

# Immunity Basics

To: Epoch Times Editorials

Cc: Dr./Sen. Rand Paul; Dr. Robert Malone

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In the last couple of years, coming out of the COVID-19 pandemic, I've noticed an increasing lack of understanding about immunity among conservative TV and radio hosts.

First, let me say that I'm anti-vax. (Why are people afraid to own this? Don't they realize that this stigma is intended to quell needed dissent?) I support the concept but not the extremely corrupt implementation in recent decades. The COVID vaccines are massively problematic. That said, they do provide a degree of short-term immune protection against COVID — while diminishing the body's ability to fight infections overall, and opening people to a wide array of nasty side effects. [See my 12/8/22 editorial, "Vax Clear and Present Danger: Lock Up Fauci, Pfizer, Fake News, Pharma Fraudsters."]

My undergraduate degree from BYU was in Medical Microbiology, and my first semester of graduate studies was in Virology, so I understand the basic principles of immunology and vaccinations.

One of the most ridiculous lies promulgated by the Deep State establishment propagandists has been a near complete silence about the phenomenon of natural immunity from a non-vaccinated person's contracting the virus and

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successfully defeating it. The vaccine mandate gives no credit for a person who has natural immunity. Reality is that natural immunity is far superior to vaccinated immunity - which aims to immitate natural immunity the best it can. People who have natural immunity should have preference over those with vaccinated immunity - not fired or dishonorably discharged because they didn't want or need the vaccine.

While on the subject, I'd like to cite some other important basics that I've not heard/seen given deserved attention among conservative hosts.

- ① There is a wide spectrum of (A) how sick a person will get: from no symptoms to death; and (B) how well or not well immunity (natural v. vaccinated) protects a person. It's not all or nothing.
- ② The extent of exposure is proportional to the severity of the ensuing sickness.
- ③ A positive attitude and faith is super important to strong immune function.
- ④ Vitamins C & D<sub>3</sub> are the most affordable and ubiquitously available tools for maintaining a robust immune system. #
- ⑤ The sun's rays responsible for the skin making Vit. D<sub>3</sub> bounce off the ionosphere in northern latitudes from fall to spring, depending on the latitude extreme - hence "seasonal Flu." (Ditto Southern hemisphere.) Ditto Zn.
- ⑥ A healthy diet is also important - for a wide range of reasons including immunity strength.
- ⑦ Hydroxychloroquine<sup>(HCQ)</sup> and Ivermectin<sup>(Iv)</sup> are both ubiqui-

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tously available, safe and inexpensive mitigators of COVID illness severity. (The establishment doesn't want such a simple remedy. They love fanning fear. Also, they wouldn't be able to seek "emergency" vaccine approval if remedies exist. Blocking these was part of their lie.)

⑧ Fear and stress severely impair immune function. The fight-or-flight fear response also redirects blood from the immune system to the limbs.

⑨ Antibiotics (against bacteria) are grossly overused, and have long-term detrimental effects from also diminishing good bacteria, such as the healthy variety needed in digestion.

⑩ Faith in God can pinpoint and eradicate any virus or dangerous bacteria.

Knowing these things (I didn't have access to HCG or IV) enabled me to only have the mildest of symptoms the three times I tested positive for COVID-19 — non-vaxxed — even though my type 1 diabetes and my age make me more vulnerable.

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