

Gamma Interferon

by Rebecca Walkiw

FIGU
Free Interessengemeinschaft
Semjase-Silver-Star-Center CH-8495 Schmidruti
Schweiz/Switzerland

Gamma interferon

by Rebecca Walkiw, German/and

Dear Minister of Health,
Dear Politicians, Scientists and Doctors, Dear
Sirs and Madams!

Imagine being able to conquer all diseases.

- From now on, infectious diseases such as malaria, AIDS, tuberculosis, SARS, BSE and even cancer will be a thing of the past. The suffering of millions of people associated with these diseases will disappear.

Imagine always having robust health.

- Every morning you get up full of vitality and energy and go to work with joy and zest for action.

Imagine being able to live healthily and vigorously into old age.

- Overcrowded nursing homes with inadequate, overworked staff are disappearing, and the depressing, inhumane conditions that people in need of care are being subjected to today are a thing of the past. Instead, there is now ample space and highly qualified staff available to care for significantly lower number of people in need of care until the end of their days.

Imagine what a healthy population means for today's health care system.

- The many billions of euros spent annually mostly on symptom-oriented drugs with often life-threatening side effects will now be available to the health system for prophylactic treatments and effective causal treatments. In addition, the current average cost of a one-time chemotherapy treatment of 300,000 euros per cancer patient and the annual average cost of 30,000 euros per AIDS patient will simply disappear.

Imagine that funds are abundantly available to build a preventive health system for the whole population.

- From now on, funds will be made available for the much-needed education of the population on the true causes and prophylactic as well as treatable therapies of common as well as current, life-threatening, rare diseases. In addition, health-requiring nutritional supplements, such as essential vitamins, trace elements, minerals and gamma interferon, are made available to all. Last but not least, funds are invested in research and the realization of effective therapies and causal treatments.

Imagine that health is considered an inviolable human right worldwide.

- Health is finally recognized as man's greatest treasure and given its rightful place in society. True health demanding measures are now being introduced and legally protected worldwide.

Imagine people from all walks of life working together towards a common goal and soon producing universal immunity.

- The production of a universal immune substance is no longer wishful thinking, but a real possibility. The necessary active ingredient for this is known to today's scientists as GAMMA-INTERFERON. I have compiled the works of various scientists, that proves it is quite possible today to produce a drug or an immunological substance developed from gamma-interferon cheaply and make it available to all people.

Do yoghurt and kefir contain a high-quality defence against SARS, AIDS and any kind of cancer?

Is it possible, through our present-day science, to produce artificially or semi-artificially the defence substances produced by the human immune system and to develop from them a universal immune substance against all kinds of diseases such as SARS, AIDS, cancer, malaria, cholera, plague, etc.? Is it possible that the active ingredient for such a vaccine or cure is already known to our medical scientists? And is it even possible that this high-quality defence substance is also found in yoghurt and kefir?

As early as June 1991, the <Voice of the Aquarian Age> contained the following statement by an expert physician: "It is possible to produce medicines that strengthen the immune system and are both prophylactic and therapeutic in nature. The actual active ingredient of such a drug is already known to medical scientists under the name GAMMA-INTERFERON. The substance GAMMA-INTERFERON is a natural product of chemical transformation, as when milk is transformed into YOGHURT or KEFIR. Therefore, it is only necessary that the GAMMA INTERFERON is extracted from these products and converted into a drug. "Furthermore, the physician confirmed: "This GAMMA-INTERFERON is therefore practically the same antibody or antidote against pathogens as is produced by the human immune system itself.

»

In order to assess the above statement, we should take a closer look at gamma-interferon as well as yoghurt and kefir and learn more about their respective effects.

What is currently understood by GAMMA-INTERFERON?

According to the DUDEN dictionary of medical terms (4th edition), interferon is an "inhibitor of virus synthesis that forms after a virus enters a cell due to the interaction between the two and protects the organism from virus infections. "In 1957, interferon was first described as a loose protein that interferes with viral replication.

At that time, the British virologist Alick Isaacs and his Swiss colleague Jean Lindenmann discovered interferon in chicken embryonic cells and found that it prevented the infection of further body cells with viruses. The effect of interferon is based on the inhibition or destruction of viral RNA. By binding to other cells, it stimulates the synthesis of various antiviral proteins that prevent the protein synthesis of the viruses and thus their production.

In the meantime, a distinction is made between three classes of interferon, depending on the cells that produce it: Alpha, beta and gamma interferon. Gamma interferon is produced by T-lymphocytes - blood-forming cells of the immune system - after being induced by antigens. The lymphocytes (memory cells) know the structure of certain infectious agents. In sufficient numbers, they cause these pathogens to be destroyed as soon as they have entered the body (see Fig. 1 on page 30).

The following press releases document new findings with regard to Interferon and its current medical applications:

c Hom burger Science Award, by Wolfgang Kappler

From campus - Issue 1 - January 2000 Awards

[https://www.uni-](https://www.uni-saarland.de/verwalt/presse/campus/2000/1/Auszeichnungen%adForsch.html)

[saarland.de/verwalt/presse/campus/2000/1/Auszeichnungen%adForsch.html](https://www.uni-saarland.de/verwalt/presse/campus/2000/1/Auszeichnungen%adForsch.html))

« ... Science award given to Dr. Selma Ugurel (University Dermatology Clinic). Dr Ugurel has developed a possible approach to the future treatment of melanoma with interferon-gamma (an inhibitor that protects the organism from viruses). She found that melanoma cells evade the process of programmed cell death because of an altered molecule on the surface and thus proliferate uncontrollably. Gamma interferon, she found, reverses this disorder so that the melanoma cells can be destroyed by the body's own defense system (see Fig. 2). »

Breast cancer therapy

From Breast Cancer Info

(<https://www.astrazeneca.de/>)

According to this medical website on breast cancer therapy, interferons are now used to treat various types of cancer.

«*They suppress cell growth and are thought to strengthen the immune response so that the body is better able to recognize cancer cells as harmful and kill them.*» Interferons are produced by the hematopoietic cells of the immune system. From leucocytes Alpha-interferons are formed from the white blood cells, from which drugs such as Roferon® and Intron A® are produced. Beta-interferons are formed from fibroblasts (connective tissue forming cells), from which Fiblaferon® is produced, and gamma-interferons are formed from lymphocytes, from which Imukin® is produced.

Interferon protects insulin cells

From the virtue/le cell under diabetes therapy

<http://www.vcell.de/genomstation/diabetes-therapie.html>

« ... Type 1 diabetes involves an autoimmune reaction: The body's own defense cells attack the beta cells of the pancreas and destroy them. Other factors may also be involved, such as coxsackievirus....Nora Savetnik and her colleagues from the Scripps Research Institute in California studied mice with a predisposition to diabetes. They found that the messenger substance interferon plays an important role. This widespread messenger is also released by beta cells as soon as they are infected by a virus. Interferon alerts surrounding cells and triggers a protective reaction that protects them from viral damage. In addition, interferon protects the beta cells from attack by the cells of the immune system. When the researchers inhibited the effect of interferon on the beta cells of the mouse, the supposedly harmless virus suddenly destroyed these cells on a massive scale. In addition, the beta cells were now highly sensitive to attacks by immune cells - an autoimmune reaction was triggered. As a result, the mice developed an acute form of diabetes, similar to what happens to people after a very severe viral infection ..." (see Fig. 3).

SARS: Success with interferon

From Hamburger Abendblatt of 5 May 2003

<From around the world>

(<http://www.abendblatt.de/daten/2003/05/156854.htm>)

"New York/Peking - US scientists report first results at the search for a cure for the pulmonary disease SAS. In the labortest, <promising> results were obtained with interferon ... »

Virologist Doerr confirms: Beta interferon works against SARS in the laboratory

From Arzttabelle für Gesundheit, Medizin und Forschung of 16.05.2003

(<http://sars.aerztetabelle.de/archiv/SARS1779.html>)

«The assumption that the natural beta interferon Fiblaferon® is successful used against severe cases of the new lung disease SARS seems to be confirmed. First laboratory tests at the institute for clinical virology from the University of Frankfurt have the superiority of the drug proved. Like the one in the fight against SARS World Health Organization involved institute director Professor Dr. Hans Wilhelm Doerr announced that initial laboratory tests had shown that the of the biosyn Arzneimittel GmbH in Fellbach near Stuttgart is far superior to other interferons. This interferon beta preparation is already approved in Germany for the treatment of serious viral diseases Fiblaferon® could thus be the first drug for causal

therapy for the disease which is often fatal. In view of the dramatically worsening situation, the World Health Organization... pointed to these therapy attempts. <biosyn> CEO Dr Thomas Stiefel stressed that "every opportunity must be seized to control the disease".

T Cells Mustered to Fight Brain Tumors

Concentration of T cells for the inoculation of brain tumors

Aus Focus: News from Harvard Medical, Dental & Public Health Schools, 14 May 1999

(http://focus.hms.harvard.edu/1999/May_14_1999/neuro.htm/)

AIDS patients fall victim to brain infections as a result of their weak immune system. According to immunologist Lois Lampson, this suggests that healthy people have immune control in the brain. Dr Lampson, HMS, associate professor of neuroscience in the neurology department at Brigham and Women's Hospital, and Lynnette Phillips, a research colleague in neurology, are trying to harness this normal immune response to fight brain tumours. By injecting gamma-interferon, a molecule that stimulates the immune response, and succeeded as they were able to boost immune activity in a specific region; the brain stem. They were able not only to bring the T-cells together at the injection site, but also to enhance the function of a specific protein that instructs the T-lymphocytes which cells to attack. These two successes were achieved in healthy rat brains and published in the May issue of the *Journal of Neuroimmunology* and in the January issue of the *Journal of Comparative Neurology* (see Fig. 4 and *Immune System Shown to Be Tough on Itself* at http://focus.hms.harvard.edu/1999/May14_1999/path.html).

Side effects of interferons

Alpha, beta and gamma interferons are natural defence substances that the body's own immune system uses to fight viruses. The unwanted but rather harmless side effects that often occur are reminiscent of the symptoms of flu: fatigue, fever, chills, pain in the limbs and muscles, nausea, vomiting, taste disturbances, dry mouth.

In contrast, vaccines produced from cell cultures, fertilized eggs or the blood of infected animals may be contaminated with other pathogens. Due to lack of controls, a vaccine made from contaminated blood or cultures can transmit a dangerous virus, such as herpes genitalia from the Caribbean, which can develop into herpes encephalitis, which is often fatal. Moreover, conventional vaccines may only be used in healthy people. They pose a high risk to young children, the elderly and the sick, whose immune system is much weaker.

For further information on possible risks associated with vaccinations, see: www.aegis.ch.

Through the previous reports from the field of medical research, we have learned a lot about the effects and areas of application of various interferons, and in this context, we would now like to turn to the topic of kefir and yoghurt and the lactic acid bacteria that are responsible for the special qualities of both products.

What are lactic acid bacteria?

According to a microbiology website (<http://www.mikrobiol.de>), lactic acid bacteria are "a group of immobile microbes that cannot completely break down sugars but ferment them into lactic acid", i.e. microbes that ingest lactose, digest it only partially and thus excrete it into their environment as a chemically transformed product or lactic acid. "Only a few lactic acid bacteria (e.g. some streptococci) cause diseases; the vast majority of lactic acid bacteria are very useful for humans. Due to their natural occurrence in milk and on plant materials, they are involved in the following processes: Obtaining buttermilk, yoghurt, kefir, sauerkraut and pickles, sourdough cooking, raw sausage maturation and the production of silage. Certain cultures of lactic acid bacteria are often added to these processes as starter cultures. »

The extremely useful function of lactic acid bacteria becomes all the more evident when knowing the health dangers of lactose (milk sugar) for most of humanity. According to Dr. Shanti Rangwani, an allopath and columnist for Times of India, nearly 90% of African Americans and most Latin Americans, Asians, and Southern Europeans lack the genes necessary to digest lactose, as in his article.

<*White Poison: The Horrors of Milk*> (<http://www.alternet.org/031203>). Lactose intolerance, considered the most widespread food intolerance, is due to the fact that the vast majority of the earth's population is simply not biologically built to digest lactose. The consequences include anemia, migraine, digestive disorders, flatulence, asthma, prostate cancer and a whole range of allergies that can be fatal. In children, lactose can cause anemia, allergies, diabetes, obesity and heart disease.

What is KEFIR?

KEFIR is a carbonated and alcoholic drink produced in the Caucasus by fermenting cow's, mare's, sheep's and goat's milk. The kefir fungus contains the lactobacillus caucasicus, which causes the fermentation (see Fig. 5 a, b, c). ...Depending on the duration of fermentation, the milk becomes differently thick and shows different effects. The inhabitants of the Caucasus have known about the effects of KEFIR for a long time. They drink kefir instead of water and digest it from a young age. They reach an average age of 90 to 120 years (the latter is not rare). They know no tuberculosis or cancer and have no digestive worries (see Fig. 6 a + b). Scientists believe that the fermented drink originated in a small village at the foot of the Elbrus Mountains. According to Beatrice Trum Hunter, author of the book <*Fact/Book on Yogurt, Kefir & Other Milk Cultures*>, the mountain tribes living there report that the prophet Mohammed gave them the kefir grains when he travelled through this region about 1400 years ago. They called the grains, which contain healing powers, the grains of the Prophet. They were regarded as tribal wealth and passed on to their descendants in good hands (see Fig. 7).

Prof. Dr. Ilja Metschnikow devoted a large part of his life to researching kefir. According to *Medicine-Worldwide.de*, in his early research on diseases and intracellular digestion, the scientist discovered that certain white blood cells are capable of destroying harmful substances in the blood, and in 1884 he proposed his theory of endocytosis (cellular uptake of substances). With his later discovery of the so-called phagocytes (scavenger cells) and their ability to take up inanimate or animate foreign bodies, to eat and digest.

At that time Metschnikow revolutionized the concept of immunity and infection. For this he received the Nobel Prize in 1908 together with the German physician Paul Ehrlich. At about the same time, he was concerned with the problem of aging, which he saw as a chronic process of poisoning by digestive products. While researching kefir, Metschnikow observed the healing effect of this sour drink on the following diseases: Catarrh of the digestive organs, gastric inflammation, anemia, eczema of all kinds, arteriosclerosis, high blood pressure, biliousness, infectious jaundice, diarrhea and constipation. In his book *The Prolongation of Life*, he caused quite a stir with his thesis that the high life expectancy of Bulgarians was due to their high consumption of kefir. Even then, he quite rightly suspected that lactic acid bacteria suppress unwanted putrefaction processes in the intestine (see Fig. 8 a, b, c + Fig. 9).

Today it is a well-known fact that kefir prevents the putrefaction of residual substances in the intestine and thus has a favorable effect on hyper convalescence. It does not need to be digested by the stomach and is absorbed directly into the blood. Its effect was carefully observed through practical application and research by Ilya Metschnikow and recorded in writing. ***For serious illnesses he recommended drinking up to 1 litre a day.***

Use and effect of kefir according to Ilya Metschnikov Nervous disorders:

1 litre daily with meals, in severe cases for the whole life. Insomnia disappears without taking medication. Appetite is restored. Depression disappears. **Internal ulcers:** 1 litre a day for as long as the disease requires. In proven cases, stomach ulcers disappeared after 2 months.

Bronchial catarrh, asthma: 1 litre daily. The patient can sleep peacefully without medication.

Anemia: 1 litre per day. In adults, normal blood is formed in three months.

Blood decomposition, rashes, eczema: 1 litre per day, in severe cases 2 litres per day. In addition, rub the affected areas several times with kefir, let the coating dry, do not remove overnight. Clean face and hands in the morning. After 14 days, even severe eczema heals.

Sclerosis: 1 litre per day. The most severe cardiac sclerosis is increasingly better and does not return.

Bladder catarrh: 1 litre daily for as long as necessary.

Blood pressure: 1/2 litre per day regulates blood pressure and normalises body weight.

High blood pressure: 1 litre a day. After 2 months the blood pressure is like normal.

Kidneys: 1 litre daily.

Jaundice: Use 1 litre of kefir a day, but only 12 hours old, preferably before going to bed, for 3 to 4 weeks.

Constipation: 1 litre a day, but only 12 hours old kefir. 1st the stool returns to normal, continue to drink kefir, but only 24 hours old kefir.

You can find more about kefir under:

- Biomedicus (<http://www.biomedicus.de/nahrung/kefir.htm>)
- The German-language page on milk kefir, water kefir. Japan Crystal, ... (<http://www.kefir.at>)
- Some interesting facts about kefir (<http://www.winni-the-pooch.de/gesundheit/kefit.htm>)

What is YOGHURT?

<Yoghurt> is derived from the Turkic word yogurt and means fermented milk, i.e., a thickened sour milk made from cow's milk under the influence of the bacterial cultures *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. According to a food and remedy website on the Internet (<http://members.aol.com/heilereckr/heilmittel.htm>), yogurt acts as a bactericide against botulism, salmonella and staphylococci and dysentery. Yoghurt also lowers the cholesterol level, has an immune stimulating effect, protects the gastric mucosa (prostaglandins E) and inhibits cancer and the formation of carcinogens in the intestines and is even tolerable for many people with milk allergies. Yoghurt is considered an effective prophylaxis and therapy for gastrointestinal infections, severe diarrhea and food poisoning. It lowers hypercholesterolemia and is used as a prophylactic against influenza, colon cancer and breast cancer (see Fig. 10 a, b, c). As history tells us, yoghurt has long been known as a food and medicine in the Middle and Far East. According to Islamic records, Mohammed referred to yoghurt as an elixir against disease and always carried a goatskin bag of yoghurt with him. In Buddhist records, yoghurt was also praised as the best medicine against all diseases. In the Far East, Genghis Khan commanded his soldiers to take yoghurt into battle to stay healthy and strong.

Last but not least, we learn from biblical sources that Abraham owed his fertility to yoghurt, while King David used it to maintain the health and strength of his soldiers.

When comparing chemically modified foods such as yoghurt and kefir with the body's own defense substance gamma interferon, it is found that both products provide protection against pathogens and putrefactive agents. Both the cooking process and the body's own defense system inhibit such pathogens and extend the shelf life of the fermentation products, as is generally known from the preservation of food, and the life span of humans as a result of a strengthened immune system.

Since the effect of both products is very similar, the idea of isolating the corresponding active ingredient from yoghurt or kefir in order to develop an immune system-boosting drug from it is obvious.

The secretion of gamma-interferon-like substances from yoghurt and kefir would not be nearly as costly as the current method of obtaining gamma interferon from human cells. Consequently, the active substances obtained from yoghurt and kefir could be processed into a universal immune substance at much lower cost and made available to all people. In plague-ridden times such as today, with daily reports from all over the world of outbreaks of new as well as well-known diseases, humanity would be spared untold suffering through such a cure.

Below are some press reports showing the health-promoting effects of fermented foods and how they are similar to gamma interferon:

What lactic acid bacteria do by Katrin Hoerner

*From FOCUS Online under Health I Eat & Enjoy
(<http://focus.msn.de/D/DG!DGD/DGD02/dgd02.htm>)*

"For a long time, fermented foods that are preserved by lactic acid cooking have been considered particularly healthy. The first studies to prove this popular belief were carried out by the Russian natural scientist and Nobel Prize winner Ilya Metschnikow at the beginning of the 20th century. The biologist observed that Bulgarian farmers lived to an above-average age. Metschnikow suspected a connection between the extraordinary life expectancy and the Balkan tradition of eating large quantities of yoghurt every day. He discovered that lactic acid cultures in the food have a health-promoting effect by turning carbohydrates into lactic acid through cooking processes.

Lactic acid cooking is a method of preserving food that has been used for thousands of years. The lactobacilli produce so much acid that other germs, e.g. putrefactive organisms, have no chance. Apart from milk (yoghurt, cheese), the microorganisms also preserve vegetables (sauerkraut, pickles, mixed pickles) and even meat (salami; see Fig. 11 a, b, c). Numerous studies have confirmed that foods containing lactic acid bacteria have a positive effect on the intestinal flora. They can temporarily settle in the intestinal mucosa and take the place of harmful intruders. In order for lactobacilli to have a health-promoting effect in the human organism, they must arrive there alive and in large numbers. In order for a sufficient number of the beneficial microorganisms to reach the site of action, it was therefore necessary to regularly eat enormous quantities of home-made yoghurt (not heat-treated), raw sauerkraut and mixed pickles. »

Fermentation processes for the preservation of foodstuffs

(Brockhaus Lexicon from the Bibliographical Institute & F.A. Brockhaus AG, 2001) Cooking is "the anaerobic (without oxygen) enzymatic degradation of organic compounds, especially carbohydrates, whereby the enzymes involved (cooking enzymes) are produced by living microorganisms (yeast cells, bacteria, moulds, etc.) or by cells of higher organisms. Cooking begins with the reaction chain of glycolysis (degradation of glucose to pyruvic acid). In lactic fermentation, pyruvic acid is hydrogenated to lactic acid (important for energy production during muscle work). Alcoholic fermentation, which is particularly caused by yeasts, produces alcohol (ethanol) and carbon dioxide (CO₂) from grape sugar or other hexoses. Propionic fermentation plays a role in casein ripening, among other things, (the perforations in the Swiss cheese are created by the CO₂; see Figs. 12 + 13)."

Sauerkraut fermentation against cancer

From the net newspaper Gen & Mensch from 20. Oct. 2002, 07:45

(<http://www.netzeitung.de/servlets/page?section=984&item=211691>)

« ... Fermented cabbage could be healthier than raw or cooked cabbage, especially in terms of fighting cancer," says Eeva-Liisa Ryhanen from the research institution MTT Agri-food Research Finland in Jokioinen... As she reports, the fermented vegetables contain so-called Isothiocyanates in appreciable amounts. Previous studies have shown that these sulfur-containing compounds can prevent the growth of cancerous ulcers in animal experiments, specifically of breast, colon, lung and liver tumors.

..Starting point are so-called glycosylates or mustard oil glycosides.. They consist of a glucose molecule to which Sulphur-containing side groups are attached. If a plant cell is damaged, the side groups are separated from the sugar by a plant enzyme and break down into isothiocyanates and other waste substances. Ryhanen and her team suspect, however, that the anti-cancer compounds are produced by the action of bacterial enzymes during cooking (see Fig. 14)."

Yoghurt and cheese can protect against bladder inflammation

From Wissenschaft.de - News of 11.03.2003 under Medicine
(<http://www.wissenschaft.de/wissen/news/203966>)

"Dairy products alter the bacterial composition of the stool and can thus reduce the risk of infection. Dairy products such as yogurt and cheese and fresh fruit juices prevent bladder infections. This is the conclusion of Tero Kontiokari from the University of Oulu (Finland) and his colleagues in a study of more than three hundred women. The scientists report on the connection between nutrition and urinary tract infections in the journal American Journal of Clinical Nutrition (issue 77, no. 3). The researchers explain that urinary tract infections are mainly caused by bacteria in the stool. The bacteria contained in dairy products changed the bacterial composition of the stool and could thus reduce the risk of infection. All dairy products produced by bacterial fermentation could be beneficial, Tero Kontiokari explained to the ddp news agency. The researchers attributed the positive effect of fruit juices to the antibacterial substances they contain.

»

Yoghurt bacteria fights, superbugs

Yoghurt bacteria inhibit MRSA (Methicillin-resistant Staphylococcus aureus)

From BBC News at ,Health> on 12.08.01

(<http://news.bbc.co.uk/1/hi/health/1080184.stm>)

According to a report in New Scientist, a substance contained in yoghurt had the following effects Lactobacillus fermentum bacterium stand against the spread of dangerous Staphylococcus aureus. In a study at the University of Western Ontario, small silicone plates were found covered with a coating of Staphylococcus aureus.

Half of these was additionally coated with a layer of Lactobacillus Bacteria. The plates were then implanted under the skin of rats and left there for a few days. Those that had only one plate of Staphylococcus implanted developed ulcerative sores indicating a serious progressive infection. Those who had additional lactobacilli implanted had wounds that were clean and healthy. According to the microbiologist involved in this research, Gregor Ried, the lactobacillus managed to inhibit the growth of the dangerous bacteria. Ried believes that the bacillus may secrete a protein that prevents the staphylococci from binding to human cells. According to Dr. James Soothill, lactobacilli produce an acid that creates an environment in which the living conditions for harmful bacteria are compromised (see Fig. 15).

Antibiotic effect of kefir

From Edgar Cayce Australia under Kefir:

THE KAUKASUS Kefir van Dr. Lee Lorenzen, Biochemist

(<http://www.cayce.egypie.eom.au/homeKefir.htm>)

According to biochemist Dr Lee Lorenzen, kefir exerts an antibiotic effect against a broad spectrum of gram-positive and gram-negative bacteria as well as against some fungi. The lactic acid and microflora facilitate saliva and enzyme secretion in the stomach and pancreas and improve peristalsis. Kefir contributes to the even movement of food in the intestine and the lactic acid, acetic acid and antibiotic agents inhibit the breakdown processes in the small intestine.

Milk bacteria against pathogenic organisms

From Raw Health Website : Kefir grain cultur,e van Kris Pletschke

(http://www.torontoadvisor.com/Kefir/article2_Kris.htm)

According to data from *TorontoAdvisor.com*, lactic acid bacteria inhibit pathogenic organisms. *Salmonella typhi* die. *Escherichia coli* fail to develop, *Salmonella Para typhi* and *Corynebacterium diphtheriae* lose their pathogenic properties. Lactic acid cultures are successfully used against *Achylia gastric*, peptic ulcer, cholecystic, gastroenteritis, colitis, diarrhoea and dysentery. Unwanted bacteria living in the intestine produce certain enzymes that convert certain nutrients into carcinogens. The friendly flora of kefir reduces the build-up of these carcinogenic enzymes.

Yoghurt boosts immunity against cancer

From Eltean.com under Newsletter:

"Eat Hansel's Yoghurt and Live Longer" of 12.06.01

(<http://www.eltean.com/newsletter.htm>)

The following was reported in *Eltean.com* : "For four months, 24 healthy people ate 450 g of yoghurt a day. Afterwards, it turned out that the test subjects produced on average four times as much interferon as before. It was also found that interferon not only strengthens the immune system against cancer cells, but is also effective in the treatment of cancer and viral diseases such as hepatitis B and C. Although the viruses are not directly destroyed by interferon, it can be used to treat cancer. Although the viruses are not directly destroyed by the interferon, the interferon prompts the production of enzymes that prevent the viruses from multiplying. »

Why is there still no gamma interferon cure? One wonders why such a cure from gamma interferon is still not available to most people today, when the health-promoting effects of yoghurt and kefir have been scientifically proven since the beginning of the 20th century, and interferons have proven very effective in the treatment of severe viral diseases and various types of cancer in numerous clinical trials for decades.

As far as I can tell, one of the reasons for this is that holistic knowledge and all the connections in this regard are simply lacking in the general public as well as in medical circles, such as the knowledge that the natural antibodies in yoghurt and kefir are similar in their effect to those of the human immune system, as was already explained in the *Voice of Aquarius Time* in June 1991.

In addition, interferons have so far only been produced from the blood-forming cells of the immune system - alpha interferon from white blood cells, beta interferon from fibroblasts, gamma interferon from lymphocytes - and can only be isolated with great effort by means of a very expensive procedure. Until recently, only small amounts of interferon could be obtained for therapeutic purposes. Thanks to modern genetic engineering methods, interferons are now available in larger quantities, but are still prohibitively expensive for most people.

The key to the production of a universal vaccine

In June 1991, the 'Stimme der Wassermanzeit' reported that natural antibodies produced by chemical conversion, such as the antibodies in yoghurt and kefir produced by lactic fermentation, have the same effect as the body's own antibody gamma interferon.

On the question of whether the anti-forces and antibodies produced by the immune system could also be produced artificially or semi-artificially by man, the following thoughts and information were exchanged between the author Eduard A. Meier and the physician Ptaah in the 'Stimme der Wassermanzeit' (15th volume, No. 79/1, pp. 30-35 and 39) in the form of a question and answer:

Question: "Have the medical, chemical and computer sciences, etc., already developed to the point where they could develop or isolate such antibodies to produce special immune system-boosting drugs in prophylactic form or even drugs that could be used as acute treatment drugs? If so, what is the name of such a drug in acute treatment or prophylactic form, and further, from which stocks could such drugs be obtained? »

Answer: " ... Certainly, the possibility of producing such medicines of a prophylactic as well as treatment nature is given. The name of such a drug had to be invented by the manufacturers first ...

The actual active ingredient for a medicine, as you have mentioned, in both forms, i.e. for acute treatment as well as for prophylactic use, is already known to medical scientists under the name GAMMA-INTERFERON. This substance GAMMA-INTERFERON now only has to be isolated by the specialists to be employed and separated from the corresponding products containing this high-quality defence substance against pathogens, in order to then process it into a corresponding medicine which can be administered to humans. The substance GAMMA-INTERFERON is a natural product of chemical transformation, as when milk is transformed into YOGHURT or KEFIR. So it is only necessary that the GAMMA-INTERFERON is extracted from the mentioned products and converted into a medicine (see Fig . 16). People who are prone to illness should take such a medicine prophylactically every day in adequate quantities, together with the necessary vitamins, trace elements and mineral substances.

In the case of vitamin C in particular, care should be taken to ensure that a daily requirement of at least 700 milligrams is necessary per human being if he wants to have a reasonably balanced and healthy vitamin C requirement covered and to be healthy.... »

Question: " So this GAMMA-INTERFERON is practically the same anti-power or antidote against pathogens as is produced and generated by the human immune system itself?"

Answer: "Approximately, yes."

Question: "Does this mean that it works in the same way as natural products in terms of the human immune system's defences and defence mechanisms? »

Answer: "This is the case. The effect is even better when the drug is taken in large controlled and appropriate quantities. It is able to prevent and nip in the bud almost any disease, even cancer of all kinds, because taken and applied in adequate quantities it is able to destroy even the most stubborn viruses, not to mention less persistent pathogens. » ...

Question: " Actually, then, just eating yoghurt or kefir had to bring benefits? »

Answer: "That is correct, but larger doses must be taken daily. An appropriately dosed drug would be more useful and less inconvenient. »

Furthermore, the doctor pointed out that such drugs can be taken as a medication or, even better, as a preventative, i.e. prophylactically as a daily food supplement, and that the dosage of the antidote can be adjusted to the individual person in such a way that no illnesses occur. In addition, he explained that the common cold can also be combated prophylactically and actively and that people need an increased vitamin C intake as well as an increased intake of the substance GAMMA-INTERFERON in order to become immune to the common cold.

Finally, as the author Eduard A. Meier says, it is only to be wished for the people that the medical scientists and other clever people will soon find the way and the means to produce this device and make it available to the people. Also, he writes, medical scientists should get behind utilization of ELECTRONIC MEDICINE, because certain electronic effects, etc., can not only cure any disease, but also prolong life for centuries. Together with GAMMA-INTERFERON it should be possible to reach the Methuselah age.

Electron Medicine

In terms of electron medicine, the inventor of the universal microscope, Dr. Royal Raymond Rife, probably had very similar thoughts to Eduard Meier when he discovered in the 1930s that for every pathogen there is a very specific light or resonant frequency that causes the pathogen to vibrate so strongly that its structure breaks down, comparable to the wine glass vibrating so strongly from the voice of the opera singer that it shatters. Since most bacteria, as well as viruses, have very weak outer cell walls, they simply disintegrate when hit by their corresponding deadly vibration frequency (TSF). In normal human tissues, however, there is no danger because the cells of highly developed organisms have defence mechanisms that protect their cell membranes, unlike those of bacteria and viruses (see Fig. 17 a + b).

For further information on electron medicine, see under:

- *Information Forum on Dr. Royal Raymond Rife*
(<http://www.rife.de>)
- *'The Cancer Cure That Worked' by Barry Lynes*
- *'Royal Raymond Rife' by Jeff Rense 10-9-00*
(<http://www.rense.com/health/rife.htm>)

One can only support the wish expressed earlier by Eduard Meier that ways and means may soon be found to produce a universally accessible cure from gamma-interferon. I hope, however, that the time has finally dawned when medical scientists will undertake the necessary research to make a breakthrough in the realization of a universal immune substance that will lead mankind into a new era of health well-being. However, in order to pave the way for this new era, there are obstacles to progress in current research and in the acquisition and practical application of new knowledge in daily life must first be identified and removed.

Nowadays, we have a lot of knowledge at our disposal in various fields. But what use is all this knowledge if it has only been cannibalized for material gain or has been piled up completely separately and incoherently in various specialist areas?

Thinking is the decisive factor in all progress Thinking is decisive for all research work, because as the thinking goes, so goes the result! If material interests predominate in thinking, research is accordingly oriented towards material values and thus, in the medical field, more towards generalized and symptomatic treatments. This is a very lucrative business today. Billions of dollars are earned through countless symptom-oriented preparations with often life-threatening side effects as well as through outdated and often fatal therapies with cytostatic (chemotherapy) and radiation (radiotherapy). The most recent therapies, which are used today mainly against cancer, drive many families to the brink of financial ruin and also lead to the fact that the immune system of those affected is often weakened or completely destroyed, resulting in more and more new diseases, which require the use of more and more new medicines such as antibiotics, painkillers or cortisone. The result is a vicious circle of agony for those affected, whereby those responsible, whether in industry, sanatorium, nursing homes or doctors' practices, often think irrationally, egotistically and irresponsibly only of their own profit and make a fortune out of it. However, if clear health-related interests and motives prevail in the mind, prevention and treatment of the causes will be in the foreground. First of all, the causes of the respective disease must be carefully researched and substantiated. Then, together with the person concerned, a decision is taken on an appropriate and responsible treatment. If one rightly recognizes health as the greatest treasure of man, one must turn away once and for all from purely profit-oriented medicine, which in any case only favours large corporations and their dependents, and turn to a holistic, health-claiming medicine, which puts the health of the person and all the conditions connected with it in the foreground and, in addition, relieves the social health system enormously through effective causal treatments. Moreover, purely material interests are closely linked to a superficial way of thinking. In the rush of daily life, all too often there is quick and superficial practice in all fields, instead of fundamental and systematic research. Unfortunately, this applies to medical research as well as to patient care.

In the majority of cases, the thinking is based on templates, in that often, after a brief description of the symptoms by the patient, a ready-made blanket treatment from some pharmaceutical dictionary or reference book is used. Only too seldom does one take the trouble to carry out a fundamental examination with detailed discussions in order to get to the bottom of the causes of an illness.

Knowing medicine with reason and understanding instead of books or templates

The pure school and book knowledge as well as the abstract template knowledge that declares mere concepts - such as essential hypertension or idiopathic cardiomyopathy - as knowledge, whose entire knowledge is based only on created concepts without too much experience, are no longer sufficient for us humans, especially when it comes to our health. We want to understand for ourselves WHY we get ill and, above all, HOW we get well again. We therefore demand reason and understanding, logic, recognition and comprehension in today's medicine, because everyone wants direct insight and knowledge about the cause of their illness and the course of their recovery, and everyone also wants to have direct experience of the effect of a remedy or healing procedure in practice, in order to be able to understand and comprehend everything logically.

Life is the best teacher and nature the best textbook Whatever the field of research, life itself, in its myriad forms expressed in countless ways in nature, is always the best teacher, for all life springs from the sacrificial natural laws that are revealed everywhere in nature and are inextricably interwoven. Nature is the best example of how everything functions smoothly and evolutionarily when all its realms cooperate and work together. And because all the fundamental laws of life as well as all the laws of nature are absolutely consistent, i.e. absolutely logical in themselves, they can be understood by consistent thinking. Moreover, they are all subject to the causal law or cause and effect. Cause and effect. This law determines that every cause produces a certain effect, for all life follows certain laws, from which certain effects arise, which in turn rest in certain causes. The law of causality intervenes in everything that exists in endless succession, creating an uninterrupted chain of cause-and-effect which is related to the connectedness of all life.

If you explore the interconnections of causes and effects, you learn how everything works and can derive great benefit for yourself.

Pure observation as well as analogical thinking and logic demand progress.

In order to make healthy progress in research in all fields of life, it is necessary to cultivate our skills of observation, to seek analogies in nature and, last but not least, to think logically. By following and observing the development of a disease and its course, or the course of a healing process, evidence for a healing procedure can be created when, through patient investigation, cause and effect are connected and all experiences and their experience find a practical application.

Here is an example: From thousands of years of experience we know that for example, food is preserved by lactic acid cooking, in that it is protected from germs and putrefactive pathogens by the acids produced by lactobacilli. On the basis of this fact, which we have known for a long time, we can also conclude that the pathogens in the human organism are also nipped in the bud by the acids produced by lactobacilli or by the defence substances which are produced during cooking, and thus have a health-supporting and life-sustaining effect, which has already been proven by the effective use of kefir and yoghurt for many illnesses, as well as by the old age of the inhabitants of the Caucasus and the Bulgarians.

Experience creates proof

So every rational, logical and striving human being can create proofs by experiencing for himself the new insights he has deduced from already known facts on the basis of simple analogies. As life teaches us, aspirational thinking leads to an idea, which, pursued inspirationally, produces an insight, which in turn, pursued inspirationally, leads to knowledge. Knowledge is then processed through experience, which gives rise to the power of experience, which in turn leads to wisdom through further experience. At this point, all assumptions and theories become obsolete, since wisdom as well as experience are based on effective truth and irrefutable logic (thoughts from the book <The Way of Life> by <Billy> Eduard A. Meier, see FIGU-Online-Shop at <http://shop.figu.org>).

All science, including all knowledge, is based on truth.

Truth is the factual knowledge of the effective existence of the real. The effective truth exists in all things and forms of the real and their sacrificial-original laws and can only be founded through the path of proof just described. It is never complicated and can always be expressed in simple words. However, its effect is so profoundly moving that once it is discovered it cannot be disregarded. Moreover, truth is so powerful that it can change a person's life, for it is able to free a person from all kinds of constraints such as fears, worries, burdens and, last but not least, diseases, all of which arise from ignorance and the resulting disregard for the fundamental laws of nature and life.

So truth corresponds to the knowledge of real facts which are based on the knowledge of comprehensible laws of nature and fulfil an important meaning and purpose in life. These facts are neither speculative nor do they correspond to any theories. In all research work, laws of nature and knowledge of nature reflect relationships and laws that give the researcher a picture of the whole and reveal to him how all life is determined in harmony with nature.

However, certain interrelationships of all the laws in nature and in life that work together and in conjunction with each other can only be recognized with regard to the healing effect of a certain foodstuff or substance if the whole mechanism, including all the interrelated wheels, i.e. the whole of life with all the associated areas, are taken into account, both on a small and a large scale.

Professional thinking vs. holistic thinking

All too often, in research and especially in our own thinking, we get stuck in nooks and crannies of individual fields, resulting in specific and thus limited subject thinking. In addition, there is the unpleasant fact that communication and coordination between the different disciplines is almost non-existent today. So today's thinking is only concerned with specific and separate things, without being able to grasp connections with other things and values, resulting in the purest specialism.

The result is thousands of idiots with limited knowledge in just as many disciplines, who have hardly any connections with each other and are therefore not working towards any common goals. Each one tufts along in his or her own corner and is content with a rather modest part of the truth, without really gaining comprehensive knowledge or grasping the overall context.

In order to break through this specific way of thinking and thus open up new directions of thought and possibilities, we have to connect all things and values with each other and look at them holistically. Everything in life belongs together, and in order to recognize the interconnections of all things and to draw great knowledge from them, we must connect all disciplines and areas of life and regard them as one.

If we were all prepared to make such connections and to bring together all the disciplines and knowledge of all mankind and to look at them holistically, so many lights would come on that the whole globe would shine brightly with enlightenment. For when we finally begin to cultivate a holistic, all-encompassing way of thinking instead of the common technical thinking, we will be able to draw great insights from life and nature and thus attain immense knowledge (Fig. 18).

(Thoughts from the article <Geisteslehre - Lehre des Geistes> by Eduard A. Meier in the <Voice of Aquarius Time>, 26th volume, No. 117, pp. 1-6, December 2000)

Intellectual thinkers bring progress to humanity

At all times, great people have existed who knew about the interdependence and interaction of all laws and therefore gained great insights from nature by cultivating a holistic way of thinking. This way of thinking certainly helped the Nobel Prize winner Prof. Dr. Ilya Metschnikow to achieve his ground-breaking findings in immunology. As a true natural scientist, he drew his insights from nature and life itself. In addition to his special expertise in biology, he looked at everyday life, such as the eating habits of Bulgarian farmers, to discover the secret of their robust health and old age. He discovered that they consumed large quantities of a sour drink every day and observed its effect on the human organism over a long period of time. From this he gradually recognized the connection between the putrefaction processes in the intestine and premature ageing, as well as the correlation between the high life expectancy of the Bulgarians is linked to their high consumption of kefir, which has been confirmed by further work and experience.

The actual source of such knowledge, however, comes from the sacrificial-natural laws which contain the interrelationships and laws of all the mysteries of life and which have been researched and deciphered by striving people at all times. The resulting knowledge - in this case about the healing properties of yoghurt and kefir - has far-reaching consequences for mankind, which today more than ever is plagued by mortal diseases, but success and progress only come when one recognizes the connections and fulfils the laws.

Purely material values vs. spiritual values

In summary, it can be said that thinking that is oriented towards purely material values such as money, fame, prestige and wealth, as well as thinking that is limited to itself, specific technical thinking, inhibits progress and thus causes unnecessary suffering. On the other hand, thinking directed towards spiritual values such as truth, insight, knowledge and wisdom, as well as all-embracing, holistic thinking, drive progress forward and thus evolution for the benefit of the individual as well as the whole. For just as the laws of nature determine natural life in all its diversity, so spiritual values make it possible for human beings to live together in a humane and evolutionary way. The urge for love, peace, joy and freedom as well as for knowledge, wisdom and harmony pulsates in the innermost being of every human being, which is why all peoples and cultures strive for these high values in the core of their being. For only such values unite human beings and all life and make possible a peaceful coexistence in which true progress can be advanced for the benefit of all life forms in all spheres of life. Therefore, we human beings should not hesitate to give way to this innermost urge.

Man as the guardian of nature and all life on earth

Everything lives, thrives and evolves through the grandiose lawful interplay and cooperation of all-natural kingdoms. However, this interplay and cooperation of all laws has become alien to the thinking of today's man, so that an overwhelmingly purely material, separate and self-centred way of thinking and acting prevails, which has destructive effects on nature and all life on earth. An example of this is the steady growing overpopulation, which results in deteriorating Forms of wastefulness, overexploitation and environmental destruction as well as food, water and energy scarcity expresses itself and ultimately leads to acts of violence and wars.

(see *Deutsche Stiftung Weltbevölkerung* at <http://www.dsw-online.de> and *Hot topics on environment and population* at *NewScientist.com* (<http://www.newscientist.com/hottopics/environment>). Instead of destroying nature and its limitless potential for learning more and more, as is unfortunately the case today, we humans should finally accept our true responsibility as guardians and protectors of nature and all life on earth and live up to our lawful destiny as human beings.

We must remember that we are beings capable of evolution, capable of understanding and capable of reason, and consequently devote ourselves to our actual life's work: The exploration of the sacrificial-natural laws that are everywhere in nature, in order to gradually unravel the secrets of nature and thus of creation, and to acquire the knowledge gained from this in an experiential form and to use it for the good of all life.

I would therefore like to appeal to all responsible and conscientious people from all walks of life to join forces in the interest of medical progress and its consequences for mankind and, according to their strength and ability, to make a contribution to the early development of a universal immune substance, even if this contribution should only consist of informing a single interested person about GAMMA-INTERFERON, which naturally occurs in yoghurt and kefir, and its immuno-strengthening effect. Even small steps can turn the giant wheel of evolution a little further.

Together, we can overcome any disease and any challenge that the modern world presents us with. And who knows: perhaps foreign cultures that have a friendly effect on us, such as *Lactobacillus bulgaricus* and *Lactobacillus caucasicus*, can be of great help.

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The cure gamma interferon

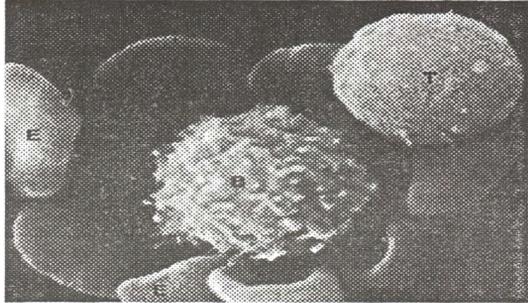
Summary with illustrations Fig. 1:

Lymphocytes

(Gesundheit.De/Roche Lexikon)

GAMMA-INTERFERON

is known in modern medicine as a defence substance produced by the human immune system. Its effect is based on an inhibition of



or destruction of viral RNA. Currently, gamma interferon is genetically engineered from lymphocytes - blood-forming cells of the human immune system - and processed into a drug such as Imukin®, which is, however, prohibitively expensive for most people. Nevertheless, gamma interferon has been shown to be very effective in treating severe viral diseases and various cancers in numerous clinical trials. However, the effect is better when the drug is taken in larger controlled and appropriate doses. It is capable of preventing and nipping in the bud almost any disease, even cancer of all kinds, because taken and applied in appropriate quantities it is capable of destroying even the most stubborn viruses, not to mention less persistent pathogens. It is therefore necessary to develop a new, cost-effective production process.

Fig. 2:

Treatment of melanoma with interferon gamma

From campus - Issue 1 January 2000 Awards

Homburger Science Award (Uni-Saarland.De)



In January 2000, the city of Homburg awarded the annual science prize to a young researcher during the university week. Dr. Selma Ugurel (University Skin Clinic) was awarded by the Mayor of Homburg, Reiner Ulmcke, for her work on a possible treatment of melanoma with interferon gamma (an inhibitor that protects the organism from viruses). She found out that melanoma cells evade the process of programmed cell death because of a changed molecule on the surface and thus multiply uncontrollably. Gamma interferon, she found, corrects this disturbance so that the melanoma cells can be destroyed by the body's own defence system.

Wolfgang Kappler

Fig. 3:

Interferon protects insulin cells

*From the virtue/le cell under diabetes therapy
(<http://www.vcell.de/genomstation/diabetes-therapie.html>)*

VIRENALARM

How cells warn: When attacked by viruses, cells switch on their alarm system. They release interferons and signal to their neighbours: danger ahead! In this way, these cells can protect themselves in time with antiviral proteins. This mechanism is also used by the beta cells of the pancreas. They are protected by the complex insulin production is particularly susceptible to disruptions.

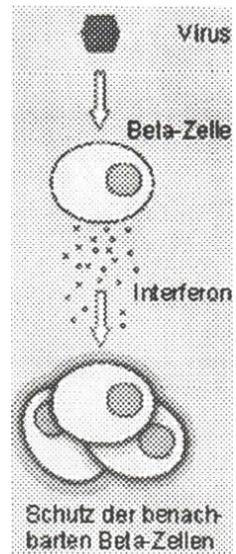


Fig. 4:

Gamma interferon against brain tumours:

(http://focus.hms.harvard.edu/1999/May14_7999/neuro.html)

From Focus.HMS.Harvard.Edu



Lynnette Phillips (left) and Lois Lampson used a custom-built stereotactic frame to deliver precise injections of interferon into the brainstem and hippocampus. Current experiments have led to a method of destroying brain tumours in two stages. After surgical removal of the main mass of a tumour, phase II involves injecting interferon into the affected region, which induces T-cells to hunt down roaming tumour cells.



From Dom's Kefir-making in-site: Users.Chariot.Net.Au

The **kefir fungus**, also known as kefir grains, is a soft, gelatinous biological mass of proteins, lipids and complex polysaccharides (kefiran) that harbour lactic acid bacteria and yeast. In the process of kefir formation, milk is fermented with the so-called kefir grains. Among other friendly bacteria, *Lactobacillus caucasicus* and *Streptococcus lactis* are native here.

Fig. 6 a, b:

Bulgarians and Caucasians have known about the effects of sour milk products for a long time. In the Balkans, Bulgarian farmers who eat a lot of yoghurt and kefir live to an above-average age. The inhabitants of the Caucasus drink kefir instead of water and eat it as a food from their youth. They reach an average age of 90 to 120 years (the latter is not uncommon). They do not know tuberculosis or cancer and have no digestive worries. At the beginning of the 20th century, the Nobel Prize winner Prof. Metschnikow caused quite a stir with his thesis that the high life expectancy of Bulgarians is due to their high consumption of these acidic dairy products.



NewTravel.Com
Village women in Bulgaria *maintain a kitchen rich in vegetables, sheep's cheese, Yoghurt and also meat*



Go-Elbrus. Com
Mount Elbrus in the Caucasus
Original home of the kefir

Fig. 7:

Image from Aurec.Com

The original home of kefir is in the mountains of the North Caucasus. Apart from two mountain tribes there, namely the Ossetians and Kabardinians, no one knew about kefir cultures for a long time. According to Beatrice Trum Hunter, the author of *Fact/Book on Yogurt, Kefir and Other Milk Cultures*, the mountain tribes living there report

The prophet Mohammed gave them kefir as a gift when he travelled through this region about 1400 years ago. Afterwards, however, some Westerners learned about the magical powers of this fermented drink for general well-being, including Marco Polo, who wrote about kefir in the chronicle of his travels in the Far East.

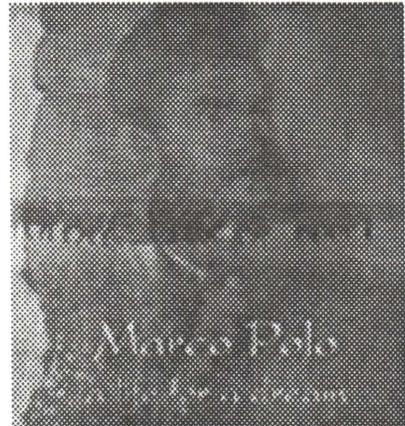


Fig. 8 a, b ,c:



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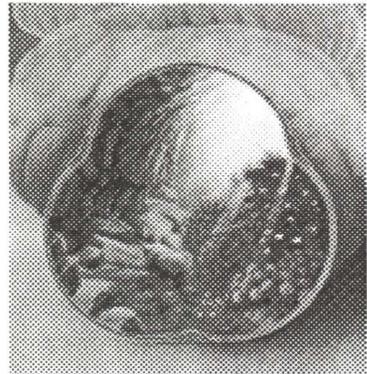
Schoolmelk.Be

Ilya Metschnikov - Born 15 April 1845 in Ivanovka, Ukraine and died 15 August 1916 in Paris. As a natural scientist and researcher, he discovered that certain white blood cells are capable of destroying harmful substances in the blood, and in 1884 he put forward his theory of endocytosis. In 1908, he revolutionized the existing concept of immunity and infection with his work on the immune response of the body and the ability of phagocytes, produced by the human immune system, to ingest and digest inanimate or animate foreign bodies. In the same year, together with the German physician Paul Ehrlich, he received the Nobel Prize for this work. At the same time, Metschnikov was researching the effect of kefir, an acidic drink, on various diseases and in connection with the problem of old age. In 1908, he wrote in his book *The Prolongation of Life* that the longevity of the Bulgarians was due to their high consumption of kefir.

Fig. 9:

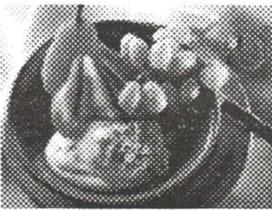
Image: Brockhaus encyclopaedia

According to Professor Ilya Metschnikov, the founder of modern immunology, the problem of ageing is related to a chronic poisoning process by digestive products. As early as the beginning of the 20th century, he suspected that lactic acid bacteria would suppress the desired rotting process in the intestine.

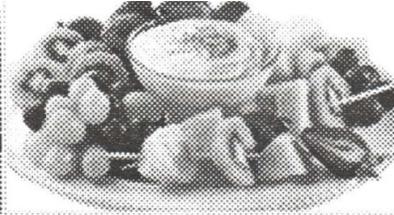


Since then, numerous studies have confirmed that acidic nutritional products such as kefir and yoghurt actually prevent the putrefaction of residual bacteria in the intestine. By acidifying the intestinal mucosa, harmful invaders are inhibited in their growth.

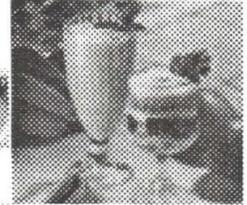
Fig. 10 a, b, c:



LogHouseInn.Com



Dannon.Com



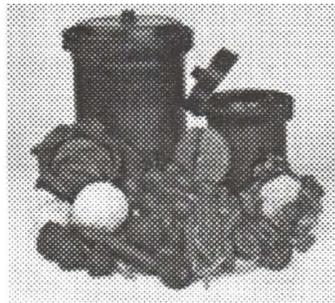
Donvier.Com

Yoghurt is a food and medicinal product made from fermented milk, which is produced under the influence of the bacterial cultures *Lactobacillus bulgaricus* and *Strepto coccus thermophilus*. Among other things, it acts as a bactericide, lowers cholesterol, has an immunostimulating effect, protects the stomach mucosa and inhibits cancer and the formation of carcinogens in the intestine.

Fig. 11 a, b, c:



Salzindustrie.De



Gartenfreunde.De



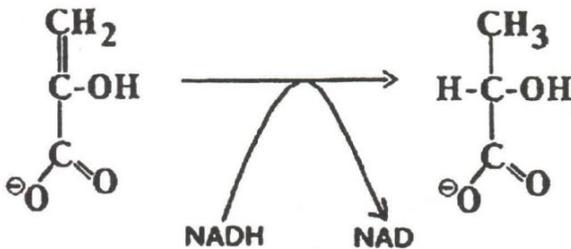
Salzindustrie.De

Food preservation through lactic acid fermentation is thousands of years old Method of making food last longer.

The lactobacilli produce so much acid that other germs, e.g. putrefactive agents, have no chance. The fermentation process turns milk into Kefir, yogurt, cheese, butter, buttermilk or kumys (thick sour milk drink) transformed and preserved. Also other foods such as vegetables (sauerkraut, pickles and pickles, Olives), meat (ham and raw sausage stripes), bread (sourdough), Fruit juice (wine, cider, must), barley (malt, beer) or fermented feed (in Silos stored feed for livestock) are also preserved by this cooking or fermentation process.

Fig. 12, 13:

Lactic acidification (<http://fachberatung-biologie.de>) is typical for many species of bacteria and some algae. During the cooking process, the lactobacilli absorb sugar (lactose) and convert it partly into energy. However, the lactose is not completely broken down, but is excreted into the environment as a chemically altered by-product. The resulting lactic acid prevents other bacteria from producing toxins. The overall balance of lactic acid fermentation looks like this:



The enzyme that catalyses this step is called lactate dehydrogenase. Lactate dehydrogenase is also found in mammalian tissue. The formation of excess lactic acid in muscle cells when the muscle is heavily loaded is thought to be one of the possible causes of <sore muscles>.

Cooking reactions

(<http://fachberatung-biologie.de>)

Pyruvate is the key substrate of cooking. It can

- reduced to lactate (lactic acid fermentation)
- decarboxylated to acetaldehyde (alcoholic cooking)
- be carboxylate to oxaloacetate (propionic acid fermentation)
- are cleaved to acetyl-CoA and formate (pyruvate formate lyase)
- are oxidized to acetyl-CoA with reduction of ferredoxin (Pyruvate ferredoxin oxidoreductase)

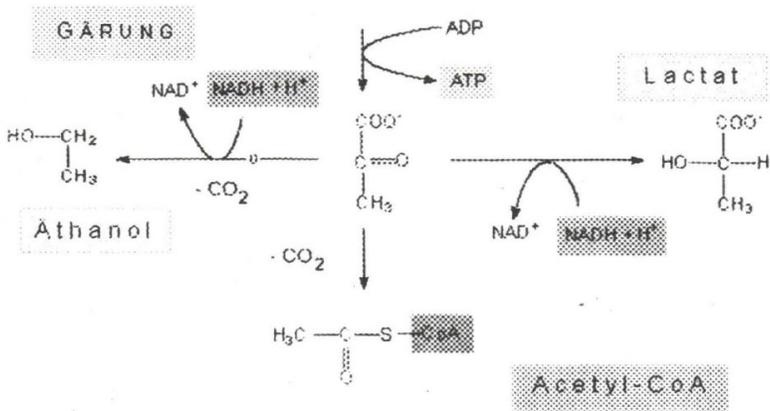


Fig. 14:

Sauerkraut cooking against cancer:

(<http://www.netzeitung.de/servlets/page?section=984&item=211691>)

In Journal of Agricultural and Food Chemistry, Finnish food researchers Ryhanen and her team report that fermented vegetables contain sulphur-containing compounds that can prevent the growth of cancerous tumours. These compounds are derived from the defence system used by cabbage and other cruciferous plants to protect themselves from predators. If a plant cell is damaged, the sulfur-containing side groups of mustard oil glycosides are separated and break down into isothiocyanates and other defense substances.

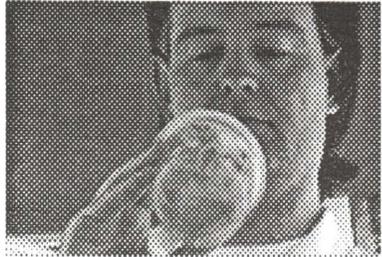


Ryhänen and her team suspect that the anti-cancer compounds through the action of bacterial Enzymes are created during fermentation.

Fig. 15:

Yoghurt against MRSA:

(<http://news.bbc.co.uk/1/hi/health/1080184.stm>)



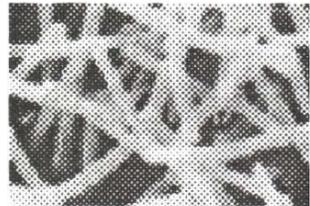
According to a report in New Scientist acted a strand contained in yogurt of the *Lactobacillus fermentum*

bacterium against the spread of the dangerous *Staphylococcus aureus*. At one at the University of Western Ontario conducted study in which yogurt against MRSA (methicillin resistant *Staphylococcus aureus*) was used a microbiologist involved in the research, Gregor Ried, that the lactobacillus managed to stimulate the growth of the dangerous bacteria to inhibit. Ried believes that the bacillus may be a protein that prevents the staphylococci from attaching to human To bind cells. According to Dr. James Soothill produce lactobacilli an acid that creates an environment. in which the living conditions for harmful bacteria are compromised.

Fig. 16:

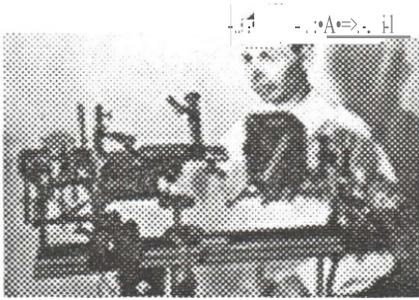
Universal immune substance: In June 1991, the following statement by the physician Ptaah was published in the Voice of Aquarius: "The possibility of producing immune system-strengthening Medicines for prophylaxis and treatment is given.

The active ingredient of such a drug is the already known to medical scientists under the name GAMMA-INTER FERON. The substance GAMMA-INTERFERON is a natural product of chemical transformation, as when milk is transformed into YOGHURT or KEFIR. Therefore, it is only necessary that the GAMMA-INTERFERON is extracted from the products mentioned and transformed into a medicine." This conversion takes place in the Lactic acid fermentation takes place.

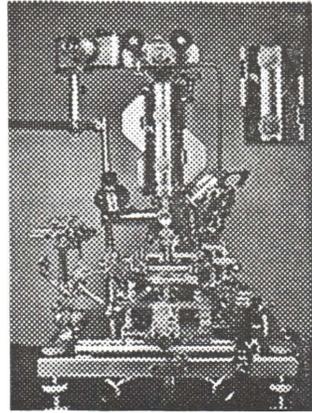


Lactobacillus bulgaricus
(Distans.Livstek.Lth.Se)

Fig. 17 a, b:



Dr Royal Raymond Rife
(Rense . Com)



Universal microscope

Electron medicine:

(<http://www.rife.de>)

In 1933, the inventor of the universal microscope, Dr. Royal Raymond Rife of San Diego, discovered that for every pathogen there is a very specific resonant frequency that causes the pathogen to vibrate so strongly that its structure collapses, comparable to the process of a wine glass simply shattering due to the vibration of an opera singer's voice. Most bacteria, as well as viruses, simply disintegrate when they are hit by the vibration frequency that is fatal to them, without harming the surrounding tissue.

Fig. 18:

Progress:

If we human beings with reason, understanding, a sense of responsibility and duty, as well as a clear-thinking capacity, finally work together and cultivate a holistic, all-encompassing way of thinking instead of the usual specialist thinking, we will be able to acquire immense knowledge and achieve unimagined progress towards the well-being of the individual and the general public diversity. If we treat each other with respect and see our diversity as an asset rather than a threat, we can finally begin to focus our strength and ability on common goals.



**Man is Guardian of
the earth**

Image from Home.Arcor.De

The aim is to align our efforts in order to meet the challenges of our time together.

How much fear and misery, war, hatred, destruction and annihilation could disappear in the earthly world tormented by man, were all the laws of all life and all existence casually recognized, followed and fulfilled.

Quote from <Billy> Eduard A. Meier

Picture manuals

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From *Roche Lexikon Medizin*, 4th edition © Urban & Fischer Verlag, Munchen 1984/1987/1993/1999 (<http://www.gesundheit.de/roche/ro22500/r23325.html>)
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3. *Interferon protects insulin cells - VIRENALARM*
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4. Gamma interferon against hearing tumours :
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5. The kefir fungus
 - a. From *Dom's Kefir in-site*
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 - b. From *Dom's Kefir in-site*
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 - c. From *Dom's Kefir in-site*
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6. The Bulgarians and Caucasians
 - a. Villagers from Bulgaria
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7. Marco Polo
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8. Ilja Metschnikow
 - a. From Pasteur.Fr
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 - b. From IapHomePage.Org
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 - c. From Schoolmelk . Be
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9. The problem of aging *From Brockhaus Lexikon by Bibliographisches Institut & F.A. Brock*
10. Yoghurt
 - a. From LogHouseInn.Com
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 - b. From Dannon. Com (<http://www.dannon.com/recipes/index.php>)
 - c. From Donvier. Com
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11. Food preservation
 - a. From Salzindustrie.De (<http://www.salzindustrie.de>)
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 - b. From Gartenfreunde.De
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(see *archive 11/2000; Old favorites up to date again: Milky sour cooking*)
 - c. From Salzindustrie.De (<http://www.salzindustrie.de>)
(see *Application/Food/Salt as a Foodstuff/Conservation/Pocula*)
12. The lactic fermentation / *From Fachberatung-Biologie.De*
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(<http://newsbbc.co.uk/1/hi/health/1080184.stm>)
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18. Progress
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