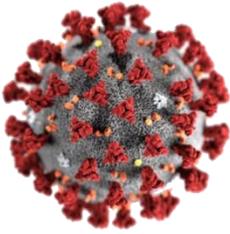


Sterility will harm you / your microbiome can heal you

Health Rising 2020

- by Wade Rohloff

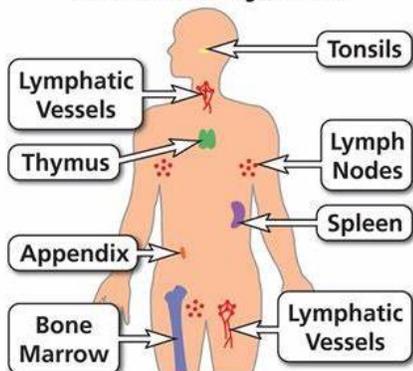
Fear gets you nothing. Building your immune system gets surprising rewards!



I write this during the pandemic lockdown of Late April 2020. Reasonably healthy, yet quarantined people are fed a steady diet of fear and stories of people suffering and dying of Covid 19 a flu-like virus that was probably hybridized in a lab in Wuhan China. This virus appears to be highly contagious.

You cannot hide from this virus forever and indeed continuing to do so will likely harm you in other ways. The lockdown will become far more dangerous over time, in a number of ways. Let's reason through this together and I will show you powerful evidence that your body, along with powerful microbes, can defeat this and many other viruses. Life has risk and you must balance one risk against the other. However, you can stack the odds in your favor if you build your immune response.

Immune System



I recently read a doctor's report that stated "you cannot build up your immune system". I disagree, but not for any of the reasons he stated. I disagree because of what he did not mention... your microbiome. PhD researchers and doctors in the World Microbiome Project (WMP) discussed boosting and enhancing your microbiome and seeing people with chronic/systemic illnesses get cured in a video by the World Science Festival here:

<https://www.youtube.com/watch?v=eIPbtxDwXgl&t=2019s>

Those doctors say that there are trillions of microbes that live in and on us. We learned about microbes in the air in eighth grade biology but we understand so much more today. For instance: We now understand that those healthy microbes defeat viruses and pathogens unless the microbiome is crippled or deficient. In that case, your immune system must respond and attempt to defeat overgrown virus counts in the human body. In other words, microbes do most of that work, unless your food and medicine choices cripple and limit them. Choose what you consume carefully.

This brings me back to the title of this document. I watch people going through chemical sterilization tunnels where they will surely breathe in sterilization chemicals, in a desperate bid to kill the Covid 19 virus. I strongly suspect this could do massive damage to your microbiome. If you harm or eradicate friendly microbes you are harming yourself.

The doctors in that video state that “ a large part of your immune response is in your intestines”. Consider the graphic (above) that shows our immune system. It doesn’t mention the intestinal system. This is because the study of the microbiome is a new project, only a few years old and, as stated in the WMP video “we cannot study much of the human microbiome because outside of the anerobic environment of the intestinal system their functions cease”. “Nevertheless, we can perform trials of increasing / broadening the microbiome in sick people and observe the results”. What they saw was people getting healed.

This is what me and my family did. We took those doctors at their word. They said they had taken samples of microbiomes from people around the world and people in the US had the narrowest microbiomes. We took that as a mission... to increase and broaden our microbiomes and the results have been stunning:

Last winter we experienced symptoms of influenza and we fought back immediately. In the past 5-6 years my immune system response to influenza was getting worse, despite eating almost entirely organic. I would experience full-on influenza for 5-7 days. But this time I had spent 8-10 months consuming cultured foods and I had only mild symptoms for three days. This is a marked improvement.

Donna Schwenk at <https://www.culturedfoodlife.com/anti-viral-cultured-foods/> describes a direct comparison of using cultured foods to fight influenza vs someone who didn’t use the cultured foods. There are other people saying the same thing: Your “immune response” is much better when you intentionally boost your microbiome.

Allergies, a related issue



Recently while mowing I hit the top of a pine tree that had blown over into the edge of my yard, yet was still root connected and alive. Immediately I was engulfed in a cloud of pine pollen. I had no allergenic response at all. No puffy, itchy eyes. No scratchy throat. No wheezing. Nothing. This is remarkable because I had severe allergies and asthma as a child.

I had seemed to outrun asthma from childhood through sheer determination by playing football and working outside. But as I grew older I noticed it returning. Doing yard work just a few years ago would trigger all the symptoms above and I tended to wheeze and make a slight “popping” sound at night. That has all disappeared recently.

I am writing this May 2, 2020 and at this point we have consumed cultured foods for 15 months. I have a growing confidence that my microbiome can defeat Covid 19 because of the evidences I showed above and a few others. I can list (at least) 12 things that have healed since we started consuming cultured foods. Here is another one of those:

My rough elbows

When I was 11 years old I moved in with my best friends family and shared a room with him and his older brother. I lived there for two years. Their entire family has rough elbows. I too had rough elbows from that time forward. None of my blood relatives has rough elbows. But after the first 3-4 months of consuming cultured foods, I no longer have rough elbows. The raw/roughness disappeared. So did those rough/dry skin patches I would get every winter. That appears to be microbial and transferable.... obviously.

Instead of being sterile, you should want to shake hands with me. I carry robust and healthy microbes that can kill viruses. Donna Schwenk says the same thing in her new article 'Flu Shot in a Jar' <https://www.culturedfoodlife.com/the-flu-shot-in-a-jar/>

I encourage you to build your microbiome. It has restored a quality of life to me that is almost indescribable. Start consuming cultured foods today.



Cultured Sourdough bread

**(beware of sourdough
"flavored" bread that has not
been cultured)**



**Crispy/crunchy
Fermented vegetables**



**Fermented bee pollen,
known as 'bee bread'**

Food is your medicine. You have what you need now fight back!

Full disclosure: I am not selling anything health related. I am an HSE professional and I want you healthy!