

SHINE A LIGHT  
NEWSLETTER

BY  
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# SHINE A LIGHT Newsletter

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## Fraudulent Death Rates

January 21, 2021 - "We're in a dark winter of this pandemic," said Mr. Biden, warning that the situation will get worse before it gets better. He said he expected the U.S. death toll to top 500,000 next month. Still, he promised, "Help is on the way."

**T**here's no proof that the 500,000 death number is anywhere close to accurate. In fact, as I laid out and proved in my post on January 12th, the death rate has not increased from its regular overall daily death rate of 7.5-8k deaths per day. 500,000 have not died from coronavirus—it is impossible, or the numbers would show this, yet they do not. It is a fictional, made-up number that involves statistical manipulation to deceive the public. If anyone out there that disagrees

with me would like to prove me wrong, please do email me on my website or leave a comment. But I can assure you now, that I am correct in my assertions that I have stated here. The evidence is clear: 500,000 have not died from coronavirus, period. The real number is more likely to be around 10,000... if that. In all cases, it was due to underlying health problems that caused death—not directly from coronavirus or any other virus.

When we take into account the clear fact that flu deaths have been moved into the coronavirus category, the puzzle begins to become clear. The death rates are publicly available for all to see, except that the 2018-2019 rates have been hidden from the public, and indeed, were never released. But alas, they cannot hide history, for in 2017 we see an overall death rate of 7.5-8k per day from all causes. Therefore, the death rate has remained unchanged. Let us also consider that the flu went from 65,000 cases to merely 1,000. This is miraculous—the lowest in history. They claim an increase in vaccination was to account for the decrease in flu. This too is a deception.

**"As of the week of Oct 16, 154.6 million doses of flu vaccine have been sent across the country, according to the CDC, which is an 18.7% increase over the amount dispensed by Oct 20, 2017, when about 130.2 million doses had been shipped..."**

As you can see, the data is only showing an 18% increase. How does that lower flu from 65,000+ to 1,000? You'd need a 60%+ increase in vaccination rates countrywide (in

their theorem). According to their own data, this did not occur. 154 million opposed to 134 million is not a great increase—an increase of only 20 million. This hardly accounts for 60,000 as opposed to the 2020s 1,000 rate.

### **Do Viruses Exist - Subversion in Alternative Study?**

I continually get messages from individuals claiming that viruses do not exist. This is a dangerous stance because it is well-rooted in propaganda. You see, those in power have the alternative/conspiracy crowds and all seekers of truth under their thumb. They infiltrate these groups and muddy the waters with theories that sound plausible at first, but are poorly thought out and vetted. One of those theories is the idea that viruses do not exist. I use the word 'virus' since everyone will understand what I am referring to in my writings and when I speak. Viruses are classically known as poisons, yet viruses are not poisons—they are non-living enzymes that dissolve poisons.

As I have written about numerous times, the human body must have a non-living enzymatic solvent to break down matter that is too toxic for living microbes and cells to feed upon without being poisoned to death. Viruses are necessary byproducts of environmental pollutions of all kinds, mostly manmade. We can know with certainty that these solvents exist by the very fact that we observe their dissolution of matter by feeling or seeing the body go through symptoms

and the increase in ill-feeling along with viral replication by cells. When these symptoms resolve, and the healing phase is complete, we see the renewal of the body and improved health greater than it was beforehand. Viruses exist, and I have detailed the scientific reasons for why that is the case in all of my writings. It is indisputable.

The next theory is that of exosomes. There has cropped up a now well-known theory that exosomes are in fact viruses. This too is incorrect. Viruses are not exosomes and serve different purposes during viral detoxifications and normal cellular processes. Viruses are created by cells and encoded with RNA as a communication key. Cells create viral proteins, which are merely a type of non-living enzyme that breaks down specific substances like an enzyme breaks down food. We can know this by examining the makeup of the virus and agents in the body similar to viruses.

When toxins enter the blood system, if those toxins are too toxic for living agents to consume, cells must create non-living enzymes known as viruses. Viruses are proteins encapsulating a strand(s) of mRNA and organic DNA, which is merely a communication system between cells that utilize energy. They are covered in a surfactant outer coating made of water gel that acts as a water droplet would; attracting or repelling matter away from it (surface tension and charge), through electrical impulses known as **Zeta Potential**; static electricity. White blood cell antibodies guide

viral behavior, as do T-cells and cytokines and other like cells.

Viruses have specific RNA (mRNA) because cells intelligently encode them as such. Exosomes can be just as specific for their designed purposes, but the difference is that their primary role is to transport cellular fluids for life and to communicate cellular danger between cells, as well as of the processes. They can not communicate without RNA and DNA. Exosomes can forego their normal processes and help viral dissolution if there are an insufficient amount of viruses in a particular area, but that is not their primary role, nor are they replicated by cells in such large numbers as viruses are. Not only is this theoretically logical, it is also equally a scientifically valid observation based on deductive reasoning; exosomes cannot both transport cellular life and dissolve poisons without foregoing their primary role of transporting life. In other words, you cannot save two people at once.

For example, In toxic conditions we may observe red blood cells changing their processes and helping to consume toxic matter; the primary role of red blood cells being to deliver oxygen throughout the body. Therefore, agents in the body can have dual roles when needed, and the body sometimes finds ways to utilize the help of those agents in emergency situations if they are able to do so.

**When it comes to the theory that exosomes are viruses**, this was first brought forth (to my knowledge) by Andrew Kaufman to a widespread audience. I was

asked by a close associate and friend of Kaufman, Johntahon Rogers (*who had bought my book 'The Age of Deception' prior*), to do an interview last year on June 2nd, 2020. I delayed replying until September, waiting for the appropriate time. I then spoke with Andy Kaufman on the phone on September 23rd, 2020. I briefly explained my stance on the exosome vs virus theory and expressed my concern over the exosome theory not being fully thought out—we otherwise had a nice conversation. He admitted to reading my book at the time (*my book was released on April 29th, 2020*). He scheduled me to do a public interview alongside him and possibly Thomas Cowen in late October, who alongside Sally Fallon, just released a book on the matter at the time, **'The Contagion Myth'** (*many conclusions I disagree with in this book*).

However, I wanted it to be an audio interview just between he and I, at least at the time, because the things I am saying opens me up to bad actors that wish to do harm to those they disagree with or that harm the agenda of those in power. I suggested this having had a glimpse of what lengths such individuals will go to to attack others for speaking out. Kaufman agreed that this would be fine.

Oddly enough, I have not heard a word back from him or his friend/colleague since that time. This is most likely due to my disagreement that 5G is the direct cause of coronavirus or other viruses, and that exosomes and viruses are separate agents working alongside each other. Kaufman could not disagree with this point whilst we were speaking, nor could he dispute what I

said, leading me to believe he was in silent agreement. Unfortunately, he has never recanted or revised this theory, and I hope that he does one day.

I have come to many conclusions about what is going on at the hands of those in power, and how they are manipulating the people. I do not intend at this time to negatively address anyone, but things must be questioned. This goes hand-in-hand with points I've made in my other writings about why understanding the science is so important in order to be free from deceptive seeds.

I was also aware early on that many took my writings which I had previously written over 2 years ago that was concerning the non-contagious factor of viruses, and twisted them to suit their flights of fancy when coronavirus appeared, some taking verbatim word for word from my writings titled "**The Deception of Virology & Vaccines — Why Coronavirus Is Not Contagious**", a post originally posted on Reddit on March 2nd, 2020, that has since been posted on many websites, from David Icke (*whom I disagree with*), and beyond. It eventually made its way to mainstream news attention.

[See](#)

Making it on Reuters was an indication to me that this article that contained my writings was being passed around at a great rate.

Again, many websites reposted my information, some even pretending as if they wrote it, and many people began to come out saying that viruses are not contagious afterwards—I found this curious. I began

getting emails from kind people showing me sites that were using my information without my name attached to it—some even appearing to take credit for it. I had to contact a multitude of sites to kindly tell them that I was the original author, to which they agreed that I was since I provided irrefutable proof. Many of those people had many more views than me because of their platform.

Meanwhile, I have had very limited views due to Google censorship. Where were these individuals before all of this? They never spoke out or wrote about these subjects prior to coronavirus, except for a passing comment here or there. But what is even more curious, is that they did not understand the full scope of what they were saying with regard to viruses and could only explain single parts of the processes, with much of it being completely twisted. You could tell they were merely taking information from some other source without understanding the complexities. In one instance, individuals were taking verbatim what I had written and changed a few words. One of them (a supposed doctor) garnered tens of thousands of views, his video later being removed by YouTube.

To be clear, I do appreciate spreading the truth when it is done properly, but we must be especially mindful to give credit to sources. In all my writings, I give credit where it is due. Fortunately, Reddit and other forums contain time stamps. It is not the idea that viruses are contagious, which has been mentioned in history by others, but my specific theories on how viruses are manufactured by cells and their specific

actions that are individually my own thoughts and no others.

Many did not and still do not attempt to understand the simple concepts being imparted. I had already been theorizing about these subjects for more than a year prior in great detail, which is why the April presentation was well-timed, albeit released later than I would have liked. There were many things that had to be considered. I began work on the presentation in early March, only two months into the pandemic, long before anything was really happening with regard to coronavirus.

At some point in late April, the exosome theory took off. Somehow the ideas applied to viruses were instead being applied to exosomes as if viruses did not exist at all—this seemed to be the entire premise behind the theory. This has led to many people who know no better into claiming that viruses do not exist. This is simply incorrect, both from a logical standpoint and from a scientific standpoint. It is a disservice to those that are attempting to find the truth and the enemy will pounce on your ignorance and use it against you.

In closing, there appears to be people out there that are manipulating information and propagating it to enormous audiences. I am familiar with such subversion techniques and can recognize them from a mile away. I would like to state for the record that I am a normal person; I do not claim to be a medical doctor, and in fact, I could never be one because I so strongly disagree with their methodology.

This leads me to the question: Where did these people come from? Somehow, these theories I have mentioned have confused tens of thousands of people and misled them away from the truth. Ignorant people always want to latch on to the easiest answer, and yet, they cannot recognize when they walk right into another deception unknowingly. And you see, that's exactly what they do—they embed partial truths with lies. They do this to attract people like moths to a light; making them more reticent to believe whatever they say.

At this stage, all that should matter to anyone is someone's ability to reason, think, and come to conclusions with a scientific mind—not simply because they have a certificate from a college that espouses utter propaganda in all forms, or because they're saying something that you would like to be true because of uncontrolled paranoia. That is why I have been able to reach my conclusions because I have been free from such ingrained deceptions. You also must have a healthy dose of informed intuition to determine what is true—i.e. If someone makes wild claims without appealing to common sense.

***Ask yourself:*** Is it possible those in power are dumb enough not to capitalize on the ignorance of the people in order to sway public thought away from the truth, through using partial truths to seed conspiracy groups? I think not.

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## The Myth of Strains

**2021** will begin just as 2020 did. In the beginning, we will be seeded with the idea that a new dangerous and virulent strain has broken out somewhere in the world. That strain will make its way into America and will get the ball rolling for further lockdowns under the Biden administration; serving as the justification for more control. We should expect this by March, just as occurred in 2020. It appears they are following the same timeline as before. Dr. Fauci and others have claimed the coronavirus vaccine is supposed to protect against the new strain, but how could this be possible when those particular strains are not even included in the vaccine? More doublespeak. Of course, the vaccine would not work either way, but we should use their unscientific logic against them to expose their own theories and agenda.

The reality is, there is an endless amount of strains whenever a virus is naturally manufactured by a human or animal body. The unscientific perversion inherent to the medical profession would be laughable if it were not so dangerous. Each time a cell creates a virus in a body, it uses a different strain/variant of the same virus makeup or an entirely different virus. Each strain cleanses portions of the cell or tissue that the last could not. Therefore, we will observe an endless amount of various strains if we examine the right areas of a body. Each cell or group of cells in each region of the body all possess their own unique identity; each cell containing their own DNA and RNA which are used for communication between

other cells, such as white blood cells and other agents.

Each time a virus manufactures a solvent protein, they usually last for up to 72 hours, at which point they must manufacture and replicate a new protein to take over after the last set has been utilized to their full capacity and have dissolved/withered away and been engulfed by white blood cells. Replication of viral proteins will continue in this way until the body has returned to relative homeostasis, and toxic matter has been reduced in the blood. In other words, cells intelligently create strains to suit their exact needs—If they come into contact with a poison that they cannot easily eliminate, they intelligently manufacture a virus strain with the proper and specific communication keys (DNA, RNA) to meet their need for cellular survival. This allows them to latch onto and be attracted to specific substances, with the help of white blood cells that help guide their actions. It's really that simple.

The myth that there are merely a few strains of a virus that crop up somehow 'out in the wild' is both a misnomer and a blatant twisting of the truth. There are, and always have been, multiple strains and many hundreds of thousands of them that we may observe. Take any virus and you will observe that within each viral set—such as hepatitis, for example—you will find differing strains within this and subsets within this; many being minutely different. There are up to 320,000+ known variants inherent to nature and all living animals, including humans. **Remember this the next time those in media attempt to mislead and deceive you into a state of fear.**

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