

Dr. Tom Cowan & Sally Fallon Morrell: Why Viruses (including “Coronavirus”) Are Not the Cause of Disease | Highly Protective Foods in This Toxic World

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by [Dr. Tom Cowan](#) with [Sally Fallon Morrell](#)

September 10, 2020

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Sally Fallon Morell, MA is best known as the author of the best-selling cookbook, [Nourishing Traditions®: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats](#).

This well-researched, thought-provoking guide to traditional foods contains a startling message: animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy

levels.

The culinary ideas introduced in Nourishing Traditions® have stimulated the growth of a variety of small businesses providing traditional nutrient-dense foods including lacto-fermented condiments, kombucha and other lacto-fermented soft drinks, bone broth and genuine sourdough bread.

Raw milk production is flourishing as are direct farm-to-consumer buying arrangements. Sally is frequent contributors to holistic health publications.

Her work is widely respected for providing accurate and understandable explanations of complicated subjects in the field of nutrition and health. Several articles on the dangers of modern soy products have generated intense controversy in the health food industry.

Her presentations on Nourishing Traditions Diets and The Oiling of America have earned highly complimentary reviews throughout the US and overseas.

[Dr. Tom Cowan's website and podcast](#)

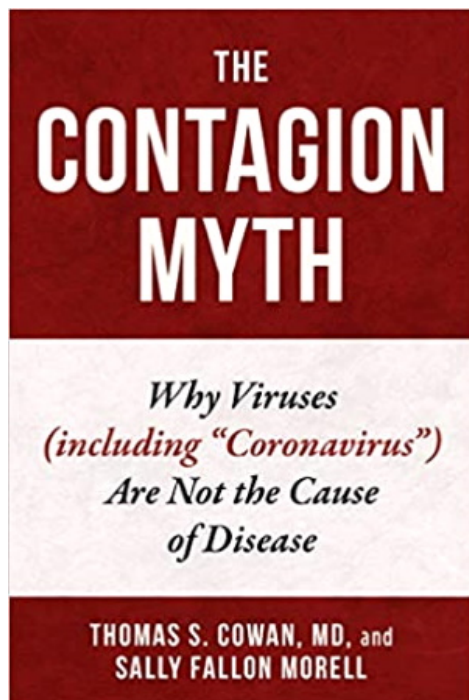
[Sally Fallon Morrell's blog](#)

As mentioned in the conversation:

[Is Coronavirus Contagious?](#) article by Sally Fallon Morrell

<https://www.westonaprice.org>

[**September 26, 2020 Update: The Contagion Myth has been banned on Amazon. It is available at [Barnes & Noble](#), [Books-a-Million](#) & [Target](#)]



The Contagion Myth: Why Viruses (including “Coronavirus”) Are Not the Cause of Disease

by [Thomas S. Cowan MD](#), [Sally Fallon Morell](#)

For readers of *Plague of Corruption*, Thomas S. Cowan, MD, and Sally Fallon Morell ask the question: are there really such things as “viruses”? Or are electro smog, toxic living conditions, and 5G actually to blame for COVID-19?

The official explanation for today’s COVID-19 pandemic is a “dangerous, infectious virus.” This is the rationale for isolating a large portion of the world’s population in their homes so as to curb its spread. From face masks to social distancing, from antivirals to vaccines, these measures are predicated on the assumption that tiny viruses can cause serious illness and that such illness is transmissible person-to-person.

It was Louis Pasteur who convinced a skeptical medical community that contagious germs cause disease; his “germ theory” now serves as the official explanation for most illness. However, in his private diaries he states unequivocally that in his entire career he was not once able

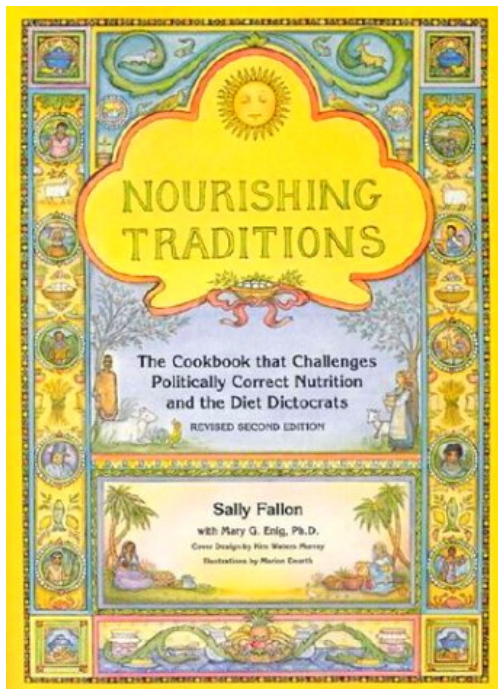
to transfer disease with a pure culture of bacteria (he obviously wasn't able to purify viruses at that time). He admitted that the whole effort to prove contagion was a failure, leading to his famous death bed confession that "the germ is nothing, the terrain is everything."

While the incidence and death statistics for COVID-19 may not be reliable, there is no question that many people have taken sick with a strange new disease—with odd symptoms like gasping for air and "fizzing" feelings—and hundreds of thousands have died. Many suspect that the cause is not viral but a kind of pollution unique to the modern age—electromagnetic pollution. Today we are surrounded by a jangle of overlapping and jarring frequencies—from power lines to the fridge to the cell phone. It started with the telegraph and progressed to worldwide electricity, then radar, then satellites that disrupt the ionosphere, then ubiquitous Wi-Fi. The most recent addition to this disturbing racket is fifth generation wireless—5G. In *The Contagion Myth: Why Viruses (including Coronavirus) are Not the Cause of Disease*, bestselling authors Thomas S. Cowan, MD, and Sally Fallon Morell tackle the true causes of COVID-19.

On September 26, 2019, 5G wireless was turned on in Wuhan, China (and officially launched November 1) with a grid of about ten thousand antennas—more antennas than exist in the whole United States, all concentrated in one city. A spike in cases occurred on February 13, the same week that Wuhan turned on its 5G network for monitoring traffic. Illness has subsequently followed 5G installation in all the major cities in America.

Since the dawn of the human race, medicine men and physicians have wondered about the cause of disease, especially what we call "contagions," numerous people ill with similar symptoms, all at the same time. Does humankind suffer these outbreaks at the hands of an angry god or evil spirit? A disturbance in the atmosphere, a miasma? Do we catch the illness from others or from some outside influence?

As the restriction of our freedoms continues, more and more people are wondering whether this is true. Could a packet of RNA fragments, which cannot even be defined as a living organism, cause such havoc? Perhaps something else is involved—something that has upset the balance of nature and made us more susceptible to disease? Perhaps there is no “coronavirus” at all; perhaps, as Pasteur said, “the germ is nothing, the terrain is everything.”



[Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and Diet Dictocrats](#)

by Sally Fallon Morrell

This well-researched, thought-provoking guide to traditional foods contains a startling message: Animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. Sally Fallon dispels the myths of the current low-fat fad in this practical, entertaining guide to a can-do diet that is both nutritious and delicious.

Nourishing Traditions will tell you:

1. Why your body needs old fashioned animal fats
1. Why butter is a health food
1. How high-cholesterol diets promote good health
1. How saturated fats protect the heart
1. How rich sauces help you digest and assimilate your food
1. Why grains and legumes need special preparation to provide optimum benefits
1. About enzyme-enhanced food and beverages that can provide increased energy and vitality
1. Why high-fiber, lowfat diets can cause vitamin and mineral deficiencies

Topics include the health benefits of traditional fats and oils (including butter and coconut oil); dangers of vegetarianism; problems with modern soy foods; health benefits of sauces and gravies; proper preparation of whole grain products; pros and cons of milk consumption; easy-to-prepare enzyme enriched condiments and beverages; and appropriate diets for babies and children.