

SHINE A LIGHT  
NEWSLETTER

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ISSUE #1

# SHINE A LIGHT Newsletter

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- ❑ Can Vaccines be  
Weaponized via Insects?
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## Viewer Question:

"May I ask about Lyme disease and tick/insect-related phenomena? I know that the suffering of it occurs in people who already have some toxicity beforehand (but then again, who hasn't in this day and age). Is the way of "infection" through a bite crossing the natural barriers (ticks and mosquitoes do spit out some matter into the blood-stream when biting after all) and maybe even transmitting some parasites that wouldn't naturally occur in humans?

There is also disturbing talk about genetically engineered mosquitoes being made to use for vaccination purposes... and what is your insight into the "debate" whether *Borrelia spirochetes* are naturally occurring or lab-manipulated?

Thank you!"

I have seen no proof that Lyme disease itself exists. What is known as Lyme disease is a form of severe toxicity. Such toxicity is not coming from the bite of a tick. The medical profession always blames nature/animals for disease that inflicts mankind instead of their own dangerous treatments. The fact is, 'Lyme disease' (poisoning) can be brought on by vaccines containing mercury and medical treatments for the disease itself, which will exacerbate those conditions—another symptom in a long line of diseases caused by vaccination.

Medical drugs can cause extended symptoms of the original fatigue; its original manifestation can be caused by malnutrition and from previous nervous system damage due to mercury in vaccines—all of which will manifest the symptoms known as Lyme disease, which is an immune system disorder caused from some form of poisoning. *Borrelia burgdorferi* bacterium is not the culprit. *Borrelia burgdorferi* bacterium may be lab cultivated, to take pictures of, in order to cast blame upon it instead of the real culprits of such a disease—no different than how H1N1 only exists because it is man-made; It does not exist in nature.

Remember that naturally occurring bacteria do not cause disease. However, It is possible for man-made bacterium or viruses to cause disruptions in the

stomach and intestines if taken orally, because they may interfere with sensitive microbial environments in those areas. But, bacteria or parasites that live in the body for long periods of time have a specific purpose in feeding upon and eliminating degenerative tissue caused by a diseased state. Other types of mutated man-made bacteria or viruses from outside the body may temporarily interfere with the body, and so too will mutated bacteria that grow on cooked food. ***Is it possible *Borrelia burgdorferi* has been included in vaccines in order to cause such illnesses?*** I surmise the answer is no since such bacterium are alive and would not survive long enough in a vial before they died.

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***Can mosquitoes (or ticks) be used to inject vaccines or other harmful substances into humans?***

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In my view, the answer is *no*. Mercenaries would have to drop infected mosquitos into populations in the hopes it would 'inoculate' people against a virus, as people like Bill Gates have wishfully alluded to. That is a delusion. There are many reasons why this would not work. Mosquitos suck blood—they do not inject into the blood as a forceful vaccine would. Furthermore, they only suck blood from the top outer layer of the skin. Vaccines go into the

subcutaneous layer and their contents forcibly pushed into the blood. Mosquitos will die if such substances are somehow inside them, causing their own degeneration and eventual death. They use blood from humans to feed their babies. They are able to sense if blood is not healthy, and will usually not land on that organism to suck its blood. ***So, what about malaria?***

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## What is Malaria?

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**M**alaria filaria (*falciparum*, *vivax*, and *ovale*), which are plasmodium parasites, occurs mostly in humid climates that are rich in oxygen. Malaria is a detoxification of the entire blood system wherein these parasites generate in the body to consume waste matter. Parasites are one necessary function for cleansing dead and dying waste from the body, housing, and neutralizing them from the body. Parasites have a tremendous capacity for consuming substances 100x their own size. The level and extent of the symptoms associated with malaria is related to very poor health/contaminated red blood cells.

Malaria can also occur when someone who lives in a colder climate visits a hot and humid environment closer to the equator, which is higher in oxygen. In such places, these parasites can generate due to such environments

unakin to the body, and be utilized by the body—usually occurring sometime after living in this warmer environment (if the body warrants that detoxification). Symptoms of malaria are usually mild, with flu-like symptoms, lasting up to 2 weeks or more. As long as one eats properly during the detoxification, malaria is short-lived and mild. Then, fever brings about new cellular division and the healing phase.

## 5G Theory is Deceptive

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**T**here is ample proof that 5G is **not** and cannot be the cause of a virus. Unfortunately, there are people that wish to subvert those who seek the truth—intending to mislead knowingly or unknowingly, whilst many propagators of such disinformation are making money from gullible people. There are widespread conspiracy theories surrounding 5G that abound on the internet—most of which have very little or no basis in reason or logic. Most of these theories do not have a foundation in truth. When it comes to whether 5G can spark the body to create viruses, we must examine the biological functions of viruses and their role in the human body to understand if it is possible.

People are using 5G as the scapegoat for everything disease related. That is a critical error of judgment. It is not

logical, rational, or remotely scientific to blame current 5G technology for disease when the real causes of diseases are well documented and obvious, have direct implications to human beings, and have been occurring for many decades. This idea that 5G is causing disease, specifically coronavirus or any other virus, is detrimental to those that are seeking the truth about health and how to prevent disease, by blaming it on one singular cause. Many people are suggesting that 5G is a primary cause of disease when it is simply not the case. The reality of disease is much more complex than that.

5G is the wrong type of radiation wave—non-ionizing. As an example, 95 GHz waves are used in military beam devices, not 30-60Ghz as is used in 4G/5G signals. Military weapons only penetrate the top layers of skin, or 0.4 mm (1/64 inch). A microwave will penetrate up to 17 mm (0.67 inches) into the skin. This is a significant difference when it comes to potential bodily damage. As stated, 5G, like 4G, is non-ionizing radiation—in order to break chemical bonds, you'd need ionizing waves such as gamma radiation, etc.

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## ***Exosomes or Viruses Cannot Be Sparked by Non-Ionizing EMFs...***

I have been confronted by those that do not understand why I would not subscribe to the '5G connection' of disease. **The answer is simple:** I know the science behind why and how viruses are manufactured by cells, how they function in the body, and their purpose. On the other side of the coin, I know that non-ionizing waves cannot cause cells to produce viruses (nor can ionizing). Many people are making wild extrapolations based upon very few facts for either profit or notoriety, both, or worse.

We cannot blame 5G as the cause of coronavirus or any other virus when we have had viruses for many thousands of years when 5G was not even remotely thought of. Viruses are a result of accumulated systemic toxicity, caused by environmental pollutions of all types—not merely a singular cause. There are radiation dangers by being directly near a cell tower for long periods of time, however, in general usage, towers are set out from the population so that they give off a broader range to reach as many devices as possible. This signal is quite weak by the time it reaches your phone or device compared to if you were standing directly under the tower. The damage

caused by these signals is not viral, but potentially cancerous. Cells can be damaged through such radiation, but cancer, not viruses, is the primary causal relationship. We would experience the symptoms of radiation long before we experienced viruses. We would experience radiation poisoning at the onset. This would be unmistakably felt on a physical level, with other serious symptoms also occurring alongside this.

### ***Is it possible that 5G may somehow affect the body in general usage?***

Unlikely, *unless* one were to be in very close proximity to the point of power for long periods of time. The same can be said for normal radio and cell towers. Effects would be felt on a physical level and would continue to return in those whom developed symptoms and overcame them. Coronavirus exhibits the regular viral proliferation and resolution phase. That is, once detoxification completes, it will not resurface for a period of time (usually 1 year or more). Every year there are large swaths of the population whose bodies dump toxins into the blood to be removed through detoxification. This is triggered by environmental and climatic changes. I write about this in my book '**The Age of Deception**' in the chapter titled '*Viral Behavior*'.

I do not see 5G proponents proclaiming the dangers of X-ray

machines and X-rays in airports that penetrate the whole body and can have cancerous and other deleterious effects upon the body with repeated use. These, which are widely in use, have a tremendously higher degree of causing disease because they are penetrating waves. I have seen little concerning microwave ovens and how it radiates and devitalizes food. I have not seen mentioned one iota about ultrasound and the dangers it poses with multiple frequent uses on babies. Nor have I seen mentioned the effects of electromagnetic fields on the body from electrical motors, etc. These are all directly related to things that come into direct contact with the body. There is more danger in regular cell tower transmission if you hold a phone close to your head.

There are a multitude of reasons why 5G could not have caused a virus. As another example, many states in the USA do not have 5G towers whatsoever. Many places in Asia also do not have 5G towers at this time. So, how can 5G opponents be so fiercely adamant that 5G is causing coronavirus or any other virus? How do they explain viral outbreaks in populations long before 4G or 5G existed? As you can imagine, 5G opponents have very little to stand on when it comes to viruses in the body and why they would arise.

We should always be wary of potential unknown threats from new technology, but It is misguided to blame 5G as ~~the~~ cause of coronavirus or any other virus when we have had viruses for many thousands of years when 5G was not even remotely thought of. Viruses are a result of accumulated systemic toxicity caused by environmental pollutions of all types—not one singular cause..

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**Exosomes, another highly misunderstood topic, is being touted in alternative circles. This is another damaging theory that causes many people to somehow believe viruses do not exist whatsoever.**

**T**he intention to label viruses as merely exosomes may be something well-intended, but viruses and exosomes serve different functions of the immune response. It is short-sighted to claim exosomes take the role of viruses. It has led many individuals to then claim that viruses do not exist whatsoever, which is another highly misleading claim. These people must explain the symptoms associated with toxin removal

that only something such as viruses can fulfill. Exosomes are intercellular communication agents excreted in small amounts by cells. Viruses are manufactured by cells and replicated by the many thousands. Herein lies one major difference between the two. Exosomes are vesicles that cells use to transport fluids between themselves to maintain cell functionality so that they can carry out their processes.

Exosomes are parts of the processes of viral behavior, just as white blood cells (antibodies) are part of the processes, both having dual roles when needed. It can be said that exosomes are indistinguishable from viruses in some cases, yet, they are not viruses. Exosomes are the same size as viruses 0.1 microns—and vary in greater size, but are mostly of similar size. They are secreted by cells and are extracellular vesicles that transport messages between cells to inform each other when they are in danger. They also transport molecules needed for cellular life between cells. They are intercellular communication agents. Viruses are replicated in the cell by the thousands—exosomes are not, and are not released in high numbers as viruses are.

When it comes to exosomes and the existence of viruses, I feel there should be much more effort in addressing the difference between the two, instead of

making huge extrapolations based upon their similarities. Many cells and agents have a dual role that appear similar on the surface, but that does not mean they are exactly one and the same. Exosomes cannot take the role of viruses while also transporting cellular life between cells. Viruses are dissolvers—not vesicles of life.

While it is true that viruses and exosomes appear similar, this is not to suggest one should assume they are the same. As stated, viruses cannot both dissolve and transport life-giving fluids between and to cells, while also dissolving, without sacrificing their main role in the body. **Note:** Exosomes may remediate some of the processes of a viral load (by acting as a similar solvent) while foregoing their vesicle actions—but that is not their primary role.

## Viral Functions

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When it comes to the science of how viruses function, we must throw out what we think we know and begin from the beginning as if we know nothing. We must start fresh and begin from the very foundation. Viruses exist as a last resort for organisms to utilize in the case of systemic toxicity when all other living microbial cleansers become poisoned to death when they attempt to feed upon



and remove that toxicity. Viruses, not exosomes, are the only viable solution for the body. The body must call upon non-living structures to do the job that these living cells, bacteria, parasites, and fungus cannot.

### ***So how do viruses function in the body, after all?***

Viruses are produced by nucleus cells; cells that contain a nucleus. Such cells exist in all major organs and parts of the body. In the liver, we have hepatocyte cells. In the lungs, we have epithelial cells, and so on. There are many types of nucleus cells that make up the body. When the integrity and fluids of a cell become overly toxic with cellular waste, foreign contamination, or debris, cells will intelligently—as a single body—begin to manufacture proteins known as viruses. The genome directs viral creation, and contains all the blueprints/instructions for a cell to manufacture the necessary protein. Depending on the area of the toxin(s) it encounters, the cells in each area will create the protein so that it may successfully dissolve matter—this is a form of mutation. I have referred to this as **Viral Pleomorphism**. That is, viruses, unlike bacterium, are not alive to mutate/morph after creation. They must do so during cellular creation.

Particles of viral parts exist in the cytoplasm of each cell. Production parts

exist in the nucleus, which combine viral protein particles into whole structures known as viruses. These protein particles are called into the nucleus and are structured into their whole form. As before, they were nothing but particles without purpose. Now, they have been structured into their viral form—a whole protein. Viruses are embedded with an mRNA strand(s) which will serve as a type of lock-and-key system.

Viruses also contain organic DNA, since all cells contain DNA which is imparted to their creation (virus). All cells contain minutely different DNA—not the same. The virus is covered with a capsid; a moisture layer that acts as a surfactant. This surfactant is made of protein fluids.

Surfactants, like a detergent, when added to fluid, decrease surface tension. This increases its wetting properties. Surfactants lower the surface tension between two liquids, or, between a liquid and a solid. Likewise, the outer coating of a virus, the capsid, is able to attract and repel matter into its bubble-like outer layer, neutralize it, and then gradually dissolve it like soap dissolves grease from dishes. What it will absorb and dissolve is guided by antibodies (a type of white blood corpuscle), and by mRNA—a communication component of cells and viruses. These are communication agents operating on a lock-and-key system, behaving similar to velcro, which has two sides to cause



sticking to one another—it will only stick to specific parts. It is also akin to a magnet repelling and attracting. Antibodies bring matter to and from the virus for dissolution. Viruses are therefore enzymatic-like disassemblers; being able to break down like an enzyme would break down food. When the virus comes into contact with a substance, aided by antibodies and DNA/RNA, that virus will engulf and dissolve the matter, thereby neutralizing it. Viruses will also dissolve broken-down waste from bacterial and cellular consumption, break-down, and elimination, in order to then dissolve those substances into particulates small enough to excrete from the body. White blood cells always assist the actions of infection such as viral proliferation, which is necessary in healing the body, and also plays a role in excreting toxins from the body.

There are intelligent forces behind the actions of viruses—otherwise, we would see 100% exact outcomes between all people, being non-discriminatory, yet, we do not. Viruses are therefore intelligent actions of cells under duress. Being living agents, cells have survival mechanisms. Viruses are the expression of cells when they are attempting to restore themselves and prevent mass-cellular degeneration and death.

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That is all for this issue of *Shine A Light*. Please visit my website for more information:

<https://virusesarenotcontagious.com/>

If you have any questions, or would like information on a particular subject, please email me at my website by filling out the form.

—Jeff Green

