



COVID-19 Part III

The Science and Spirituality of Viruses

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First, for the science, the Imperial College COVID-19 response team put out their report yesterday (<https://www.imperial.ac.uk/media/imperial-college/medicine/sph/ide/gida-fellowships/Imperial-College-COVID19-NPI-modelling-16-03-2020.pdf>). Do not read this unless you are ready for a dose of reality about our prospects as a country.

“The COVID-19 pandemic is now a major global health threat. As of 16th March 2020, there have been 164,837 cases and 6,470 deaths confirmed worldwide. Global spread has been rapid, with 146 countries now having reported at least one case.”. We have over 100 deaths in our country alone. “We would predict approximately 510,000 deaths in GB (Great Britain) and 2.2 million in the US, **not accounting** for the potential negative effects of health systems being overwhelmed on mortality.” I suspect closer to 3 million deaths in our country as the healthcare system will be overwhelmed and the majority of republicans in our country don’t perceive COVID-19 as a threat due to Fox “news” (<https://www.wired.com/story/split-over-covid-19-politics-geography/>). Notice that within this same group only 21% believe climate change is a top priority. If the public is misinformed, they will not follow the necessary guidelines to halt the pandemic.

“Analyses of data from China as well as data from those returning on repatriation flights suggest that 40-50% of infections were not identified as cases. *This may include asymptomatic infections, mild disease and a level of under-ascertainment.*” In response to this, our County of San Luis Obispo Public Health Dept scaled back testing due to “depleted testing supplies”, although we at MPM can get testing through Quest Diagnostics and other lab companies. The restriction of testing based on CDC criteria (which demands limiting testing for COVID-19 to only those individuals with close contact or household contact of known, confirmed cases) reaches a level of criminal malevolence I find hard to fathom.

We need to be testing absolutely everyone who has a thread of a chance of carrying this virus. Although a fever > 100.4 F is almost always present (99% of cases), along with dry cough (60-80%), fatigue (40%), no symptom or lack of symptoms does not prove no infection. Although the estimate of 1.2% of people being completely asymptomatic has been thrown around, most health authorities suspect the number is much higher. For example, 380 of 691 patients who tested positive on the Diamond Princess cruise ship were asymptomatic! This means the stats I just gave are probably completely bogus! These asymptomatic and mildly symptomatic carriers are the super-spreaders of the disease. While the people on the cruise ship had clear exposure risk, with community spread now the norm, most people will have no clear exposure history.

Lesson: the CDC is not about public health, it is a weaponized arm of the pharmaceutical industry promoting drugs and vaccines as the only options for health, denying the basic knowledge of

physiology, immunity, and all other forms of medicine (healing) that could be used to help in the face of the pandemic. Under-testing promotes the epidemic within our country. Denying herbal and orthomolecular approaches causes greater suffering and mortality.

We offer testing at MPM, for as long as we can get supplies, for anyone who feels they should be tested, call us and establish a time when we will come out to the car and test you. At the time of your test we can provide the acute viral protocol, if you want, brought to your car. We will provide this free of charge if you are over 80 or have underlying heart disease, respiratory disease, or diabetes. If you are needing help, we are here to guide you in terms of the most helpful orthomolecular approaches to enhance your immunity. Know that there are loving, caring individuals on the frontline willing to help you. Of course, we will make all necessary precautions to protect you and ourselves. Humanity can offer you much more than just social distancing; **social solidarity** has an even more profound effect.

If one has mild symptoms, please get tested, start the acute viral protocol ASAP and self-quarantine until test results become available. Do not go into medical facilities unless you are experiencing respiratory distress. The question is will we learn the lessons of this virus?

Thusly, we shift gears. Notice how a little pocket of energy and information known as a virus has brought a country, a world, to its economic knees? Notice the fragility of a world based on corporatocracy, oligarchy and greed. Breathe. The world, nature, can't survive humans that live this way... and has to correct. We must wake up from the delusional capitalism-as-a-god belief system, this virus commands our humility.

What an amazing time to be alive everyone! The transformation of 2020 is upon us. If you follow the tenets of our first 2 articles ([Part I](#) and [Part II](#)), your chances of thriving in the face of pandemic dramatically improve. Most importantly you will become part of a generation of people who will fight for social justice, recognizing the body human extends far beyond yourself. Viruses usually just strengthen an individual's immunity. This one can collectively change how we perceive humanity, as part of nature, neither the conqueror nor the conquered!!

Your Journey to Health and Healing,

Gary E Foresman MD