

Infectious Diseases

Second Thoughts on the

Germ Theory

By Philip Incao, MD

The Human Organism

Ancient wisdom and science recognized that the world and the human being are organized according to polar opposite sets of forces or active processes.

The Chinese called these polar opposite processes Yin & Yang. The Greeks called them Cosmos and Chaos. These terms are not to be understood as nouns; they are verbs, they are *active processes*.

The Human Organism cont.

In the human being, we have the polar opposite activities of waking and sleeping, of inspiration and expiration, of contraction (systole) and expansion (diastole), of acid-forming and alkaline forming and many others. To be healthy, each of our active processes must work in balance with its polar opposite.

Two very fundamental, but less obvious, polar processes of the human organism we can call the *inner remodeling processes*. Our tissues, organs and bones are continually being remodeled; they are continually dissolving and continually being rebuilt, continually renewed.

The Human Organism cont.

When our inner dissolving and rebuilding processes fall out of balance with each other and work abnormally, they create the two polar opposite kinds of human (and animal) illness: *inflammation* and *sclerosis*.

POLAR ILLNESS PROCESSES

	HOT Inflammatory	COLD Sclerotic
1	Includes all acute infectious illness, i.e. chicken pox, pneumonia, sinus infection.	Not infectious, i.e., cancer, dementia, arthritis, heart disease, stroke
2	Fever, redness, pain, swelling	Symptoms variable
3	Often produces a discharge of pus, mucus or blood	No discharge, but rather storage
4	Duration: Brief (acute)	Duration: Long (chronic)
5	Often heals spontaneously	Seldom heals spontaneously
6	“The fire that cleanses the body.” Acute inflammations are regenerative!	Sclerosis: hard, stiff, contracted. The sclerotic process is degenerative if it goes too far.

The Inflammation Paradox

The inflammatory process is usually triggered by a need for cleansing and renewal in the body because, due to *stress* or *stagnation*, parts of us have become too old, have lost vitality, and need to be renewed and re-enlivened.

The process of *acute* inflammation begins as an illness. If this acute *healthy* inflammatory process is able to move through us and run its course without undue hindrance, it will end by extinguishing itself when its cleansing and re-enlivening work is done. Then the *healthy polar opposite* sclerotic process takes hold of us and rebuilds the parts of us that had been partially broken down by the inflammatory process, completing our renewal.

The Inflammation Paradox cont.

When, due to the resistance or hindrance of our body and soul organism, the inflammatory process is unable to run its course to its endpoint of extinguishing itself, then it may intensify itself and become dangerous, or it may just settle in and become chronic.

Once inflammation becomes chronic, it can only be healed by removing all hindrances of soul and body that prevented it from running its healthy course in the first place.

If it can't be healed, a chronic inflammatory process always provokes its *unhealthy* polar opposite chronic sclerotic process, which then becomes degenerative, no longer able to rebuild at all.

The Inflammation Paradox cont.

Our tissues and organs can only be renewed and rebuilt in a healthy way when they have first been allowed to break down to their healthy endpoint through our body's healthy inner demolition process, the acute inflammatory process.

HEALTH

CONVENTIONAL WISDOM/OLD

PARADIGM: Health is the ability to function without illness or impairment.

NEW PARADIGM: Health is the *balance* in each individual between our inner warming, dissolving and expressing/discharging activity and our inner cooling, consolidating and holding/storing activity. This applies both to physical health and to emotional health.

KOCH'S POSTULATES

Being the logical steps required by science to prove conclusively that a specific germ causes a specific illness.

1. One must be able to find the germ in large numbers in all cases of the illness
2. One must be able to recover, isolate and grow the germ in pure culture in the laboratory.
3. One must be able to cause the same illness by injecting the purified germ into a test animal.

BACTERIA AND ILLNESS I

CONVENTIONAL WISDOM/OLD PARADIGM

Bacteria invade host → Illness, for example “strep throat”

OBSERVED PHENOMENON

Strep bacteria present in host → No illness

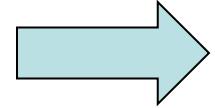
Why?

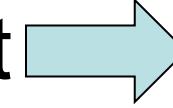
CONVENTIONAL EXPLANATION

“Host Resistance”

BACTERIA AND ILLNESS II

Observed Phenomena:

Strep bacteria rapidly multiply in host
Illness, i.e. strep throat 

Strep bacteria are present but  No Illness
are not multiplying excessively beyond their
own niche within our body's ecology.

Why?

BACTERIA AND ILLNESS II cont.

EXPLANATION

1. A well-functioning and well-balanced inner ecology of our indigenous bacteria does not allow any strain of bug to multiply beyond the limits of its own niche.
2. Thus, we can remain free of illness despite sharing our body with 100 trillion bacteria, including those associated with deadly diseases, like meningococcus, pneumococcus, staph, strep and hemophilus.

BACTERIA AND ILLNESS II cont.

3. The art of healing entails correcting the many possible factors that stress and disturb the ecological balance of our indigenous microbes, our “normal flora,” thus predisposing us to an “infection.”
4. When a child or adult does become sick with an acute infectious-inflammatory illness like strep throat or pneumonia, very often it is due to *stress* having tipped his inner ecology of indigenous microbes off balance.

CONVENTIONAL WISDOM – OLD PARADIGM

Bacteria are predators. They attack and destroy healthy cells

 Illness. *Not True!*

OBSERVED PHENOMENON

In illness, multiplying bacteria are found within cells of the body and also free in body fluids outside of cells, and many cells are dying.

EXPLANATION: Bacteria are nourishing themselves on whatever is in the process of breaking down, decaying and dying in the body, and becoming debris or waste. That is why most of the bacteria in the body are found in our large intestine, where what we've eaten is dying because we've extracted its life for our own human use.. When these dying processes increase, and cell death and debris increase, bacteria increase too.

BACTERIA ARE NOT PREDATORS, THEY ARE SCAVENGERS!

EXPERIMENTS

QUESTION: If bacteria are only scavengers, why does a normal healthy person or animal get sick when they are experimentally injected with bacteria? (This is Koch's 3rd postulate.)

ANSWER: In every experiment where bacteria are introduced into test animals or humans, some subjects get sick and some remain well.

QUESTION: Why?

ANSWER: Some have better "host resistance" than others.

HOST RESISTANCE

Many uninvited guests show up unexpectedly at your house, if your cupboard is full and you are inclined to feed them, your guests will stay.

If, on the other hand, your cupboard is empty, or you are not inclined to feed your guests, they will soon leave. This is called “Host Resistance.”

Life begets toxins ...

... survival depends on successfully compartmentalizing waste, preventing it from mingling with and poisoning the organism with its own pollution ... health is possible only when the vital organs efficiently eliminate the *toxic wastes* normally produced as metabolic byproducts of cellular work."

Fatal Sequence by Kevin J. Tracey. M.D.

For many of our indigenous microbes, toxic waste is their favorite food! Our visiting guest microbes (exogenous microbes) love it also.

Why do we get sick when we do?

ASSUMPTION:

An infectious disease begins when we catch a bacteria or virus that newly enters us from outside.

1. Germs enter our body all the time without making us sick at all, because they are unable to proliferate in us unless we have prepared specific, favorable conditions to support their nourishment and rapid growth.

Why do we get sick when we do? Cont.

FACTS

2. We live in a state of harmonious co-existence with many different disease germs in our body's inner ecology. Most illness begins when our inner ecology reaches a tipping point in its crucial balance between the enlivening processes and the dying processes within us. Two factors that often tip our ecology off balance are *stress* and *stagnation*.
3. Then the bacteria that feed on those dying elements ("toxic waste") start proliferating and the immune system starts reacting to those multiplying germs. The symptoms of the illness are caused not by the germs but by the immune system's response to the germs. *What is its response?*

INFLAMMATION

(Symptoms caused *solely* by our *immune system* not by germs or toxins directly)

PAIN

WARMTH, HEAT OR FEVER

SWELLING

REDNESS

LOSS OF FUNCTION

Microorganisms

“The microorganisms [germs] that seem to have it in for us in the worst way. . . turn out on close examination to be rather more like bystanders. . . .

But it is our response to their presence that makes the disease.”

Lewis Thomas, MD, *The Lives of a Cell*

What is Disease?

“Disease is not mere surrender to attack, but also Fight for health; unless there is Fight, there is no disease.”

Hans Selye, MD, *The Stress of Life*

THE ROLE OF THE IMMUNE SYSTEM

CONVENTIONAL WISDOM/OLD PARADIGM

A strong immune system protects us from illness, therefore the less illness we have, the stronger our immune system must be. *Not necessarily!*

OBSERVED PHENOMENA

1. The immune system acts to remove foreign, or lifeless elements from the body, including waste matter retained in us due to sluggish or incomplete elimination by our cells and organs.
2. Since retained cellular wastes are always present in us, and since we are continually inhaling and ingesting external foreign elements i.e. germs, pollens, dust etc., a certain “maintenance” cleansing activity of the immune system goes on in us continually without causing any symptoms or disturbing us in any way.
3. An inflammatory illness is the *exact same process* of maintenance housecleaning mentioned above, only of greater intensity and power.

CONVENTIONAL WISDOM/OLD PARADIGM

When the immune system is doing its job, either we don't get sick at all or else our illness is mild and brief. *Not always true!*

OBSERVED PHENOMENA

1. In an inflammatory illness, the more strongly the immune system does its job, the sicker we become, the more intense are the symptoms of fever, redness, pain or swelling.
2. When these symptoms are very mild, it can mean either
 - A. The immune system is not reacting because it doesn't *need* to (in which case our ecology is already in good balance) OR
 - B. The immune system is not reacting because it is not *able* to (in which case our ecology is off-balance, but our immune system is not awake enough or strong enough to correct the imbalance).
3. Thus, mild illness or no illness at all does not necessarily mean you have a strong immune system. In fact, it may mean that your immune system is sluggish or unresponsive or WEAK.

CHRONIC INFLAMMATION

Observed Phenomena:

In many chronic illnesses, the immune system produces a low-grade inflammation which makes the illness worse, i.e., arthritis. In such cases, conventional therapy consists of anti-inflammatory drugs. These drugs work by suppressing the inflammatory activity of the immune system. We call them anti-inflammatory drugs but they are really *immune system-suppressing* drugs.

NEW PARADIGM:

1. If the housecleaning activity of our immune system has been doing a good job for many years, including keeping the attic, basement and behind the refrigerator clean, then we should have little or no chronic illness.
2. Chronic illness is essentially an accumulation or storage of just those foreign, lifeless or waste elements in the body which are the immune system's job to *get rid of*.
3. Therefore a chronic illness is often the result of an immune system which over the years has become *sluggish* or of an immune system which has been *suppressed* with too much exposure to chemicals, drugs, vaccines or other factors, including emotions and lifestyle, which work *internalizing and storing* rather than *externalizing, cleansing and re-enlivening*.

Hering's Law

As an illness gradually heals, its signs and disturbances move and flow

- From within the body toward its outer surfaces.
- From the body's more vital organs to its less vital organs.
- From the upper regions of the body to its lower regions

ASSUMPTION:

If you never or seldom get an acute inflammatory or infectious disease, it means you have a strong immune system and you are very healthy. *Not true!*

FACT:

If your immune system is healthy and vigilant and reacts strongly to any foreign or lifeless presence in the body, then you will get an acute inflammation, cold or fever every so often. This is typical of children and of populations in developing countries.

If various influences have caused your cell-mediated immune system to be unreactive or apathetic, then you may go many years with no acute inflammatory illness while at the same time the causes of chronic illness are slowly accumulating in your body. This is typical of adults, especially in modern developed nations.

ACTION OF ANTIBIOTICS

CONVENTIONAL WISDOM/OLD PARADIGM:

Antibiotics kill bacteria, thus eradicating the root cause of an inflammatory/infectious illness, thus healing it. *Not true!*

OBSERVED PHENOMENA:

The symptoms of an inflammatory/infectious illness (fever, redness, swelling, pain and discharge of mucus) happen when the immune system strongly reacts far beyond its normal “maintenance” activity to the provocation of rapidly multiplying bacteria. Killing the bacteria with antibiotics will decrease the provocation of the immune system, which cools the immune system’s fiery response and decreases the symptoms, thus giving the illusion that the illness is healed.

In reality, however, the bacteria were multiplying because they found a plentiful food supply in the body.

ANTIBIOTICS DON'T HEAL

1. Antibiotics may interrupt and temporarily suppress an illness, but they will never truly heal it as long as whatever is feeding the bacteria remains in the body.

If you are in the habit of leaving food out in your kitchen, killing the flies will never cure the root cause of the problem.

2. Nevertheless, antibiotics save lives!

3. When used unnecessarily, inappropriately, antibiotics increase the tendency to chronic disease and cancer because they dull the vigilance and responsiveness of our immune system. Vaccines do the same thing and have the same long-term consequences.

CONVENTIONAL WISDOM/OLD PARADIGM:

When the immune system does its job, your symptoms will disappear and you will feel better. This means you are healed.
Not necessarily!

NEW PARADIGM:

1. When the immune system does its job, your symptoms may get worse before they get better (aggravation or healing crisis).
2. Disappearance of symptoms can mean either healing or suppression. In suppression, the underlying causes of an illness have been “buried” or internalized in the body. This is not healing; it is in fact the opposite of the healing, discharging, externalizing process of the immune system, which is described by Hering’s Law.
3. When you do feel better and your body has been cleansed, your soul enlightened and your spirit strengthened, only then are you healed. Through overcoming illness, the human spirit evolves and grows stronger.

Ancient Wisdom

“If you bring forth what is within you,
what you bring forth will save you.

“If you do not bring forth what is within
you, what you do not bring forth will kill
you.”

From the Gospel of St. Thomas

HEALTH IS BALANCE



ACUTE INFLAMMATION

WARMING

EXPANDING

DISCHARGING

CHRONIC
INFLAMMATION

ALLERGIES

CANCER

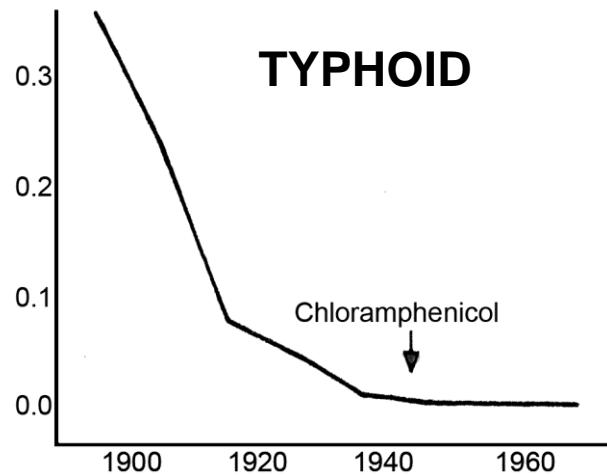
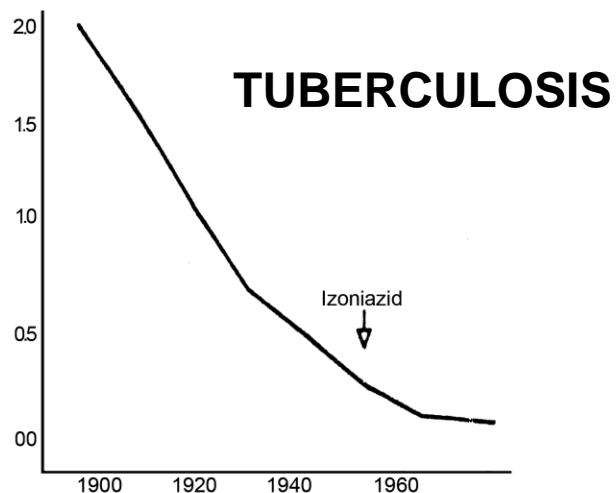
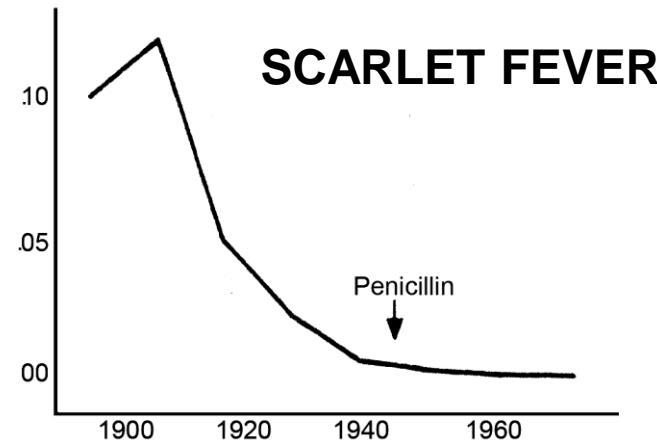
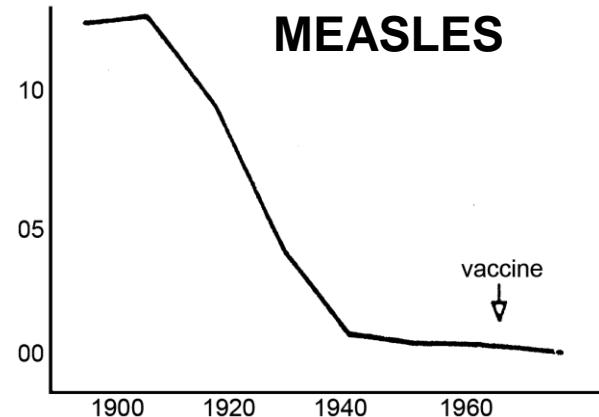
COOLING

CONTRACTING

STORING

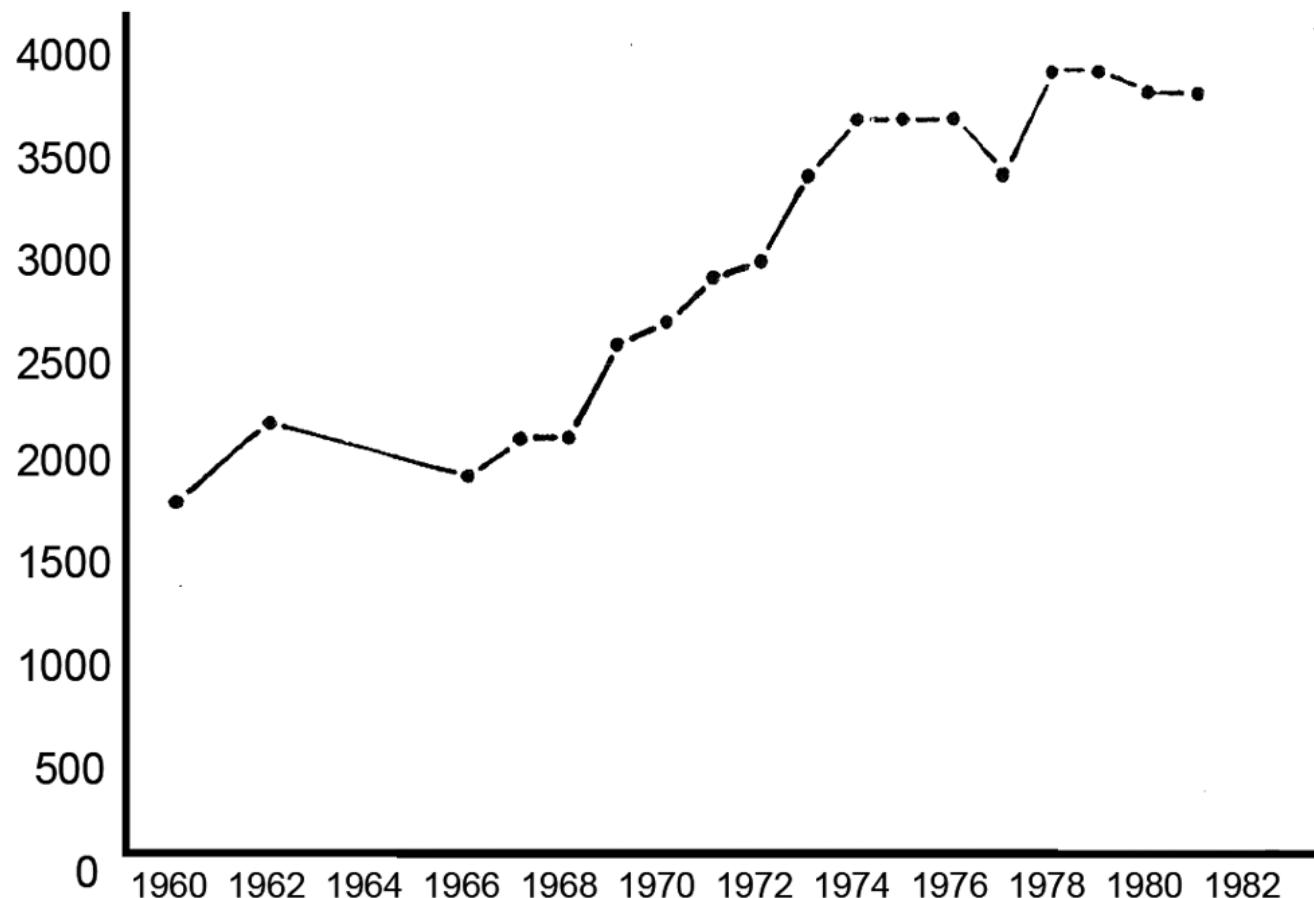
FOUR INFLAMMATORY INFECTIOUS DISEASES

Death rates in US children from 1900-1970



Source: McKinlay & McKinlay

ACTIVITY LIMITATIONS IN CHILDREN



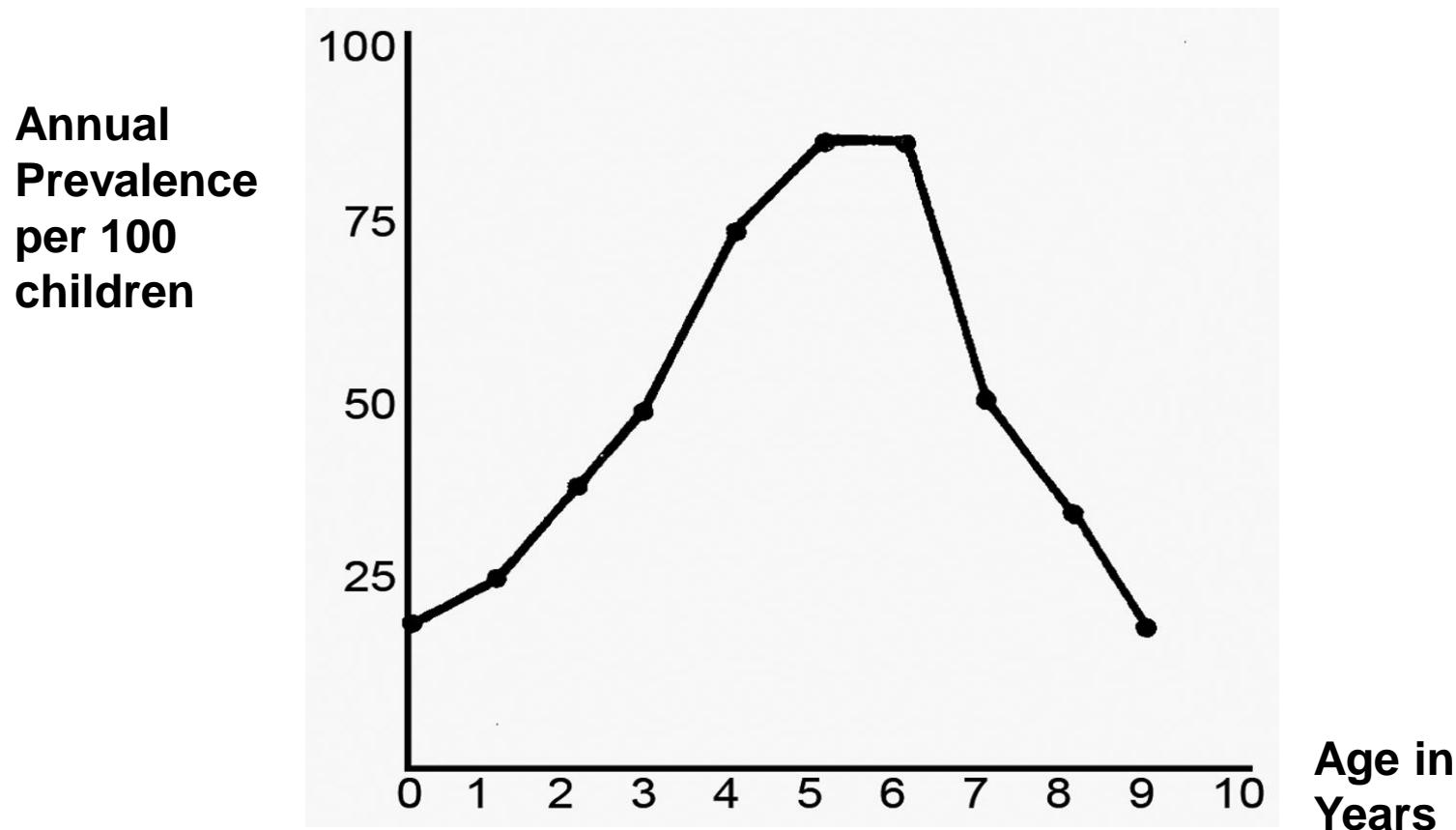
Prevalence of activity limitations for children under 17 years of age

Disabling conditions, including severe allergies, asthma, diabetes, neurological impairments, autism, attention deficit disorders and learning disabilities, have all been increasing in US children since 1960.

Source: Newacheck

RESPIRATORY INFECTIONS IN CHILDREN

During the 1950s-60s in England



Prevalence of Respiratory Infections in Children during the 1950s-1960s in a typical medical practice in England

Source: John Fry, MD

For Further Information

WEBSITES:

www.rsarchive.org/

www.anthromed.org/

www.paam.net/

<http://www.span-med.org/>

www.PhilipIncao.com/

Several articles that can be downloaded and/or printed out.