#### Alana Fournet — Radiant Powerful You/Intentional Health For Women

## Interview with Jeff Green

Researcher, Alternative Nutrition

#### —Tell us a little about you.

I began researching health around the age of 17, and am now 31. I did so because I wanted to find the truth about health and how to get myself healthy, as I was an unhealthy person at the time. As a child, I had an irrational fear of germs, washing my hands until they bled. As I got older, I realized that this was not natural and that society misled me, but I did not know the answers to how or why. I feared my body and those around me. Luckily, I did not vaccinate myself because I feared doctors. Although I was vaccinated 2 to 3 times as a child, I have not been vaccinated in 25 years, and I have not visited a doctor since I was 17 years old. I reversed my bad health by adopting a 70% raw diet (Primal Diet), with raw milk, raw meat and raw eggs that have increased my ability to think and my health greatly. I've lost at least 3 family members due to medical maltreatment, which also fueled my study. The natural progression of health and nutrition was supplemented with my study on Freemasonry, and the nefarious nature that it permeates through government. I learned that the medical profession is, in fact, part of this fraternal organization, and part and parcel

to the manipulation of mind and body for nefarious purposes of control. I set out to try to determine what is the *truth*.

—Based on your example of hepatitis and liver toxicity, if given the proper environment (diet, sleep... etc), would a person overcome hepatitis and liver toxicity? (without medical treatment) Is there evidence of this anywhere?

I have observed firsthand the effects of hepatitis in a family member. It was due to alcohol abuse. I observed that the liver is one of the most regenerating organs in the body. So long as it is not too far degenerated, damage can be reversed. The liver can be healed completely naturally if toxic habits and diets are changed.

—When you were illuminating the idea that most do not die from viral infection, how do we explain the numbers of people that die from sepsis (I'm not sure what percentage of the population gets and dies from sepsis, and it seems much higher than the numbers you're suggesting die from infection).

In the same family member, I observed septicemia. I learned that alcohol abuse was directly associated with septicemia. Sepsis is a wide-spread reaction of the immune response. This occurs in people who are alcoholics and drug users, or from vaccine-induced toxicity. This can cause poisoning of the bodily organs, especially the liver and blood, where they can no longer do their job properly, at which point the body attempts to use bacterial means to cleanse the body and restore it to homeostasis. One aspect of sepsis is the

body's inability to regulate proper blood cell creation and activity. Since the body is so toxic, bacteria proliferate in the body to try to reduce this toxicity. White blood cells cannot deal with this toxicity because their regulation is disrupted. As stated, sepsis is blood poisoning from alcohol or drug abuse and/or medical treatments and drugs.

—If we say we have a virus (or test positive for a virus), is it accurate to say we simply have an active virus versus a virus (or viral genetic code) lying dormant?

Tests cannot determine the amount of viral replication occurring in the body. The PCR test is a good example. Tests may observe the person has viral genetic material, but this does not mean there is an active virus making the person sick with symptoms. Not only can they mask the cases by claiming it is COVID-19—it could be *ANY* coronavirus strain and be able to be claimed as COVID-19 because there is literally *NO* difference between COVID-19 and other corona strains, and naturally the test will not see the difference because there is not a big enough difference to note. There is always some level of viral and bacterial activity in small amounts working in the body. It is only when large amounts of viral and bacterial activity are called upon does the body experience symptoms.

—I'm thinking bacteria and viruses are very different. Since viruses are created by the cell, I'm guessing they aren't ever 'bad'. Yet, when the body is exceptionally toxic, the virus isn't effective

### enough and a person may still get very sick or die. Am I even close?

All bacteria and viruses are good if they are occurring in the body naturally. Both are used by the body to restore itself. It's not that it isn't effective enough, it's that the body cannot rationally deal with large amounts of toxins in the blood and viruses breaking down those substances. If the body does not have the right amounts of fats and alkalizing minerals such as calcium to bind with toxins, or if the liver is compromised, etc. All of these can lead to death because the immune system cannot deal with the overload.

#### —Does a virus ever occur outside the body?

**No.** A virus is not alive. It has no respiration, no nucleus, and no digestion. It cannot replicate on its own because it's not alive to do so. That's like saying a rock can replicate itself into two rocks, etc. Therefore, viruses can never occur in nature magically by themselves. They must have a living cell to replicate. Viruses come from cells. This one point alone invalidates the entire idea behind viruses being contagious. If viruses must have a host cell to replicate, they cannot do so outside the body on their own. Therefore, for them to originally appear in nature, they would have had to have come from a cell. If they come from a cell, it invalidates the theory that they infect.

—In the 'Science of Virology', your quote indicates if we had a perfectly balanced metabolism, we would be susceptible to no disease. Is it ever possible to obtain a perfectly balanced metabolism in our world today? Is it necessary in

order to avoid disease? And if it's not possible, isn't this justification for the medical community to attempt to find medicines to help us overcome disease, since we're most likely going to experience it at some level?

The medical industry treats symptoms—they do not know how to prevent or cure disease. They merely treat the underlying condition. That condition will almost always result in the re-emergence of the disease in the same area or in an adjacent area in close proximity. It is possible to maintain health and great cell metabolism in our current world, but it must be done properly and with raw health-giving foods. But, in order to have perfect metabolism, we must live for 40 years on a raw diet outside the 'civilized' world that is full of air and environmental pollution. Why 40 years? Because it takes 40 years for our bodies to replace every cell and tissue within the body. We completely regenerate our bodies every 40 years.

—Could you give an example of cyclical toxicity? (I'm thinking we're all more toxic in the winter because of lower Vitamin D levels, for example?)

The reason that bacteria proliferate in the winter is because bacteria flourish in cold environments in the body. This is why fever (heat) is necessary to cease all bacterial proliferation in the healing phase after they have finished discarding waste matter. Flus occur seasonally due, in part, to seasonal changes that bring about temperature changes and humidity changes. This affects the body on a cellular level, signaling the dumping of mass stored toxins into the blood

for removal. Allergy season also plays a role, as antigens, such as pollen that many bodies have trouble dealing with, is also occurring at the same time. Small colds develop to assist this as well

**Example:** You go outside in the rain and get cold. You come into the house and let a fan blow on your cold body. Soon after, you develop a sneeze and/or cough. Did you catch this newly developed cold from someone? Absolutely not. Your body dropped in temperature which allowed bacteria to proliferate and eat degenerated tissue, cellular waste, and toxins. This rarely happens in a healthy individual. As a child, I witnessed this occurrence more than once. As a healthy adult, I do not experience this whatsoever.

Vitamin D can only be obtained from foods—the best sources are raw milk, and from sun exposure. The Sun does not cause skin cancer. The Sun contains all necessary rays to balance out harmful rays. When we observe African tribes and other such tribes, we see that they do not have skin cancer. This, again, is another medical lie to sell you a product and make money. Skin cancer is a result of not having enough of a high-quality fat layer in the skin.<sup>1</sup>

Vitamin D levels must be kept relatively high, but Vitamin D is easy to keep high when we consume raw foods. *All* forms of supplemental Vitamin D are detrimental to health. Vitamin D must be bound with other minerals to work effectively. Calcium and magnesium are two of these. The only proper source is through raw foods, such as raw milk.

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<sup>&</sup>lt;sup>1</sup> Note: Fat is necessary to absorb and house toxins so that it does not damage our bodily organs and glands. Sources for proper fats are animal fat, raw milk, and butter.

### —If a virus is not alive, how does it "live" or survive on environmental surfaces?

Viruses contain moisture content. Viruses can 'exist' on surfaces but it is not a danger, as I spoke about. The moisture content of a virus means it will 'exist' on surfaces before it withers away.

## —So the purpose of the rupture is to release the virus as a 'cleaning agent' to remove toxicity in that area of the body? And from within that cell?

Yes, correct. The cells will manufacture viruses for that area of the body. If it is hepatitis virus, it is in the liver. If it is a respiratory virus, it is in the lungs. If it is polio, it is in the spine. And so on.

# —I see a multitude of recent articles seemingly demonstrating a virus can in fact be internalized from an external source. If you're saying this is not possible, how are the researches mistaken?

As I spoke about, a virus originating outside the body does not contain the necessary RNA or DNA to be compatible with your own RNA and DNA. Each cell in the body contains minute differences in DNA. In order for a virus to work in your body, it must be created and encoded by your own cell to work. Viruses cannot 'hijack' your cell because viruses, contrary to science, do not contain RNA and DNA on their own. That is given by the cell in your own body when the virus is manufactured by the cell, thus the virus will then contain DNA.

—Is it possible a virus can enter an immune compromised body and that's why we see the spread of a particular virus? Or said another way, is it possible an immune compromised body takes in the viral material of another because it doesn't have the capacity to neutralize it upon entry, when the virus enters it is not recognized so is considered a toxic foreign invader, and to eliminate that toxicity, the body generates a virus to respond... and that's why we see the 'spread' of virus around the globe? (Please, please help me understand this one!)

To answer the first part of the question: No, that is an impossibility. A virus may be manufactured to remove as foreign viral particles from foreign debris. such vaccination. Viruses may be manufactured if debris gets into the blood, but it will depend upon the toxic nature of the tissue and if it is natural or man-made spliced tissues that will determine if viruses are needed to eliminate that debris. It is vaccines in their whole form, which include adjuvants, that open the body up to a greater degree of potential damage from such man-made tissues. In these cases, the toxic adjuvants and chemical stabilizers may spark the body to manufacture its own viruses to break down the toxic substances because they are too toxic for living microbes to eliminate without being poisoned to death. Vaccines almost always spark some level of virus creation because vaccines contain certain amounts of viral animal tissues that, when combined with adjuvants, are designed to elicit a certain response from the immune system.

—If viruses don't enter a human body from external sources, why does it seem illness is decreased with the increased practice of hand washing?

It is possible that bacteria can interfere somehow with the bodily system, such as when we ingest too much bacteria from raw foods at once. But this is because such large amounts of bacteria cause heavy detoxifications to occur all at once as they proliferate in the body. If bacteria are mutations, however, such as from cooked foods that rot, this will cause toxic conditions because they can interfere with digestion and delicate microbial environments in the body. Most food poisoning is from cooked foods, but in particular, it is caused from chemical preservatives in processed foods.

Bacteria that grow on cooked foods are mutated. The same interference can be said for 'live' vaccines. Bacteria, like viruses, are not contagious for a different reason. Bacteria, like flies, are scavengers that do not consume healthy living cells and tissue. They only occur when there is dead matter, just as a fly will appear on a dead carcass. Just because bacteria are alive, does not mean they are contagious. The idea of 'contagious' must be removed from one's mind when discussing the human body as we are self-contained bio-chemical beings. We are 99% bacterial and with 1% human gene.

Remember: Bacteria consume; Viruses dissolve.

—If viruses can't actually be spread from one individual to the next, then what is going on right now with the numbers of people diagnosed with, or dying from, the Coronavirus?

500,000 die a year globally from the flu, supposedly, with over 61 million cases worldwide. Coronaviruses are not new viruses. They have taken an already existing virus and relabeled it as a new and dangerous virus. They've given fraudulent tests out all over the world that, in actuality, tests for coronavirus and not COVID-19, specifically. Since coronaviruses are common cold viruses, there will be many cases. The differences between regular coronavirus and COVID-19 is so small that the test does not know the difference because the two viruses are virtually identical. Yes, they are a 'different' strain, but they are only minutely different—not enough to matter. The genome directs each cell what type of protein to manufacture—this includes viral protein structures (virus).2 Therefore, even small amounts of viral genetic material can be found in times of non-cleansing if tissue is magnified as the PCR test does.

—Why do epidemics or pandemics seem to improve with vaccination? For example, many listeners will remember a time when polio was a death sentence, and now we don't see polio at all?

**Polio** was naturally detoxifying from the human population directly before the vaccine was introduced, at which point the vaccine was given credit for the relative disappearance of polio. Statistics were manipulated to change the definition of polio. Yet, polio and polio-like diseases still

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<sup>&</sup>lt;sup>2</sup> Note: Viral protein particles must be converted by cells into whole viral structures, and then 'encoded' to specifically dissolve specific tissues in and around cells. They are very specific solvents that are discriminatory—not non-discriminatory, as science would have you believe. This is why we do not observe viruses attacking all cells in the body.

exist in many forms today, such as spinal meningitis, and other similar neurological maladies. Polio increased dramatically after the vaccine was introduced, but mainly in people who received multiple polio vaccines.

Poliomyelitis is an ancient detoxification of the spinal column. It takes many generations for the spinal cord to become toxic in the population, at which point the population will detoxify all at the same time. Polio is a virus that attempts to break down metallic toxicity in the spinal column. Metallic minerals are used by the body to conduct light and electricity throughout the nervous system. Through the processes of phagocytosis, these metals are deposited in the brain and spine wherein they settle because they cannot utilized. Such metallic accumulations come from environmental causes When canned foods came into existence, and the use and overuse of DDT was a problem, and people were burning coal in their homes which releases mercury vapors, and when people were eating out of lead vessels, this quickened and caused a more severe polio detoxification to occur

—If viruses don't cause disease, is it actually the other way around? For example, if the Epstein-Barr virus doesn't create mononucleosis, is it the other way around- that in response to mononucleosis, the cells (of the liver?) create EBV to mitigate?

Yes, that is correct. Mononucleosis is a detoxification of the mouth and lymph in the neck.

—As I look at the Terrain Theory more and more, it seems Bechamp was postulating that 'germs'/microbes are invited to grow in an unhealthy terrain... and that is when they become problematic. I can't seem to find anything from his work that indicates the cell actually creates the microbe/virus in response to the toxicity as a means to 'clean it up'. Where does this idea- that a cell creates a virus for the purpose of eliminating toxicity- come from?

Even in times of non-cleansing there are small amounts of viral activity. Small amounts of virus help bacterial and cellular consumption. We must understand the immune-system makes up the whole body. So yes, the creation of viruses by cells is part of the immune response.

**See book:** The Third Element of Blood by Antoine Béchamp, *p. 209-211* 

"These microorganisms (germs) feed upon the poisonous material which they find in the sick organism and prepare it for excretion. These tiny organisms are derived from still tinier organisms called microzyma. These microzyma are present in the tissues and blood of all living organisms where they remain normally quiescent and harmless. When the welfare of the human body is threatened by the presence of potentially harmful material, a transmutation takes place. The microzyma changes into a bacterium or virus which immediately goes to work to rid the body of this harmful material. When the bacteria or viruses have completed their task of consuming the harmful material they automatically revert to the microzyma stage."

—Bechamp Sourced: Vaccination The "Hidden" Facts by Ian Sinclair p. 62

"Most people are overloaded with these infusions of blockade materials that cannot be utilized by the body. When some extra strain is put upon the vital forces such as sudden change in the weather, fatigue, fear, worry, wrong food etc., the body is unable to hold back the "bursting tide of accumulated waste" any longer and lets go—forcing it out in a cleansing program that usually lasts from 5 days to two weeks. Colds, eruptions, fevers, diarrhea and even paralysis are symptoms of this cleansing effort to rid the body of waste that has not been eliminated through the usual channels. People do not catch diseases from others who have it. All those who are ill built their own causes and the same stresses triggered off the "cleansing act" in all who had reached the saturation point of poisons."

—The Poisoned Needle, 1956, by Eleanor McBean M.D., N.D., 1956

The in-depth science to understanding how viruses exist in the body was not expounded upon in great detail by Bechamp, but laid the groundwork. That duty was later taken up by other individuals after Bechamp. The microzyma are known as enzymes. Viruses are enzymatic fractionators made of protein that dissolve specific tissue.

—Let me see if I can go super basic. A virus doesn't exist, then, the body experiences a specific toxicity. The cells of that area create a virus to help remove the toxicity. If there's toxicity the body hasn't seen before, the virus will mutate to meet the needs, and leave 'information' for next time there's similar toxic exposure?

Do viruses dissolve healthy tissue, or only toxic cells that make up toxic tissue? And if DNA isn't a code, what is it? How can we describe this energy more? Or better said, how do we explain the innate wisdom in a cell if there isn't a code (or some form of information)—how does energy have wisdom? What about Zeta Potential?

Yes, absolutely correct. The only time they would dissolve healthy tissue is if you have a severely toxic tissue such as in polio, where toxic metals are embedded in the tissue. Only then will viruses dissolve healthy tissue to get to the metal and try to remove it. Metal is incredibly hard to remove from the body. Zeta Potential is what keeps objects in free suspension in the body on a cellular level. It is the nature of static electricity that repels or attracts objects away from themselves, so they stay separated. Without high Zeta Potential, cells and other agents cannot move through small blood vessels and capillaries in a single file line. I mentioned that to explain how viruses move inside the body. They float in suspension. Think of dust floating in space. You see all the dust is floating separately as particles. When Zeta Potential, the static charge, falls too low, the dust falls to the floor and sticks to one another

DNA is an energy form that flows throughout all agents in the body.<sup>3</sup> Our genes and genome contain crystalline structures known as DNA/RNA, which reads and gives energy in order to communicate functions throughout the body.

<sup>3</sup> "DNA Is Dynamic And Has High Energy; Not Stiff Or Static As First Envisioned. ... It is dynamic with high energy. It exists—

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# Autism directly relates to the loss of Zeta Potential, if I may briefly elucidate the major cause of autism:

Most children in the modern age are being injected with 50-70+ vaccines by the time they are 18.4 This equals a large amount of toxin accumulation being stored in the body starting from an early age, which results in disease at a later point in life. This is why vaccine damage is less directly and readily observable—because it is somewhat untraceable, and they are not looking 10-20 years out from the point of vaccination when these problems can manifest, nor are they observing the right areas. Aside from this, it is not the ingredients solely themselves that are the issue. It is the vaccine in whole. There is no such thing as a safe vaccine, even if the vaccine contained just an 'inactivated' virus tissue.

When you inject someone with foreign debris, the body can and many times will go into shock and die. If this foreign animal tissue is injected into the body, the body cannot find the reason or cause for its existence, or when that virus will be active. The body is alerted through the immune response, which sends white blood cells (antibodies) to the area. But unlike a natural virus originating in the bodily system, this process artificially elevates the immune system, causing mutated antibodies that try to help fight off and cleanse that debris from the blood and system as quickly as possible. Viruses can also occur in this situation. The aluminum adjuvant irritates and provokes the immune system further

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<sup>&</sup>lt;sup>4</sup>https://www.health.state.mn.us/people/immunize/basics/readykidswhento

into the processes stated above. <sup>5</sup>Because of the creation of these mutated antibodies that do not go dormant for up to 10 years, the immune response is elevated for a long period of time, causing damage to the brain and eroding the myelination around the brain, opening the brain up to more nerve damage with subsequent vaccinations.

As a result of metallic toxicity from aluminum, clotting, and stickiness of blood cells occurs due to loss of Zeta Potential. This occurs because the processes of phagocytosis distribute metallic minerals throughout the nervous system, such as the brain because the body uses metallic minerals to conduct light and electricity. These heavy metals cause sedimentation in these areas, preventing smooth movement of cells and neurons, ultimately restricting proper blood flow. This causes sludging and coagulation, which prevents cells from flowing through the tiny hair-like capillaries and blood vessels in the brain, which causes various levels of paralysis from lack of adequate blood flow; stroke in the brain—autism. Because of this, great nerve and cellular destruction occur in these areas.

Hardening and scarring result. Further deterioration of the spine and brain occurs as bacteria and/or viruses appear from infection and the resultant inflammation in order to dissolve accumulated toxicity in and around the tissue of the body. But because this process involves inorganic substances, they cannot readily cleanse the body as they normally could, essentially eating and destroying healthy tissue in the process of attempting the removal of these substances. This makes it

<sup>&</sup>lt;sup>5</sup> How Mercury Causes Brain Neuron Degeneration, University of Calgary Faculty of Medicine Dept. of Physiology and Biophysics — & Journal of American Physicians and Surgeons Volume 21, Number 4, Winter 2016 (Aluminium)

appear as though the body is attacking its own tissue, but this is partly an illusion. This function is also present in diseases such as polio, cerebral palsy, and Alzheimer's Disease etc. All of these neurological diseases share almost the same functions; various levels of paralysis of the brain and nervous system.

This process can happen quickly in a child's body because they do not have proper myelination to protect their brains or nerve tissue. This incurs what I call *RVIT: Rapid Vaccine Induced Toxicity*, leading to the various levels of paralysis stated above. The level of damage can occur over one vaccine, or after multiple vaccines. It is entirely body dependent.

—How is it that phages (a form of a virus?) are found in nature and used to help a body heal from bacterial infection? It seems in this case, viruses do exist outside the body and can be entered into a diseased body... where the virus "attaches to the bacteria, injects its DNA, and replicates" therefore killing the bacteria.

Similarly, how did Russian scientists find a 30,000 year old virus that seemingly killed amoebas when in theory, based on what you and I are discussing, the virus should have supported the life of the amoeba?

Bacteriophages (virus) are called 'bacteria-eaters'. But that is not an accurate statement because viruses are not alive and cannot eat. They have no nucleus, they have no respiratory system, and they have no digestive system. Anything else and it cannot be called a virus. When viruses and bacteria are observed in petri-dish environments, is it the virus that kills the bacteria, or is it the toxic serums? This directly relates to what I spoke about regarding how viruses are observed. These are just another type of virus that can dissolve waste debris. As I stated, there are over 320,000 virus variants/mutations inherent to the human body. <sup>6</sup>

Now, amoebas are pleomorphic, just as bacteria are. Amoebas are part of the processes of phagocytosis and are a type of cell that consumes and eliminates, just as a phagocyte does. Both processes help regulate bacteria in the body, balancing out the many bacteria and dead bacteria in the body, etc.

Viruses cannot infect amoeba cells, but they may dissolve them if they become thoroughly and fully toxic. Viruses will dissolve specific structures whether they're bacterial or cellular. That is quite a misnomer to state they infect cells. So now, science has claimed, without proof, that viruses can not only infect cells, but they can infect bacteria.

—Do you have resources on Ebola outbreak? Since a child was bitten by a bat and then others in the village got sick, it's easy to jump to the conclusion it was the bat. If not the bat, then specific toxicity- but what was it? Because with global efforts, it seems the outbreak was prevented. Why would other areas have also experienced toxicity of similar nature?

Vaccines are causing the outbreak of Ebola symptoms in people. It is merely the body reacting to chemical toxicity present in certain vaccines administered in Africa. Even the

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<sup>&</sup>lt;sup>6</sup> S.J. Anthony et al., "A strategy to estimate unknown viral diversity in mammals," mBio, e00598-13, 2013.

CDC admits in part: "Ebola does not pass through the air, through the food, or water." Yet, many media outlets contradict this statement even, by claiming Ebola is 'highly contagious'. I have seen no proof that it exists naturally outside the vaccine. So, even according to the CDC themselves, the only real way to get it is direct blood-to-blood contact using needles from a victim somehow (or through blood transfusions). Ebola, like H1N1, is a man-made disease that exists only in vaccine form. It is merely a reaction to chemical toxicity, no different from other vaccines—yet Ebola appears to have more extreme effects

—I understand the theory that virus can't enter another body through contact, yet the CDC seem to think so: The virus spreads through direct contact (such as through broken skin or mucous membranes in the eyes, nose, or mouth) with: Blood or body fluids (urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with or has died from Ebola virus disease (EVD). Do you believe the vaccine was created to give people Ebola?

CDC is untrustworthy and fraudulent. They claim the same about all viruses. Alongside what you quoted, they also claim it is hard to contract. Ebola is not a natural virus. Unlike other natural viruses like flu and cold viruses, Ebola exists only as a man-made virus created in a lab. Yes, I absolutely believe Ebola is caused by a vaccine and Ebola results from specific combinations of spliced animal tissues and other toxic serums. It is used on Africans like AIDS was. Ebola was 'found' in 1978 in Africa, just like AIDS. Funny that these viruses never occurred naturally before the 70s. To

understand Ebola, you must understand AIDS—that will reveal the true nature of Ebola.

—For someone interested in discovering more about this aspect of our physiology, where would they turn or what would they research?

Here is a partial list of sources important to the topic of viruses, bacteria, and vaccination:

	The Poisoned Needle: Suppressed Facts About Vaccination,
by Eleanor	McBean M.D., N.D., 1956
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	The Blood and Its Third Element by Antoine Béchamp, 1912
	Immunization: The Reality Behind the Myth, by Walene
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	Swine Flu Expose, by Eleanora I. McBean, Ph.D., N.D., 1977
	The Dream & Lie of Louis Pasteur, by R.B. Pearson, 1942
	We Want to Live, by Aajonus Vonderplanitz, 2007
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