

About the Safety of Corona Vaccinations

Excerpt from the 770th Contact from Wednesday, the 5th of May, 2021

Billy ... But look here, please. This article was beamed to me by Achim Wolf yesterday. Please read it and then tell me what you think.

Bermunda ... reads ...

Florena Can I listen in if Bermunda reads aloud?

Billy Of course, – if you would like to read, please, Bermunda?

Bermunda Yes. – ... *reads aloud* ...

AstraZeneca: Dangerous side effect much more frequent than assumed

4th of May, 2021, 06:45 am, by Susan Bonath

COVID-19 vaccination: AstraZeneca classified acute platelet deficiency as a 'common side effect' as early as mid-April. According to this, one to ten out of 100 vaccinated persons are at risk of internal bleeding. However, the Paul Ehrlich Institute (PEI) is not making a big fuss about this.

The COVID-19 vaccines can promote blood clots. This is now considered proven. The AstraZeneca company in particular made headlines after young vaccinated persons died of cerebral venous thrombosis or cerebral haemorrhage. Both in combination were only found 'very rarely'. And COVID-19 is much more dangerous, reassure the German vaccine monitoring authority, called Paul-Ehrlich-Institut, (PEI) and the leading media alike. But the PEI has been hiding one explosive detail for three weeks: so-called thrombocytopenia apparently occurs much more frequently than previously known. Such a lack of blood platelets is not always noticed. But in a serious case it can lead to severe internal bleeding, even cerebral haemorrhage, and is therefore always considered an emergency.

PEI and leading media remain silent

This emerged from a second so-called 'red-hand letter' from the Swedish-British pharmaceutical company AstraZeneca. This letter is dated 13th of April, 2021, and has not been reported in any sensational way in the leading media. Only on the weblog tpk.at can a more detailed report be found.

In addition, the specialist portal apotheker-adhoc.de reported on the red-hand letter of the British-Swedish vaccine manufacturer. However, the fact that thrombocytopenia is now considered frequent was not mentioned in it. The Paul Ehrlich Institute duly published the letter on its website. But the layman has to search very meticulously to find it there.

One to ten percent of those vaccinated could be affected.

Indeed, it states that the European Medicines Agency's (EMA) Committee for Risk Assessment (PRAC) continues to classify thrombosis in combination with thrombocytopenia as a 'very rare adverse reaction' caused by an AstraZeneca vaccination. However, the company literally admits:

"One of the updates concerns section 4.8 of the expert information. Thrombocytopenia has been entered as adverse reaction with a frequency of 'frequent', based on data from clinical trials."

Side effects of medicines are classified on package inserts according to the frequency of occurrence. 'Very rare' means that less than one in 10,000 patients is affected.

An adverse effect is declared 'frequent' if it occurs in one to ten out of 100 patients. The serum Vaxzevria by AstraZeneca was administered almost three million times by the 2nd of April (more recent safety reports have not yet been published by the PEI responsible). If the studies are to be taken seriously, a platelet deficiency could have occurred 30,000 to 300,000 times in those vaccinated – probably mostly unnoticed or without a doctor being consulted.

AstraZeneca: Thrombocytopenia probably an autoimmune reaction

According to the letter, the authors from AstraZeneca, Susanne Tubis and Klaus Hinterding, suspect that the dangerous clotting disorder is probably caused by antibodies formed by the vaccination. These so-

called PF4 antibodies often bind to blood platelets and change their structure. In vaccinated persons who developed thrombocytopenia with or without thrombosis, a particularly large number of these special antibodies were found. This strengthens the thesis, the authors say.

Officially, up to the 21st of April, the PEI reported a total of 75 cases of cerebral venous thrombosis after COVID-19-vaccinations, which represent a small proportion of all thromboses that occurred. Twelve of these cases occurred after administration of the Pfizer/BioNTech Comirnaty vaccine, while 63 cases occurred in those vaccinated with the AstraZeneca vaccine. A total of 56 women and 19 men were affected – most of them younger than 60 years.

According to the PEI, 34 cases of simultaneous cerebral venous thrombosis and thrombocytopenia occurred exclusively after the administration of Vaxzevria (AstraZeneca). Twelve people died as a result. Three others did not survive blood clots in the brain that occurred after administration of the Pfizer/BioNTech vaccine.

However, a relevant number of unreported cases can be assumed. Firstly, only a small proportion of side effects are reported at all. Secondly, a particularly large number of elderly and sick persons have been vaccinated. Deaths or severe clinical symptoms can be blamed much more easily on previous illnesses and age. In nursing homes, for example, there were numerous deaths known to the author after vaccinations to which a natural cause had been attributed and which were therefore not further investigated by forensic medicine.

Information intended for doctors only

The suspected secrecy surrounding severe side effects of these mRNA and vector vaccines seems to be confirmed once again by the recent example of AstraZeneca. Why do PEI and the press not inform the general public about the frequent occurrence of a vaccination reaction, which can even have fatal consequences, especially in the case of non-treatment?

PEI spokeswoman Susanne Stöcker explained that such a 'Red Hand Letter' is 'explicitly aimed at doctors'. In the past, they were therefore sent exclusively to them. "For some years now, the PEI and the Federal Institute for Drugs and Medical Devices have also published these documents on their websites, where they are accessible to all interested parties," she added.

In other words: anyone who wants to know whether the vaccination might pose more of a risk to them than a coronavirus infection, has to search the websites of the specialised authorities himself/herself. But the fact is also: the vaccinators should know about this and warn the vaccinees accordingly.

Where is the safety report?

It also remains incomprehensible why the PEI has not published a safety report for weeks. The most recent report, available on the 3rd of May, covers the period up to the 2nd of April. So there has been no new information from the responsible authority for over a month. Stöcker appeased: the next publication is planned for the beginning of May and will probably come out this week. She added literally:

"Against the background of the increasing number of vaccinations, we naturally also receive correspondingly more suspicious case reports, which must be recorded and evaluated and for which, if necessary, follow-up research must be carried out. In addition, I would ask you to bear in mind that a great deal of activity has been required in recent weeks with regard to the safety of the COVID-19 vaccines."

Already in the last safety report of the PEI, originally listed serious suspected cases, including facial paralysis, heart muscle inflammation, stroke and seizures, were no longer explicitly named. A few weeks ago, the spokesperson explained that it was not possible to name each individual effect separately.

Source: <https://de.rt.com/meinung/116950-astrazeneca-gefaehrliche-nebenwirkung-viel-haeufiger-als-angenommen/>

Billy And – what do you think and say about this?

Bermunda The whole of these explanations has been known to us since the first appearance of these vaccines, but I am not thinking only of this one mentioned but of all of them without distinction, which have not been sufficiently tested and are being used while negligently untested in a fast-track procedure.

Billy And you, Florena, you are also well versed in medicine and virology, therefore I think you could also say something about what your research shows. Or are you not allowed to talk about it?

Florena That which is fundamentally to be mentioned was already objected to from the beginning by Ptaah as irresponsibility on the part of the authorities. And as he predicted, these untested vaccines have also caused many deaths, which, however, has generally been publicly concealed and all deaths falsely declared as direct epidemic deaths. The long-term damage to health that these vaccinations have additionally caused and will continue to cause for many human beings, has not been publicly explained. Along with this there has also been no publicity regarding what will result for human beings in this regard who have already been suffering from long-term consequences of corona since the beginning of the vaccinations, and that in this regard more will follow from now on.

Our investigations have recently shown that not only in Europe have several thousand human beings suffered malignant severe side effects and long-term health damage as a result of corona vaccinations, but also in all countries where corona vaccinations have been administered and where vaccinations continue to be administered. Particularly to be mentioned here are vaccination consequences which, on the one hand, have repeatedly occurred in many cases since the first vaccinations, but which will occur in the future, such as:

1. brain haemorrhage,
2. heart attack,
3. anxiety states,
4. loss of taste,
5. hyperactivity,
6. hypersensitivity,
7. visual impairment,
8. flu-like illnesses,
9. fever,
10. chills,
11. dizziness,
12. malaise,
13. Guillain-Barré syndrome, which is damage to the nerves, especially in the spinal cord, resulting in sometimes severe motor dysfunctions such as paralysis.
14. voice changes,
15. Bell's palsy (facial paralysis),
16. loss of motor control,
17. pain at injection site,
19. cerebral venous thrombosis, under some circumstances with simultaneous deficiency of blood platelets, that is to say, thrombocytopenia, which is triggered by an autoimmune reaction, in which case antibodies against the patient's own blood platelets are then increasingly formed during internal inflammations and vascular injuries.
20. arteriosclerotic changes,
21. myocardial inflammation,
22. Menstrual bleeding for females outside the menstrual period.

Furthermore, our findings and research revealed that the following complaints can also occur:

23. chest pain,
24. leg oedema,
25. bruises,
26. shortness of breath,
27. abdominal pain,
28. headaches, quite severe,
29. blurred vision,
30. risk-narcolepsy, under some circumstances,
31. indigestion,
32. fatigue,
33. physical pain of various kinds.

Also other health damage, illnesses and diseases have resulted from vaccinations, such as numerous short-term consequences and long-term consequences, but also late complications, permanent suffering or various permanent diseases can result from the vaccines of various types that are used and are 'half-baked', whereby the effective origin of the same cannot be determined, and thus, whether this is due to the rampantly spreading corona disease itself or to the inadequate vaccines cannot be recognised. When specific symptoms occur in

autoimmune diseases, they do not always arise immediately, but only over time, in which case the whole thing can become all the worse.

Even traditional vaccination damage, which results from other vaccinations with regard to other diseases, can result again from corona vaccinations as long-term and late effects, which is denied by scientists, doctors and virologists and so forth, as they have been doing since 1796 from the first beginnings of vaccinations. It ...

Billy Excuse me for interrupting you, but how did that come about in those early days, namely that the first vaccinations were made? Unfortunately, I have never looked into how and when the first vaccination came about.

Florena This resulted from the fact that a boy was to be immunised against cowpox, precisely by means of a manufactured vaccine with which the first vaccination was tested on a human being – a boy – whereby the inoculation process was then also called vaccination.

Billy Aha, interesting, and this term has survived until today. So cowpox was the reason for it. Then the Latin term 'vacca', thus 'cow', became the epithet for vaccination, which then probably continued with 'vac-cinus', which can mean 'coming from the cow' or something.

Florena That is right. – And what I am explaining now, you should emphasise especially when you give a written account of our conversation:

That which is to be said now corresponds neither to fear-mongering nor scaremongering, nor is it a call to refrain from vaccinations or to refrain from carrying out vaccinations with regard to protective precautions against the rampantly spreading corona disease. Every reflection, consideration, decision as well as action with regard to whether a person decides in favour of or against a corona vaccination requires in-depth, thorough and logical deliberations and considerations in every case. Thereby the whole thing requires a personal, logical and thus one's own, well thought-out, intellectual-rational decision, which can solely and exclusively only be determined by each person for themselves, who is in control of their own senses and able to decide about their own personal weal, woe, doings and non-doings.

The fact is that the whole issue of vaccination also has aspects of concealing explosive dangers with unknown long-term consequences. In this regard, it is also fraudulently claimed by well-known institutes that long-term data regarding negative consequences due to corona vaccinations would be based on misunderstandings and, moreover, very often due to the incorrect use or misuse of medicines. However, this does not correspond to the truth, as we have ascertained.

Usually, and this must be explicitly explained, vaccination reactions normally occur within a few hours or days, but our research has produced cognitions which prove that as a result of corona vaccination various diseases, ailments, infirmities as well as long-lasting adverse health reactions up to infirmity of all kinds can occur not until a few weeks, months, only after years or even after decades, in which case – according to our foresight – the causes cannot be explained and no cures can be brought to bear.

Our research also shows with investigations that women in particular are adversely affected by the side effects of vaccinations, whereby we have also established and recognised that the ribonucleic acid of the rampantly spreading corona disease virus builds itself into the human genome and so forth. Consequently, there is also long-term hereditary damage of various, but not predictable kinds, however, also serious health problems and very alarming disabilities of an inner-organic and outer-physical kind can be caused. We are also constantly noticing, on a daily basis, that in all countries where vaccinations are carried out, again and again deaths occur which, according to our cognitions, very often turn out to be vaccination after-effects. Irrespective of the obvious, very massive side effects and deaths, vaccination propaganda continues unhindered in all countries, in which case, however, neither the authorities, governments nor health institutes and doctors and so on, inform the public about this, but dispute, conceal or deliberately deny everything in this regard. And this will be especially the case in the near future, because infections and deaths will be on the decline in various countries for the time being, which will cause many human beings to be careless and overconfident and which, under some circumstances, can have nasty consequences, just as it can also be possible that newly arising mutations will bring further disaster with regard to the rampantly spreading disease, about which I, for my part, do not have any knowledge yet because I do not inform myself directly about this, but only in passing and only sporadically.

Billy I knew that, but thank you for what you were able to explain, Florena. I also know from Ptaah, among other things, that many things were, are and will continue to be more than just dishonest and also connected with fraud. Ptaah also explained that in addition to the many deaths caused by vaccination, many human beings will also suffer long-term health impairments and long-term vaccination damage, but that vaccinated

persons can still be infected by the rampantly spreading disease, which in special cases, however, can also no longer be detected by tests, because the rampantly spreading disease only remains impulse-based in the organism, which cannot be detected by terrestrial medical means. Therefore, he explained, such corona impulse sufferers could continue to infect other persons without themselves knowing that they were corona impulse carriers and thus infecting. And furthermore, he explained, those infected with this kind of impulse could then also infect other persons and so forth, in which case, however, the consequences could then not necessarily be corona symptoms again, but a wide variety of other ailments and diseases, up to and including infirmity.

Bermunda Ptaah also explained – and as a specialist he has concerned himself much with everything and has done research himself – that the rampantly spreading disease ebbs and flows, new mutations combine with others and therethrough form new strains. He also explained that the corona virus has an insidiousness that can manifest itself in such a form that the virus appears to be retreating, only to suddenly break out again in greater numbers and spread vehemently once more, which is why a drop in infections and deaths could, under some circumstances, only be a warning sign of a new outbreak. Our scientists also explained that the corona virus is everlasting and can become active again as new mutations even after thousands of years.

Billy Sfath already told me this, and everything you have said corresponds to that which has happened so far and is still happening in this form. In addition, we – Sfath and I – observed through looking into the future that, on the one hand, the corona virus which developed in India more than three months ago, was only recognised as a new mutation too late, after it had already claimed many victims, and consequently no precisely targeted measures could be taken and implemented. And the measures that were taken and carried out too late against the new variety of the corona virus spreading in India, are absolutely negligent-useless against this variation, which infects more easily than other mutations, wherethrough now hundreds of thousands of infected human beings and likewise thousands of fatalities will have to be mourned every day. Also this Indian mutation, which has already been introduced into Europe due to the incompetence and low intelligentum of those mighty ones in government, will again change the situation negatively.

From the very beginning of the rampantly spreading corona disease, the inability of those in power to assess and recognise the situation and to adopt all the necessary protective measures was so inconsiderate, inadequate, foolish and detrimental to the health-security of the peoples that there was no chance whatsoever of ending the evil before it could have become a rampantly spreading disease.

Due to the Indian mutation, new infectious conditions will arise again, which likewise will lead to further problems, such as the now emerging too early openings and relaxations of the otherwise already irresponsible-insufficient safety-protection measures. The irresponsibility and low intelligentum of those in charge of all the authorities already begin with the relaxing of their otherwise already very inadequate orders and measures far too quickly, which can, however, after a certain time, take its revenge in one form or another in the future, although I have no knowledge of this and am not yet informed what will actually result from these premature relaxations.

Florena As far as the Indian mutation is concerned, a permanent control of the corona outbreaks would have been necessary, which, however, was not the case, nor is it the case today, nor will it be the case tomorrow, the day after tomorrow and so forth, and will therefore still claim many victims. Such a control and also the ordering of correspondingly necessary precautions and so forth, would have been the task of the WHO, which is responsible for this on Earth, but which has failed in every respect in this case, as well as in general directly related to the rampantly spreading corona disease worldwide. As a result, this rampantly spreading disease was able to spread as a pandemic and claim, up until now – according to our very precise counts – 9.65 million human lives, of which, however, official earthly statistics show 3.4 million less to this point in time. This is the case, while estimates of terrestrial scientists thus assume almost 3 million fewer dead than the 9.65 million that we have counted very precisely.

The reason for these misestimations is that the statisticians lack all possibilities for the exact clarification and counting of all corona deaths and corona processes. Due to the lack of these possibilities to ascertain the effective facts, however, inconsistent figures and hypotheses are brought up and presented to the terrestrial humanity as facts, which, however, corresponds to fraud and a work of deception. In this regard, there will also arise a new fraud and work of deception by the WHO – as has already been mentioned, as I know, by Ptaah as well as elsewhere several times – because, as a further consequence, bogus research into the alleged origin of the rampantly spreading corona disease has started again, wherethrough new allegedly scientific studies, and so forth, are to prove the origin of the rampantly spreading corona disease in China. And as we have learned through our observations, investigations and overheard secret conversations, bats have already been determined by a few certain participants of this investigative commission to be the alleged causative agents of the rampantly spreading corona disease, although the alleged research will not provide any corresponding evidence for this, because the persons infected with the virus from the secret laboratory died of the rampantly spreading disease only a few

weeks after the spread of the virus. And I have already explained that this spread of the virus also brought mammals such as bats into contact with it and also that this has also occurred in isolated cases in other countries. Through the work of lies and deceit, which is already in the offing as a done deal, it is to be prevented that the whole of what has emerged as the effective origin of the Corona virus in the 1970s between Mao Zedong and the American ..., who had grown in hatred against America, will come to light namely that the virus was bred in secret laboratories and then released through carelessness. Therefore, in a short time, a new work of lies and deceit will be put into the world by the WHO and fraudulently presented to the peoples, when the origin of the rampantly spreading corona disease is to be investigated again pro forma, whereby however, as said, it has already been considered for some time to determine bats as the originators of the rampantly spreading disease, which, as mammals, were also partly infected by the corona virus. This happened when the virus infected laboratory workers in a secret laboratory through carelessness and they spread it to the outside world. In the process, not only human beings were infected by the corona virus, but also various bats. And since bats are the only mammals on Earth that are capable of active flight, the search was also transferred to some other mammals and creatures, but this has not yet had any widespread consequences that would have made the whole thing known. However, this has not only been limited to China, because in patches the whole process of spreading the rampantly spreading disease was carried into other parts of the world by infected human beings who have travelled around despite the rampantly spreading corona disease and have spread the virus to various other countries, so that individual bats and other mammal species have also been infected by the corona virus in other countries. Although this has so far occurred in very few cases in the wild, it has already happened several times in private animal husbandries and in show animal facilities.

As we have known since time immemorial due to our observations and clarifications and so forth, the terrestrial peoples are misled with fraudulent data and lies – which are presented as alleged scientific facts – by authorities, statisticians, governments as well as by secret services and politicians and so forth. This happens, while effective factual data and important illuminative information are concealed and hidden from the peoples, as is also the case with many political secret negotiations, high-handed decisions and secret resolutions that are often hostile to the people and the country and get very badly out of the control of the good human nature to the detriment of national populations and countries' constitutions; however in this form such machinations also lead to acts of war and terror against other countries and peoples – which would be absolutely impossible with us Plejarian. And these facts have nothing to do with the widespread pathologically insane delusions of the so-called conspiracy theories that have been spreading on Earth since time immemorial.

Billy Conspiracy theories – you are talking about something that cannot be more idiotic, but which has been driving large groups of earthlings crazy by means of delusions since time immemorial. These conspiracy idiocies have arisen in a big form by means of religious-sectarian delusions, for example, in the case of rampantly spreading diseases, in which case the god-delusion believers, in their belief-delusion, considered the whole thing to be god's punishment for their disobedience to him and therefore chastised themselves, indeed not infrequently to the point of suicide. The whole thing was driven forward by priests and parsons as well as by crazy sect fanatics, as I was able to observe with Sfath.

However, as for those WHO fellows you mentioned regarding new alleged research, they are only big-mouthed and run a useless and very expensive organisation whose operators 'earn' horrendous salaries, as is also the case with the majority of all those in government. But let's leave it at that, because talking is useless and besides, one is viciously denigrated by those of low intelligentum of the population, who stand by the rulers and believe all their lies, but also by the authorities and the 'people's watchdogs' who call one a troublemaker and register one as antisocial in fiches, as I know from my own experience, but also from police reports and state archive records and so forth, which I have requested and received. But now something else, namely the following: in the case of infections by the corona virus, is it possible that the vaccines, which have not yet been tested to a large extent, and the vaccinations carried out with them, depend on the current state of the immune system with regard to their effect?

Florena Yes, that is correct, I know all that. But that which I wanted to mention with regard to the conspiracy theories is that, on the one hand, the whole truth cannot be fathomed because the entire technical instruments for this are missing due to all the necessary development possibilities and therefore do not yet exist. On the other hand, everything will be concealed or – what could very likely become the case – brought up as a conspiracy theory. The reason for this could then be that America is to be protected from all blame and also is to remain the major financing force for the WHO. But how did you arrive at your question?

Billy It will probably be the case as you say. On the one hand, it is true that human beings of pathologically low intelligentum invent conspiracy theories, or such crazy theories arise unintentionally through some circumstances, while effective truths are also deliberately constructed and disseminated as conspiracy theories, namely not only by private individuals, but also by authorities, governments and organisations. This is the case,

for example, with the faked alleged first moon landing by the USA, which was fabricated during the 'Cold War' in order to get one over on the Soviet Union and to scare them. And if under some circumstances it comes to that with the origin of the rampantly spreading corona disease, then it will be in order to absolve the USA of any guilt, although it was an act of revenge by the American ... in collaboration with Mao Zedong, because the hatred of ... was directed against the American people and he wanted to punish them, although this ..., but that does not matter.

But my question: sometimes thoughts and questions simply come up in me, like right now, when I remember that Sfath and recently also Ptaah said that we should continue to exercise extreme caution and wear respiratory protection masks and keep the necessary distance from the fellow human beings when the rampantly spreading disease recedes, because a slowdown of a wave of a rampantly spreading disease is no guarantee for its end nor for greater safety. Furthermore, I know from my time with Sfath that that which is currently happening with the somewhat flattening rampantly spreading corona disease is not simply due to better protective measures and their observance by the rational ones among the human beings, but largely due to the climatic condition of the emerging spring, as Sfath explained at the time. This, however, allows the rampantly spreading disease to rise again under some circumstances if the climate continues to influence it. However, this may also be due to other causes than the rampantly spreading disease itself, such as other ailments and diseases that arise from the rampantly spreading disease as a result of impulse triggers or the consequences of change, as Sfath explained.

But it could also possibly result in suffering and diseases that insidiously develop from unrecognisable viral infections. And furthermore, in many human beings the rampantly spreading corona disease leads – I remember what Sfath explained at the time – not only to death, but also to severe long-term health damage that cannot be cured. This is also the case with the respiratory problems caused by the rampantly spreading disease, which very often lead to death and cost many human lives, as is the case with various long-term brain diseases, which cause serious lifelong problems or in many cases lead to death. I also know from Sfath that virologists, medical doctors and epidemiologists as well as health institutions are concealing much information that is important for the population; for example, the fact that the corona virus proteins very strongly attack the signals of the immune system and manipulate it in such a form that it fails.

Consequently, it is necessary – as I have already learned through the teachings from Sfath – that everything necessary is done for the immune system to maintain its extremely vital total body-organic function, which in particular is to be done rationally by the human being in a conscious form, so that additional, strengthening vital substances are supplied to the immune system as required.

Vital substances correspond to various nutrients that the body organism needs indispensably for its function, but which it cannot produce itself; consequently, these nutrients must be supplied to it through food. If, however, the vital substances contained in the food are not sufficient to keep the body organism healthy, then such nutrients must be supplied separately. This can easily be done by purchasing sufficient food supplements available on the open market and supplying them to the body organism as – as the term explains – food supplements, namely in complete defiance of all the stupidly-brazenly naysayers and know-it-alls and so forth, including certain doctors and so forth, who consider themselves called upon to deny the truth that such vital substances are vital for many human beings and their immune system function and health.

The fact that doctors, and so forth, often deny the fact of an additional necessary application of vital substances, is often justified with the stupidly-brazenly reasoning that this would not be necessary because the food would contain enough of these substances. However, the fact that the private purchase and use of vital substances and food supplements by patients puts doctors, and so forth, at a disadvantage in that they have to restrict the sale of their chemical medicines and expensive vital substances to their patients, is not mentioned. This is the case on the one hand, while, on the other hand, 'good patients' become healthier or simply stay healthy, therefore they do not need a doctor, who in turn can claim much less in fees. However, this fact is vehemently denied – which of course is logical.

To strengthen the immune system, vitamins, minerals and trace elements in particular are indispensable and can be purchased in the open trade, whereby, however, special attention should be paid to good, clean and high-quality products, which is the case usually with government-certified products only and therefore are also only available in specialised shops, such as chemist's shops, pharmacies and government-recognised, legally-binding specialised shops.

In particular, the following vitamins, minerals and trace elements are important for the build-up, correct function and maintenance of a functioning immune system:

1. Vitamin A
2. B-vitamins
3. Vitamin C
4. Vitamin D
5. Zinc

6. Copper
7. Selenium and iron

The immune system is basically innate in human beings as an organic protective factor against harmful bacteria, fungi, microorganisms, pollutants and viruses, whereby it immediately reacts and takes defensive action against them when the body organism is attacked by such invaders. This means that no illnesses or diseases can be caused by the invaders, consequently a defence occurs by means of the immune system, where through the invading pathogens are rendered harmless. The immune system's permanently vigilant defence capability is thus fundamentally and comprehensively directed at maintaining the health of the entire human body organism, where through it is constantly guaranteed that all pathogens in terms of suffering and diseases from the environment, which constantly have an effect on the human organism, are not only fought when they enter the organism, rather protect it already from the pathogens – to which the body is constantly exposed – entering the organism.

I still remember some of the things that Sfath explained about how the immune system and all the trimmings work, and because someone recently asked me for relevant information and explanations, I read up on this on the internet a few days ago and reviewed it, as I also wanted to be up to date again with my knowledge in this regard, which is why I can now also explain some things about it. Therefore, I can now say and explain the following:

The immune system protects the body and the various organs, cell types and proteins from pathogens and from disease-causing cell changes, and therefore of course from all attackers and harmful substances and so forth, in which case, however, it does not make itself noticeable but simply functions silently and smoothly and keeps the body's own defences under control. The immune system fails, however, when it is weakened or can no longer do anything against particularly aggressive pathogens, consequently the body becomes ill. This can explicitly be the case when a pathogen is still unknown to the immune system. Without this system, the body in its internal organism would be just as defencelessly exposed to harmful influences from the environment as would the entire external area of the body, the main task of which is to protect it against pathogens and injuries by means of the body's own defensive measures and additionally by means of clothing and so forth. Fundamentally, however, the human beings themselves must be concerned to make an intellectual-rational effort to keep their immune system healthy by internal and external measures and so forth, and thus to protect themselves from suffering, illnesses, injuries and damage to the body, organs and also to the psyche and so forth, and to render harmless everything that can impair their health system in any negative form. First and foremost, human beings themselves must, through their intellectum, their intellect and their rationality, be careful to recognise everything that is harmful and to keep it away from their bodies as well as from their entire internal and external organisms, or, if they are afflicted with harmful pathogens, to remove them from their bodies or to neutralise them, which may be necessary as a rule by means of professionally correct medicinal treatment. This is the case when microbes, bacteria, parasites, fungi, viruses and toxic pollutants as pathogens cause suffering or diseases that require specialist treatment throughout. This is the case when, for example, the following pathogens occur:

1. Microbes, that is to say, micro-organisms: fungi, for example, mould, hyphomycetes, yeast
2. Viruses, such as influenza, hepatitis and norovirus
3. Bacteria, such as staphylococcus, enterobacteria, pseudomonas, salmonella
4. Parasites, such as helminths, that is to say, intestinal worms, amoebae, giardia lamblia
5. Pollutants of all kinds from the environment, such as poisons of all kinds
6. Physical injuries, caused by accidents and other factors

Microbes, that is to say, micro-organisms are tiny organisms that are too small to be seen with the naked eye, but surround the entire human body, but are also found in the air, in water, in the earth and practically on and in everything and everyone that exists. The human body alone is inhabited by millions and millions of these tiny microorganisms, that is to say, microbes. Some species are pathogens of suffering and disease, while others are absolutely vital to human beings in terms of health and being able to exist. If we look closer at the most common of these microbes, then fungi and viruses are the first to be mentioned, while beyond that still another group of microorganisms exists that cause diseases, such as malaria and toxoplasmosis. That which remains to be said with regard to individual pathogens is the following:

Bacteria/bacilli. Bacteria are unicellular organisms, some of which need oxygen to survive while others can do without it, some of which tolerate heat while others prefer to live in a cold environment. These are unicellular spore-forming rod-shaped organisms.

Bacteria can produce their own offspring and have a metabolism. They are single-celled organisms without a cell nucleus. Everything that bacteria need to live and reproduce is located in their cells.

Among other things, bacteria are also needed to produce certain foods, for example, yoghurt, sauerkraut or cheese.

Bacteria have their special name because of their rod shape. Bacilli are generally equated with bacteria and with pathogens. From a technical point of view, bacilli are also equated with bacteria, although bacilli correspond to a sub-form of several genera, including cocci, that is to say, nucleus bacteria or sphere bacteria. Altogether, all of them are found in many areas of the human body, whereby many, as already mentioned, are benign and useful and even vital for the human organism, but others are harmful. The latter must be kept in check, especially in the oral cavity, by means of regular and proper oral and dental hygiene, because new dangerous pathogens are constantly forming and multiplying in the oral and dental area – especially in the case of dental decay – which under some circumstances can lead to fatal consequences. If the whole thing is considered, then it is recognised that in principle the fight against bacilli and so forth must be waged for life.

Microbes/microorganisms are tiny living organisms that are far too small to be seen with the naked eye, as explained earlier.

Viruses are not life-forms in the true sense of the word, but are only simple organic structures that have no metabolism of their own, which, however, invade healthy cells of the human organism (as they do in animals, vertebrates and other life-forms) and therethrough cause suffering and diseases.

Therefore they are not organisms either, but rather consist of one or more molecules enclosed in a protein shell containing genetic information that is needed by the viruses to reproduce.

Many viruses are responsible for many ailments and diseases, while others are harmless to human beings or cause only a troublesome cold and other insignificant health-related harmless phenomena, while others, however, can cause uninhibited serious or even life-threatening diseases, such as the rampantly spreading corona disease, AIDS, hepatitis A, hepatitis B, influenza, Japanese encephalitis, the human papillomavirus, liver inflammation, measles, mumps, poliomyelitis, rabies, severe diarrhoea caused by the rotavirus, rubella, varicella, yellow fever.

Viruses invade healthy cells and multiply from there. Without such a host cell a virus cannot reproduce. Not all viruses are such that they cause symptoms, and in many cases it is even the case that the body can fight the invaders so successfully that no outbreaks of disease occur, as is the case, for example, with oral herpes, which is very widespread among many people. Oral herpes is therefore triggered by viruses that are located in certain nerve cells and lead to cold sores in some human beings when the immune system is overstrained.

Viruses are relatively difficult to fight with medicines because they are not life-forms but only lifeless organic structures that have no metabolism and therefore no nutritional process and therefore cannot absorb and digest any medicinal substances. However, by means of vaccinations the body's defence can be 'trained' and thus make the body less sensitive to the pathogens.

Fungi are very widespread and also adapted to many different habitats, including in the household and human beings' homes, where in this respect the best-known moulds of all kinds are to be found.

However, fungi also occur naturally in some species on the skin or in the body of human beings, in which case, however, they can also cause ailments and diseases, that is to say, mycoses, which often appear as foot and nail fungi.

Fungi can also lead to severe infections and even pneumonia in human beings, but also to inflammation of the mucous membranes in the mouth.

Fungi in human beings are not harmless and can also be carried and transmitted to other human beings, especially when sexual organs are affected by fungus and sexual acts are nevertheless performed.

Fungi that affect body organs can indeed be easily cured, but when complications occur, they can become life-threatening.

Fungi can also be useful, because plant fungi of certain varieties are edible and therefore serve as food for humans, just as various fungi also have helpful properties for human beings, for example, a mould from which the antibiotic penicillin can be obtained.

But let us get back to the immune system, because it should still be said that especially in the cold season, temperature fluctuations and dry air, caused by heating, quickly cause the body's immune defences to falter, which makes the human being more susceptible to colds and flu infections, consequently, an effectively healthy immune system is particularly important because it alone protects the human being from illness. The task of the immune system is then always to

1. distinguish its own building elements from foreign intruders and then fight these strangers in order to eliminate them as health-damaging intruders, pollutants and toxic substances and so forth.

2. The immune system is – simply explained – the defence system of the body itself and of the entire internal body organism. It ensures that pathogenic microorganisms of all harmful kinds, such as bacteria and viruses, fungi, germs and parasites and so forth, which enter the body organism, are fought and prevented from causing an infection. However, the immune system is not an independent organ, but is made up of numerous components, including organs such as the skin, the spleen and the entire intestine, whereby the large intestine fulfils a very important task. Together with other endogenous systems, these organs protect the entire organism from suffering, disease and infirmity.

Vital substances correspond to the constant needs of the immune system, and these substances are basically absorbed through food and processed through digestion in order to then reach the organs concerned, which have an explicit immune system-building effect and accordingly utilise the corresponding vital substances and thereby strengthen the immune system.

Vital substances correspond to exogenous materials and substances through which all organs, which are involved in maintaining health and building up the immune system, are activated when the substances are supplied to them. These substances also include the proteins on the surface of fungi and viruses. When these dock onto special defence cells, a whole series of cell processes are triggered and set in motion. After an initial contact with a pathogen, the corresponding information emanating from the pathogen is usually stored. If a new contact of the same kind then occurs, the stored information is immediately retrieved, as a result of which the attacked immune system activates itself more quickly for defence and fights the pathogen.

3. The immune system is the human being's innate protection against harmful viruses, bacteria and pollutants of all kinds that can make him/her ill, and it is therefore of particular importance and significance for him/her to always keep his/her immune system fully functional so that he/she can rely on it every day and all the time and thus ensure his/her health.

That which is further to be considered in order to maintain the immune system, to keep it healthy and strong, is the importance of making sure that the entire body is always given enough exercise and enough sleep, just as the entire respiratory system needs fresh, healthy and oxygenated air deep into the lungs.

That which is particularly harmful and very much impairs the effectiveness and strength of the immune system and makes the human being susceptible to suffering and disease are the following factors:

Smoking should be refrained from, because it is – as is generally known – very harmful to health, especially with regard to the lungs, although it is little or not at all known that the immune system also suffers greatly, is impaired and weakened.

Alcohol also has an adverse effect on the immune system, so – if alcohol 'must' be consumed – it should only be consumed in extreme moderation.

Medicines of a chemical nature (under some circumstances also natural ones) can be harmful to health, even if they are prescribed by a doctor and are capable of aiding recovery and therefore are curative or considered almost harmless – especially the painkillers that are usually ready at hand for every little ache.

Pain tablets/pain powders and so forth, contain harmful toxins and so forth, which, as pain messenger substances, dock onto the pain receptors of the nerve endings in the tissue and not only inhibit the sensation of pain, but also have a negative weakening effect on the entire immune system. This is because the pain-relieving substances effectively correspond to dangerous poisons, such as paracetamol, naproxen and diclofenac.

Paracetamol/Naproxen = stomach ulcers; **Diclofenac** = heart attacks; contain toxins and are hazardous to health. **Paracetamol is found in most painkillers** and an overdose can be fatal, however, even normal use can lead to severe liver failure, and additionally any analgesic containing paracetamol greatly increases the risk of a heart attack, stomach ulcer and stroke. Kidney damage and internal bleeding in the digestive tract can also result, as the skin can also be attacked by paracetamol. In the worst case, fatal consequences result.

Paracetamol also causes liver damage by breaking open the connections between the liver cells. Once these are destroyed, then the structure of the liver tissue is also damaged, whereby the cells can no longer function properly and these also eventually perish. An overdose of paracetamol can be fatal. Taking painkillers – with paracetamol, under some circumstances also without – can lead to liver failure; additionally, the risk of heart

attacks, stomach ulcers and strokes and so forth, is greatly increased by painkillers of all kinds, as Sfath has already explained. This is a fact, while earthly-scientific research has also established that all painkillers containing paracetamol cause malignant side effects, such as the following, which I have copied here as a list from the internet, whereby other painkiller additives and their active ingredients produce similar side effects in my opinion:

1. Elevation of liver enzymes (serum transaminase)
2. Low platelet count (thrombocytopenia)
3. Lower white blood cell count (agranulocytosis)
4. allergic reactions (rash/hives)
5. Anaphylactic shock
6. Air way constriction (analgesia-asthma)

To that it should still be said – which, however, is not mentioned – that most notably human beings who are overweight and/or obese, alcoholics or have a poor diet are at risk from the side effects of painkillers, which can be health damaging, or under some circumstances life-threatening. If painkillers are taken too often or in excess, it can lead to severe liver poisoning as well as other liver damage and so forth, namely especially with problems such as being overweight or obese, frequent alcohol consumption, poor diet as well as drug use.

Those are the fundamental things I had to say about this topic, namely from the point of view that later on perhaps some persons will be able to make use of it when they read the report of our conversation, which I will retrieve and write down and which will then also be posted on our FIGU website.

Note from FLAU: After the contact conversation with Florena and Bermunda, Billy was sent another 3 articles. Florena has taken note of them and agreed that they should also be published by FIGU. However, instead of translating them, we found similar articles on the internet to confirm some of the things discussed by Billy, Florena and Bermunda.

Translation: Vibka Wallder; corrections; Vivienne Legg & Christian Frehner