

# We Don't Need No Stinking Vaccine for Covid-19

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### **A Glaring Omission**

With the 24/7 media circus coverage of Covid-19 I find it particularly interesting that there is an obvious glaring omission of some extremely important facts relative to dealing with a virus, especially one that is allegedly so virulent like this one. Yes, I read all about the critical need to shelter in place, stay inside away from other people, wash your hands constantly, avoid touching your eyes, nose or mouth, wear your face mask and by all means observe social distancing if you MUST venture outside for food!

Then it's repeated ad infinitum that the ONLY hope we have of ever returning to a semblance of normalcy is to have a vaccine to protect us! Then to add some drama to this narrative the media highlights their death-o-meter scoreboard with the implied threat that you'll be next IF you don't obey the rules as dictated by the "experts".

But what is assiduously avoided at all cost is any reference to our most potent defense against any virus; our body's natural immune system. Try as I might I couldn't find anything about this first line of defense on the World Health Organizations (WHO) website or Centers for Disease Control (CDC) website. It's as if it doesn't exist and is completely irrelevant.

If these organizations were genuinely concerned about the health of citizens they would obviously discuss the vital role a healthy immune system plays in protecting us from illnesses. But since they don't its obvious some other motive is at work, at least to me, and I strongly suspect to other critical thinkers as well.

We now know from the science and data that over 90% of the people exposed to Covid-19 have no symptoms at all or at worst a mild cold. The flu vaccines we have are only effective 30% to 60% of the time and the bugs change regularly so a vaccine that worked OK last year may barely work at all this year. Let's learn some more about our body's immune system.

### **Virus protection without a vaccine**

There is an enlightening article on Web MD titled: "How to use Your Immune System to Stay Healthy". That's a pretty straight forward title now isn't it? Early on Bruce Polsky, MD, interim chairman department of medicine and chief division of infectious disease at St. Lukes-Roosevelt Hospital Center in New York City says:

"We are endowed with a great immune system that has been designed evolutionarily to keep us healthy."

The article goes on. . .

"The immune system is your body's natural defense system. It's an intricate network of cells, tissues and organs that band together to defend your body against invaders. Those invaders can include bacteria, viruses, parasites, even fungus, all with the potential to make us sick. They are everywhere-in our homes, offices and backyards. . . "

The truth is no amount of social distancing, hand washing or face mask wearing is going to eliminate our exposure to these various bugs. That's why we were created with this amazing first line of natural defense.

Here's more from Web MD . . .

"The immune system can recognize millions of different antigens. And it can produce what it needs to eradicate nearly all of them. When it's working properly, this elaborate defense system can keep health problems ranging from cancer to the common cold at bay. . . "

Wow! That's pretty amazing stuff isn't it! According to Web MD a properly functioning immune system can "keep health problems ranging from cancer to the common cold at bay." So why isn't this "science" being included in all the other health recommendations we're being bombarded with daily? It seems to me that any "expert" worth their salt would be talking about the importance of a healthy immune system to stay healthy.

**But there's more . . .**

The Web MD article noted that failure to eat a healthy diet, sitting around not exercising, not getting enough sleep and chronic stress can all lead to a compromised immune system. To quote Dr. Polsky again:

". . . Lifestyle aspects are very, very important."

So if our lifestyle is very, very important to staying healthy as the good doctor says ask yourself this question? Based on the Web M.D. article virtually all the results of the lockdown serve to weaken our immune systems. The stress of unemployment, constant harping about infections and rising death rates, lack of exercise and now a crack in our food distribution system all are known to weaken the human immune system.

I also find it quite interesting that large groups of people can shop at Walmart, Home Depot or other big box stores but they can't attend their local church even if it's a "drive through" service?

Web M.D. says:

“Research shows that people with close friendships and strong support systems tend to be healthier than those who lack such supports.”

During times of crisis people need encouragement and their faith built up more than ever before. Mandating people huddle in fear in their homes with constant media reports of infections and death bombarding them continually is there any wonder peoples immune systems are under severe stress?

## **Boosting Your Immune System**

If you would like to boost your immune system consider checking out Dr. Mercola’s website at [www.mercola.com](http://www.mercola.com) . He’s an osteopathic MD with a focus on natural health. There are a variety of simple, low cost resources you can utilize to support good immune system health so you can hopefully fight off the bugs that are a part of everyday life.

And above all, avoid the main stream media like the plague! Their fear mongering is doing more to harm the nation’s health than any virus ever could! Boost your immune system and laugh at Covid-19 and all the cowering sheeple you see furtively scurrying about with their masks on. Humans were created with a natural immune system that has served them well for thousands of years to combat flu bugs. By following some common sense steps you can ensure your immune system is functioning well and provides the first-line-of-defense that protects 90% of the population.