

SHINE A LIGHT
NEWSLETTER

BY
JEFF GREEN

ISSUE #3

SHINE A LIGHT Newsletter

Written by Jeff Green

Alternative Nutrition/Researcher

Issue #3 - December 26th, 2020

- ❑ Virus Studies/Trials
- ❑ Double-Blind Studies
- ❑ What Is The Evidence of Viruses Not Being Contagious?
- ❑ Rabies: Is It Real?
- ❑ Prions & Their Cause: Deceptive Science

Virus Studies/Trials

As with any study, you must verify it in your own research. You must use multiple sources—not merely one. Also, consider the source of the study. It comes down to intuition as well. Imagine, if you will, a world where all scientific knowledge is lost and rewritten, perhaps at the same time changing things from their true meaning. In such a world, everyone will believe the esteemed and knowledgeable journals as they do today and will regard it as truth. But are they true with regard to actual reality and truth? And how would one know for certain? That is

where intuition comes into play; the higher self. Personal observation is also key, which is the prime scientific method. But in such a world, even those are considered non-existent and are thought to have no place in science. It's a conundrum beyond words that a regular person cannot easily break free from. In such a world, people who question the official narrative are castigated by society and shamed; their ideas discouraged and punished. Sound familiar? This same world I have just described has existed on Earth before. Yet, people do not believe it could ever happen again. That is quite foolish and naive. Do not believe anything you read or see unless you can prove it in your own research.

Double-Blind Studies

If you pay close attention to the commenters in various online forums, they speak as authority figures, yet display very little knowledge of their own. They regurgitate endlessly what they have been told by the media. There is no apparent scientific understanding in any of those places. They merely state things they have read from the CDC, or other such 'official' bodies. They're not playing with a full deck of cards. Indeed, they're playing with the narrative they're fed. In truth, they're propaganda fronts that sway public opinion on a large scale.

Vaccine side-effects, if not immediate, are usually pushed far into the future.^{1 2} Usually in the third generation, or around 20-30 years if you begin vaccinating at age 1. Knowing this, a double-blind study is pointless and useless since the effects are largely delayed. For instance, you could fill the syringe up with a certain amount of anything that is just below the threshold of making you sick or killing you, and you'd have a 'safe' vaccine because the toxicity accumulates/stores and expresses itself at a later point in time.

¹ Khan, Z., Combadière, C., Authier, FJ. *et al.* Slow CCL2-dependent translocation of biopersistent particles from muscle to brain. *BMC Med* 11, 99 (2013).
<https://doi.org/10.1186/1741-7015-11-99>
 See link: [Slow CCL2-dependent translocation of biopersistent particles from muscle to brain | BMC Medicine |](#)

² **Journal of Inorganic Biochemistry Volume 128, November 2013, Pages 237-244**

Shaw CA, Li Y, Tomljenovic L. Administration of aluminium to neonatal mice in vaccine-relevant amounts is associated with adverse long term neurological outcomes. *Journal of Inorganic Biochemistry*. 2013 Nov;128:237-244. DOI: 10.1016/j.jinorgbio.2013.07.022.

[PDF](#)

“Al salts are the most widely used adjuvants today and have been since the 1920s. The fact that they can trigger pathological immunological responses and a cascade of unwanted health effects has been relatively under-appreciated to date. Nevertheless, it is clear that the problem with vaccine-derived Al is three-fold: it can persist in the body, it can trigger pathological immunological responses and it can make its way into the CNS where it can drive further deleterious immuno-inflammatory and excitotoxic processes.”

If that substance is some kind of heavy metal, and it lodges into tissue and stays there for 15 years, and is finally discarded by cells attempting to renew tissue, you're going to have a big problem.

Furthermore, the tests are pointless, because vaccines, all of them, cause damage—I don't care how safe they claim they are or how many 'trials' they claim are successful. They all damage. They all harm. There are none that do not harm.

The test for immunity is also pointless. You go in and you get tested to see if you have active material, such as antibodies, that have been sparked due to the mRNA or viral tissue injected into you. You cannot test for antibodies because antibodies do not, I repeat **do not** create immunity. Immunity, in the classical sense, does not even exist. There is no 'immunity'. Your entire body is your immune system. It is a complex network of many systems. Antibodies will show up no matter what you inject into the body, unless it is something benign, like water. They are not mediators of immunity. They are the regulators of infection, which heals the body.

Related Note: A significant study has recently been released that studies the effects of vaccinated vs unvaccinated.

"We could detect no widespread negative health effects in the unvaccinated other than the rare but significant vaccine-targeted diagnosis. We can conclude that the unvaccinated children in this practice are not, overall, less healthy than the vaccinated and that indeed the vaccinated children appear to be significantly less healthy than the unvaccinated."³

The very nature of vaccines is unsafe. Whenever you inject foreign debris into the body; foreign animal tissue, it is unsafe. They know the inherent dangers. They know that injecting mercury, aluminum, in the form of nanoparticles, is almost 100% absorbed. They know all of this, but continue to vaccinate. We have a well-documented history of the true nature of vaccines, going back to the 1800s and before. It is crystal clear that vaccines do not work, will not work, and cannot work by their very nature. They understand this deception, but they know that it sounds plausible, so they are able to convince the people that it is doing them good. In reality, it is gradually altering the human race over time; decreasing the vitality of mankind as a whole.

If people were to wake up from their vaccine mindset delusions, they'd understand that vaccines are wholly unnecessary and are detrimental to mankind. There would be none of this happening if everyone would refuse to take a single vaccine. People in general are incredibly misled, ignorant and regurgitators of non-fact parading as fact. Most people are operating with a false sense of what they deem 'truth'. Their truth is not the actual truth of reality. Instead, it is the propagandized 'truth' of those in power—used to mislead and direct the 'masses' in their favor.

At the same time, I think many in the anti-vaccination crowd are well-intentioned, but those in power also have them all debating endlessly the minutia that they have set for them right out of the gate. The truth will never be discovered with such a mindset. You must begin from the beginning, with the foundation that was set in the 1800s for which modern-day 'medicine' derives its practices. You must start from the beginning to understand the deception.

If everyone would understand that viruses are not the cause of disease; that they are not transmittable contagions—that indeed, no such thing as 'contagion' insofar as bacteria and viruses are concerned, exists—for disease is a result of every individual and not of the whole passing around disease.

³Lyons-Weiler J, Thomas P. Relative Incidence of Office Visits and Cumulative Rates of Billed Diagnoses Along the Axis of Vaccination. *Int J Environ Res Public Health*. 2020 Nov 22;17(22):8674. doi: 10.3390/ijerph17228674. PMID: 33266457; PMCID: PMC7709050. <https://www.mdpi.com/1660-4601/17/22/8674/pdf>

If they begin to understand this, the deception will start to become clear.

What Is The Evidence of Viruses Not Being Contagious?

The doctrine of virology, bacteriology, and medical theory is based upon complex static theories that are concocted to make the reader believe it is true. When we observe reality, we observe different outcomes. This is a problem in modern science. If viruses are contagious, I should be able to go out and infect myself with a virus from someone else, yet, all throughout history, we find the exact opposite. A lot of their theories are partial-truths. They are not whole truths. The only way one would know is to get down and experiment with their theories to test the waters. That is what I have done.

One way I accomplished that is through 13+ years of eating raw food that is deemed highly dangerous, with pages and pages of literature to 'prove' it. I am healthy and still alive.

Antoine Béchamp wrote about bacteria in his Terrain Theory, referring to them as scavengers, and alluded to the functions of viruses as well, but only

partially, as did Claude Bernard in his time. **See:** *Bechamp Sourced: Vaccination: The "Hidden" Facts* by Ian Sinclair.

For other authors, there are people such as E.W. Cordingley. **See also:** *Virus Mania*, by Torsten Engelbrecht et al.

Another source:

“Medical doctors are working on the germ theory of disease... But the germ theory is already weakening and is due to be thrown aside. Dr. Fraser of Canada and Dr. Powell of California have experimented with billions of germs of all varieties, but they have been unable to produce a single disease by the introduction of germs into human subjects. Dr. Waite tried for years to prove the germ theory, but he could not do so. During the World War an experiment was conducted at Gallop's Island Massachusetts, in which millions of influenza germs were injected into over one hundred men at the Government hospital, and no one got the flu. Germs are scavengers.” — Principles and Practice of Naturopathy. E.W. Cordingley, M.D., N.D., A.M. - 1925

And another:

“We agree with those members of the profession who hold that no germ causes tuberculosis. Germs do not cause any disease. Further, we agree that there is more harm in the fear of germs than there is in the germs themselves.” — Timely Truths on Human Health - Simon Louis Katsoff, M.D. 1921

"Perhaps the most interesting epidemiological studies conducted during the 1918–1919 pandemic were the human experiments conducted by the Public Health Service and the U.S. Navy under the supervision of Milton Rosenau on Gallops Island, the quarantine station in Boston Harbor, and on Angel Island, its counterpart in San Francisco. The experiment began with 100 volunteers from the Navy who had no history of influenza. Rosenau was the first to report on the experiments conducted at Gallops Island in November and December 1918.⁶⁹ His first volunteers received first one strain and then several strains of Pfeiffer's bacillus by spray and swab into their noses and throats and then into their eyes. When that procedure failed to produce disease, others were inoculated with mixtures of other organisms isolated from the throats and noses of influenza patients.

Next, some volunteers received injections of blood from influenza patients. Finally, 13 of the volunteers were taken into an influenza ward and exposed to 10 influenza patients each. Each volunteer was to shake hands with each patient, to talk with him at close range, and to permit him to cough directly into his face. **None of the volunteers in these experiments developed influenza.** Rosenau was clearly puzzled, and he cautioned against drawing conclusions from negative results. He ended his article in JAMA with a telling acknowledgement: "We entered the outbreak with a notion that we knew the cause of the disease, and were quite sure we knew how it was transmitted from person to person. Perhaps, if we have learned anything, it is

that we are not quite sure what we know about the disease."(p. 313)⁴

There are so many more sources it would take multiple pages, so I will leave it there. Suffice it to say, we've all been lied to all of our lives.

Rabies: Is It Real?

One of the reasons the medical profession tries to convince people to vaccinate their animals as they do humans, is because they have to be consistent in their doctrine. It's part of the deception of vaccines. Being bitten by a dog, aside from it hurting you physically, will not make you ill by passing a virus. Viral particles are easily eliminated by white blood cells upon entry to the body. Furthermore, as stated time and time again in my writings: outside viruses have no direct viral influence on the body. Even if a dog had a naturally occurring virus, the body bleeds outwardly to clean wounds, and oxygen cleans the wound as well. The same is true for tetanus (*which is a very dangerous vaccine*).

The only way to get animal tissue into the blood is through injection. A bite

⁴ See Section 'EPIDEMIOLOGICAL STUDIES':

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2862332/>

simply will not work. You have to actually push the tissue deep into the body, as in vaccination. Consider that the fearmongering theories and stories coming from the CDC and veterinarians is completely bogus and misleading. They will claim that they see so many animals with 'vaccine-preventable' illnesses that walk through their door. This is patently false. For example, the rate of rabies is 1 person a year in humans. The actual rate is 0.

If an animal develops disease, it is due to manmade environmental toxicity factors. **No animal needs a vaccine whatsoever, period.**

I gave advice to one of the pet forums last year and was promptly banned. Vaccination proponents are quite caustic people in general, and will simply not rationalize or reason with the truth. They adopt their own vaccine beliefs and place them onto their animals. Pet lovers feed their animals garbage food like Purina, or some other bagged, processed food, get them vaccinated yearly, and then wonder why they are of such poor health and constitution. They point to things like rabies as something that is dangerously contagious, that must be vaccinated against. Rabies virus doesn't exist. [See: 'Rabies Past Present in Scientific Review' — by Millicent Morden \(Physician & Surgeon\) 1956.](#)

From the source:

—>...

"There are over 3,000 deaths on record in reports from the Pasteur Institute, of persons bitten by dogs. All died after treatments. On the other hand, the record of the London Hospital, a few years ago, showed 2,668 persons bitten by angry dogs: **not one of them developed hydrophobia and not one had been treated by the Pasteur method.**"

"Is rabies then a disease? Have we isolated a virus or germ? Is the Pasteur-treatment specific? Is rabies, in short, fact or fancy? **I believe it is fancy, for I have handled so-called rabid animals and humans without benefit of Pasteur treatment and in no case has there been a death or any other symptoms of rabies.** I submit that rabies is non-existent and that the Pasteur treatment for rabies is worse than the disease, if it were a disease, which it is not."

The answer is, animals are just as affected by vaccines as humans. Animals develop the same diseases that humans do. One of the greatest lies to ever be told is that animal viruses cross-species. Firstly, viruses do not jump or leap anyway, but they especially do not do so from animal to human. That was one of the main theories that propelled AIDS, SARS/Coronavirus, and Ebola. They blamed monkeys, rats, bats, and anything else natural—none of which is remotely true. Those in power despise nature. If they can turn mankind against nature itself, they can control mankind.

Frothing at the mouth is a result of an animal digesting their own stomach,

usually due to extreme nutritional deficiencies. This happens rarely in nature due to the natural ability of animals to get the food they require. But if a dog, for instance, goes vegetarian due to loss of food supply, they may develop such a disorder. Poisoning of a dog can also do this to the stomach, causing frothing. Frothing is 1 in millions. It does not 'transfer'. When then has there been such an incredible push to vaccinate your dog and/or yourself against it? Something to ponder...

Prions & Their Cause: Deceptive Science

It has been widely touted that prions are the cause of a particular disease. I am here to dispel that myth.

Prions are a result of disease itself. Prions are merely a symptom, not the cause. Prions cannot pass from person to person, or from animal to man, nor can viruses, especially animal viruses. Although eating meat from these diseased animals could theoretically cause sickness in a human (from accumulated toxicity in that meat—not prions). Prions are misfolded proteins due to protein destruction caused by toxicity.

Cattle: Prions are a symptom of disease caused by the cattle's environment; food, hormones, vaccines, de-worming agents, and other such toxicity.

Lasmézas's 1997 study on interspecies transmission of encephalopathy⁵ showed more than half of injected mice had no detectable prions. **Manuelidis's 2002 study⁶** showed that prions were the result of infection rather than being the actual infectious agent. The disease exhibits viral-like actions, which indicate viral replication by cells in order to break down toxicity.

Manuelidis's Study:

“The low PrP levels [**pathological** prion protein] in these highly infectious and activated cells further support the concept that pathological PrP is the **result of infection rather than the [supposed] infectious agent itself.**”

Prions are misfolded proteins that occur due to some level of nervous system toxicity. When proteins are manufactured in a damaged toxic cell, their proteins may become mutated, thereby misfolding as a result during or after creation.

When you take an animal and feed it sterilized non-living dead food, inject it with antibiotics, dewormers, hormones,

⁵ Lasmézas CI, Deslys JP, Robain O, Jaegly A, Beringue V, Peyrin JM, Fournier JG, Hauw JJ, Rossier J, Dormont D. Transmission of the BSE agent to mice in the absence of detectable abnormal prion protein. *Science*. 1997 Jan 17;275(5298):402-5. doi: 10.1126/science.275.5298.402. PMID: 8994041.

⁶ Baker, Christopher A et al. “Microglia from Creutzfeldt-Jakob disease-infected brains are infectious and show specific mRNA activation profiles.” *Journal of virology* vol. 76,21 (2002): 10905-13. doi:10.1128/jvi.76.21.10905-10913.2002

vaccines, etc—this all plays a part in disease manifestation.

Creutzfeldt-Jakob disease (TSE) is caused by this, which is merely a progressive Alzheimers type degenerative disease in both animals and humans.

Cattle in Europe and elsewhere were/are treated with dewormers that are injected very near the spinal cord of the cow, and that then affects the brain. This causes degenerative disease of the nervous system. Cows and other animals lived for thousands of years before these diseases suddenly began. These are manmade environmentally caused diseases.

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