
Praise

If you had never questioned any of the practices of the medical establishment, the events of the so-called COVID pandemic starting in 2020 probably raised questions in your mind. You may have asked yourself whether there was really a deadly virus, or whether masks were necessary. Was that experimental vaccine really “safe and effective?” You may also have noticed that people seem to be sicker than they used to be, especially the children. Perhaps you’ve wondered how it’s possible that medical error could be one of the leading causes of death.

Elizabeth has done an excellent job of addressing these questions and many more in a clear and easy-to-understand fashion. I have no hesitation in recommending this book to everyone who has an open mind. It has become obvious that we are not being told the truth about many things by the so-called authorities, so we must educate ourselves.

— **DAVID PARKER**, co-author of *What Really Makes You Ill? Why Everything You Thought You Knew About Disease Is Wrong*

Walking Away from Fear is a wonderful journey through history, exploration, and new ways of understanding. After over 25 years of researching disease, vaccines, and history, I found that multiple ironclad data sources and scientific references support a compelling conclusion: mortality rates for diseases like measles and whooping cough fell by nearly 100% before vaccines were available, and for others, like scarlet fever, they declined without

Walking Away From Fear

any vaccine at all. This evidence sent me on a similar journey to Elizabeth's—seeking new ways of looking at illness that shatter old models. If you're ready to explore different ideas, this book is a great companion for your journey.

— **ROMAN BYSTRIANYK**, co-author, *Dissolving Illusions*, and author, *Tender Mercies*

The quest to understand the narratives surrounding germ theory, health, and even the true nature and purpose of “science” can be quite daunting and intimidating. Elizabeth Barnum has taken up and met that challenge with her book. Elizabeth touches on the most important categories surrounding these topics, and does it in a way that is very readable and easily understood. I think even the most ardent skeptic reading this book will have to start asking questions that must be faced. Cannot recommend highly enough.

— **JORDAN GRANT, MD**

If I had been asked in early 2020 whether viruses had been shown to exist and germs had been shown to cause illness, I would have readily agreed that they had. But when I started sending Freedom of Information requests to health agencies around the world in the spring of 2020, I discovered that these agencies did not have any scientific evidence for the existence of the virus said to cause “COVID-19.”

So far, 225 institutions in 40 countries have shown, through official legal confessions and failures, that they do not have foundational evidence, authored by anyone, anywhere, necessary to scientifically demonstrate the existence of that alleged virus. Similarly, every institution that has been challenged has failed, regardless of which alleged virus they have been challenged on.

In this book, Elizabeth Barnum thoughtfully and clearly explains, in a way that is easy for anyone to understand, what I and many others have come to discover: that the germ and contagion narratives that we grew up with, and that are continually being expanded upon through alarming new reports, are not the science-backed truths we once thought—far from it, in fact!

— **CHRISTINE MASSEY, MSc**

Walking Away from Fear is an A-Z manual revealing the truth behind the prevailing deceptive medical narrative designed to control and profit through fear. Elizabeth brilliantly connects the dots between the historical genesis of medical “theory” and present-day practices that defy the cornerstone of the Hippocratic Oath, “primum non nocere” (first, do no harm).

Walking Away from Fear should be a curriculum primer for every aspiring medical practitioner.

— **DR. BARRE PAUL LANDO**, bioterrain physician

In these days of people outsourcing their own thinking to supposedly intelligent AI chatbots, it is becoming increasingly difficult to know what or who to believe. Indeed my own son has said to me: “Sorry, dad, that was too much to read so I asked Grok to give me a summary.” There will NEVER be a substitute for reading if you want to educate yourself. This well-written book is an excellent example of why you should read: to learn about why you need to take charge of your own health in a world where keeping people ill remains a profitable ruse for the the medical and pharmaceutical industry.

— **JAMES GROGAM**, creator of *Reality of Illness* website,
<https://realityofillness.com>



Walking Away From Fear

**A Journey Exploring Viruses,
Contagion, and Why We Get Sick**

Elizabeth Barnum

**logo
publisher**



Dedication

This book is dedicated to all who have sought knowledge about health and disease without allowing their search to be affected by money, power, or control, and to those who have fearlessly spoken out for the truth.



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Foreword by Dawn Lester

This Certainly Does Change Everything

My journey of discovery into the real nature of disease, symptoms, and all things related to health began almost two decades ago when I learned that there were a number of fully qualified doctors who didn't totally accept what they'd learned during their medical school training and were speaking out in various ways, mainly through books they'd written.

This led me to questions, then more questions, and eventually to the discovery that the germ theory had never been proven. David Parker and I decided to dive deeply into the topic, and we published *What Really Makes You Ill?* in December 2019, just before the start of the "COVID pandemic."

I started June 2022 to write articles for Substack to share information I'd learned (and am still learning) about the flaws in the medical system. Some time ago, I became aware of Elizabeth Barnum through her own Substack, *This Changes Everything*, an apposite title because understanding the lack of evidence for the germ theory really DOES change everything.

The problems with the "germ theory" and the fact that it remains unproven permeate many areas of our lives, especially with respect to our health and decisions about pharmaceuticals and vaccines. However, the full effects are not restricted to health matters, because that theory is the basis for many practices that impact our whole environment, including the use of chemicals in food production and the massive volume of antibiotics used in animal agriculture. These are just two examples.

What is so powerful about her writing is that Elizabeth speaks from the heart and with real clarity. In her articles, she shows how just

about anyone can see through the deceptions regarding the ideas that “germs” and especially “viruses” are pathogenic agents.

Although it inflicted much harm on many people around the world, the “COVID pandemic” also brought many to ask questions they had never asked before. Elizabeth is one of those people. She was willing to challenge what she thought she knew and to listen to those who were sharing information that demonstrated the lack of evidence for the measures introduced from early 2020.

Many of the prominent voices in what has become known as the “no virus camp,” of which I am a proud member, are medical doctors, like Dr. Andrew Kaufman and Dr. Tom Cowan. Their work is helpful to show how the indoctrination of medical school can be overcome.

But we also need the voices of people without medical training who believed in “germs” yet were able to see how we’ve been bamboozled to believe something that simply isn’t true. It’s wonderful that Elizabeth has become one of those “citizen voices” and written a book that is easily accessible to the non-scientifically minded, because this information needs to be shared as widely as it possibly can.

Whilst Substack can reach new audiences for shorter articles, the story Elizabeth tells of her own research and the resources she has gathered requires a full book, the one you are holding in your hands.

I’m sure that, after journeying with Elizabeth through her book, you too will find your way to walk away from fear.

— **DAWN LESTER**

Co-author of *What Really Makes You Ill?*

Why Everything You Thought You Knew About Disease Is Wrong

Dawn’s Writings and Dawn of Discernment (podcast),
<https://dawnlester.substack.com>

Foreword by Dr. Marizelle Arce

Asking Better Questions

For most of our lives, we are taught to understand illness and health through fear. We are told that invisible enemies surround us, that our bodies are fragile, and that health is something granted—or withheld—by external authorities. Over time, this story becomes so familiar that it stops sounding like a story at all.

Elizabeth Barnum’s *Walking Away From Fear* dismantles that narrative.

What makes this book powerful is not that it claims special insight or hidden knowledge, but that it does something far more revolutionary: it asks whether the foundational assumptions of modern virology and contagion have ever been demonstrated in the first place. Not rhetorically, but methodologically. Not emotionally, but logically.

Elizabeth approaches this subject not as a scientist defending a career, but as a careful reader of language, evidence, and process. And that turns out to be exactly what is needed. When stripped of jargon and authority, many of the claims we have accepted as “settled science” reveal themselves to be models built on inference, repetition, and belief rather than direct observation.

For those of us who have spent years observing the body outside the battlefield narrative, this reexamination is not surprising. With a degree in naturopathic medicine which was preceded by two years in allopathic medical school—an institution that teaches conventional medicine—I have received training from both perspectives, and have been practicing outside the western model for two decades.

In clinical practice, when we look at illness through a terrain-based lens rather than a germ theory lens, a different pattern emerges. Symptoms behave less like signs of attack and more like signs of

regulation. Fever, mucus, inflammation, fatigue—these are not arbitrary punishments delivered by hostile invaders. They are adaptive responses. They are evidence of a body recalibrating in response to environment, nutrition, stress, toxic burden, and lived experience.

Elizabeth's work intersects with this understanding in a crucial way. If the methodological basis for viral causation is unsound, then the entire architecture of fear surrounding contagion begins to loosen. And when that fear loosens, space opens, space to reconsider what health actually is.

This book is not about denying sickness, suffering, or the reality of symptoms. It is about reclaiming agency and curiosity, understanding the body as adaptive, intelligent, and responsive to environment, nutrition, stress, toxicity, and belief.

Those of us who have arrived at similar conclusions did not do so lightly. We questioned because the prevailing explanations failed to match lived reality, historical outcomes, and biological coherence. We questioned because fear has proven to be a remarkably effective tool of control—especially in medicine.

Walking Away From Fear does not ask the reader to replace one dogma with another. It invites critical thought. It invites examination of primary sources. It invites courage, the courage to step outside a narrative that has shaped public health policy, education, and collective identity for generations.

This book does not tell you what to think. It shows you how to look.

Whether one agrees with every conclusion or not, the willingness to revisit foundational assumptions is a sign of intellectual maturity. Progress has never come from blind acceptance of inherited models. It has come from asking better questions.

Elizabeth Barnum asks them clearly.

— **DR. MARIZELLE ARCE,**
Naturopathic Doctor
Author of *Germes Are Not Our Enemy*

Foreword by Mike Stone

Pay it Forward

The phrase “pay it forward” is one that has always resonated with me. At its core, it means receiving something of value and then passing that value on to others, often without any direct benefit to oneself. While it is most commonly associated with material acts such as money or gifts, I have always associated it with teaching and knowledge.

What better way to pay something forward than by sharing the knowledge you were given, in the hope that others will one day do the same?

When I first began unraveling the “virus” lie in 2017, I discovered that many brave individuals had been challenging the mainstream HIV narrative for decades. Though I didn’t realize it at the time, people such as Dr. Stefan Lanka, the Perth Group, David Crowe, Kary Mullis, Peter Duesberg, Dr. Roberto Giraldo, Jon Rappoport, and others were offering me an invaluable gift: clarity.

I absorbed information from their work that resonated deeply with me and brought much-needed understanding at a time when I was desperately searching for answers.

Through their combined efforts, I was able to let go of the fear surrounding the “virus” narrative. The question then became: how could I possibly repay such a gift?

When the so-called “COVID pandemic” emerged in 2020, it became clear to me that remaining silent was no longer an option. The knowledge I had gained needed to be available to others who were scared, frustrated, and searching for answers of their own.

That realization led me to begin sharing my research publicly, eventually creating the website ViroLIEgy.com and the Substack of

the same name. This was my attempt to pay forward what had been given to me.

When Elizabeth told me she was writing a book exposing the fraud of germ “theory,” using knowledge she had acquired from myself and many others, I felt an overwhelming sense of pride and gratitude. Seeing that information passed forward—reshaped through her own voice and perspective—was deeply meaningful.

If you are familiar with Elizabeth’s work (and if not, you soon will be), you know she has a rare ability to present complex ideas with clarity and elegance. She communicates in a way that is both accessible and precise, capturing the essence of what needs to be said without unnecessary complication. It is a skill I greatly admire and continually strive for in my own work.

In this book, Elizabeth is sharing knowledge drawn from many researchers and thinkers in a powerful and approachable way. I truly believe it will serve as a go-to guide for those seeking to understand the fundamentals of the “No Virus” argument. I am honored to have played a small role in its creation and excited for readers to experience her work.

While we do not always get the opportunity to thank those who “pay it forward,” I want to publicly thank Elizabeth for doing exactly that—passing knowledge onward so others may think, question, and learn for themselves.

— **MIKE STONE**

Founder of *ViroLIEgy*

<https://viroliegyny.com> and

<https://viroliegynynewsletter.substack.com>

Author's Preface

There's a question coming up more often these days. You might have heard it.

“Did you know that viruses have never been found?”

Many people hearing this immediately react with disbelief. Perhaps you are one of them.

Why do so many reject this information? What is it that makes it so difficult to even consider that viruses might not be real?

The skeptical person may say, “Are you a doctor? Are you a scientist?” Only people with these kinds of education are supposed to know enough to talk about microbes and theories of disease.

Or the skeptic may dismiss the idea because they have always known that viruses cause disease. How could it be that no virus has ever been found when viruses cause everything from colds and flu to hepatitis and AIDS? Then there was the global pandemic of a disease called COVID-19. What caused that, if not a virus?

And what about bacteria, the other type of “germ?” Bacteria certainly do exist and experts say they cause diseases like tuberculosis, pneumonia, and strep throat. They are found in the throats or lungs of sick people, so obviously they are the cause of those diseases.

We've all had coughs, runny noses, body aches, fevers, and other symptoms of colds and flu repeatedly throughout our lives. Maybe even last week! Kids come home from school with the sniffles, and soon the whole family is sniffing. If viruses have never been found, then what made everybody get sick?

Most of us have accepted for our entire lives that germs—bacteria and viruses—cause disease. We learn it from doctors, who are supposed to know what causes illness. We learn it from public health agencies, run by people who are also experts on these issues. Why

would we doubt what they tell us? We learn it in school at every level from kindergarten to college. We are taught at an early age to wash our hands so we don't "spread germs." Ads everywhere we look tell us what medications we should take for our symptoms and remind us to get vaccinated. People sick with contagious illnesses feature in the plots of movies and television shows. The message is everywhere.

When we have never had a reason to doubt what we've been taught all our lives about health and disease, it's natural to be skeptical upon hearing something that calls all of that into question. And when our own experiences of symptoms seem to confirm what we've always believed, to question those beliefs may feel like we're being told that those experiences didn't happen. But we know they did! We had miserable symptoms! It must have been viruses!

The very familiarity of this narrative of viruses causing illness also means that it is entangled with many other beliefs about how the world works, and all are linked directly to our training to trust what experts tell us. Letting go of these ideas can be challenging!

It might be easier to stick with what you know and reject the suggestion that there's more to learn about what causes illness. But I invite you to allow the possibility that there is a whole realm of knowledge beyond what you've learned before, about how your body works and what symptoms mean.

I invite you to consider that all the visual images we have seen of viruses—the ones that look like styrofoam balls with pokey things sticking out all over—are artists' renderings made with computer software, because no one has ever actually seen a virus. They have never been observed in live tissue or blood. Viruses are invisible! Is it possible that everything we think we know about viruses might be imaginary, from what they look like to how they behave and make us sick?

I invite you to consider the fact that Freedom of Information requests to over 225 government and university public health agencies worldwide have resulted in every one of them admitting they have no evidence for the existence of any virus (see Praise from Christine Massey at the front of this book). These are the agencies

that enforced lockdowns, masking, six-foot distancing, and mandatory vaccination during the COVID-19 pandemic even though they had no scientific basis for those protocols.

I invite you to consider the possibility that symptoms you experience, which you call “disease,” are actually what happens when your body pushes out toxins and unwanted substances in its ongoing efforts to restore internal balance. What if they were not signs of sickness, but signs of health?

I invite you to consider that not only does your body have built-in mechanisms for removal of toxins, but its self-healing wisdom is much deeper than what standard medical ideas acknowledge. What if the human body is not a frail, incompetent vessel that requires medical monitoring and intervention to be healthy and stay alive, but is capable of cleaning and recalibrating itself, if we let it?

I invite you to consider that being afraid of random “attack” by invisible microbes makes you walk through the world feeling like a potential victim rather than the fortunate possessor of a body furnished with magnificent self-healing power.

I invite you to make a journey into a new understanding of sickness and health.

It might even be liberating!

— **ELIZABETH BARNUM, PhD**
Author, *This Changes Everything*
<https://barn0346.substack.com/>



Introduction

There is a different way to understand health and disease than the way that we have all grown up with—the way that makes us always feel afraid of getting sick. You have picked up this book to read about the journey to learning a new understanding that is rooted in the body’s beautiful innate healing capacity rather than fear.

Maybe you have had some questions over the years about the medical system. Why do people seem to be less healthy than they used to be, even though medical science has advanced so much and medical care is so expensive? Or maybe you have wondered why doctors do not know the causes of so many common chronic conditions and diseases, or have effective treatments.

Why, for example, do doctors not know exactly what causes cancer? And why has cancer treatment not changed since the 1960s, with chemotherapy, radiation, and surgery—and the suffering they cause—still the only options that doctors offer?

Maybe you’ve noticed that more children have autism than they did in the mid-twentieth century, and that more adults have Alzheimer’s disease and other forms of dementia than in previous generations. Perhaps you’ve heard that medical error is in the top three leading causes of death worldwide, and you wondered how it is possible that people could be in greater danger of dying in a hospital than outside of one.

And maybe you even have had doubts related to the worldwide pandemic that started in March 2020. Was there really a deadly virus on the loose? Did masks really protect anyone? Why did they tell us to stay six feet apart? Did that experimental vaccine cause more death and injury than we’ve been told through official channels?

All these questions lead back to a very basic one: what is it that

makes us sick? Since the late nineteenth century, there has been a single answer to this question that nearly everyone has assumed to be correct. That was when the “germ theory” replaced previous explanations for illness. “Germs,” mainly understood as viruses and bacteria, are always looking for ways to jump from a sick person into one who is well, giving them a cold, the flu, strep throat, pneumonia, whooping cough, or measles, to name a few diseases that the germ theory says are caused by contagious microbes.

But some of the experiences that many of us had during the years of the COVID-19 pandemic made us question the truth of this. Many people who did not wear masks or socially distance did not get sick. And many people who did observe those protocols got sick anyway. Lots of those who received the COVID-19 vaccine still came down with COVID symptoms, and many who did not receive the vaccine never became ill at all.

The effects of the COVID-19 protocols were another source of questioning for many. Government responses to the pandemic brought forced vaccination that injured and killed millions of people and caused those who declined it to lose their jobs.

Lockdowns were imposed across the planet that destroyed small businesses and took away their owners’ and employees’ livelihoods, and protocols like masking and social distancing caused significant physical, mental, and emotional harm, especially to children. It seemed that in some ways the cure was worse than the disease. We saw that the world was irrevocably changed, and we wondered if it was a good change or not.

In March 2020, when the worldwide pandemic was declared, I had never questioned the narrative that diseases were contagious and that they were caused by viruses. Around that time, I started coming across information that contradicted that belief from a growing chorus of respectable and knowledgeable individuals.

These doctors, microbiologists, virologists, and medical researchers were saying that the methods used in virology laboratories are deeply flawed. The methodology by which scientists claim to find viruses is not just unscientific, they said, but pseudoscientific.

These doctors and researchers seemed to know what they were talking about, so I listened and read what they had to say. They pointed out that the idea of a deadly virus being passed from person to person, the basis for the World Health Organization calling a global pandemic, was not supported by scientific evidence, and that the public worldwide was afraid of something that had never definitely been shown to be real.

These claims were and are so strongly counter to the way we have understood illness for generations that the people saying this seemed to be deluded, even crazy. What they said was called “disinformation” or “misinformation.”

However, despite these voices being censored from social media sites such as Facebook, YouTube, and Instagram, a larger and larger group of people were listening to them carefully and realizing that their criticisms of virology made sense. I am one of those people. I listened and read until I understood what they were saying. (The Appendix is a list of these individuals and their writings and videos so you can learn from the best, like I did.)

And as I listened, greatly to my surprise, I realized that even though I have no science or medical background, I could understand why the methodology used in virology labs is pseudoscientific. I have degrees in English. I spent most of my academic career studying literature and teaching writing, and my professional career has centered on writing and editing on a variety of topics (none of them scientific).

Yet the flaws in the methodology used to find viruses became so obvious to me that I found I could easily explain to others why, despite the claims made in virology papers and in the news media, no virus has ever been found. This blows the cover of the mystique that only “experts” such as microbiologists and doctors should be allowed to discuss the methodology used to “find viruses.”

It means that almost anyone with a modicum of common sense and reason is qualified to say that these submicroscopic entities have never actually been found. You and I **can** understand that the existence of viruses has never been proven, and we **can** explain it to our friends and families. Our eighth-graders could probably do it, too—certainly,

most high school graduates could. I've written this book to share my journey in learning to understand the lack of scientific evidence for viruses and what that means about the real causes of disease. And I invite you to join me in seeing how understanding this narrative can also change how we understand our bodies and even ourselves as human beings, and the entire healthcare system as we know it.

As I learned more about the narratives of germ theory and virology, I also began to see how these beliefs, even though most of us have unquestioningly believed them for our entire lives, have given us a skewed understanding of how our bodies work and what is happening when we are sick.

The story of viruses keeps us passive in regard to our own health, dependent on doctors and hospitals to take care of us with pharmaceutical drugs and other interventions, and subject to social controls such as those we saw imposed during the COVID-19 pandemic.

From there, it's possible to wonder whether other stories we have been told about ourselves, each other, and the world may have been incorrect. We have believed these stories because we had no reason to question them. But knowing that we have believed an incorrect story about illness being contagious and our bodies being random victims of attack by viruses, we can ask, what other stories have we been told that may not be true?

For me, seeing through the untruths about viruses opened up a doorway through which I could see for the first time how these stories reinforce passivity and disempowerment. I could see how they urge me to devalue my rights and freedoms in favor of safety and reliance on "the experts" so I don't have to know how my body works or even to think about my own health. All I need to do is trust the experts.

I could understand how this narrative has kept me dependent on a medical system that has very high costs and increasingly poor outcomes. And I could clearly see how viruses and viral pandemics have proven themselves to be powerful means of increasing social control and centralizing political authority under the guise of protecting "public health." This could not have been clearer than

it was during the COVID-19 pandemic. This knowledge can feel very heavy. It can even be scary, but in a different way from being scared of attack by a virus. This fear arises from shifting out of a familiar narrative that has made sense all of our lives, into a realm of uncertainty about what is going on when we are sick, and also into a new awareness that we have been deceived about these issues. But on the other side of coming to terms with this knowledge is the potential for knowing ourselves more deeply than we ever have before, and in a beautiful new way.

This means knowing how our bodies actually work and trusting their wisdom and capacity for self-healing. It means realizing the powerful effect that beliefs have on how we feel and what we perceive. And it means beginning to see that the image of “human nature” that we have been taught—that humans are inherently cruel, violent, selfish, greedy, and in need of being controlled by the institutions of civilization—is not true, and it never was.

Seeing through the untruth of the virus narrative gives us an opening for daring to think that we are stronger and more creative than we have ever allowed ourselves to believe. And it means that we need not accept a world that is full of fear and inhumanity, cruelty and suffering, passive victimhood and ecological destruction.

Instead, we can envision the real possibility of a very different world where every human being can exercise their gifts fully and live in harmony with other people and with the earth. That is why I have written this book: so you can see through all the false stories that have kept you from believing that the world you really want to live in is possible. And it all starts with seeing through the false story of viruses.

This may sound impossibly idealistic, but check back when you have finished reading this book to see if you still feel that. My purpose is to open the door to this vision by guiding you through a process of rethinking the way you have understood health and disease for your whole life.

Chapter 1 looks at how people through the ages have understood how the body works, what made them sick, and what healed them

when they were ill. In ancient times, magic, demons, and divine punishment were thought to be the main causes of illness, but even then, there was understanding that food, stress, polluted air, and contaminated water could cause people to become sick. Magic was also one of the treatments to rid a person of illness, as were practices such as skull drilling and bloodletting, which were sometimes fatal themselves. Later, poisonous substances such as mercury and arsenic were given to ill people, sometimes killing them.

Throughout history in all parts of the world, people used herbs for healing, but as medicine professionalized in the eighteenth and nineteenth centuries, folk medicine was pushed to the margins in favor of more scientific approaches.

In **Chapter 2**, we look at the origins of “the germ theory”—the notion that every specific disease is caused by a specific microbe, and that these microbes opportunistically attack everyone regardless of their state of health. This idea, which is really an unproven or even a disproven hypothesis, gained prominence in the nineteenth century due to the efforts of Louis Pasteur.

This French chemist still wears the halo of heroism for promoting this theory and developing vaccines, but the story of how the germ theory came to be accepted includes the scientific community’s willingness to ignore Pasteur’s reputation as a plagiarist and a liar.

We can see clearly how ambition, money, and fame distorted science away from being a search for knowledge and toward a control system that guaranteed profit to people and companies that made vaccines and other pharmaceutical drugs. We can begin to see how, without viruses as the primary cause of disease, vaccines would not even exist.

Chapter 3 opens the question of viral existence by unpacking the methodology used in virology labs whereby they claim to demonstrate the presence of viruses in a sample of body fluid from a sick person. Although the people who work in these labs have university degrees in microbiology or a related scientific field, it is not necessary to have this education in order to understand how the methodology works and why it can never prove the existence of a virus.

Reason, common sense, and basic logic are enough. Even the

microbiologist who invented the cell culture method for finding viruses, John Enders, knew his procedure could not with certainty detect a virus—and he said so in two different papers. Yet he continued to use this procedure himself to develop the very lucrative measles vaccine, and Enders' cell culture methodology has been used in virology labs since 1954. In all that time, this methodology has not been able to show the existence of a virus.

Chapter 4 looks at the lack of evidence for contagion—that sick people can make well people sick just by being near them, coughing, sneezing, or even just breathing out contagious particles such as viruses. Hundreds of studies have been done attempting to establish that this happens, and almost all of them have failed.

In many of these tests, not a single healthy person was made ill by being near people who were sick, and the rare experiments that did seem to show contagion did not have the controls necessary to be sure it was the contagious particle and not something else that made the people sick.

The “Spanish flu” that caused hundreds of millions of people to become seriously ill during the last years of World War I was clearly shown not to be caused by a contagious germ through numerous tests involving sick soldiers. Six other possible causes are suggested for the 1918-1920 global flu pandemic, including chemical warfare, the physical and mental challenges of wartime for soldiers and civilians, and experimental vaccines.

These explanations for what might have caused the global pandemic called the “Spanish flu” can serve as examples to expand our understanding of the wide variety of possible causes for illness that are not even considered when all illness is assumed to be caused by viruses and bacteria.

Chapter 5 brings the question of what really makes us sick from the past to the present. This is the first question that arises when a person hears that viruses have never been shown to exist and contagion has been disproven. “If not viruses, then what makes people sick?” Answering this question leads to a very different understanding of how the human body works and what “symptoms” really are than what the virus narrative tells us. Instead of being signs of illness,

symptoms that we experience are signs of the body's processes to restore internal balance when it has been malnourished, injured, or assaulted by some kind of toxin. They are also one of the ways that our bodies communicate to us when things are out of balance.

Looking past the germ theory-related explanations for illness can bring us to an empowering place of understanding the degree to which our health status is in our own hands. We are not random victims of predatory microbes, but are the blessed possessors of wise and capable bodies that know how to keep themselves healthy, if we let them. That starts with understanding what is actually going on when we have symptoms.

Chapter 6 explores in more depth one of the answers to the question of what makes us ill: toxins. When we accept the narrative that viruses cause disease, we turn our attention away from these very significant sources of ill health. Tens of thousands of industrial and agricultural chemicals have been officially approved for use, and we are exposed to untold numbers of them every day in the air, water, soil, and food, as well as products we touch and use.

Most have not been tested for their effects on the human body. What we do know, however, is that some symptoms labeled as diseases and said to be caused by viruses are actually the toxic effects of chemicals. Polio, whose symptoms are those of poisoning by DDT and arsenic, is one example.

In addition, beliefs, feelings, and life situations can also be toxic and cause very real physical symptoms in our bodies—things like stress, fear of getting sick, and loneliness, all of which have been documented to cause the same symptoms that we have been taught to identify as viral or bacterial diseases.

In **Chapter 7**, we look at vaccines, which are one of the most prevalent toxic exposures and which are also, ironically, an accepted aspect of healthcare for almost everyone. Vaccines are supposed to protect us from viral illnesses. They only exist because we believe that viruses exist. But if there are no viruses, vaccines are not protecting us from any illness. To the contrary, they are full of toxic ingredients, some of which are exempt from the FDA's own limits on maximum exposure, such as aluminum. And even though we don't

hear about it in the news, evidence is piling up of serious injuries and deaths caused by the experimental COVID-19 vaccines as well as all of the numerous vaccines that are routinely given to children starting at birth.

It appears that vaccines are neither safe nor effective, despite the familiar mantra that they are.

Chapter 8 explores the “immune system,” a concept that was developed to explain why supposedly pathogenic microbes do not always make people sick, as the germ theory claims should happen. Our bodies have mechanisms to protect themselves from harm caused by internal and external conditions such as toxic chemicals and dead tissue resulting from injury, and to rid themselves of waste resulting from these conditions—at least, up to a point.

But the immune system as it has been theorized is founded on the disproven concepts of the germ theory and its claim that pathogenic microbes invade and attack the body. The complicated structure of the immune system was developed not by direct observation of the body finding and disabling pathogenic microbes, since that does not happen, but rather is a tale spun out of laboratory experiments and computer models, all based on the unproven assumption that pathogenic bacteria and viruses cause disease.

When it comes to toxic chemicals in the environment, however, the immune system appears to be baffled on how to get them out of the body.

In **Chapter 9**, we attempt to explain how such a massive deception—that germs cause illness, that viruses exist, and that disease is spread through contagion—could have taken hold and been maintained for a century and a half despite the evidence against these ideas. It seems inconceivable that germ theory could have become the predominant explanation for illness if it isn’t true and there’s so much evidence to the contrary.

And how could virology have become established as a science when no one has ever actually found even one single virus? Why are we still told that illnesses are contagious when so many studies have shown that sick people do not make well people sick? The reasons are many. They have to do with the distorting motivations of profit,

reputation, and the desire to control people. But they also have to do with the power of discourse and continuous repeating of information, especially by trusted sources. It becomes very clear that critically questioning received information and developing discernment about who and what to trust are important skills to develop.

Chapter 10 explains how the false belief about our bodies' fundamental fragility and proneness to failure reinforces a narrative about human nature that predominates no matter what religious background a person has: that humanity is weak, selfish, incapable of making good decisions, and needing outside intervention from the institutions of society to keep everyone safe.

Two other deceptive narratives—overpopulation and human-caused climate change—are explored as examples of how our acceptance of this view of human nature is manipulated to make us believe we are responsible for significant harm to the planet just by living our everyday lives. But are these narratives even true? And why would they be promoted if they are not?

Chapter 11 argues that realizing the falsity of the virus and germ theory narratives has potential positive results that extend far beyond specific healthcare questions like, “What makes me sick?” or “Should I get a vaccine?” If the public at large stopped believing in viruses and contagion, pandemics, vaccines, and all the injury and harm that has come from them would be over.

Not only that, but the medical system, which is founded on the germ theory and virus narrative, would have to change significantly. What might that look like? It's a mind-opening question. But even before the major shift in how viruses and germ theory are viewed, each of us will experience significant changes in our own lives. We will understand much better how our bodies work and be able to support the detox process when it occurs.

We will also find our critical thinking skills and our discernment of what is true and what is not have improved a great deal, so we will be far less susceptible to the types of deception that have been used to manipulate us. We may even find that a layer of hopelessness and disempowerment has been removed, allowing us to see the real possibility of a world without that kind of deception.

Finally, **Chapter 12** offers short and long answers to some of the most typical questions that come up when people first hear the statement that viruses have never been shown to exist. Some of the questions cover the causes for various illnesses, why germ theory and the terrain model cannot both be true, and whether virologists are deliberately lying to us. The issues addressed in Chapter 12 are discussed at greater length in the text of the book, and in each answer, the chapter where more information can be found is highlighted.

These questions and answers could be a reference for you if you want to talk with family and friends after reading this book to help them understand what you have learned.

A Couple of Notes on the Text

Since it is impossible to prove a negative, there is no actual proof that viruses don't exist. What there is, though, is a complete lack of proof that they do exist. It is possible that at some point a virus could be found, but scientists have been looking since the late nineteenth century, and so far no virus has turned up. The most accurate way to talk about viruses, then, is to say "they have never been shown or proven to exist."

However, as a practical matter, *as far as we know* they don't exist. I have used both ways of expressing this. When you see "viruses don't exist" or "the nonexistence of viruses," this is simply shorthand for the longer and more cumbersome, but technically more correct, phraseology that would include mention of the lack of proof for their existence.

Similarly, I use the term "germ theory" either in quotes or not in quotes, rather than the more correct "the unproven germ hypothesis" or "the disproven germ hypothesis." These phrases are both more cumbersome and less familiar, whereas most everyone has at least heard of the "germ theory." I do explain in several places why it is not a theory and why it has been disproven.



Chapter 1

Getting Sick Is Nothing New

We live in a time when viruses and bacteria are the accepted reasons why people get sick. We all grew up having colds, the flu, “stomach bugs,” maybe strep throat, sinus infections, and so on. If we were born before the measles and chickenpox vaccines came into use, we probably had those illnesses as children.

Maybe you had an experience like mine, staying home from school for a few days, playing games with my brother or my friend from next door who already had chickenpox, and getting served lunch in bed—sandwiches and chicken soup. Colds were the worst—being so stuffed up I couldn’t breathe, and the sore throats felt agonizing!

This understanding goes back to the nineteenth century. Since that time, everyone has understood that chickenpox, colds, and all the other common illnesses were caused by viruses and germs that came from outside their bodies and caused the symptoms they experienced: coughing, sneezing, stuffy head and runny nose, fever, achy joints, headache, vomiting, diarrhea, skin rashes, watery eyes, fatigue.

The presence of these symptoms meant that a microbe had invaded their body and given them a cold, the flu, “stomach flu,” or something more serious like pneumonia. Those symptoms were the disease: a cold was the stuffy head and sore throat; flu was the fever, achy joints, and cough.

This way of understanding illness and disease is known as the “germ theory.” This theory states that each specific illness is caused by a specific microbe—usually a bacteria or a virus. These microbes are pathogenic (disease-causing), according to germ theory. Their life