

SHINE A LIGHT Newsletter

Written by Jeff Green

Alternative Nutrition/Researcher

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Exposé: The ‘Science’ of mRNA—Macrophage/Cytokine Alteration

This newsletter starts off with a quote from the following study, titled: "Targeting Macrophages as a Therapeutic Option in Coronavirus Disease 2019"

"If M1-like function is altered, excessive secretion of pro-inflammatory cytokines can lead to a “cytokine storm” that causes systemic inflammation and tissue damage. For instance,

overproduction of IL-6 and other pro-inflammatory cytokines leads to a cytokine storm in patients, increasing the risk of multiorgan failure, vascular permeability, and consequent death (Meduri et al., 1995a; Meduri et al., 1995b; Jose and Manuel, 2020)."¹

This basically means

they are wanting to regulate M1 and M2 macrophages by altering their actions; to reduce inflammation supposedly caused by ‘COVID-19’ they claim, which would be at the cost of properly detoxifying toxins and healing the body by altering inflammation responses and cytokine production, along with whatever other gene modifications are present within the vaccine that would alter actions and expressions of these types of agents.

It concludes: "For example, treatment with

¹<https://www.frontiersin.org/articles/10.3389/fphar.2020.577571/full>

epigenetic modifiers could decrease the expression of pro-inflammatory cytokines that lead to the cytokine storm, while also targeting M2-like macrophage polarization and activity to decrease the signaling involved in the fibrotic process."

Note: Macrophages initiate inflammation by releasing molecules (known as cytokines) that activate other cells. Modification of the way these cells behave can alter an organism.

Cytokines, a growth factor, primarily affect the cells of the immune system and help carry out immune responses.

So, how can people claim they are NOT seeking to modify DNA? Epigenetics changes gene expression, instead of having to alter the DNA sequence directly. DNA is therefore altered through the future actions of cellular creation.

Epigenetic changes alter the physical structure of DNA when it is being produced.

It is a change in phenotype without a change in genotype. The term "phenotype" refers to the observable physical properties of an organism; these include the organism's appearance, development, and behavior.

Therefore, they can alter the way genes express themselves. This means they could theoretically prevent or alter the way certain genes are created and expressed in the future, thus, indirectly altering specific parts of the DNA creation process, which would change specific parts of the DNA of cells.

Conclusion

You cannot inject mRNA into the body and cause the cell to produce a virus spike protein. However, you can cause it to alter future synthesis of DNA through epigenetics. That means you can alter gene expression and change the way parts of DNA are created when a cell divides in the future. Again, Epigenetics changes gene expression instead of having to alter the DNA sequence directly.

A spike protein is the cover story for the manipulation of DNA. Yes, protein synthesis is

being altered to change gene expression, but this has nothing to do with making the cell produce a specific spike protein. A spike protein wouldn't spark immunity. They know this.

There are a multitude of endless strains of coronaviruses, and each body can produce a different strain of any given virus. Yet, they claim their vaccine can produce immunity for all types? Impossible. Immunity does not exist anyway.

I doubt they would flounder their new technology on a method that would never produce so-called immunity. Of course, they wouldn't.

What We Know

What they're actually changing, or seeking to change, is the creation of macrophages by altering gene expression; their purpose, in part, is to mediate the inflammation response of the immune system. This means by altering the response of macrophages, they can be made to produce fewer cytokines, therefore, the body cannot properly detoxify and will lead to eventual toxicosis in injectees. Booster shots will delay the

inevitable by suppressing the body, but eventually, the dam will break anyway and many will die over the course of a few years (not all at once).

I propose they have been working on these vaccines for many years prior—not just recently. Contrary to the language of the source I included, this is not suddenly a new idea.

What other changes might be possible through such epigenetics?

Sudden Shedding Explosion?

I have gotten many messages about 'shedding' in the past month. So, what's the deal? Who is propagandizing people to believe shedding is harming people, especially females, and how has it occurred so swiftly? There is no proof 'shedding' of vaccine toxins is causing such problems, and actually, it makes no logical sense on its face. This appears to be another trap laid for conspiracy groups.

It's time to begin learning the science about why this is not

possible. Yes, toxins can be expelled by the skin, mouth, and many other orifices, but to then equate that with being exposed to vaccine toxicity, as if it matters to your own body, indicates a lack of scientific knowledge of how the body functions. People see coincidences and then come out with these huge extrapolations based upon only one or two observations, and then sound the alarm bells and fearmonger everyone else into a fear state.

As I have stated before: disease itself is coincidental in nature and prone to misobservations. I've seen these tactics before, and people are going to have to learn the hard way that they are being pushed and pulled from every direction. I've even received a message that prions from these vaccines could pose a problem. Yes, that is true, but only to the person receiving the shot.

Once again, prions are not something you 'catch'. They are misfolded proteins from the disease state that are occurring internally in a body. I did a whole newsletter piece on it last year and included studies. So, where is all this coming from?—perhaps the anti-vax groups that still believe viruses are contagious? I believe

that is one source. I do not trust these groups whatsoever. They are bought and paid for by the same groups they claim to be against.

Yes, we have something in common insofar as our distrust in vaccines, but these groups are not interested in getting down to the truth of it all, it seems. They are mainly controlled opposition that believes vaccines can be made 'safe'. I am not including everyone in that list, but there are many prominent folks that are incredibly misled.

Shedding is not real, and if it was, those in power would not be so greatly pushing for everyone on the planet to get vaccinated if they could just expose other people who are vaccinated to those that are not. I am (unfortunately) around others who are vaccinated and have experienced no side effects. It is not remotely the problem fearmongers are making it out to be.

When toxins exit the skin and mouth they are bound with white blood cells that have mostly neutralized the toxin. You would have to drink a whole cup of someone's vaccinated body sweat to even come close to producing toxic problems in your own body.

Even then, it is mostly removed by the digestive system through that particular method. You'd have to inject that material directly into your blood or drink large sums of it. Is anyone doing that? I think not.

These toxins are **STORED** in the body and are not readily excreted to begin with. That is one of the big problems with vaccination, which is that their toxins are stored by the blood and tissue and in cells wherein they cause degeneration over time. These toxins accumulate and store and are gradually released over time by the body. And no, pheromones are not a problem either. These are biological phenomena, and are hormones—people are not going to excrete 'vaccine pheromones' because vaccines do not operate in that manner, nor can they. Think logically and do not allow people to mislead you. That would be like saying if someone has thyroid cancer, their hormones are not healthy, and they will sicken you as well. Worrying about those around you being vaccinated, as if you will catch their toxicity, is wasting emotional energy on something that is not real. Many mainstream articles are being put out by people seeking to mislead, and preying

upon those who believe shedding poses a threat to the unvaccinated.

Fortunately, it is not a problem. It seems many people cannot win no matter what they do.

If you want to remain healthy, never get a vaccine.

Part of My Story Explained

I have been observing the reactions and opinions of people concerning health, viruses and vaccines for a long time now. When I used to have arguments on places like Reddit about viruses not being contagious a few years ago, I was told by a few that what I am doing is not how to wake people up because it's too bold. Of course, they themselves didn't truly understand the science, but they were good at arguing why vaccines are dangerous. And yet, when it came to arguing, they always reverted back to "Some vaccines eradicated some diseases...", and, "We need safety trials and an unvaxxed vs vaxed study!"

Many such people did not know what they were really talking about, even though some were/are smart at finding studies and

rebutting vaccine advocates. The science of why and how, they almost always got wrong. Again, many are unknowingly basing their beliefs off of Germ Theory and do not realize it. That is how ingrained it is in the minds of so many people. They are misled right out of the gate and use talking points given to them subconsciously by those in power. There are very deceptive people in this world, and people do not understand the depth of it all. It was a challenge for me as well to rethink everything, and I do mean *everything*. But eventually, things become clear.

In the end, people are never truly going to find the truth so long as they are operating under a deception they do not realize they are subject to. They have to approach this as a child would, not knowing anything at all.

I sat in my bedroom many nights in the dark visualizing these ideas that I express to you now. I would constantly tell myself "But that doesn't make sense to me... there must be something else to it." So I slowed my mind down and meditated on everything I saw in nature. I would go outside late into the night and observe worms, ants, cockroaches, and so on. I studied

how the rain worked, humidity and its effects on the body, and so on and so forth. I still do. I observed every little thing, down to dust and how it floats. At night, I'd use a flashlight to study the way water can vaporize into the air. All of this informed my thoughts on health. This is only part of my experience.

I learned a great deal simply by observing in quietness with no noise. I would constantly tell myself "The way these natural creatures behave is no different from man, really..."

I saw patterns in all living things. I observed cats, opossums, and birds. I watched how birds would swim in and eat their own feces without worry and without ever getting sick. I observed the same birds and animals day in and day out. I observed cows firsthand, to observe their behavior and how they live. There are many things I have observed that anyone could see for themselves if they simply took the time.

All of these things in totality give us the answer. The truth is right where we are.

What I had observed in my daily life didn't correspond to what the Germ Theory doctrine stated. I had been eating raw meat and drinking raw milk and eggs and I

knew that I was much healthier than before and never succumbed to food poisoning. I observed the same effects for people I fed this food to as well. That is what truly woke me up; first-hand experience.

I adopted these views because I have 'risked' my life to find the truth and I have observed them first-hand as the truth. On the other side of that, freedom is to be had; freedom from fear. My message is one of hope. Never should we begin to fear ourselves or those around us, for it leads to negative consequences, all of which I have severely experienced in my own life.

Viewer Comment Answered

"Toxicity seems to be a catch-all for things not good for your body, fire, poison, excess UV rays. It's used in a way to imply that no competing life hurts us, it's always excess toxins from the environment, not staphylococcus.

If viruses are only used for communication, can't there exist rogue or bad messages that are counterproductive? If coughing, sneezing, excreting, etc, are

methods of removing toxins, then wouldn't they also be vectors of transportation?

Then, your use of the word toxin can be substituted for virus in the Germ Theory context and have no significant difference. When you say virus, and they say virus you're talking about two different things."

When you say 'transportation', it appears like you are suggesting it is actually transmission. All the vectors you referred to are methods of transportation throughout the body. They are not modes of transmission insofar as viruses being transmitted to cause infection are concerned.

Viruses are not merely communication systems. They dissolve poisons enzymatically; they are enzymes. The main portion that makes up their solvent action is the universal solvent known as water.

Their messages, whatever that might be at any given time, are warranted by the body that produced them. The body never attacks itself. That is a myth. Instead, in times of severe toxicity, the body may have trouble regulating toxins and cellular actions such as cell creation. Septicemia comes to mind. This is

because cells, due to volatile toxins, become degenerated to the point that they can no longer regulate their actions properly. In these situations, there is not enough stable cellular life to reverse the damage quick enough, and so widespread bacterial or viral infection is necessary.

This causes a situation whereby the body appears to be attacking itself, but this is an illusion.

When I say "virus", I am really referring to a type of enzyme, but use the word virus so that everyone I am talking to is on the same page. Viruses, as claimed by Germ Theory doctrine, is entirely the opposite. They claim the virus is the problem, but it is not.

Yes, toxins may be considered as 'viruses', if viruses are classically known as poisons. But again, there is terminology that we use to communicate ideas, and viruses would be the wrong term to use in this context when referring to toxins.

Toxins are the catalyst that drives disease. They produce "bad messages" as you say, but that is because the body is trying to cope the best way it knows how, and whatever bad messages are there, is due to cellular destruction and cells trying to remediate damage.

All disease flows from mans' environment and his subjection to toxins—either natural or manmade. Bacteria, fungus, parasites, and viruses, are all part of the microbiome of all living organisms. They are essential in our existence, nor are they the direct causes of disease, and in fact, manifest or replicate in order to reverse a toxic condition; being used and regulated intelligently by the body.

That is all for this issue of ***SHINE A LIGHT Newsletter***. 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