

The Flu (Our Friend)

If a person dies while having the flu, he is a flu statistic according to the World Health Organization and his death considered caused by the flu. The question must be asked, "Is that person a true casualty of the flu? Is it accurate for the World Health Organization to publicly list them as casualties in their world report? How can we conclude that it was the flu and not interference with the flu that killed him?"

The flu, which Shelton already explained in his letter, is an elimination that was developed by the body because of overload, forcing the body to produce this energy-draining, extraneous elimination. The flu is an accumulation of many attempts the body made that was denied. The flu is a stronger elimination and demands from us total cooperation, such as rest from work and food, because this facilitates the body's effort to bring it to its natural conclusion. It is an elimination of overload.

However, because the authorities do not understand this and see the flu as an attack on the body, the treatments in turn attack the body's efforts to eliminate. And if the person is weak and low on reserve energy, then this interference by medical science (attempting to kill an inadvertently indicted microbe) will kill the already weak subject and not the flu.

They have made a monumental mistake by creating this dangerous, highly incorrect inference that the flu was caused by a microbe that kills them. This has resulted in much suffering for those who are old and those very young --- that segment of the population considered the most susceptible. The truth is that the old who are very congested and weak, and the young, newly congested and eating a poor diet, will experience a strong elimination while they recover, so much so is the paranoia that some people in the United States pay as much as \$500 for a \$2 flu shot! Upon investigation by medicine through magnification, a microbe is found and that reinforces their Germ Theory.

Let me attempt me to explain what appears to verify their Germ Theory. The presence of a microbe is why it is categorized as such. This super-microbe is a survivor from all the times in our life, whenever the acute infection of a cold was stopped. The microbe was either killed by medicine, food or both. As a result, only the strongest survived, and it is so-called "super-bug". In effect, it is this one-time innocent microbe that has developed muscles. So, this is why a stronger cold was created, that was called the 'flu', and is nothing more than a stronger elimination.

So intent is the body to eliminate toxic materials that it won't stop trying until it

succeeds or runs out of energy and expires. All attempts of elimination are diagnosed and labeled and different medicines are formulated, creating the dangerous but popular illusion that each symptom is an entity unto itself requiring separate medicines. Each step they take on this trail of never-ending interference produces only suffering, expensive confusion, future diseases, and a general furthering of the person's condition.

This wonderful productive microbe was born of the body's effort to clean itself and it came into being as the body developed the infection process that was not the cause of the infection. We, our poor elimination and congestion, are the true cause. This very legal and friendly alien was created by the body to consume and compost the dead and dying materials. Attempting to stop it is using up our energy and hastening our time of death. The microbe is a friend and not an enemy in any way. Unless we see and understand this wisdom, we will continue on this divided journey we called 'our lifetime'. This is what Dr. J.H. Tilden (MD), a renowned doctor, said about germs: "Now we know that disease is not what medical science teaches --- mainly symptom complexes caused by extraneous influences that it may not be prevented or cured by vaccines or serums. Germs cannot be the cause because they are ubiquitous --- ever-present. If they are the cause of disease, no one would ever reach a state called 'health'.

We have no viable alternatives except to learn all we can about the body and its needs and to understand how it keeps itself clean and strong. To understand the universal healing principles, we must learn to see the total body and not just its parts.

When drainage occurs through the skin and scalp, the sinus or respiratory system, this is only an indication of overload. What is coming out is overload. The body is dealing with it very intelligently and efficiently. It is begging us to fully cooperate and provide the best environment for it to clean and heal itself." This statement is solid gold. If we know the body, make these changes and let it drain, it will fulfill its needs, changing our whole future: we will live the longest, with a healthy body and a healthy mind; we will be with our children and grandchildren and that loving relationship will get sweeter and last longer while that not so great relationship will feed off new life and hope; we will have healthier children free of genetic mistakes; and when we die, it will occur during a peaceful sleep. Now, take another glance at the flu. If they are wrong about such a universal problem, how much more wrong are they about other things? They told us it was the annual enemy, but now we find out it was the annual friend. Yes, we've found out with pleasure: it is an annual friend.

All the best,
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