedures alone, animal flu can by no means be kept under control.

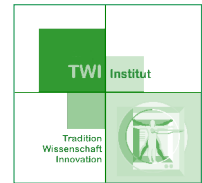
The American politician Al Gore already wrote in his book „Ways to Balance - a Marshall Plan for the Earth“ in his 1992 election campaign against his challenger Bush. He wrote some groundbreaking lines. He clearly and unambiguously demonstrated with scientific studies that the development on this earth, if it is not to end in chaos, requires more consciousness. He clearly described the almost exploding world population level as one of the main causes of emerging epidemics. When a living population becomes too dense, self-regulatory forces kick in, epidemics emerge and reduce the number of population in some cases by up to 90%. Insufficient climate protection, high CO2 emissions and global warming are all mechanisms that greatly reduce the immunity of living populations. In addition to a crisis-like increase for epidemics, a significant loss of the immune defences in humans and animals.

Thus it is understandable that in an area where billions of people live whose main meal is meat, even more meat donors are bred. The density of the population is so large that epidemics are bound to occur, if only for statistical reasons. If less dangerous viruses don't get a chance, they mutate into real torpedoes that can destroy every human or animal population, in a very short time. We know from the 1918/19 that it was also an avian flu virus at that time and that it was bird flu virus, and that it targeted not old people and children, but the most powerful population by 40 years. Viruses are the most mysterious and interesting material on this earth, because they have mechanisms that make them so far that make them uncontrollable for man and even the most intelligent scientist. This is also the case in cultural circles where pork is eaten predominantly.

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What are swine flu viruses?

The classical pathogens of swine flu belong to the influenza A viruses of subtype H1N1 and were isolated as early as 1930.

However, there are also swine flu epidemics from other pathogens.

H (haemagglutinin) and N (neuraminidase) are characteristic projections of influenza viruses. The body's own defences are directed against these protuberances. Vaccines also defend against them.

Drug therapy is very doubtful because it is not known with certainty whether medicines that work against influenza viruses can also help against swine flu. Tamiflu or Relenza are again being discussed, but it is known that they have already lost have lost 30% of their activity against viruses.

Prevention does not make sense

Vaccinations against the flu do not exist for humans, but they do for pigs.

The US Centers for Disease Control (CDC) states with certainty that the pathogens of swine flu are not transmitted by food, because pork is usually is usually heated to 72°C,

Of course, this does not apply to all raw pork products, such as ham, minced meat, etc. The transmission mechanism, however, is certainly not only via food, but mainly via droplet infection.

What are avian influenza viruses?

By no means is avian influenza a new disease of our time. It was first described in Italy in 1878. It is an animal disease that affects chickens, turkeys, geese, ducks and wild waterfowl. The pathogen is an influenza virus. The particular type H1N1 is considered aggressive because it quickly destroys the immune system of the animals. The sick animals get fever, breathing difficulties and diarrhoea. In a barn, all the animals are infected after a few days, no longer lay eggs and die. Humans can also become infected with bird flu. This is still rare, but usually fatal. So far, we only know of such cases from Vietnam, Thailand, Cambodia, Indonesia and Hong Kong.

What makes this virus so dangerous?

H5N1 is the abbreviation for the bird flu virus with horror potential.

The letters H and N stand for proteins on the surface of the viruses. Haemagglutinin (H) and neuraminidase (N) stand out like spikes from the roundish influenza viruses. They act like grappling hooks. The pathogens use them to cling to body cells in order to infiltrate them. The surface proteins change rapidly. The flu pandemics of the past were usually the result of a new mutation (change in the viruses). Once they have touched cells, they can be readily introduced into the interior of the cell. There, in every human being, there are chemical chain processes that are controlled by enzymes. Normally, these chains are designed in such a way that they produce slag-free energy for us, regenerate themselves again and again like a perpetual motion machine regenerate themselves again and again like a perpetual motion machine and thus live endlessly without consumption.

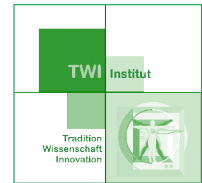
This assembly line work can only be disturbed if the human being overloads this assembly line (e.g. poor nutrition) and thus forces errors in the enzymatic switching points. If it no longer functions according to the divine principle, the ageing process occurs.

Viruses know this system very well. They infiltrate the key switching points and reprogramme the conveyor belt so that it begins to reproduce the virus. One virus becomes billions. When a certain number of viruses are reached, the cell bursts, releasing the large virus material to be reintroduced into the other cells for this gigantic lethal process.

While viruses multiply in this way, they mutate, i.e. they change their genetic material. So that from the populations develop into more dangerous but also less dangerous variants.

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This explains, for example, why a very dangerous virus such as Ebola can trigger an epidemic in a flash and suddenly reduces its dynamics and disappears.

The swine flu virus that has now emerged is a variant of the very dangerous type H1N1, which was also the virus type of the "Spanish flu" of 1918. However, H1N1 is more common. The seasonal flu this winter was also of the H1N1 type.

The Mexico variant is a new subtype and this means the risk potential of this virus.

The genome has been reassembled, it contains genes from human influenza viruses, but but also from poultry and swine viruses. This creates a new chain of infection, which can then also be transmitted from person to person and carries all the highly dangerous virus types and characteristics.

This is worrying because it can then clearly be transmitted from human to human. We know that people have been infected who have had no contact with pigs or farms.

It usually helps that the virus is an amazingly simple biological entity that cannot reproduce itself, but needs the host - the human being - in order to replicate itself billions of times.

The genetic material is scarce and extremely flexible. It can shuffle itself, like a deck of playing cards, and it acquires new characteristics by mixing parts of its genome with the other pathogens of its type.

If, for example, an animal is infected with two different influenza pathogens at the same time, a completely new, customised virus is created and the animal's organism is transformed into a magic pot in which the virus combines and tries out all possible forms of expression of itself and others. This interplay of mutation and selection occasionally produces an aggressive pathogen by chance, which, if it then becomes transmissible from human to human, develops devastating effects.

The virus currently active in Mexico and the USA even has a genetic mixture that comes from both pig- and birdpathogens, paired with human virus components.

This is the first time that something very unusual and very explosive has been seen from the point of view of epidemic medicine.

Pigs in Germany are only used for meat production.

In Germany, the per capita consumption of pork is currently 38.3 kg per year. However, pork is almost identical to human meat in its texture and amino acid structure.

Physiologically, pigs and humans are also very similar in other respects. Both are susceptible to stress, develop similar cardiovascular diseases. This is another critical point, as the close relationship between pigs and humans could become an immunological trap, as a pig can become an ideal host for all kinds of pathogens.

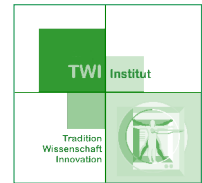
History of important influenza pandemics:

Similar flu to the one now expected was the Spanish flu of 1918/19, which claimed 50 million lives. It was triggered by the H1N1 influenza virus. Since eight million people fell ill in Spain alone, among them every third inhabitant of Madrid it was called „Spanish flu“. In 1957, H2N2 triggered the "Asian flu" with four million deaths. The new type of pathogen consisted of a mixture of H1N1 with an avian flu virus. The „Hong Kong flu“ occurred in 1968, too, because H2N2 had taken over surface proteins from an avian virus. The new pathogen was named H3N2.

The current analysis of the H1N1 virus, which was sealed in 1918/19, shows in the scientific analysis that the virus, which consists of several thousand protein bodies, only differs in ten protein bodies from the current H5N1 bird flu virus. This finding holds the incredible potential for a world epidemic of unimagined proportions. In a UN paper, David Nabarro, the now highly paid British medical scientist, warns that the current bird flu pandemic could kill between five and 150 million people, according to

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his calculations. However, previous estimates for such pandemics have been in the billions. After all, Nabaro has been one of the WHO's leading infectious disease experts to date. Under him, the WHO has been warning for months that bird flu could become a danger to humanity, For if the H5N1 virus meets a human being who is already virus-infected and crosses with him to form a new virus group, nothing but equally the greatest catastrophe can occur.

Symptoms of the disease:

The virus, comparable to a torpedo, suddenly has an active fuse. From the cross with the normal flu virus, these new viruses are infectious and are transmitted from person to person, infecting the cells of the mucous membranes of the throat, nose, ears, lungs and gastrointestinal tract and multiply there gigantically. Most people die after four days. Unlike the common cold, influenza is a serious illness. The hallmarks are a high fever of around 40°C, severe headaches and aching limbs, fatigue and weakness. The symptoms can last from two to three weeks. In contrast to colds, coughing, colds and hoarseness are not as prominent in flu. The pathogens that cause human flu change from year to year. Currently, the circulating strains resemble the pathogens H3N2 and H1N1, without being as dangerous as the strains of the same name that raged in 1968 and 1918/19. Influenza is considered the most underestimated disease on earth, claiming more than a million lives worldwide every year, and between 10,000 and 20,000 in Germany alone every year.

A new "super virus" could threaten all living populations on earth. The genetic material of viruses is extremely unstable. During the replication of influenza viruses, mutations (change) and genetic reading errors constantly produce new variants. This is by nature's design. In addition, several viruses infiltrate the same cell and sort their new genetic snippets into a completely new virus. Therefore, it can only be a matter of time before the continuous change of viruses results in a "super virus" that combines the characteristics of bird flu (severe clinical picture) and those of conventional flu (high infection rate). Torpedo and detonator are then active, as happened with swine flu in Mexico.

From this point of view, even the best scientist cannot reliably assess the risk of a normal flu vaccination cannot be assessed with certainty. It has the one advantage, or more likely the only advantage, that the vaccination puts the immune system into a higher state of activity and thus disposes of incoming viruses three to five times more and also already has similarly suitable antibodies ready. In this case, however, one would have to vaccinate as early as possible.

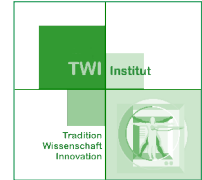
However, weakened pathogens are injected. The immune system then produces antibodies that dock onto the viral surfaces. This marking signals the attack to the phagocytes and killer cells of the immune defence. The cells are destroyed. At a time when the bird flu virus is approaching our country in relatively large steps, one must consider that the introduction of weakened pathogens can virtually spur the viruses' willingness to mutate (change). In this way, too, potentially new risk material can emerge, up to and including a super virus.

Drug therapy not possible?

The problem of an appropriate therapy is the virus. Virus is a Latin word, of which, by the way, there is no legitimate plural. However, since it is absolutely necessary from a linguistic point of view, one must agree on a tolerable variation. We speak of the viruses, but in the singular it is called the virus. The literal translation is poison, toxin. This definition alone shows that virus is neuter. It is therefore not a living being that can reproduce itself or will actively intervene itself. Prof. Weidel writes that „the virus is closely connected with the concept of life“. This similarity is by no means a coincidence, but is based on a deeper interrelationship. We will very quickly realise through new research projects that nothing can bring us closer to the riddles of life processes, but also to their solutions, than viruses and their peculiar behaviour, that they are closely connected with processes that take place exclusively in the smallest living unit, the cell. The virus (factually) uses living units of the cell to multiply infinitely and thus destroys its own host.

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Now, unfortunately, thanks to missed political intervention, it is already shortly after 12 o'clock. Immediate action must be taken:

Therapeutic measures:

1. Basic immunisation of livestock.

The first measures concern the living habits of humans. It is known since time immemorial (Prof. Dr. Dr. A. Mayr) that influenza A is transmitted by migratory birds, which usually do not fall ill themselves but transmit the pathogen to pigs. In this way it reaches humans via the food chain to humans and sets the stage for annual influenza epidemics. Prof. Dr. Mantel and Prof. Dr. Dr. A. Mayr are finally calling for the currently still forbidden vaccination of domestic poultry and other domestic animals against classical avian influenza and a basic vaccination against influenza A. Consistently carried out protective vaccinations, i.e. two vaccinations at intervals from three to five weeks with effective whole vaccines, irrespective of the current pathogen types, lead to a basic immunisation of the population and thus to a reliable vaccination protection. This prevents the pathogen from „settling down“, multiplying in the vaccinated person and being excreted. Effective protective vaccination, which leads to basic immunisation of the population at risk, is not an alternative to culling, but a necessary additional central component of successful disease control.

2. Immunotherapy for humans

The same applies to humans. From the increasing number of chronically ill people we can indirectly read the number of immune deficiencies in humans. Considering only allergies, this already affects about 50% of people. Allergies, however, are purely immunological diseases. If we add to this the increasing number of tumour diseases, rheumatic diseases and those susceptible to infections, we also see a major alarm sign here.

It is always easier for a virus to destroy a weakened immune system than a strong immune system that is ready to fight back.

For this reason, I call for a general assessment of our population's immune status through up-to-date measurement of the immune status and, if necessary, the use of immunotherapy.

3. Drug therapy against viruses

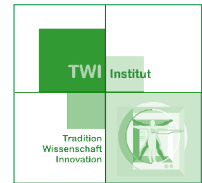
The only drugs currently on the market that prevent viruses from reproducing are Tamiflu from Roche, Relenza from Glaxo Smith Klein and Amizon from Farmak International in Ukraine. Amizon from Farmak International or Gepon from Russia. These drugs block the neuraminidase and the surface protein N or activate the immune defence against viruses. This prevents the spread of the viruses. In any case, make sure you have two of one of the two antivirals in your reserve. If you suddenly fall ill with the symptoms, you can start taking them immediately. If the symptoms described in the disaster plan described in the introduction occurs in your immediate vicinity, you can even take it as a preventive measure until you are out of the danger zone.

4. Non-specific therapies to strengthen the immune system

From autumn onwards, you should visit a solarium once a week for at least ten minutes throughout the winter, as this is how the important processing of calcium and vitamin D takes place. Also immune cells need a normal level of calcium to be able to activate their cells at all times. So you should also eat more calcium-rich food during this critical time, such as creamy cheese and spices and herbs that are rich in calcium. (The Immune Compass by Dr. Peter Schleicher, Verlag Das Neue Berlin). Squeeze yourself fresh fruit and vegetable juices during the winter. This will help you avoid the high carbohydrate load sugary drinks and strengthen your body's defences. Take calcium and magnesium effervescent tablets again and again.

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For our patients, we currently use a simple immunotherapy to strengthen the body's defences. Twice a week before the expected flu epidemic, we inject immunomodulators intramuscularly, which can increase the activity of all defence cells several times over. Accompanying we give Ribomunyl tablets to accompany this increased activation state. After ingestion, they strengthen the immune system against the problem germs for diseases of the throat, nose, ear and lungs. In this way we make the immune system strong and increase the immune protein IgA threefold.

There are many naturopathic substances that activate and strengthen the immunological mechanisms against viruses. Studies show that echinacea but also mistletoe lectins and bacterial lysates can do this. The mechanism is very simple. Via the stimulus triggered by the vaccination or the immunologically active drug, the activity rate of the phagocytes and killer cells increases threefold. Thus the immune cell can kill at least three times as many of the dangerous viruses as normal. This is sufficient for a successful defence.

It should be noted that phagocytes and killer cells can only kill viruses when they are activated.

© Dr. Peter Schleicher, Immunologist

This article was written a few years ago after the H5N1 avian flu outbreak in Germany