

Avatar Update

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*A subscription newsletter
to bring you bits and pieces
that clarify understanding
as I come to learn more
in my own Rabbit Hole
discoveries*

Dancing with Robots

A young world-class snowboarder graced the Rio Olympics with an unusual dance performance. She had a partner in the dance – a large robotic arm that swung back and forth, lurching at her like a cobra coiled in its basket as the snakecharmer lures it. Noises accompany the swinging of the arm – strange howly-screamy sounds that suggest anger or unhappiness as the dancer pirouettes toward and away from it. The arm is made by KUKA Industrial Products, world robot specialists; the dancer is Amy Purdy, who lost her feet and found a new life.

At 19, Amy contracted meningococcal meningitis, which can turn the body septic – meaning full of infection. When this happens, bacteria (*N. meningitidis*) that have attacked the meninges (lining between brain and skull) invade the spinal cord and get into the bloodstream, where their slimy outer shells shed toxins in such enormous amounts that blood vessels begin to hemorrhage and major organs may fail. This is known as septic shock—often fatal, even in hospitals with large amounts of antibiotics at hand. In an effort to save the organs, blood flow to extremities is halted by the body and hands and feet begin to turn blue-black. In Amy’s case, she lost her gangrenous feet, but it was her feet or her chance at life.

Amy is a below-the-knee amputee whose prosthetic running blades allow her to spring and sashay on stage as though she is missing nothing. The theme of the dance is to embrace the jinder of man with machine, and as it pushes into its crescendo, Amy is swept off her feet by KUKA—literally raised off the ground. The crowd loves it (see “Paralympic Athlete Amy Purdy: Loving Machines” on my blog page, SofiaSmallstorm.com).

Before I start bashing the marriage of man and machine with my two-by-four, let’s talk about *bio-terrain* and then sepsis. The name associated with bio-terrain is Antoine

Bechamp (1816-1908), a French chemist and doctor who became the bitter rival of a much better-known scientist called Louis Pasteur. From the writings of Bechamp:

Notwithstanding many remarkable discoveries in the area of health, nothing is more obscure than the cause which presides over the development of diseases and their communicability. This is because the cause of our diseased condition *is always within ourselves*. Yes, external causes contribute to the development of the affliction, but only because they have brought about some biological modification of the extracellular terrain in which reside particles of organized matter referred to as the *microzymas*. These otherwise beneficial microzymas respond to such unfavorable changes in the terrain by metamorphosing into microbiological life forms that express themselves as disease organisms.

To explain it further, from a piece on Pasteur on NaturalNews.com:

Mainstream medicine believes that virtually all illness is caused by germs or genetic hereditary weakness, as well as deformities and trauma injuries. Their solution and strategy is to have us believe that there are over 10,000 different diseases and that each of these diseases requires outside intervention from drugs and surgery. The truth is that most illness is due to cellular malfunction caused by cellular toxicities and cellular malnutrition, both of which can be avoided and overcome naturally.

It was Louis Pasteur, the so-called “father of modern germ theory”... who was largely responsible for ... [this fundamental precept of modern medicine]. Few people are aware of the

controversy that surrounded Pasteur in his early days or of a more esteemed contemporary whose works Pasteur plagiarized and distorted. That contemporary was fellow French Academy of Sciences member Antoine Bechamp ... whose theories and research results stood in stark opposition to Pasteur's germ theory.

...

Bechamp ... proved through original research that most diseases are the result of diseased tissue and that bacteria and viruses are largely after-effects instead of causes of disease. [He] was able to scientifically prove that germs are the chemical by-products and constituents of pleomorphic microorganisms enacting upon the unbalanced, malfunctioning cell metabolism and dead tissue that actually produces disease. Bechamp found that the diseased, acidic, low-oxygen cellular environment is created by a toxic nutrient-deficient diet, toxic emotions, and a toxic lifestyle.

Bio-Terrain Breakdown

Enter the new word and theory of *bio-terrain*. Bechamp held that the internal biological environment is what protects or fails to protect us from illness, rather than our run-ins with microbes (a.k.a. "germs"). On his deathbed, Pasteur is said to have admitted, "Bechamp is right; it is the soil, not the germ, that makes the plant grow." As a peek through any microscope will show you, microbes are crawling everywhere and have been with us for a very long time. We host a boatload of them ourselves in what is generally a friendly symbiotic relationship. Yet modern medicine has drawn for us a big, bad external world in which dangerous—and always mutating—invisible microscopic entities attempt to invade us, and if we want to prevail, these entities must be killed. (It sounds a lot to me like a video game.) From a wonderful post on HealingGrapevine.com, now undergoing reconstruction:

All life-sustaining information needed by cells is supplied via the extracellular fluid to the appropriate cell-membrane receptors. The extracellular fluid contains ionized water, supporting cellular metabolism and polarity. Similar to the human life form enclosed in skin, the cell is enclosed in a membrane, with a constant temperature, bathed in fluid similar to the original content of seawater. Our internal biology depends upon ionized mineral salts for

physiological functions; restoring mineral and water balance is key to establishing the balance of the internal environment—the biological terrain.

Compare the notion of a world filled with mutating bacteria (e.g., MRSA) and the paragraph quoted above ... which do you like better? I know my answer, but if I am sufficiently brainwashed, I will believe the mutant bacterial army will get me unless medicine can stand in the way. *Sepsis*, says the Mayo Clinic,

... is a potentially life-threatening complication of an infection. Sepsis occurs when chemicals released into the bloodstream to fight the infection trigger inflammatory responses throughout the body. This inflammation can trigger a cascade of changes that can damage multiple organ systems, causing them to fail. If sepsis progresses to septic shock, blood pressure drops dramatically, which may lead to death. Anyone can develop sepsis, but it's most common and most dangerous in older adults or those with weakened immune systems. Early treatment of sepsis, usually with antibiotics and large amounts of intravenous fluids, improves chances for survival.

The above reads like the official story of 9/11 or Sandy Hook. If you know nothing, you might shrug and say, *sure, whatever*. But the little I have learned about biology and the body makes me read that paragraph and heave a big sigh, wondering how it could be that things got so upside down in the world.

It's not that the mechanisms by which disease gains its foothold in us have changed at all; it's that the way we're told we become fallible has been designed to trick us into turning to certain "specialists" for help, specialists with degrees and licenses who are authorized to "treat" us, and whose bank of information—obtained at great personal expense (time and money)—is astonishingly false. But before I bash these specialists and their fallacy-filled beliefs with my two-by-four, let me talk about the earth's magnificent trophic chain.

The Trophic Earth

"Trophe" in Greek means food. Some call it the food chain, but it is really much more profound than that. While it's true that the existence of everything alive depends on

food, the roles that living organisms play collectively in obtaining food are what I find fascinating. Those three roles are as *producers*, *consumers* and *decomposers*. The trophic chain begins with Producers, or *autotrophs*, who are able to use sunlight and pull nutrients from soil and water to make their own food. They do not consume other foods. It is the very energy of that vital thing called the sun that powers the whole trophic chain.

Above the Producers are the Consumers (*heterotrophs*). They are not able to make their own food and have to consume other life forms. Some are plant-eaters only (herbivores), others feed on plant-feeding animals (carnivores), and still others (omnivores) eat both herbivores and carnivores. The trophic-chain Consumer levels are populated by creatures of all sizes and aggressions—e.g., large whales that feed on tiny creatures called krill, and small carnivores like hyenas. Crowning the Consumers are the apex consumers, who have virtually no enemies in their particular kingdoms—e.g., sharks, lions, rattlesnakes and wolves. We think of apex predators as the top of the food chain, but indeed they are not, for when these animals die, their carcasses are set upon by the Decomposers (*detritivores*)—bacteria and fungi who feed on and break down life forms, releasing these back into the ecosystem as energy and nutrients for the Producers.

A huge part of life, then, is death and decay. Even in our bodies, we are constantly sloughing dying cells and organic debris and wastes. Our tissues can be injured or they simply wear out such that structures and membranes must be rebuilt and replaced. Certain organisms within us (e.g., candida/yeast) feed on our dying cells. When we have too many dying cells, the organisms we play host to can proliferate and throw off our bio-terrain. A cold—now here's a novel idea!—may simply be a seasonal condition during which the body sheds layers of cells in the throat, lungs and mucosal membranes to replenish them with new ones ... hence the constant sneezing, sniffing, blowing and coughing. For fall and winter—also known as “cold and flu season”—is when sunlight begins to wane, temperatures drop, we expend more energy to stay warm, we make far less Vitamin D, and thanks to lower sunlight levels, molds and spores proliferate.

Sunlight, warm and bright and drying, is a natural disinfectant. Few would argue that it is life-giving, even healing. Besides the fact that the trophic-chain Producers cannot even make food for themselves without the light of the sun, we ourselves are unable to make a very essential hormone known as Vitamin D in the absence of sunlight.

In fact, if you are north of Atlanta, Georgia (or the equivalent latitude), you cannot make Vitamin D at all between the months of November and February. And if you *are* in the right place, you still have to be outdoors at the right time (10 a.m. to 3 p.m.) to make this hormone, which battles all kinds of breakdown issues and disease.

The skin contains receptors that enable it to make Vitamin D for your body, as well as enzymes that can repair the damage caused by solar radiation. Melanocytes (cells making up the pigment melanin) actually convert ultraviolet radiation into thermal radiation or heat, changing one kind of energy into another. A century ago, it was actually the bright light of the sun coming into houses by way of glass windows that greatly reduced respiratory illness and other kinds of disease as fungi and molds were dried up and chased away. So the sun, one can conclude, is *antiseptic*—hampering the Decomposers of the trophic chain during the hours it graces our sky. Not to mention the enormous support it gives our body in the form of Vitamin D, along with drying up our pimples and warming up our stiff joints.

Sepsis / Anti-sepsis

Nighttime is when the moon shines on a waxing and waning basis, and night is when our world is dark, cold and damp—perfect conditions for the Decomposers to do their thing. The light of the moon, supposedly reflected sunlight (but possibly not), is cool, white or silver, and chilly. While the sun dries with its warming golden rays, the moon and night promote decay and putrescence. Thus Producers and Decomposers get to share the 24-hour cycle. There is time for both *sepsis* and *anti-sepsis*. And it is with sepsis/putrescence that we get the turning of death into life. When a tree dies in the forest or a branch falls to the ground, fungi and insects descend on it and begin their feasting. Slowly, with the help of the dark and damp and the nibbling and waste released by the feeders, the tree is reduced, composted, converted into nutrients that mix into the soil of the forest.

Organisms are opportunistic. When food is available, they eat and grow. They reproduce themselves. And they create wastes. When tissues and cells in our bodies weaken and lack the energy to perform repair, they degenerate and cells begin to die. The organisms that live inside us grab at a new opportunity: consuming what is dying or becoming weak. If our cells are dying in great numbers, the organisms feeding on them can suddenly thrive. In medical parlance we are told our body is being “attacked” by

bacteria that have invaded and set siege. The real reason may well be our own energy deficiency: the inability of our cells in a certain system or area to keep themselves strong. Enter a word not often heard: *pleomorphism*. From RawPaleoDiet.vpinf.com (edited slightly for clarity):

Pleomorphism is the concept that cells, especially one-celled microorganisms, can change form under certain conditions to cells of another type. ... In the field of microbiology ... bacteria of one species might change to bacteria of another species under certain conditions; [e.g.,] a typhoid bacillus could morph into a staphylococcus bacteria.

In the alternative healing world and on the fringes of conventional mainstream science, there are those who feel that pleomorphism of microorganisms is widespread, and that such pleomorphism is how nature performs various tasks of toxin cleanup and tissue removal in the human body. In effect, this theory states that bacteria simply change to whatever form is most handily needed in the body, based upon cues from the body itself. ...

[B]acteria and other microorganisms are not seen as dangerous, invasive or pathogenic, nor infectious, but rather as simply responding to cues from the body that cleanup is needed ... The inner biological terrain is seen as the chief determinant of the presence or absence of certain “infectious” processes ... having primacy in determining [the] presence or absence of “diseases” due to microorganisms. Thus, it would make sense that one would treat an infectious illness by simply adjusting the inner terrain of the body to allow it to become more healthful, thus eliminating the need for the “infectious” organisms. ... [This theory] would suggest that most, if not all, antibiotics and other aggressive antimicrobial means [including hydrogen peroxide, ozone and colloidal silver, all of which are favorite armamentaria in the alternative-healing world] would actually further imbalance and disrupt the inner terrain, thus eventually leading to more degeneration.

Song of the Superhighway

We refer to the “immune system” as a kind of body brain

that keeps us healthy, but now I realize that this immune system is really a vast collection of communicating components ... and part of this componentry might actually be bacteria and organisms that live in us and *feed* on us—our internal garbage collectors. When they are confronted with a huge buffet and begin to multiply, it would make sense that we might have a problem.

Back to the communication. A video on YouTube titled “Do Trees Communicate” shows us that entire forests are actually connected – one tree to other trees, and thus all the trees together – by way of organisms wrapped around their roots, called fungi! Suzanne Simard, Ph.D., a forest ecosystem specialist featured in the video, tells us:

The way [the biosphere] works is that we have all these complex parts, and all these parts are working together, like the fungus working with the trees. It’s a lot like how our brain works: In neural networks our brains are comprised of neurons, and these neurons are physically related, [and] they’re almost metaphysically related—they’re sending messages back and forth [that are] building upon each other, a lot like a forest ecosystem. So in the forest, the fungus and the trees working together [creates] structure, and that structure is expressed as diversity, and that diversity is really what gives the forest resilience—the resilience to withstand unexpected events, like a fire that might come through, or an insect [invasion].

Tiny organisms, then, are hanging out everywhere, as I now understand, waiting to do a job. Trees trade carbon and nitrogen with each other by way of their extensive root systems, and not only are fungi wrapped around the roots, but they are *in* the cells of the roots themselves. The fungi consist of *hyphae*—long tubes that suck up nutrients—which nutrients are brought right to the trees. Under each of our feet as we walk through the forest, says Dr. Simard, are 300 miles of mycelium (clumps of the fungal tubes) stacked to end, serving the plants as well as the trees.

Dr. Simard calls this *forest wisdom*: “Can you imagine the activity that’s going on there? Can you imagine that every time you walk, you’re on this big superhighway with all this stuff moving around *all over the place*?” No, we cannot imagine, because we don’t even know. No one has explained to us what the forest is really like – that it is a formidably connected network taking care of all tasks in a concert that engages a multiplicity and diversity of ultra-

sensitive instruments, and that our bodies apparently work in a similar way. Instead we are taught that we live in a dog-eat-dog world, being told by the Top Dogs that we'll be eaten or "attacked" if we don't take all kinds of recommended precautions. The Top Dogs offer us insurance programs, consultations with experts, harmful pharmaceutical drugs and loads of misleading general information (e.g., its famous Food Pyramid). None of this serves or supports our *body wisdom*, which would include a network of bacteria and microorganisms that are not, in the words of the piece I quoted earlier, "seen as dangerous, invasive or pathogenic, nor infectious, but rather as simply responding to cues from the body that cleanup is needed." The song of our own superhighway.

So the balance of sepsis/anti-sepsis is like a wheel that turns through night and day, giving life and decay a shared and equal ride. If life is supported by warmth, light and nourishment, and decomposition is supported by darkness and cool temperatures, the song of the superhighway can soar and crest and then break down and re-compose. It must be noted that the Powers That Be are heavily pumping the *sepsis* part of the cycle. Activities like geoengineering and the spraying of aerosols, vaccines, GMOs, conventional healthcare and modern agriculture operate directly against what life requires. The white haze blanket produced by aerosol spraying filters out the yellow warmth of the sun and turns its light cold and white. In these frequencies molds and spores thrive, eating away the world. Even the new light bulbs send out blue-white frequencies. And if you care to get into Luciferian worship with its black costumes and rituals performed at night, embracing death and destruction ... well there you have it. The lovers of sepsis, whose scientists have actually engineered and released synthetic forms of fungi to assist in their mission of worldwide degeneration and decay.

When organisms are stressed beyond tolerance they begin to fail. The failure might manifest in certain internal systems, or it might affect the organism as a whole. As hosts to other organisms who live within us symbiotically, our weakness can be the start of a changed relationship with those symbionts. From a wonderful 1959 book, *The Mirage of Health*, by the famous French professor of medicine René Dubos:

The concrete facts of microbiological sciences have been on the whole easy to discover and their understanding presents no abstruse problem. The real difficulty has been rather to explain why so many varieties of micro-

organisms, endowed with the ability to kill, usually produce only self-limiting disease processes and often cause no discernible harm even though they persist in the body ... Abstract concepts such as resistance or susceptibility of the host; virulence, attenuation, invasiveness, and toxicity of the parasite have all been invoked as if they corresponded to real entities, and could be incorporated into a formula to account for the outcome of infectious processes. Unfortunately, these words refer not to characteristics inherent in the host or the parasite, but merely to states of relationship between the two. And these relationships are governed by biological properties that still transcend description in the conventional terms of present-day physico-chemical sciences.

...

In his classical essay on Parasitism and Disease, [the American pathologist Theobald] Smith suggested that it is of biological advantage for parasites not to kill their hosts, since the disappearance of the host jeopardizes the parasite's survival. The most successful parasite, in other words, is the one that allows to its victim as much life as is compatible with its own needs. In reality ... the equilibrium between microorganism and host that is implied in successful parasitism is rarely stable. Microorganisms capable of persisting for prolonged periods of time in the body in the form of inapparent infections may all of a sudden undergo unrestricted multiplication, with disastrous effects for their host ... in each particular case, the outcome of the relation between a given microorganism and a given host is determined by the special circumstances under which the two come into contact. (p. 90-91)

Inflammation: The Clean-up Symphony

The body is a universe that no pair of eyes can see or inspect in its entirety. Who knows what the innumerable "special circumstances" might be involving the countless, ever-changing melodies of "relations" being played between millions of invisible symbionts and their host? The superhighway flows when the songs and symphonies are harmonious; it jams up when not so. The body protects its major organs with all kinds of sheaths and tissues for shielding and support; these are often the first things to fail when a song or symphony goes out of whack. The suffix

“itis” connotes inflammation: *meningococcal meningitis* (referred to earlier) means inflammation of the meninges, the lining between brain and skull. Modern medicine has the twisted notion that inflammation is a causal factor in illness, when it is actually an effort of the body to *facilitate* healing. From “Pain & Inflammation” by Vic Shayne, Ph.D. and Judith DeCava, CNC:

When body tissues are insulted or injured, as with trauma, excess stress, fatigue, drastic temperature changes, exposure to toxins and poisons or nutritional deficiencies, there is some damage or breakdown of the cells. The body [responds to this with] a process called inflammation. ... Symptoms [present] at each stage of inflammation, and these are often misinterpreted as “bad,” to be halted with drugs, herbs or other chemicals. Yet if the process is interfered with, the body may not fully accomplish its mission to repair the tissue.

Shayne and DeCava tell us that the inflammatory process produces five noticeable symptoms: redness, swelling, heat, pain, and impaired function. These conditions are caused by blood and lymphatic fluid flowing into the tissues to bring oxygen and repair materials and transport out wastes. What follows is fascinating, and this is only a synopsis, in my words (see my blog page for more):

Lysosomes (enzymes) begin to digest injured-cell materials, producing histamine to increase blood flow, resulting in swelling—Inflammatory Stage 1. The swelling fences off the injured area, making it stiff and painful to move (for a good reason). Now increased blood flow begins Inflammatory Stage 2, marked by redness, heat and congestion, all to start the process of *chemotaxis*, clean-up by the body’s big-eater cells, who scavenge in a very specific sequence. Four kinds of eaters go to work in Inflammatory Stage 3: phagocytes, neutrophils, eosinophils and macrophages. Each has a different menu item and function—e.g., the eosinophils release histaminase (a counter-enzyme to histamine), which reduces swelling as the debris is removed. Macrophages consume the earlier-stage eaters when their jobs are done. Inflammatory Stage 4 brings repair-oriented white blood cells called lymphocytes, which turn blood nutrients into the right materials for the regenerating tissues.

The biochemistry of inflammation and repair is an amazing system. When nutrients and repair materials are adequately supplied, along with rest and non-interference, healing takes place. Symptoms/stages of the inflammatory process are uncomfortable. Modern methodologies, using antihistamines, anti-inflammatories and antibiotics, attempt to reduce this discomfort, so the body’s repair process is sabotaged. Antihistamines neutralize histamines and hinder Inflammatory Stage 1; steroids like cortisol and prednisone, along with NSAIDs like aspirin and ibuprofen, interfere with Inflammatory Stages 2 and 3; antibiotics hinder Stages 3 and 4. All this paves the way for incomplete repair and recurring, chronic problems.

So along with immense numbers of decomposer microorganisms, our very own cells are detritivores too, and the “inflammatory response,” as we call it, is the critical call for repair and removal. One can now see that those who believe disease is *caused* by inflammation have it totally bass-ackwards: only when repair becomes impeded by modern atrocities like pharma-drugs, or repair is trying to take place in a deficient environment, does more damage develop. And let it not be forgotten that the doctors, nurses, trainers and coaches who tell us to ice our injuries and elevate and compress them—squishing our poor tissues, constricting and freezing them, draining out the blood—how does this make any sense??

Inflammation doesn’t cause disease—it *accompanies* disease; it is present where disease and tissue damage or degeneration is found. The pain and discomfort it causes tells us to stop moving, rest, sleep—let the body perform its repairs. Without the right repair materials and support, we might go into deeper decline. Our eater cells, unable to handle the wastes, signal the microorganisms to feed. As these multiply, they release their own wastes and we become contaminated, taken over. It’s not an attack, it’s a bio-terrain failure: we are actually being decomposed from within. And if we should die, in the trophic arrangement of things, we would soon be returned to the earth.

Not having a laboratory or an advanced degree in science, I don’t know if our cells can eat our other cells or themselves change form as pleomorphism suggests, but I am very convinced that symbiosis exists. *Cooperation*, not competition, strikes me as being at the very root of life: all organisms aware of and in sync with each other, doing their bit to keep the wheel whole and turning.