



A letter from the author

Hello,

Over the last 20 years, I have dedicated my life to helping humanity reverse the effects of inflammation, chronic illness, allergies, and emotional imbalances.

My journey began in 2000, as a young doctor, I took a training in San Diego where I learned to use vibrational resonance to address pathogenic infections that were linked to today's most insidious and most debilitating illness, like Fibromyalgia, Chronic Fatigue Syndrome, Irritable Bowel Syndrome, Rheumatoid Arthritis, Osteoarthritis, Multiple Sclerosis, Alzheimer's Disease, Chronic Allergies and many others. Over the next 20 years, I owned and operated 7 different centers in the Denver, Colorado area that focused on the treatment and reversal of these chronic diseases using all vibrational techniques and technologies.

In 2015, I wrote my first full-length book, ***Primal Resonance, Discover the Secrets to Health, Vitality and Optimal Human Performance***. It discusses the top 10 ways to reverse aging and degeneration using sound, light, frequency and vibration as well as talks about the New Epidemic in America, Chronic Systemic Inflammation. When I wrote this book, I never thought these topics would become so important and relevant on a global scale as they are now as I write this letter, March 13, 2020.

Considering the recent outbreak of coronavirus disease (COVID-19), these two chapters may be the two most important chapters you will ever read.

Chapter 1, A New Epidemic in America

Chapter 11, Eliminating Infectious Agents

The challenges we are currently faced with the Coronavirus, is not a by-product of the virus itself, it is a byproduct of the “New Epidemic” that is no longer in America, it is worldwide! The people statistically most affected by this virus are immune compromised individuals and the elderly, but now we are seeing younger people being affected as well. What is the commonality between them all? Chronic Systemic Inflammation. This current Pandemic is being fueled by the underlying imbalances in a humans biological terrain. A person's misalignment with healthy gut flora and the rest of the body, pH, and other fundamental factors that create literal breeding grounds for all pathogenic infections to thrive. The key to reversing this pandemic is to balance your biological terrain not just in the gut, but in the mind, in the blood, and all systems of the body.

It is my sincere gift to humanity to offer these two chapters to help educate the world about this “new epidemic” and how to create an inter-cellular environment that is in-hospitable for the survival of infectious agents.

A few of the topics you will learn are:

- What a virus is.
- What factors viruses need to survive and thrive.
- How to transmute seemingly dangerous pathogens into beneficial life enhancing microbes.
- How to protect yourself during a global pathological threat.

Thank you for exploring this content, I welcome all comments and questions.

Best regards and Highest Oscillations,

Dr. Steven Schwartz

Chapter 1 - A New Epidemic in America

THE AGE OF CONVENIENCE

Over the centuries, there have been plagues and epidemics that have significantly changed mankind on this earth. In the Late Middle Ages, the bubonic plague wiped out two thirds of the human population. Over time, man has rebounded and is now at an all-time high in the human population—over seven billion people. We have more modern amenities than ever before. We are living in the convenience age—the age of fast food, fast information, and advanced technology. In this new world, it seems like nothing is impossible. The advancements in computers and the internet are making virtually everything possible. A few years ago, it was predicted that, by now, the world would contain more cell phones than humans, which could certainly be the case.

Another staple of our convenience-based society is evident within our own modern Western healthcare system. Millions run to the doctor and the emergency room for a quick fix for whatever ails them. But the ailments that are presenting in the modern hospital or typical medical doctor's office do not have quick answers. A simple pill will not provide the solution. At best, pharmaceuticals may create symptomatic relief, but they do so at the expense of more severe, long-term side effects. And while people can point fingers at the pharmaceutical industry for the current state of our nation's healthcare system, this new epidemic is generated from imbalances in our modern world of conveniences, and—sadly—modern Western medicine has no answer for how to treat it.

This new epidemic is so insidious and widespread that it is not even perceived as a problem in the eyes of the masses, and it is accepted as commonplace in this modern world. The positive side of this epidemic is that it is treatable, it is curable, and the remedies to correct it all have their roots in the laws of nature.

THE ROOT OF ALL DISEASE

This new modern epidemic is chronic systemic inflammation.

Inflammation, according to *Webster's Medical Dictionary*, is: *a protective tissue response to injury or destruction of tissues, which serves to destroy, dilute, or wall off both the injurious agent and the injured tissues.*

It is widely accepted that most, if not all, named diagnosed conditions have an inflammatory root. Arthritis, irritable bowel syndrome (IBS), asthma, allergies, multiple sclerosis (MS), cardiovascular disease (heart disease), cancer, diabetes, and even conditions like bipolar disorder, depression, ADD/ ADHD, and addictions have all been shown to be linked to inflammation.

Systemic is a term used to reference something that is widespread rather than just local. So inflammation found throughout the body—not just locally—would be systemic inflammation.

Chronic means long-term. So chronic systemic inflammation refers to a long-term, widespread process—found in multiple places in the body or throughout the whole body—that is harboring inflammation. Another way of saying this is: a long-term, active swelling process that is found throughout the body or in multiple parts of the body.

You may be saying to yourself: *Everyone has that.*

And that is exactly my point. In our society, it is so commonplace that it is not looked at as an epidemic.

Statistics show that the typical American over fifty years old is on at least five pharmaceutical drugs, and that most people are on one pharmaceutical drug per decade of life. According to the American Gastroenterological Association, more than thirty million Americans are on some form of anti-inflammatory drug. As of 2012, the national census states that the total number of Americans is 313.9 million. That means that *one third* of the population of the United States is taking anti-inflammatory drugs. If that is not an epidemic, then I do not know what is. Looking back over the history of time, you would be hard pressed to find a more widespread outbreak of insidious disease anywhere in the world.

IDENTIFYING THE CAUSES

With so many people being afflicted with chronic systemic inflammation, it is only prudent to ask: *Why are so many people affected by this epidemic, and how did it come about in the first place?*

In order to trace back the origin, we need to examine the process of inflammation.

Let us revisit the definition of inflammation: *a protective tissue response to injury or destruction of tissues, which serves to destroy, dilute, or wall off both the injurious agent and the injured tissues.*

There are a few very interesting parts to this definition.

The first part describes *a protective tissue response to injury or destruction of tissues.*

Inflammation is a natural healing response—or healing strategy—that is a way to bring immune chemicals to a damaged area. Imagine a sports injury in which there is a torn muscle, and the immune system brings a large array of immune materials to clean up the damaged tissue and to lay down raw materials to stimulate the growth of new tissue. Remember, though, that the epidemic is about chronic (long-term) systemic inflammation.

- What if there was not an actual injury?
- Within this same part of the definition is the section that mentions *destruction of tissue.*
- What else can cause destruction that is not traumatic in nature?
- What about some kind of infection?
- How about toxic exposure?
- Do emotions play a role in causing tissue destruction?
- How about cell phones, satellites, and microwave radiation?
- How about heavy metals and other environmental toxins found in the home, industry, and our foods?

These are all contributing factors to this epidemic, and these factors are permanently woven into the fabric of our everyday lives in the modern world.

The next part of this definition states: *serves to destroy, dilute, or wall off both the injurious agent and the injured tissues.*

What is an injurious agent?

These are factors that will cause inflammation, like infection, toxins, and other harmful stimuli. The body is acting to destroy the harmful agent, isolate it from the rest of the body, and neutralize it. This is a healthy process—one that should be both encouraged and listened to. A carcinogenic tumor or an ovarian cyst is a “walling off” of a

proliferation of cells due to a breakdown in normal cellular communication. By simply removing these growths, the origin is never addressed, and the probability of symptomatic return is high. This is the body's direct and natural response of attempting to heal and preserve itself.

Regarding our definition of chronic systemic inflammation:

- What if you are having injurious agents in different tissues in the body?
- What if it has been going on for an extended period of time without any real known origin?

Now we are starting to see patterns develop.

As a doctor, I always find it most beneficial to look at the big picture, take a detailed history, and start creating a list of differential diagnoses.

I ask myself the questions:

- What can it be?
- What can create widespread swelling and inflammation in different areas of the body?

The overwhelming answer that comes to mind is toxins and pathogens found in our internal and external environments. Combine that with stress and emotional trauma, and your body is set up perfectly to harbor toxins and perpetuate inflammation. That is the foundation of this ever-growing epidemic in America.

Now, let's go back to the first part of the definition of inflammation: *a protective tissue response*.

The human body communicates in its own language. It is the language of silence and symptoms. The absence of symptoms is a state of either homeostasis (balance) or compensation. The human organism is hardwired for survival. Whenever there is an insult to the body of any kind, the human organism will launch a full-on compensatory response to eradicate and correct the insult to the best of its ability. That is the key: *to the best of its ability*. It will do the best that it can with the resources provided to it.

What kind of resources are we talking about? Resources like:

- Nutrition for the tissue, organ, or system

- Emotional support that gets anchored into the cells following some form of insult

It is important to realize that whole, real food provides appropriate nutrition to the tissues and organs that allow our nervous system and immune system to function appropriately. Adding to the epidemic is the state of processed and genetically modified foods. The food we are putting into our bodies may be creating allergies and other inflammatory processes. It may be the primary inflammatory trigger causing this epidemic in the first place. The opposite should be true. We should be able to consume foods that are anti-inflammatory in nature and contribute to the health and wellbeing of our bodies.

As much of a contribution as our foods may be making to this new epidemic, no other trigger plays a bigger role than emotions play on the body. Never before has humanity been more stressed-out about relationships, jobs, finances, politics, and even sports. At the root of our cellular function, our cells communicate through a process of vibrational resonance. Emotions are nothing more than vibrational resonance signatures that lead to biochemical expression.

The Centers for Disease Control and Prevention (CDC) did a study on what contributes to overall well-being, and what they found were the following factors:

- Self-perceived health
- Longevity
- Healthy behaviors
- Mental and physical illness
- Social connectedness
- Productivity
- Factors in the physical and social environment

When considering the core foundational factors that perpetuate inflammation, emotions are probably the most overlooked factor and may be one of the most primary vibrational anchors connecting all the others. The factors listed by the CDC are all areas that, in the West, tend to be grossly compromised.

- How do you perceive your health?
- What do you read in the magazines or see on television about your current health status?
- How do you perceive your own longevity?

- What kinds of healthy behaviors do you participate in?
- Do you smoke, drink, or take recreational or pharmaceutical drugs?
- Do you work out in the gym?
- Do you do yoga, mountain bike, snowboard or ski, hike, run, or participate in any other kind of regular exercise?
- Do you feel connected within your own community, your own family, or your own country?
- It is amazing how many of my patients feel like they do not belong here on planet earth. They feel completely disconnected from their place of origin.
- How productive do you feel that you are in this world?
- Do you feel like you are just going through the motions and collecting a paycheck, or do you really feel inspired by what you are doing with your life?

Depending on your answers, your emotional state may be contributing to the perpetuation of this new epidemic. When you look around, I'm sure you can tell that the overall thought process of the average American is dominated by worry, lack, and fear. That's why emotions will be discussed throughout this book as they relate to the many inflammatory triggers.

What if the resources that the body needs to heal are not provided appropriately or in a timely manner, or they are deliberately inhibited? Then what happens?

The body will create the best healing compensatory pattern that it can. That is the danger with treating symptoms. Symptoms are the body's way of communicating what is going on with it. They are truly the voice of the inner physician. Within this voice is all the wisdom you need to assist the body in creating health. When symptoms are suppressed, or turned off, there is a cost to the body. There can be some form of relief, but the long-term consequences are only going to force the body to create a whole new healing compensatory pattern. The more symptoms are suppressed, the more the body will compensate until it reaches a point at which it can no longer maintain integrity. This is when deeply-rooted degeneration, cancer, chronic pain patterns, and other named diseases begin to manifest.

All of the conditions that I have outlined so far are signs of the world in which we live today. Even one hundred years ago, as hard as life in America may have been, there were still no television sets, cell phones, video games, or genetically modified foods, and the day began and ended with the rhythm of the sun and the moon. Our world can now be completely manipulated with modern technologies that allow us to indulge in practically anything we want—twenty-four hours a day, seven days a week. This is what

pushes our bodies to the point of breakdown and advances aging, degeneration, and disease.

As you read this book, you will see how disconnected from nature we humans have become, and how that disconnect is expressing itself physically in our bodies and in our world today. The remedy to this problem resides in bringing our bodies back into alignment with nature. Following the basic principles of cellular biology, neurology, and quantum physics can put us back on the right path to health and optimal wellbeing. The epidemic is a wakeup call. It is following a predictable cycle of ebb and flow, yin and yang, disorganization and organization, chaos and order. We are currently in a disorganized, chaotic space.

What do order and balance look like?

The correction of this epidemic will signify the restoration of balance within humanity and throughout the planet. This is a big topic that expands far beyond the focus of this book.

The purpose of this book is to provide you with methods for short-circuiting the root causes of systemic inflammation and accelerated degeneration, thereby slowing the biological aging process. Within the pages that lie ahead, you will get all the knowledge you need to begin shifting your body from a place of chronic systemic inflammation to a place of balance and overall better health.

Chapter 11

Elimination of Infectious Agents

AUTOIMMUNITY AND QUANTUM PHYSICS

Remember the San Diego JMT training I attended in 2000 to learn how to treat autoimmune diseases so that I could help my mom?

The training was centered on two major principles:

1. Cellular communication of the body
2. Infectious agents

When I heard Dr. Jaffe talk about basic pathophysiology and the role that infectious agents play in skewing the way the immune system works, it was an eye-opening experience. It made perfect sense.

As I sat in the training, my mind journeyed back to my chiropractic school days. I reflected on my first year at New York Chiropractic College when I had studied microbiology. The textbook for that class had been one of the biggest and thickest of any class throughout my entire education—over a thousand pages—with pictures of microorganisms and the diseases with which they were associated. It had all been right there, clear as day: the role that pathogens play in the development of disease. But after the completion of that class, it seemed like the idea of treating infectious agents had just kind of fallen away, out of the normal stream of consciousness, and was never really referred to again as a trigger of disease (with the exception of things like the common cold or flu, some kind of staph or strep infection, or food poisoning).

Then, in the San Diego training, my whole world opened up when I was presented with the idea of chronic infection triggering systemic inflammation and autoimmune disorders. At that time, conventional definitions of autoimmunity did not include the consideration of pathogens as a cause. They were still saying that, for some unknown etiology or reason, the immune system becomes hypersensitive and begins attacking itself. Based on that definition, conventional medical care treats appropriately. Because they do not know the cause, they use anti-inflammatories, immunosuppressive drugs,

and other pharmaceuticals to manage the symptoms. (Current definitions do now seem to include the notion of infectious agents as a potential contributing factor.)

What if we were to take out the “unknown reason” part of the original definition and replace it with “infectious agents?”

The definition would then read as follows: *Due to infectious agents, the immune system becomes hypersensitive and begins attacking itself.*

This changes everything.

We now have a definite trigger. The immune system is actually doing what it is supposed to be doing: attacking the foreign invaders.

Suppressing the immune system is actually the *last* thing you would want to do. You would want to support it and enhance its ability to function normally. This is something that patients and practitioners alike should be thinking about early on when dealing with some kind of chronic condition.

It should also be stated that infectious agents are not the only triggers of autoimmune disorders. Things like toxic exposure and allergies can also be responsible, and will be covered in the next chapter. For now, we are going to focus on the elimination of infectious agents.

Dysbiosis

Since 2000, working with infectious agents has been a central pillar of my practice. Did you know that there are more germs in our bodies than cells?

The exact numbers have been estimated to be around one hundred trillion bacteria and fifty to seventy-five trillion cells in the human body. The cell-to-bacteria ratio should exist in a symbiotic relationship within the human organism.

Here's what happens:

- The first influx of foreign bacteria gets passed through the placenta of the mother during childbirth and is passed on to the child. Assuming that the mother is balanced with her normal, natural levels of good bacteria, this is the beginning of a healthy, balanced immune system.

Assuming that normal development continues, good germs work in balance with the cells of the body and assist in vital roles like digestion and immune system function. The body lives in a state of balance, and in that state, the child will remain healthy.

- Unfortunately, when a child is given vaccines and other pharmaceutical drugs in the very early stages of its life without replenishing the good bacteria, a dysbiosis (an imbalance in good, healthy gut flora) is developed. As a result, the young child's immune system begins to become compromised.
- Alternatively, if the mother who delivers the child has a dysbiosis herself, this can result in the child being out of balance from birth with respect to normal, healthy gut flora.

Pleomorphism

Remember, you are an electromagnetic organism. You function based on electromagnetic fields which, in turn, create a cascading chemical effect at the cellular level. So maintaining a healthy, happy, symbiotic bacterial relationship in your cells has a lot to do with maintaining healthy, happy electromagnetic field relationships in your body.

What kinds of things can affect electromagnetic field relationships? Factors like:

- Emotional trauma
- Physical trauma
- Chemical exposure
- Infection
- Toxins

All of these can affect the way your cells express themselves.

This principle is paramount. It is so important because, once the electromagnetic field relationships are altered, the inner relationships between your germs and your cells also become altered. In a process called pleomorphism, a beneficial germ mutates into a pathological infectious agent.

How is this possible?

It all goes back to a basic understanding of physics. There are two main categories of physics:

1. **Newtonian Physics** are the governing rules of how the physical world around us works. This kind of physics deals with things like gravity, velocity, momentum, and acceleration/deceleration.
2. **Quantum Physics** is a discipline that explains the principles of the inner world, the world of probability, the world deep within our cells, and the super-expansive world of our universe.

Quantum physics is concerned with waves and particles, atoms and molecules. It explores the concept of consciousness and the role of the observer of the environment around us. If quantum physics explains the physics within the cell, then it only makes sense to explore it as it relates to accelerated aging, inflammation, and disease.

A typical red blood cell is approximately 10 micrometers, which is equivalent to 0.001 millimeters. The smallest bacterium known, mycoplasma, is 0.3 to 0.5 micrometers, and a virus is even smaller with a range of 20 to 400 nanometers, which are smaller than micrometers. As a point of reference, a typical amino acid is 0.8 nanometers. These numbers are so small that they cannot be seen without specialized microscopes.

When studying cellular biology at the intracellular level, we are no longer examining life at the level of gross physical matter, which is referred to as the Newtonian physics model. We are looking at structures that operate on a whole other level of existence: the quantum physics level, the level of energy. Some pathogens, like parasites and molds, are bigger than a single cell, but most bacteria and viruses are extremely small and can actually live inside the cell itself. That being the case, it's important to look at chronic pathogenic infection more like an energy disturbance than an actual physical entity.

Theoretically, it makes more sense to treat bacterial and viral infections using bioenergetic techniques and technologies than with typical conventional oral pharmaceuticals. Beneficial and pathological germs respond to the environment either inside or outside the cell. If the electromagnetic field of the cell is altered due to some kind of trauma, exposure, or nutritional imbalance, then healthy, beneficial germs can mutate into pathological germs through the process of pleomorphic change. This process has been well documented by doctors and researchers around the world.

The most complete and modern research on the topic of pleomorphism has been conducted by Dr. Gaston Naessens, a medical researcher who has been pursuing and developing enhanced microscopic technology since the 1950s. He is the father of the somatoscope, a hybrid type darkfield microscope of his creation, which allows the study of live material at a resolution power of 15 nanometers (150 angstroms). This has allowed Dr. Naessens to study, with great accuracy, the lifestyle of the smallest units of life that he discovered in human blood, which he called somatids.

Dr. Naessens has shown that healthy biological particles, living in balance, go through a three-phase micro cycle. During this cycle, they perform functions essential for normal cell division. When these particles are under stress, a mutation occurs which extends their life cycle into a complex, sixteen-phase macro cycle.

Any form appearing after phase three of the sixteen-phase mutation is a sign of immune system compromise or hyperstimulation that will, in time (zero to twenty-four months), lead to degenerative disease if nothing is done. Somatids are not a cause of disease but a signal of biological imbalance, like a red light, indicating that the internal fluids are biochemically altered enough to give the cellular communication structures a sign that the immune system is in a survival state. During this time, disease can be attracted to the weakest area, organ, or system of the body. This sixteen-phase life cycle is a classic example of pleomorphism, illustrating how altered vibrational resonance within a cell can completely transform beneficial, life enhancing particles and organisms into pathological ones.

Considering this model, it makes sense that the best way to treat this situation is by:

1. Removing the cause of the stress that is inducing the life- cycle change in the first
2. Restoring a normal or balanced vibrational resonance to the infected cell by using sound, light, and frequency technologies

Dr. Naessens' work can also be compared to the law of attraction.

Have you ever seen a bug zapper light on a patio during the summer?

There is a frequency that, for some reason, is so irresistible to bugs that they cannot help but fly into it, ultimately leading to their demise.

The same concept works with your cells and pathogenic infectious agents. If the cell has experienced some form of past trauma that has left a scar in the cellular memory, then the cell will be echoing a vibrational frequency that the beneficial germ is not comfortable with, thus stimulating an expanded macro cycle and mutation into something pathological.

Dr. Hulda Clark explored the application of this process in treating cancer and other chronic inflammatory diseases, and so did Dr. Royal Rife. These early pioneers in the world of frequency-based pathogen treatments demonstrated the effects of specific frequencies on the body. Just like a wine glass will shatter when it is harmonically in balance with a specific note, exposing pathogens to matching frequencies can have the same result.

So what does this have to do with inflammation, degeneration, and accelerated aging?

Your body starts out in a place of balance with good, natural flora in your digestive tract. If there is some kind of insult from food, toxins, infection, or physical or emotional trauma, then your internal environment begins to change, and beneficial germs begin to follow a more pathological course. Your internal environment shifts from alkalizing to more acidic, leading to increased inflammation, which is responsible for almost every disease today and contributes to accelerated aging. Maintaining an optimal internal cellular environment is the key to reducing pleomorphism in your body and reducing pathological chronic infection.

IDENTIFICATION AND TREATMENT OF PATHOGENS

There are two processes necessary to making sure that long- term elimination of chronic pathological infectious agents can occur:

1. Optimal cellular communication
2. Balancing the body against infectious agents themselves

Unless your cells are able to decipher what is normal body tissue and what is pathogenic, your body is going to continue down the road of chronic inflammation and degeneration. Cellular communication breakdown from chronic infection can occur in a few different ways. One way is when chronic infection has been part of your body for so long that, as a way for the body to adapt and survive, the pathogen and the cells reach

a place of symbiosis or balance with one another. This process is seen in what I refer to as “mature infections,” which are mature because they have found a way to live within their hosts without killing them. (Remember, a parasitic microbe only wants a host in order to sustain its own life. By killing the host, it inevitably kills itself.)

Herpes

One example of a mature infection is herpes. According to the CDC, herpes simplex 1 (HSV-1, or oral herpes) and herpes simplex 2 (HSV-2, or genital herpes) are so widespread that nearly everyone, by the time they are elderly, will be infected.

Parasitic Infections

Another example is ongoing parasitic infections, obtained at a very young age, with which your body has found a way to function. While these infections may be present without symptoms, you could also have a wide variety of symptoms and systemic inflammation that may not seem to be related. Due to your long-term exposure as the host, you may start breaking down and presenting with a variety of relatively vague symptoms, like allergies, fatigue, joint pain, digestive issues, or other inflammatory diseases.

Two factors that determine how sick a host may get are the strength of the host and the strength of the pathogen. It’s a virtual tug-of-war going on inside your body—a fight for survival and for the continuation of each species on this planet.

Ebola

Remember the Ebola virus outbreak in Africa in the 1970s?

This is a perfect example of an immature pathogen. It is so aggressive that it can occupy a host and kill it within forty-five minutes.

Even pathogenic infectious agents need to go through an evolutionary life cycle to ensure their own long-term survival, or they will become extinct like the dinosaur. To keep them alive and help them to stay at least one step ahead of their hosts, pathogens have highly-evolved coping mechanisms. One of their evolutionary adaptations is the ability to have invisible cell walls so that the immune cells of the host cannot detect them. Another adaptation, called cell mimicry, is when a pathogen expresses the same

kinds of proteins as the host cell in which it is living. These highly advanced organisms are continually evolving.

Uncovering hidden infections is the first step toward appropriately identifying, targeting, and destroying these pathogenic infections that lead to increased systemic inflammation, accelerated degeneration, and aging. The human organism is hardwired to be able to heal itself. If it cannot reestablish balance, then it begins to shift toward chronic inflammation, degeneration, and accelerated aging. Since your cells communicate through signal transduction and vibrational expression, the use of energy techniques and technologies to assist your body in coming back into balance makes perfect sense.

Biofeedback Devices

There are devices that can scan for infection and deliver balancing remedies. I have been using these for years, and they are very effective (some more so than others). Biofeedback devices are a good way of assessing and balancing your body at the vibrational level of the cells.

When assessing your condition, it is important for your practitioner to evaluate why your body is out of balance in the first place.

- Is there emotional trauma?
- Is there physical trauma?
- Are there allergies?
- Is there toxicity?
- Is there infection?
- Is there structural misalignment?
- Are there energy channel blockages?

There may be a single or multiple triggers inhibiting your body from communicating appropriately. Multi-channel and single-channel biofeedback devices are highly effective for zeroing in on primary triggers and balancing them.

Muscle Reflex Testing and Kinesiology

Even before I went high tech with biofeedback, I used muscle reflex testing and kinesiology in my practice to identify, target, and destroy pathogens. I successfully worked with everything from the common cold to sexually transmitted diseases. Remember, pathogens are more like energy disturbances than actual physical things.

That's why energy-based devices are so effective for eliminating infection.

Rife Machines and Zappers

The terms “Rife machine” and “zapper” encompass a wide variety of devices that have been inspired by the work of Drs. Royal Rife and Hulda Clark. These devices are not all created equal—some are better than others, and some just flat-out do not work—so I would recommend doing your homework when considering using this technology.

Homeopathy, Chiropractic, and Acupuncture

Homeopathy, chiropractic manipulation, and acupuncture have all shown to be effective for restoring balance to an imbalanced body. This is not an exhaustive list of potentially beneficial modalities, but working with pathogens can be quite complex, and the more easily your practitioner can assess a wide variety of potential triggers and provide an effective balancing protocol, the better your clinical outcome will be. Not all chiropractors, homeopaths, or acupuncturists have experience working with pathogens, so if you suspect that you are suffering from some kind of chronic infection and are seeking alternative care, make sure to interview your practitioner accordingly.

Standard questions that I always ask myself when evaluating patients in my clinic are:

- Why is the body not communicating appropriately?
- Why is the patient suffering from chronic infection in their body?
- What are potential triggers that cause the cells to have poor cellular communication that is shutting down the immune system and inhibiting the infection from being brought to the surface and dealt with appropriately?

It is critical to restore cellular communication first before rushing into addressing the pathogen itself. Remember, your body is programmed to fight infection naturally, on its own. Because of cellular communication breakdown, your immune system becomes compromised and loses its ability to function optimally. Providing appropriate resources for your immune system to function correctly can result in the improvement of chronic infection because your immune system will then be able to do what it does best: identify, target, and destroy foreign invaders.

When you don't increase cellular communication and enhance immune system function first, it leads to slower healing time, potential symptom flare-ups, and probably a poor clinical outcome. Killing a chronic pathogen is like cutting out a tumor; the triggers that attracted it to your body in the first place will still be influencing your cellular expression. Establishing a strong foundation first may add time to the overall treatment plan, but it should result in a better long-term clinical outcome.

Probiotics

Probiotics are the most overlooked and effective way to help maintain optimal immune-system balance. They are actually the bridge between your digestive system and immune system. If most of your food is processed and cooked, then it's doubtful that you are getting appropriate nutrients from your food. When you maintain good gut flora, your immune system can stay strong by liberating more vitamins, enzymes, and nutrients from your food.

The biggest problem I see in my practice is that most people who take probiotics either do not take enough or are not taking a quality brand that provides adequate medicinal value. Most people think that they're healthier than they actually are.

- Their diets consist of prepared, cooked foods without enough fruits and vegetables
- They have taken, or are taking, at least one pharmaceutical medication
- They consume excessive amounts of refined sugar, alcohol, or other drugs

All of these can contribute to an imbalance in gut flora and can be easily corrected with high doses of high quality probiotics. Probiotics are the foundation in preparing your body for a battle against chronic infection.

If you are more of a traditionalist and want to treat infection using antibiotics, please consult your medical provider or pharmacist for an appropriate course of action. There are times when antibiotics are necessary, but it is also appropriate to supplement with high-quality probiotics at the same time and to continue for weeks following the completion of antibiotics as recommended by your medical doctor.

Most medical doctors don't recommend taking probiotics during or after the round of antibiotics is done. They say that it's a waste of time and money. I disagree. The

antibiotic is like a nuclear bomb to your gut. It kills everything, good and bad. By replacing the beneficial flora as you take the antibiotics, you are better supporting your immune system. One pill will probably not be enough, but rather than trying to make a blanket statement about appropriate dosage, I recommend you find a skilled alternative practitioner who can help you determine how many probiotics are right for you.

Factors that will determine your dosage and how powerful the probiotics will be for you include:

- The length of time that you've had a dysbiosis
- Your current nutritional lifestyle
- Your past medical and pharmaceutical history

As an example, if you're suffering from multiple recurring episodes of problems like chronic sinus infections, chronic digestive issues, or chronic respiratory infections and are constantly on antibiotics and other pharmaceutical drugs, then you are wrapped up in a typical cycle that I see far too often. Your first round of antibiotics may have been years or even decades earlier, but at some point, a dysbiosis was created, and it has never been corrected. High doses of high quality probiotics can help you establish a new foundation for a thriving, healthy digestive system which, in turn, will strengthen your immune system. (If this example describes you, please consult a holistic healthcare provider to put you on an appropriate probiotic program.)

A word about probiotic foods like yogurt, kimchi, sauerkraut, and other fermented foods: They are good supplemental foods, but when you are in the beginning stages of reestablishing healthy gut flora, I recommend high doses of straight probiotics as the base, and then fermented foods can be consumed in addition if you are so inclined.

Colloidal Silver

Colloidal silver has been around for centuries and has been proven to be an effective method for addressing pathogenic infection. Because the silver molecule is very large, it requires the support of taking probiotics. Most modern formulations of colloidal silver, however, do not require probiotics because they can be created with much smaller molecules, thereby allowing for better absorption. Just remember that probiotics

establish the foundation for strengthening the immune system and restoring balance to the digestive system.

Oil of Oregano, Tea Tree Oil, and Other Oils

For centuries, oregano, tea tree, and other oils have been shown to be very effective in addressing pathogens and fungal infections. Some can be used orally and some topically. According to Dr. Joseph Mercola, oregano and oil of oregano are very strong antioxidants for immune-system support and very strong antifungals and antimicrobials, with some studies showing that oil of oregano can kill the superbug methicillin-resistant *Staphylococcus aureus* (MRSA). Other healing properties associated with these oils include strong anti-inflammatory properties, usefulness in helping with upper respiratory infections, and even anti-cancer effects.

The National Center for Biotechnology Information has produced research showing that tea tree oil (*Melaleuca alternifolia*) inhibits the growth of all forms of clinical fungus tested. The study tested for twenty-six strains of dermatophyte (skin) species, and fifty-four yeast strains.

Another study, conducted by the NCBI in 2013, evaluated the effects of essential oils on pathogenic bacteria. This research was prompted by the resistance of microorganisms to conventional chemicals and drugs. Essential oils contain a wide variety of secondary metabolites that are capable of inhibiting or slowing the growth of bacteria, yeast, and molds.

Medicinal Mushroom Extracts

Medicinal mushroom extracts have been shown to be very powerful for immunomodulation activity. The most commonly studied mushrooms are the shiitake, maitake, and *Trametes versicolor*. They all have centuries of history from the Far East supporting clinical research that shows anti-tumor as well as anti-pathogen properties. Not all mushroom extracts are the same, so please contact a knowledgeable, trained alternative practitioner to find the best ones for you.

As you can see, treatment of chronic infection is paramount in addressing chronic inflammation, accelerated aging, and degeneration. It is as important as everything else we have discussed so far, and it is one of the primary “smoldering coals” contributing to chronic inflammation. As common as it is, chronic infection is like the elephant in the room that nobody talks about.

Since 1995, when I was in chiropractic school—and even in 2000, when I began seeing chronic degenerative patients—the acknowledgement of pathogens as a contributing factor has come a long way. Since everything in our modern world is toxic, pathogens can simply be by-products of our toxic environment. By addressing pathogenic infection, you can uncover the source of years of pain and suffering.

Conditions that are linked to chronic infection include:

- Arthritis
- Ulcerative colitis
- IBS
- Crohn's disease
- Stomach ulcers
- Dementia
- Depression
- Asthma
- Allergies
- Neurodegenerative disorders
- Many other inflammation-based diseases

When studied in medical school and chiropractic school, biological pathogens, pleomorphism, and chronic infection are all commonly viewed as the causative factors of disease. Upon graduation, however, these primary factors tend to be quickly overlooked when evaluating for the root cause of disease and dysfunction in clinical practice. This is mostly due to the American healthcare system being predominantly centered on symptom management and having a lack of highly effective treatment options.

Based on the information I have laid out in this chapter, pathogens can be effectively addressed by reestablishing a more balanced internal cellular environment and using various energy-based devices that incorporate principles involving sound, light, and frequency. Pathogens are opportunistic in nature. They live in environments that can support them. Environments in which they thrive are acidic and toxic in nature. Plainly and simply, if you can create a clean and balanced body, pathogenic infection cannot thrive or even survive in it. As they say in American football, the best offense is a good defense.