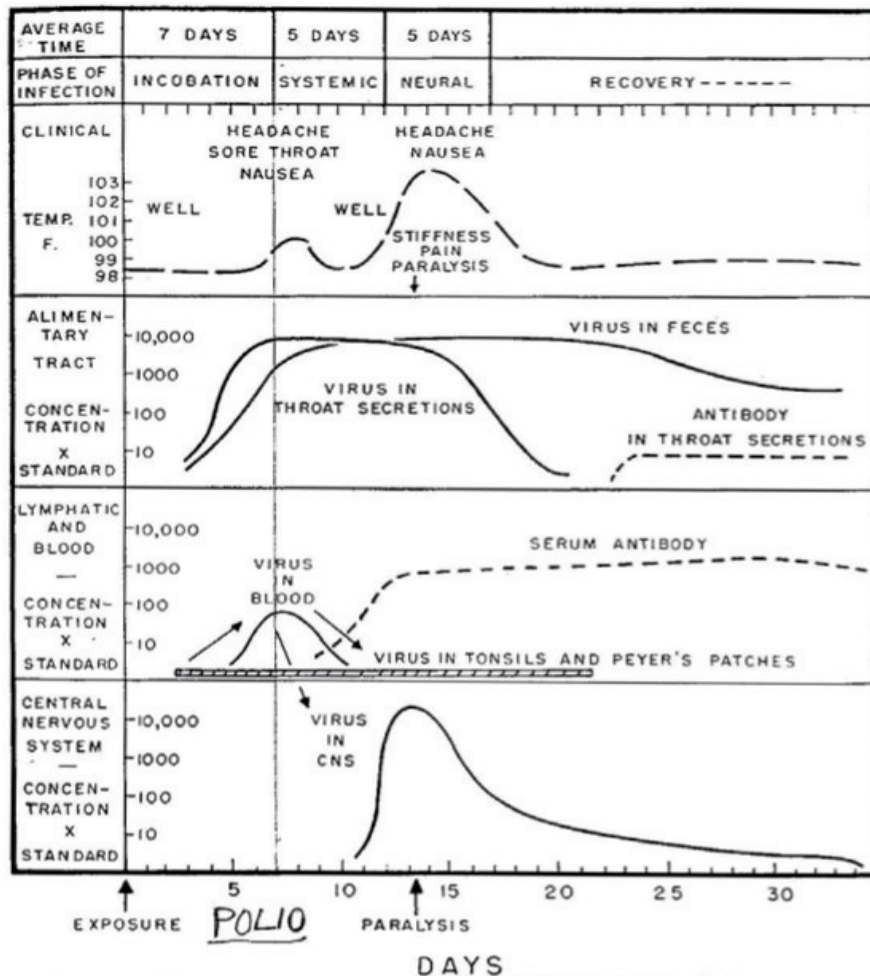


VIRUSES I

Philip Incao, MD
Steiner Holistic Medicine
P. O. Box 894
Crestone, CO 81131-0894

- Viruses are sub-microscopic particles of protein and DNA or RNA.
- Viruses are found in plants, animals and humans, and also in bacteria.
- Viruses don't eat or digest or move about or reproduce. They are made by the genetic apparatus of the host cells.
- Many viruses can be crystallized.
- When viruses are introduced into animals or into cell cultures, the animals or cells will start excreting more viruses. This is called "infection".
- In the course of a viral illness, test subjects often start excreting viruses from their body *before* any illness symptoms appear.



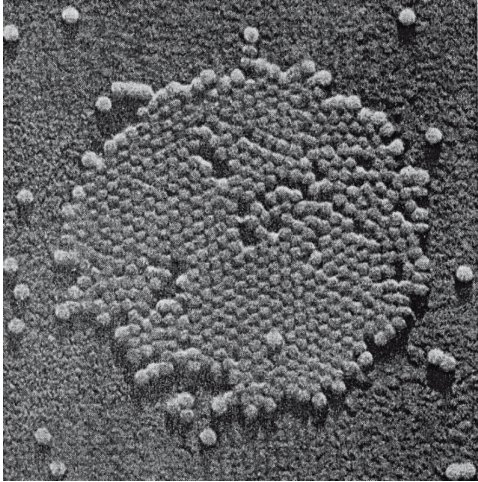


FIG. 9. A small, ordered array of particles of poliomyelitis virus. The virus is so uniform in size that it forms into 2-dimensional crystals when allowed to dry upon the specimen film.

(X63,000.) (Schwerdt, C.E., Williams, R. C., Stanley, W. M., Schaffer, F. L., and McClain, M. E., 1954, Morphology of type II poliomyelitis virus (MEF-1) as determined by electron microscopy, Proc. Soc. Exper. Biol. & Med. 86, 310-312)

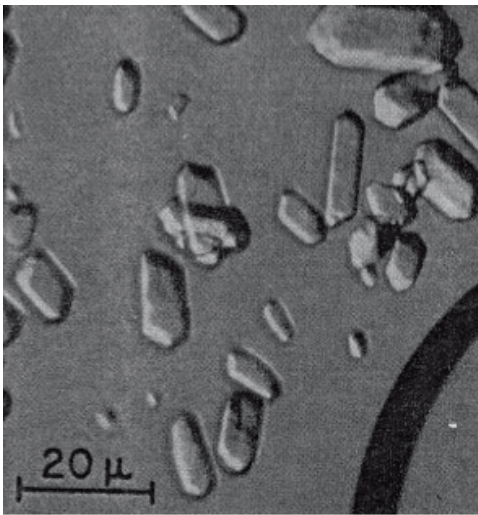
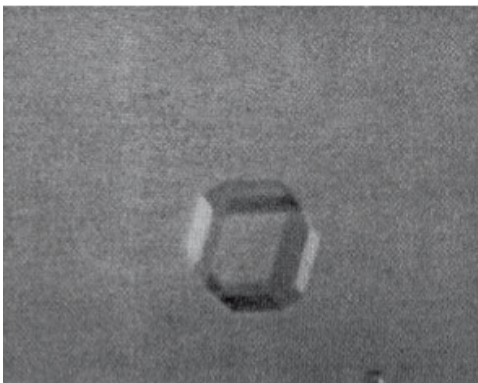


FIG. 3. (Top) Crystals of MEF-1 poliomyelitis virus. (Schaffer, F. L. and Schwerdt, C. E., 1955, Crystallization of purified MEF-1 poliomyelitis virus particles, Proc. Nat. Acad. Sc. 41, 1020-1023)



(Bottom) A single large crystal of Mahoney poliomyelitis virus. (X80.) (Steere, R. L., and Schaffer, F. L., 1958, The structure of crystals of purified Mahoney poliovirus, Biochim. et biophys. acta 28, 241-246)

VIRUSES II

- There are many "passenger viruses" which live in our bodies throughout life without causing illness. Many of these are endogenous retroviruses.
- Scientists estimate that 1% of the DNA in our bodies belongs to retroviruses, not to us.
- Experiments have been done in which healthy virus-free cells will start making and excreting viruses when exposed to physical or chemical agents which *stress* the cells.

QUESTIONS:

- What initiates a viral disease, a virus that we "catch" or is it rather *stress*?
- Do viruses invade our bodies and infect healthy cells, or do our cells make and excrete viruses when cells are stressed, just as our bodies excrete sweat and other toxins when *we* are stressed?

VIRUSES III

OLD PARADIGM: Viruses are parasites that invade us and make us sick.

QUESTION: How could a semi mineral, crystallizable speck of matter that doesn't move, eat, digest or reproduce be a *parasite*?

NEW PARADIGM: Viruses are special toxic crystalloid elements which originate from stressed cells. A stressed cell may die in the process of detoxifying itself through the excretion of viruses. Such a cell dies from the stress, not from the viruses.

