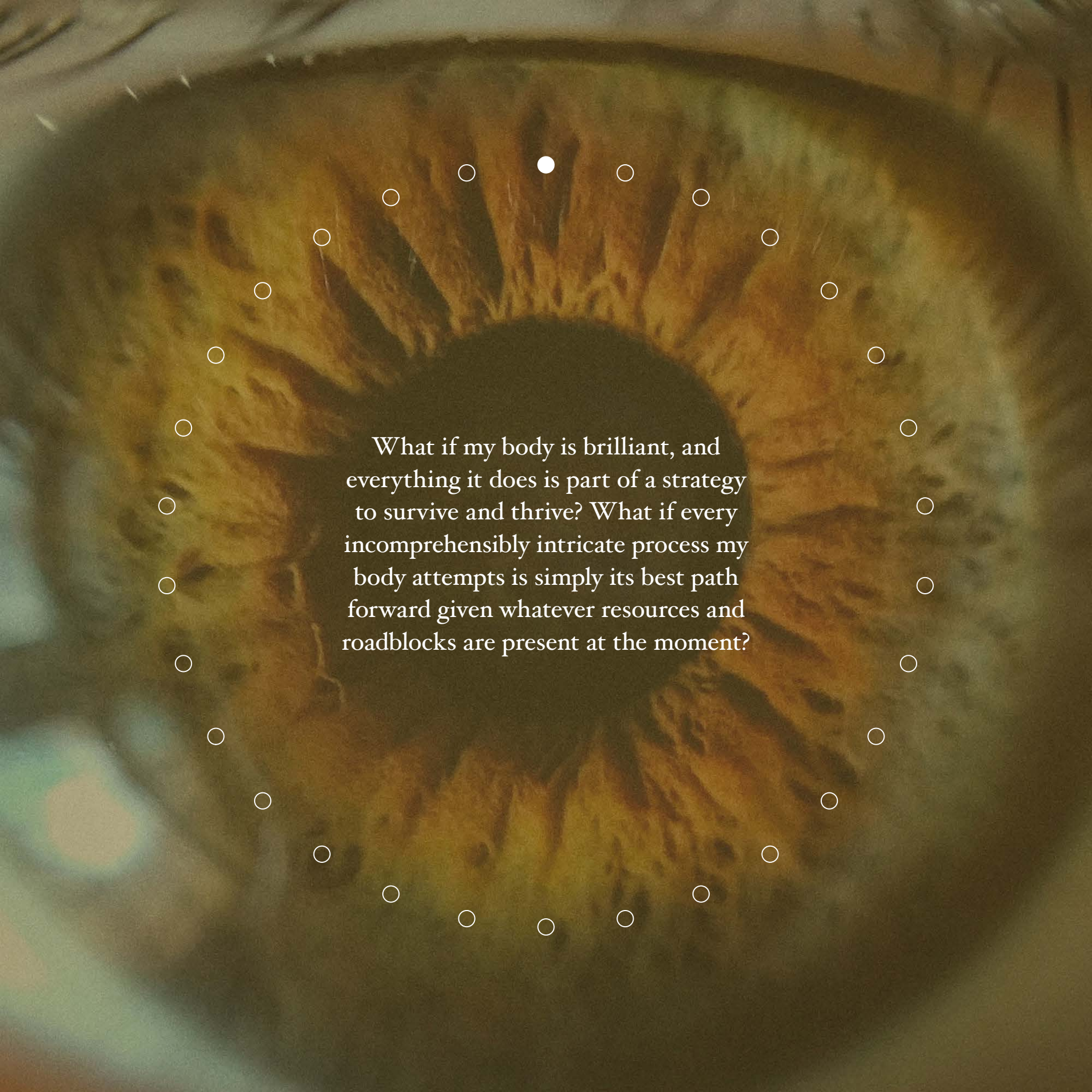


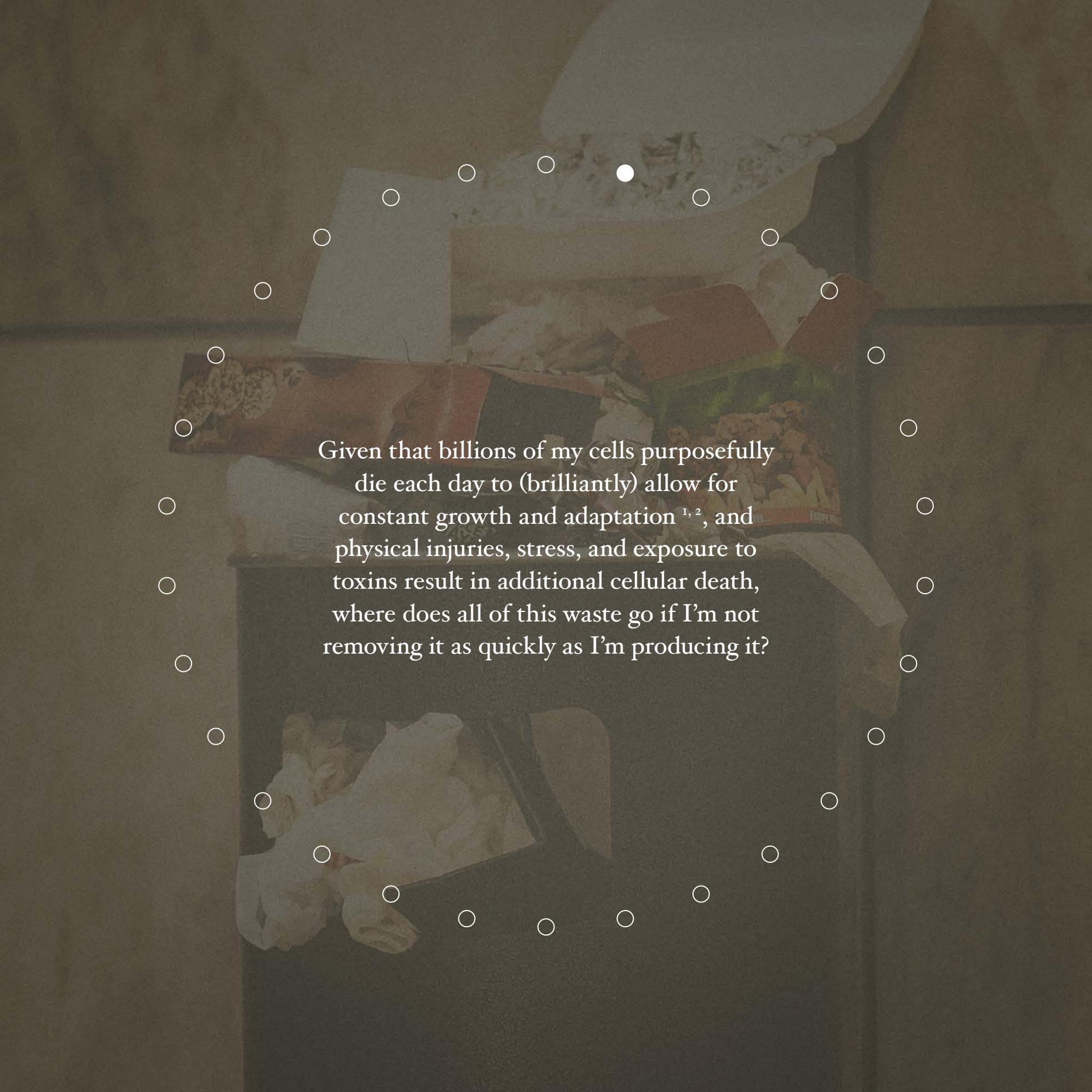


What If My Body is Brilliant?


If the following questions inspire curiosity,
please share this book with others and ask them
to join you on your journey of discovery.



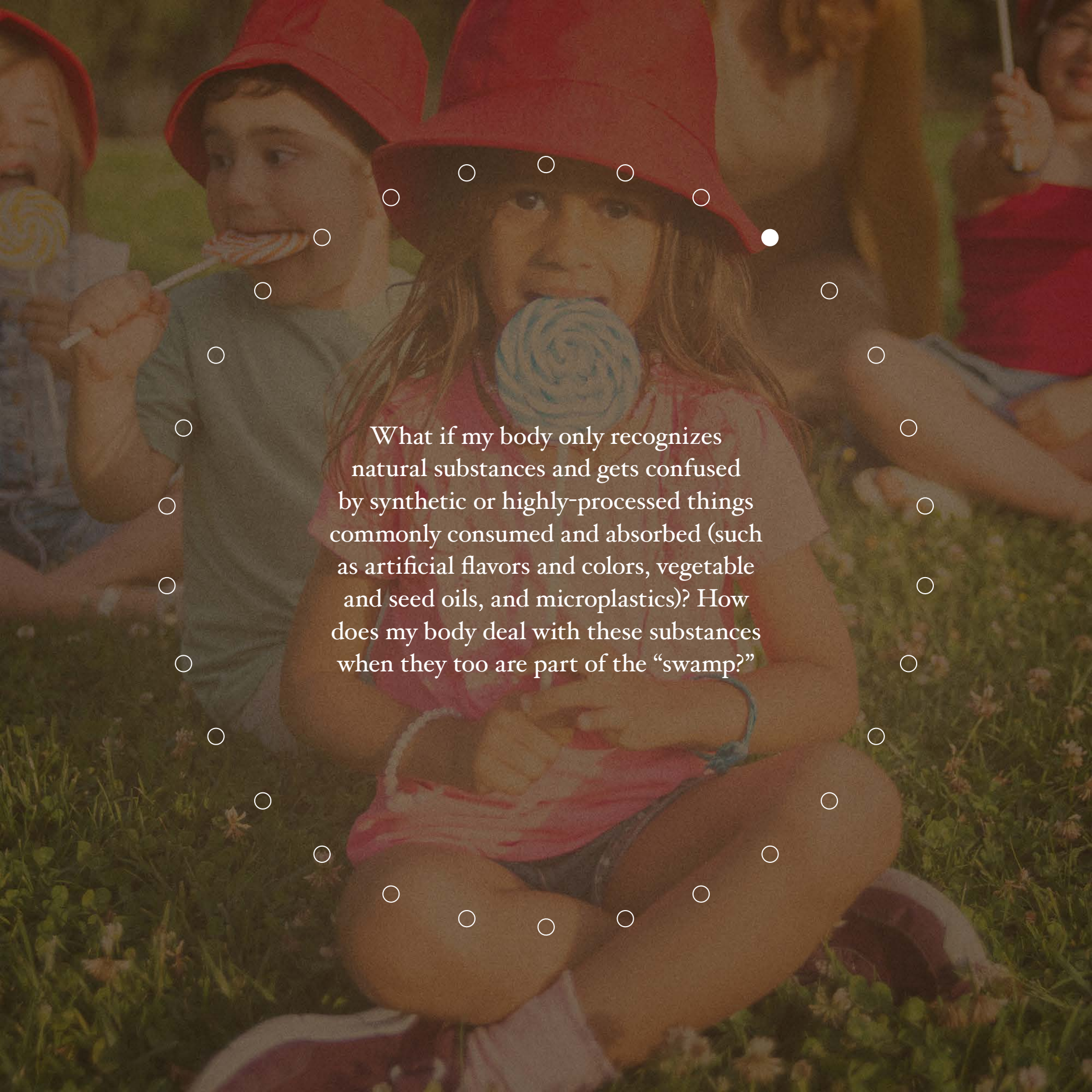
What if my body is brilliant, and everything it does is part of a strategy to survive and thrive? What if every incomprehensibly intricate process my body attempts is simply its best path forward given whatever resources and roadblocks are present at the moment?

A photograph of a cluttered desk with a laptop, papers, and a box of snacks, overlaid with a grid of white circles. The text is centered on the image.


Given that billions of my cells purposefully die each day to (brilliantly) allow for constant growth and adaptation ^{1,2}, and physical injuries, stress, and exposure to toxins result in additional cellular death, where does all of this waste go if I'm not removing it as quickly as I'm producing it?

A woman with long dark hair, wearing a light-colored short-sleeved top and a long, patterned skirt, stands with her back to the camera in a field of discarded plastic waste. The ground is covered with numerous plastic bags and pieces of trash. In the background, there are trees with green foliage. The entire image is overlaid with a decorative border of white circles, with one circle at the top center being filled in white while the others are hollow.


What happens inside my body when it holds too much waste for longer than it should? Does this stagnant “swamp” of waste damage neighboring healthy tissue, producing a snowball effect of more and more cellular death as waste continues to pile up? What strategies might my body use to get out of this vicious cycle?

A photograph of several children sitting on a grassy field, wearing red bucket hats and eating large, colorful lollipops. The image is dimmed and overlaid with a grid of white circles. The text is centered in the middle of the image.

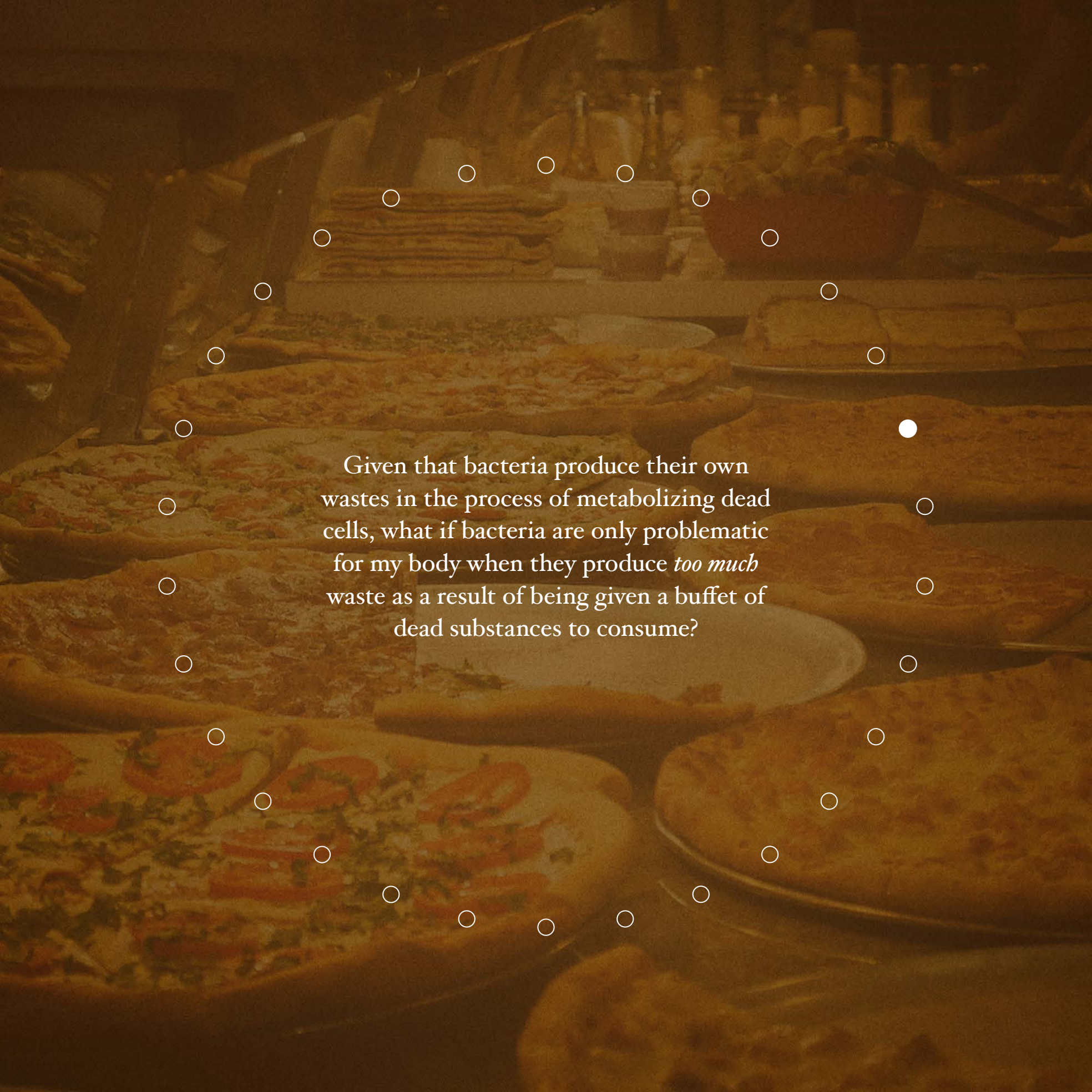
What if my body only recognizes natural substances and gets confused by synthetic or highly-processed things commonly consumed and absorbed (such as artificial flavors and colors, vegetable and seed oils, and microplastics)? How does my body deal with these substances when they too are part of the “swamp?”

The background of the image is a dark blue, textured surface featuring a pattern of various rod-shaped and oval bacteria, some appearing as faint outlines and others as more solid shapes. A single, prominent white dot is located in the upper right quadrant of the image, positioned above the main text block.


Given that bacteria in my gut are critically important in the process of breaking down the dead cells of food that I consume, and bacteria have been discovered throughout all parts of the healthy human body³, might bacteria also be helpful in breaking down my own dead cell waste as well?



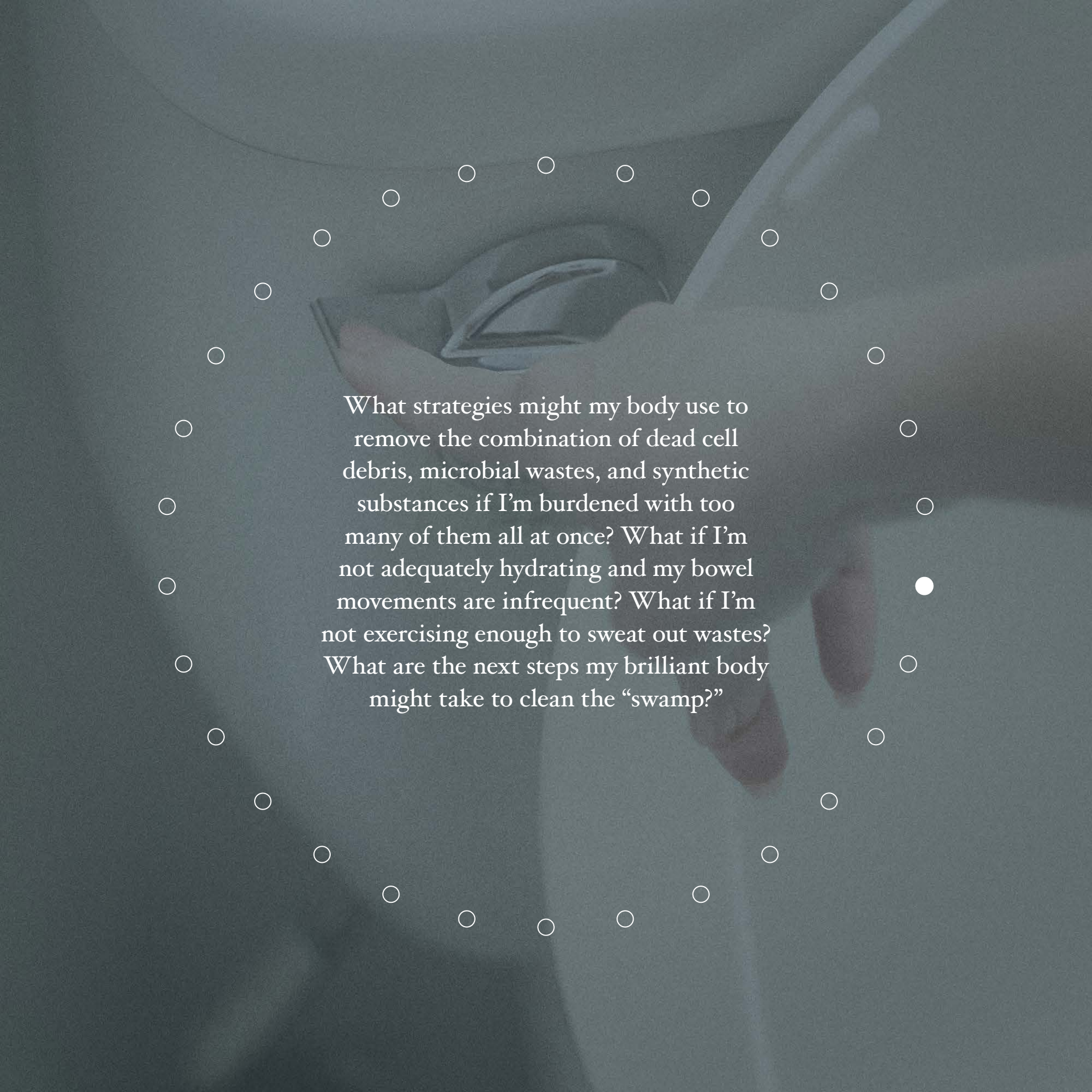
What if the concept of “good”
bacteria and “bad” bacteria is
fundamentally wrong? What if
all bacteria are simply organisms
designed to do one job: eat dead
tissue, breaking it into smaller parts
which can more readily be eliminated
and returned to the earth as part of
the circle of life?

A buffet table with several pizzas and breads. The pizzas are topped with various ingredients like tomatoes, mushrooms, and herbs. The breads are round and appear to be freshly baked. The background shows a buffet line with more food and people.

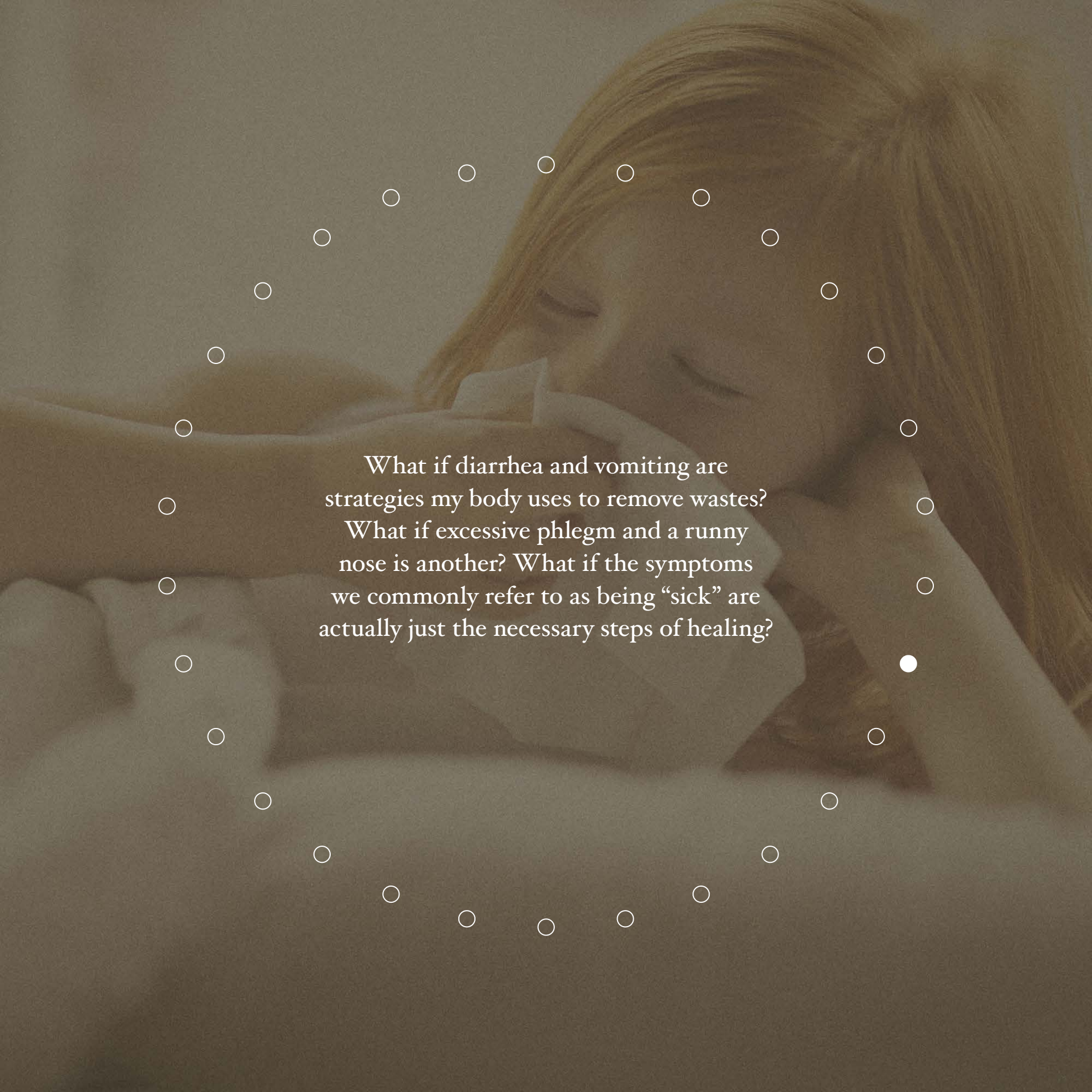
Given that bacteria produce their own wastes in the process of metabolizing dead cells, what if bacteria are only problematic for my body when they produce *too much* waste as a result of being given a buffet of dead substances to consume?



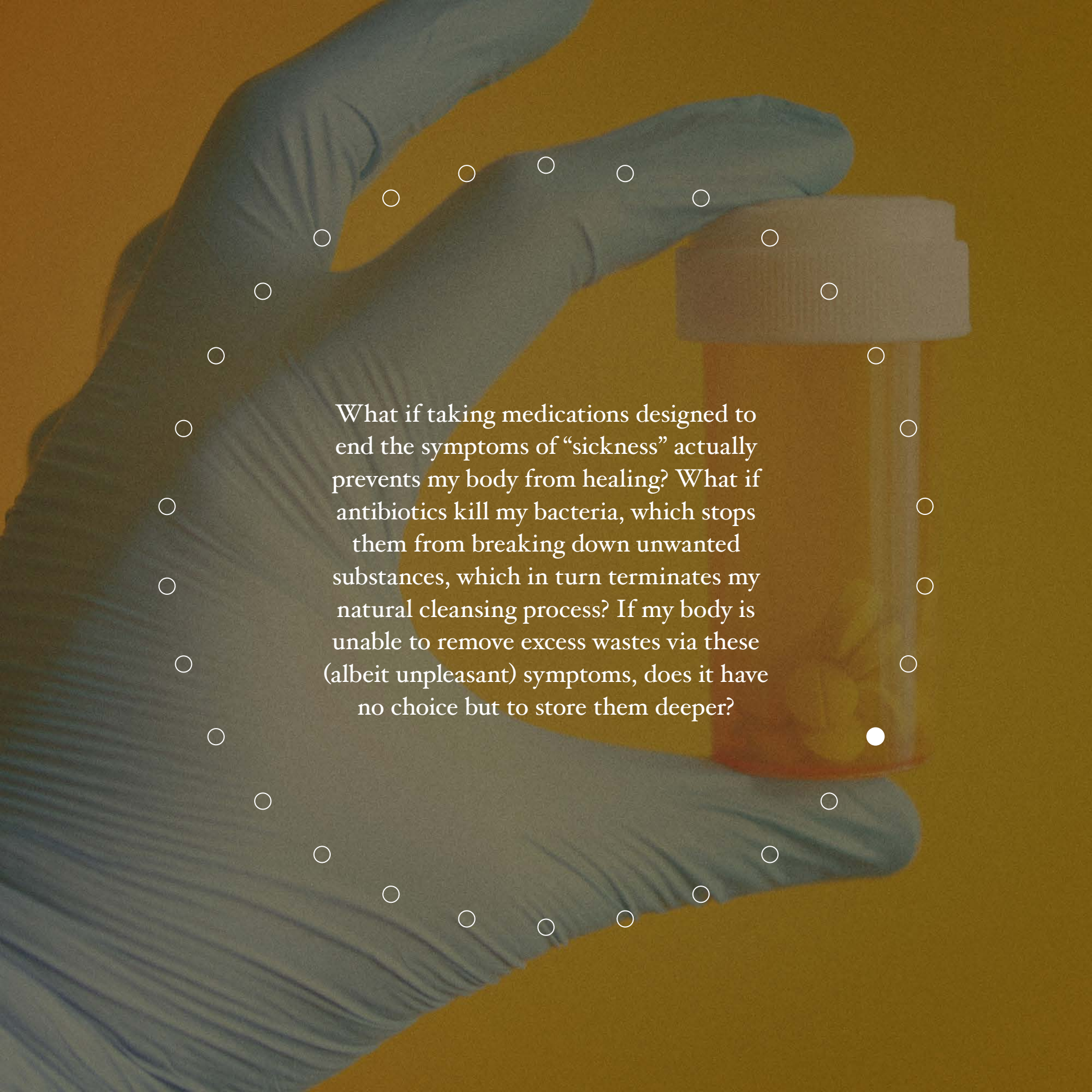
What if bacteria and other microbes are the convenient scapegoat for the true underlying problem: excessive cell death, as caused by a variety of factors? Metaphorically, what if bacteria don't cause the fire, but instead proliferate as nature's attempt to put the fire out?




What strategies might my body use to remove the combination of dead cell debris, microbial wastes, and synthetic substances if I'm burdened with too many of them all at once? What if I'm not adequately hydrating and my bowel movements are infrequent? What if I'm not exercising enough to sweat out wastes? What are the next steps my brilliant body might take to clean the "swamp?"




What if diarrhea and vomiting are
strategies my body uses to remove wastes?
What if excessive phlegm and a runny
nose is another? What if the symptoms
we commonly refer to as being “sick” are
actually just the necessary steps of healing?



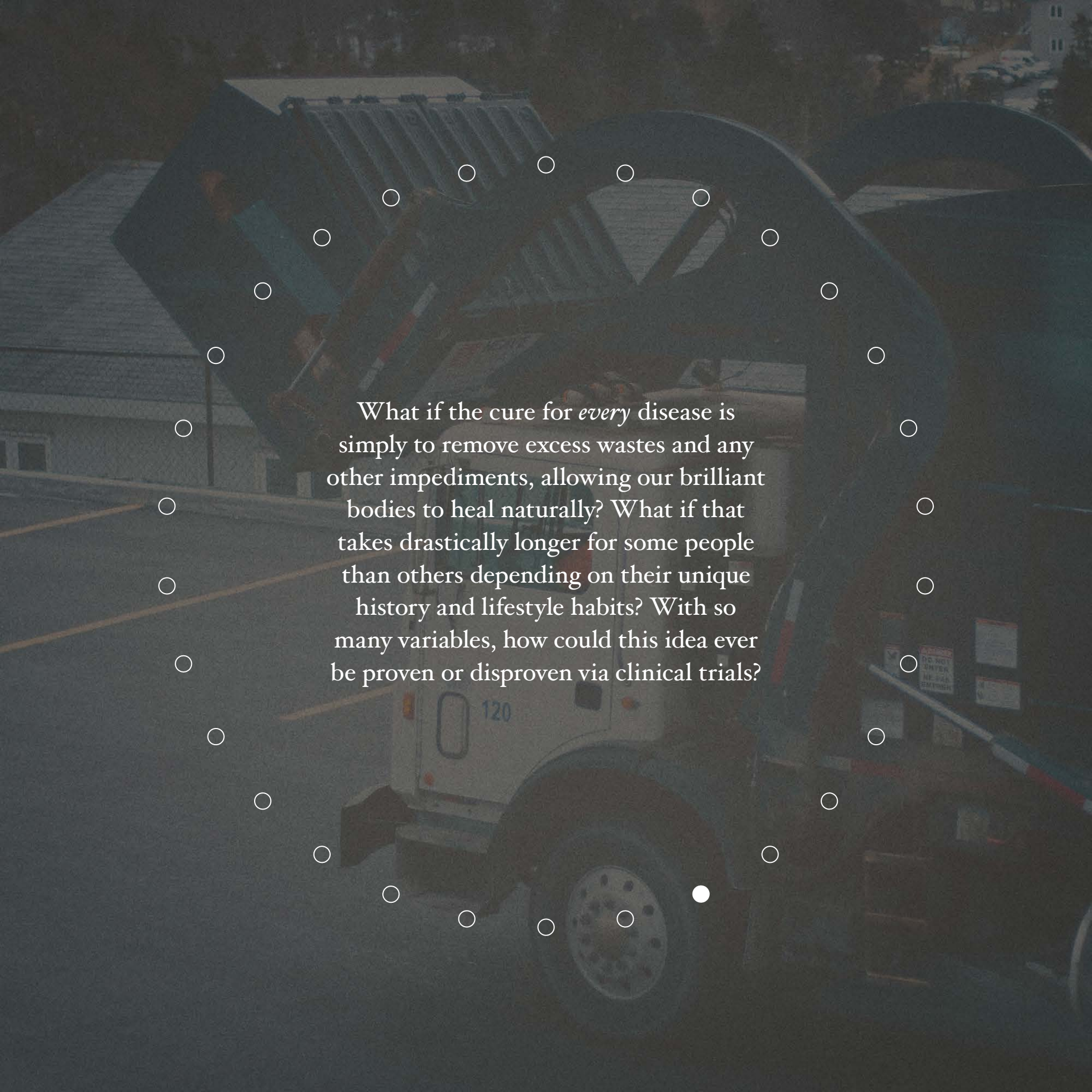
What if taking medications designed to end the symptoms of “sickness” actually prevents my body from healing? What if antibiotics kill my bacteria, which stops them from breaking down unwanted substances, which in turn terminates my natural cleansing process? If my body is unable to remove excess wastes via these (albeit unpleasant) symptoms, does it have no choice but to store them deeper?



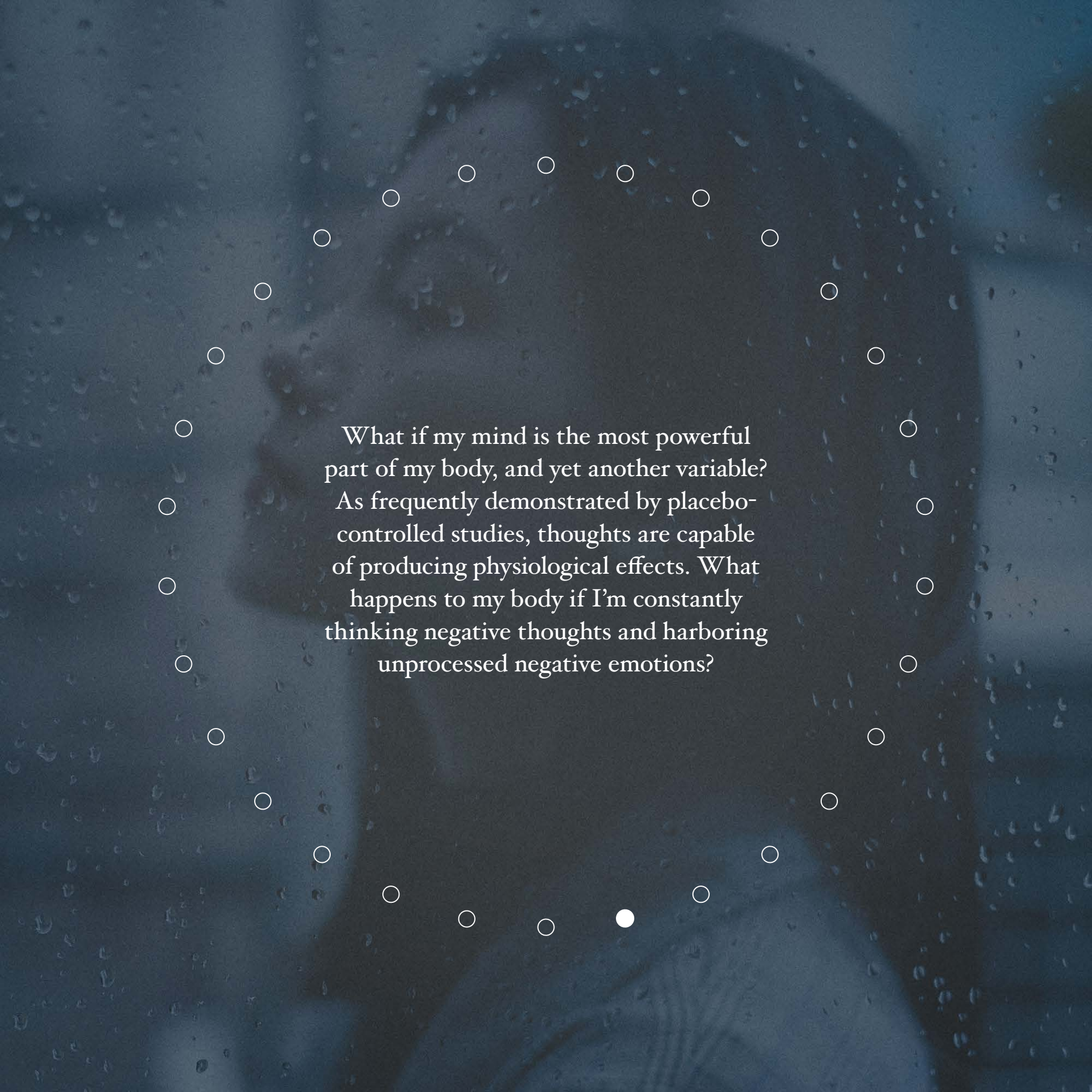
If symptoms aren't the problem, but instead are the solution to something which previously occurred, what if all of modern medicine's efforts are misguided? What if the dramatic increase in chronic ailments over the last century is at least partially due to advancements in suppressing short-term symptoms? If my body is perpetually pushing wastes deeper, am I simply trading acute diseases for chronic ones, creating more severe outcomes as I kick the proverbial can further down the road?

A photograph of a hand pouring water from a white pitcher into a glass held by another hand. The scene is set against a light background. The pitcher is tilted, and a stream of water is falling into the glass. The hand holding the glass is positioned at the bottom right of the frame. The overall image has a soft, slightly blurred quality.

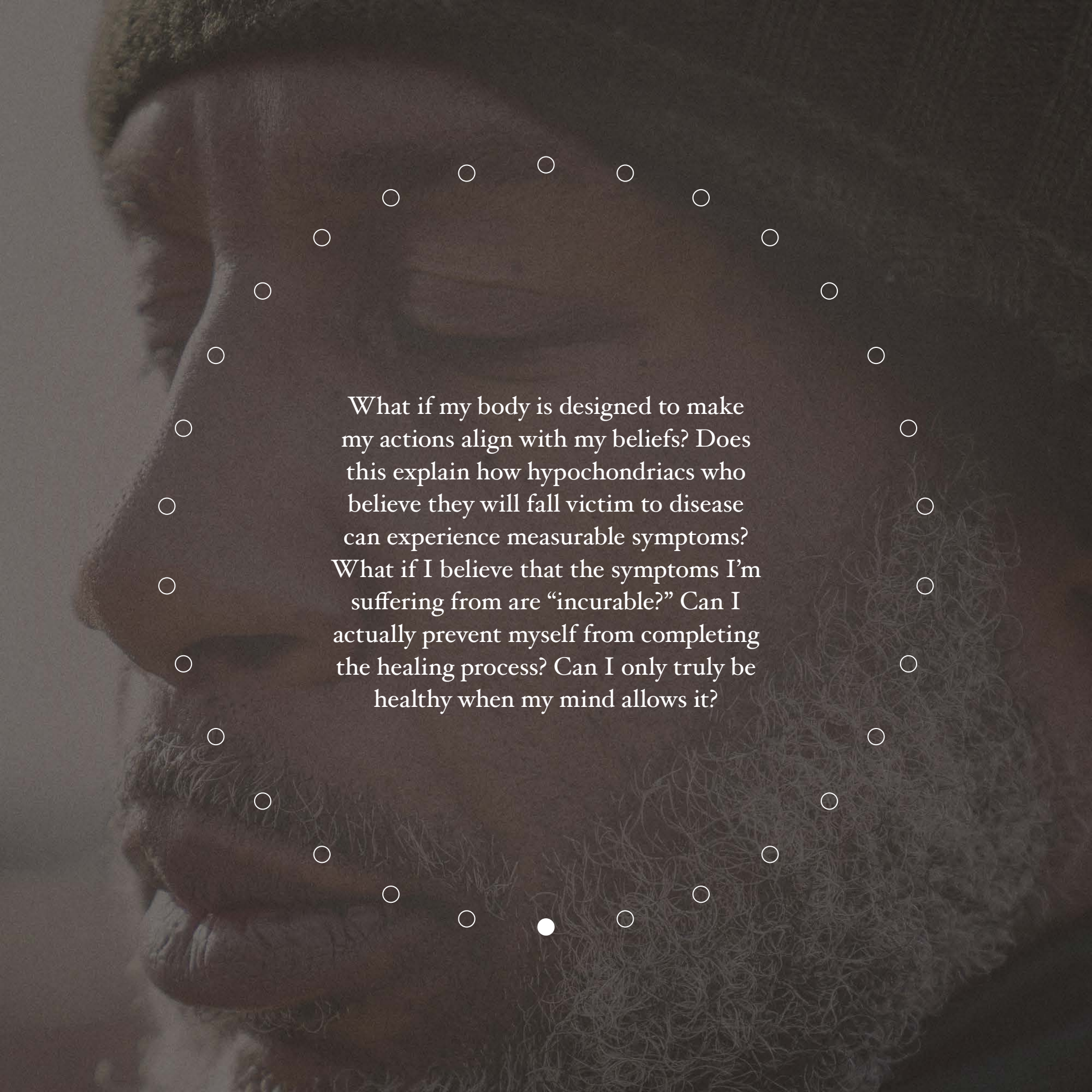
What if the concept of specific diseases is wrong? What if the root cause of ALL disease is the same, but the symptoms are different depending on an impossibly nuanced history of the individual? Does this explain how positive results have been observed when treating many types of supposedly-distinct diseases with simple water fasting protocols? ^{4,5}




What if the cure for *every* disease is simply to remove excess wastes and any other impediments, allowing our brilliant bodies to heal naturally? What if that takes drastically longer for some people than others depending on their unique history and lifestyle habits? With so many variables, how could this idea ever be proven or disproven via clinical trials?



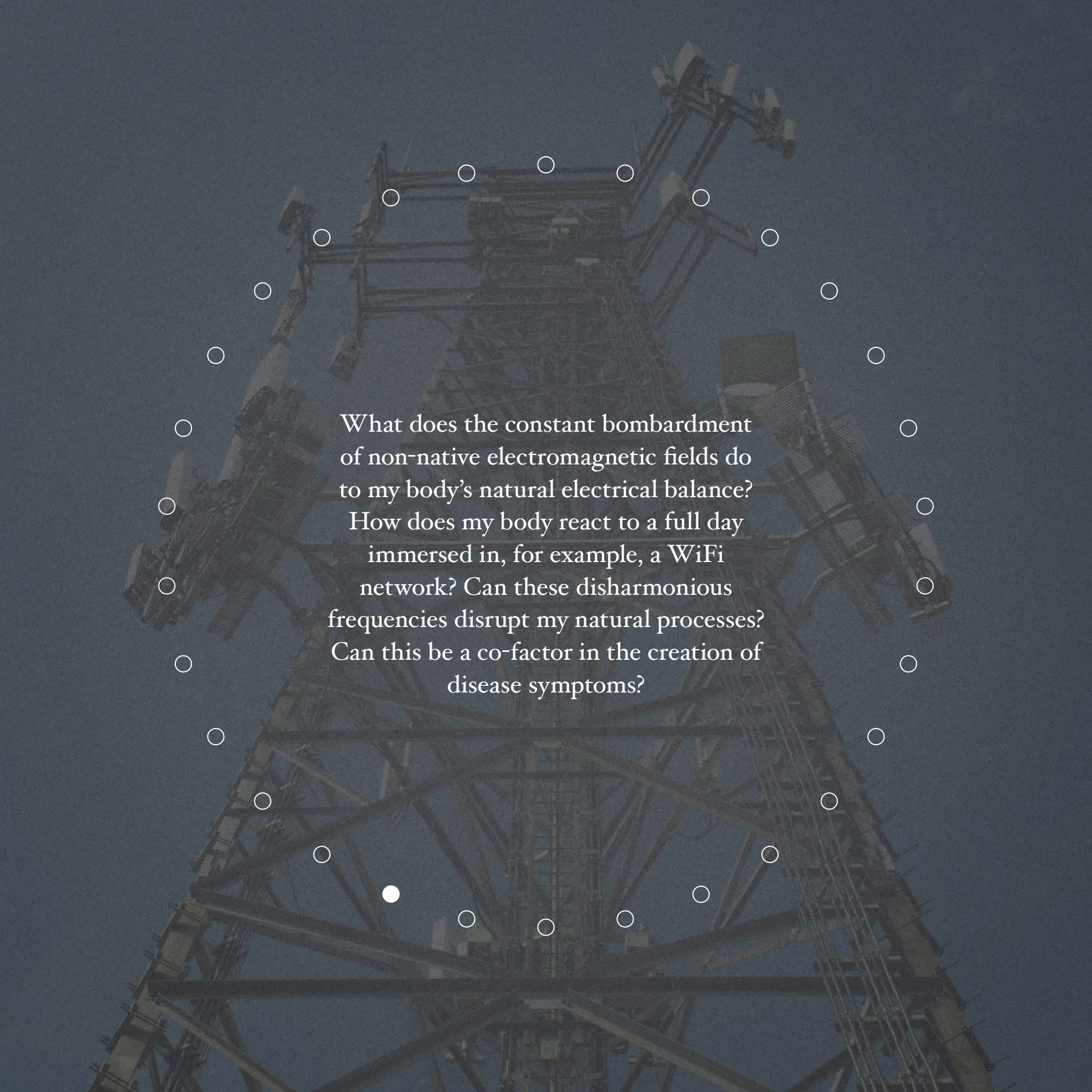
What if my mind is the most powerful part of my body, and yet another variable? As frequently demonstrated by placebo-controlled studies, thoughts are capable of producing physiological effects. What happens to my body if I'm constantly thinking negative thoughts and harboring unprocessed negative emotions?



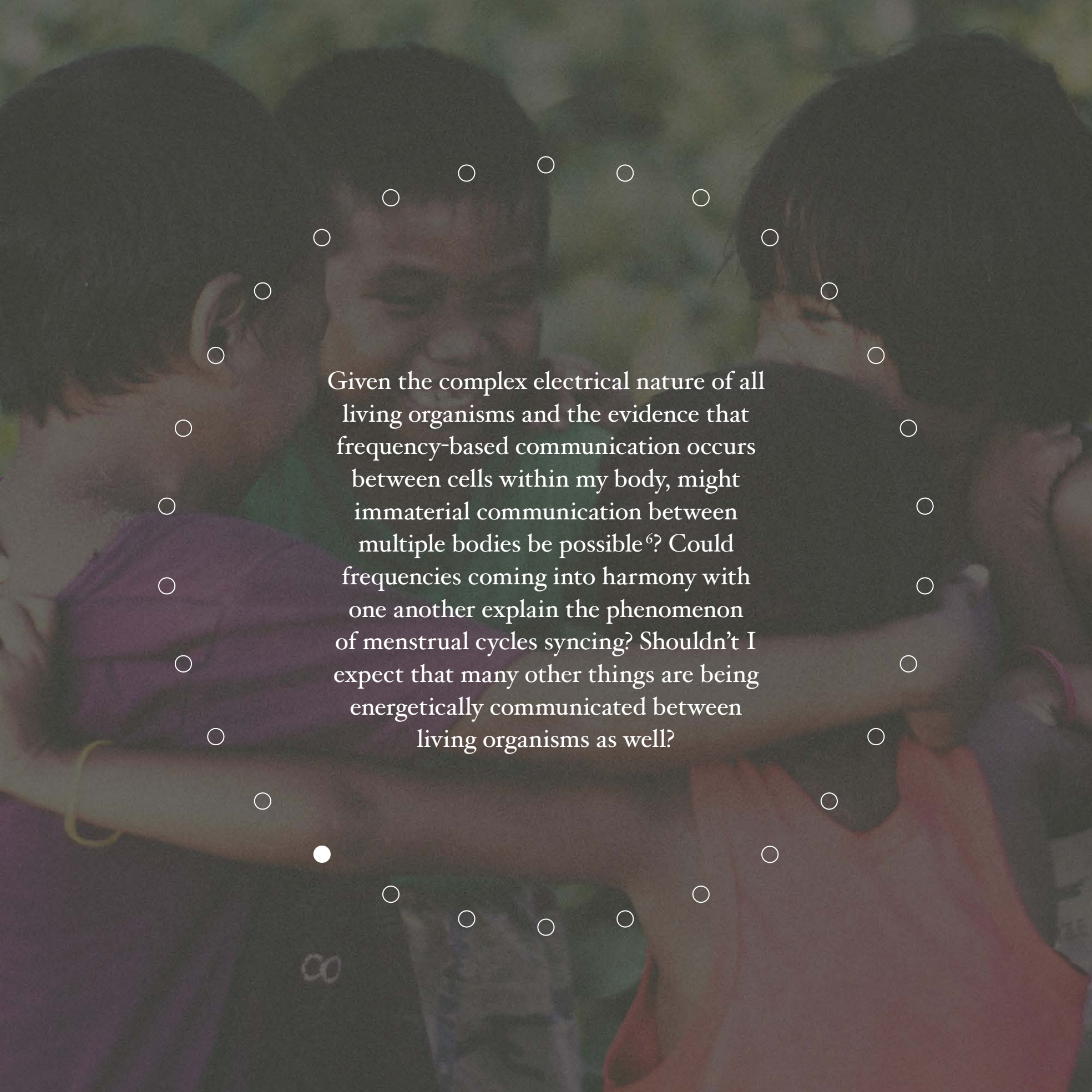
What if my body is designed to make my actions align with my beliefs? Does this explain how hypochondriacs who believe they will fall victim to disease can experience measurable symptoms? What if I believe that the symptoms I'm suffering from are "incurable?" Can I actually prevent myself from completing the healing process? Can I only truly be healthy when my mind allows it?




By what mechanism does a thought
generate a material result? For example,
how does the mere observation of
a stressful event cause my body to
produce a stress hormone? Where do
the electrical fields generated by my
body fit into this equation?



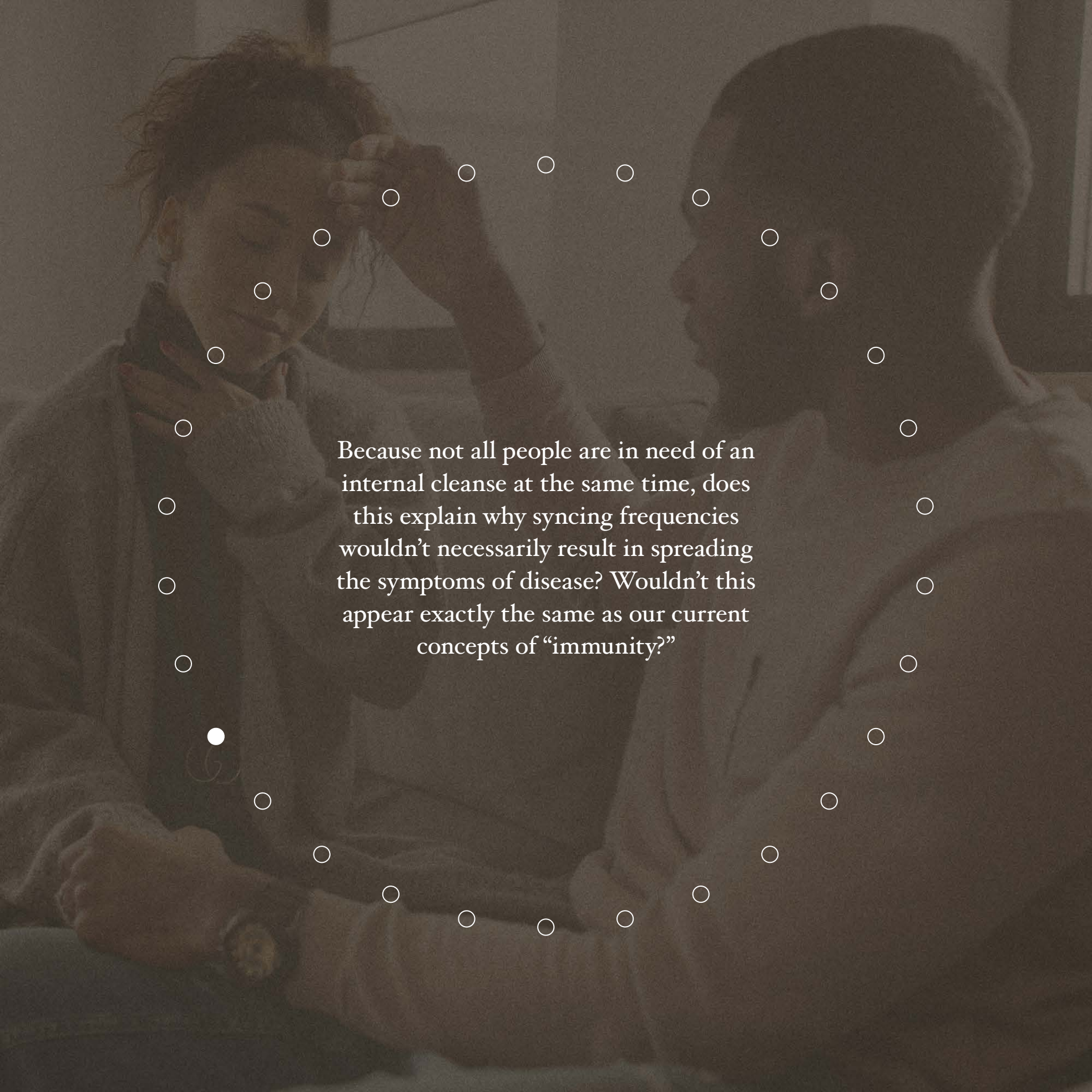
What does the constant bombardment
of non-native electromagnetic fields do
to my body's natural electrical balance?
How does my body react to a full day
immersed in, for example, a WiFi
network? Can these disharmonious
frequencies disrupt my natural processes?
Can this be a co-factor in the creation of
disease symptoms?



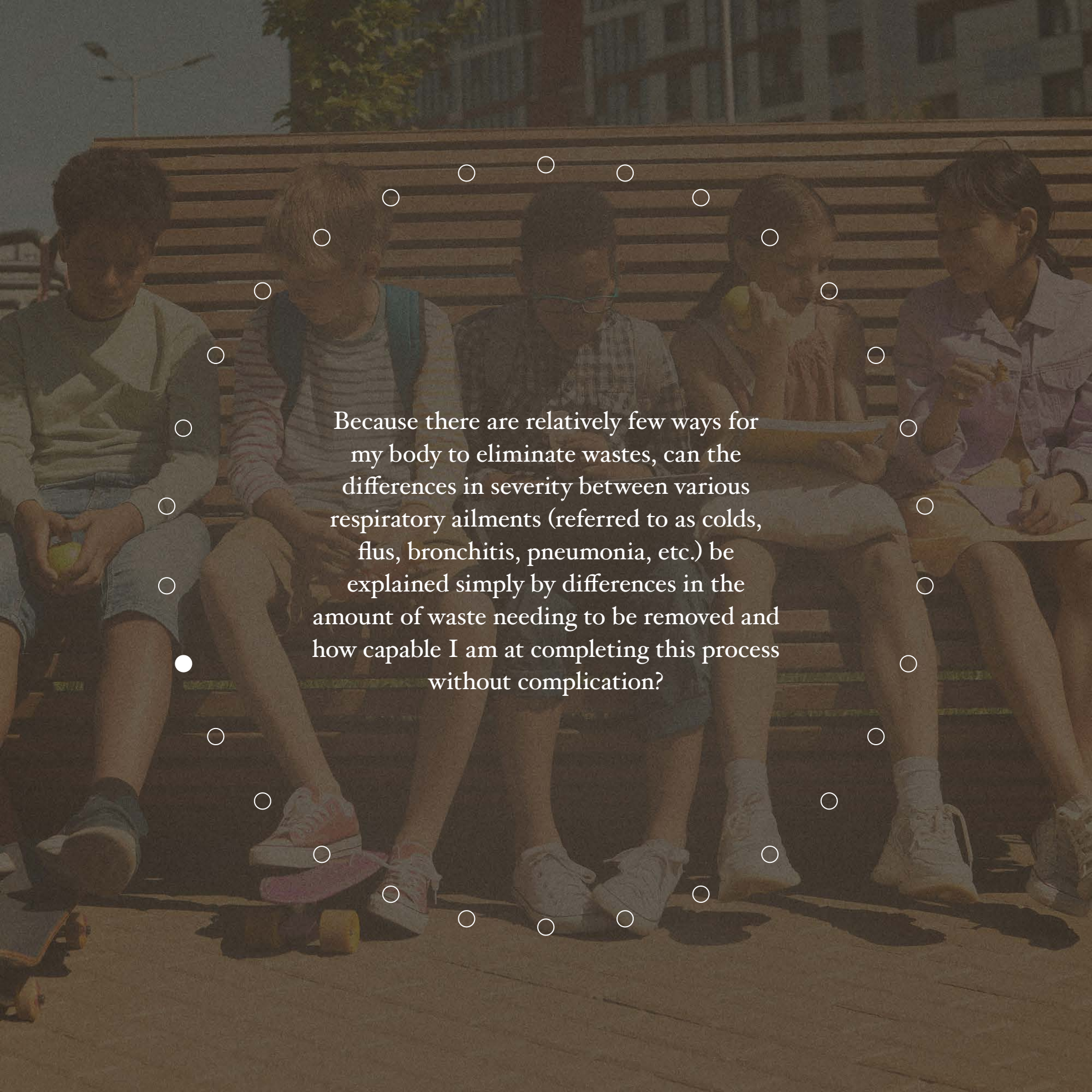
Given the complex electrical nature of all living organisms and the evidence that frequency-based communication occurs between cells within my body, might immaterial communication between multiple bodies be possible⁶? Could frequencies coming into harmony with one another explain the phenomenon of menstrual cycles syncing? Shouldn't I expect that many other things are being energetically communicated between living organisms as well?

A person in a dark suit is shown from the chest up, holding two face masks. The mask on the left is red, and the mask on the right is purple. The person's face is partially visible in the center, looking towards the camera. The background is dark with a grid of white circles. The text is centered in the middle of the image.

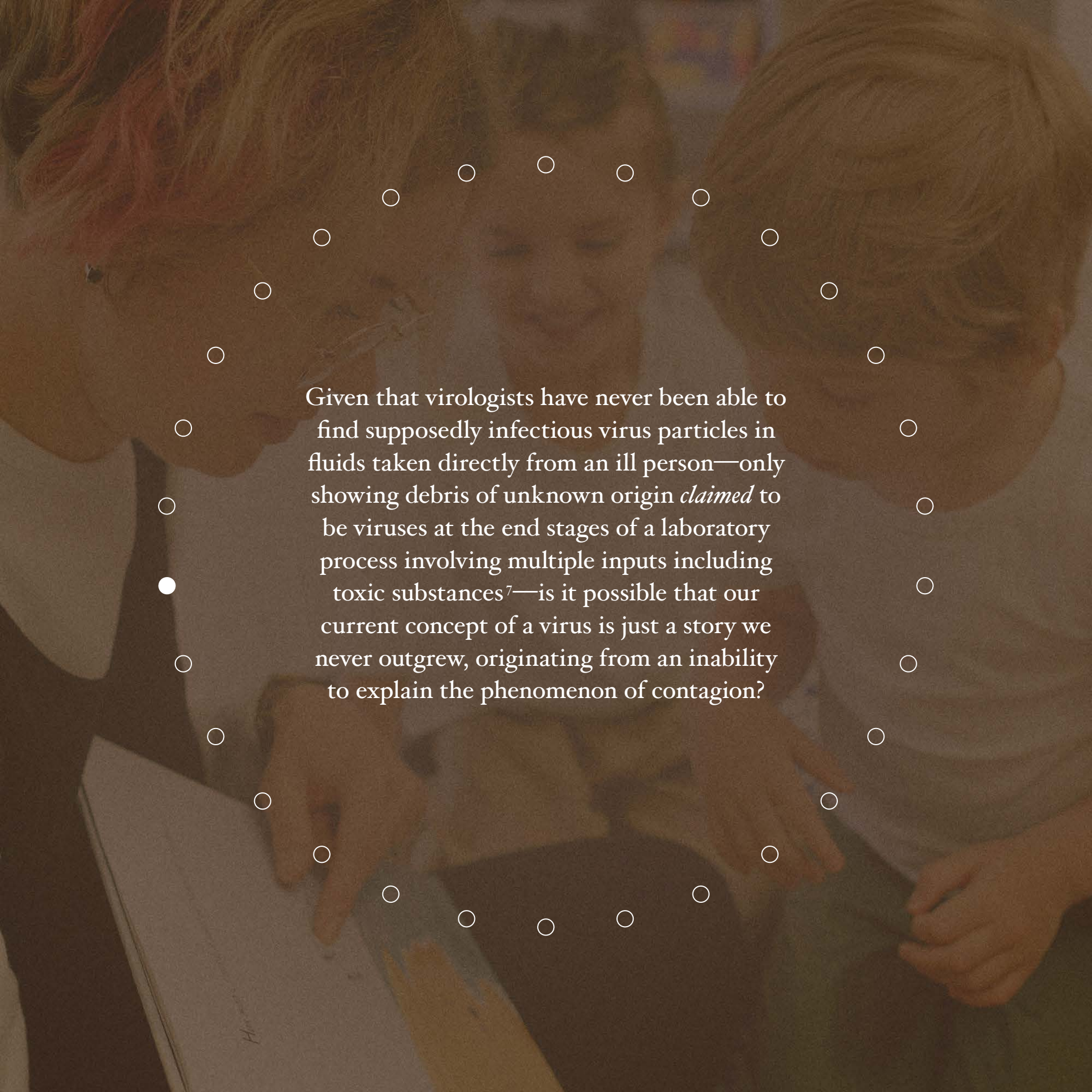
If my body eliminates wastes as part of its solution to an underlying problem, and this process resembles a cold or flu, is it possible that I am capable of energetically communicating this helpful strategy with other people? When they too begin presenting the same detoxification symptoms, wouldn't this appear exactly the same as what we currently call an infectious disease? Is "contagion" actually just an intelligent communication process leading to mass healing?

A dark, moody photograph of a man and a woman. The man is on the right, wearing a light-colored sweater, with his hand on the woman's forehead. The woman is on the left, wearing a dark turtleneck and a light-colored cardigan, looking down. The image is overlaid with a grid of white circles. One circle in the lower-left quadrant is filled, while all others are hollow.


Because not all people are in need of an internal cleanse at the same time, does this explain why syncing frequencies wouldn't necessarily result in spreading the symptoms of disease? Wouldn't this appear exactly the same as our current concepts of "immunity?"

A group of five children are sitting on a wooden bench outdoors. From left to right: a boy in a grey and white sweater holding a green apple; a boy in a striped shirt with a blue backpack; a boy in a plaid shirt with glasses; a girl in a white shirt holding a yellow apple; and a girl in a purple denim jacket eating. The background shows a building and trees. The text is overlaid in the center in a white serif font. There are several white circles scattered around the text, with one solid white circle at the start of the first line.

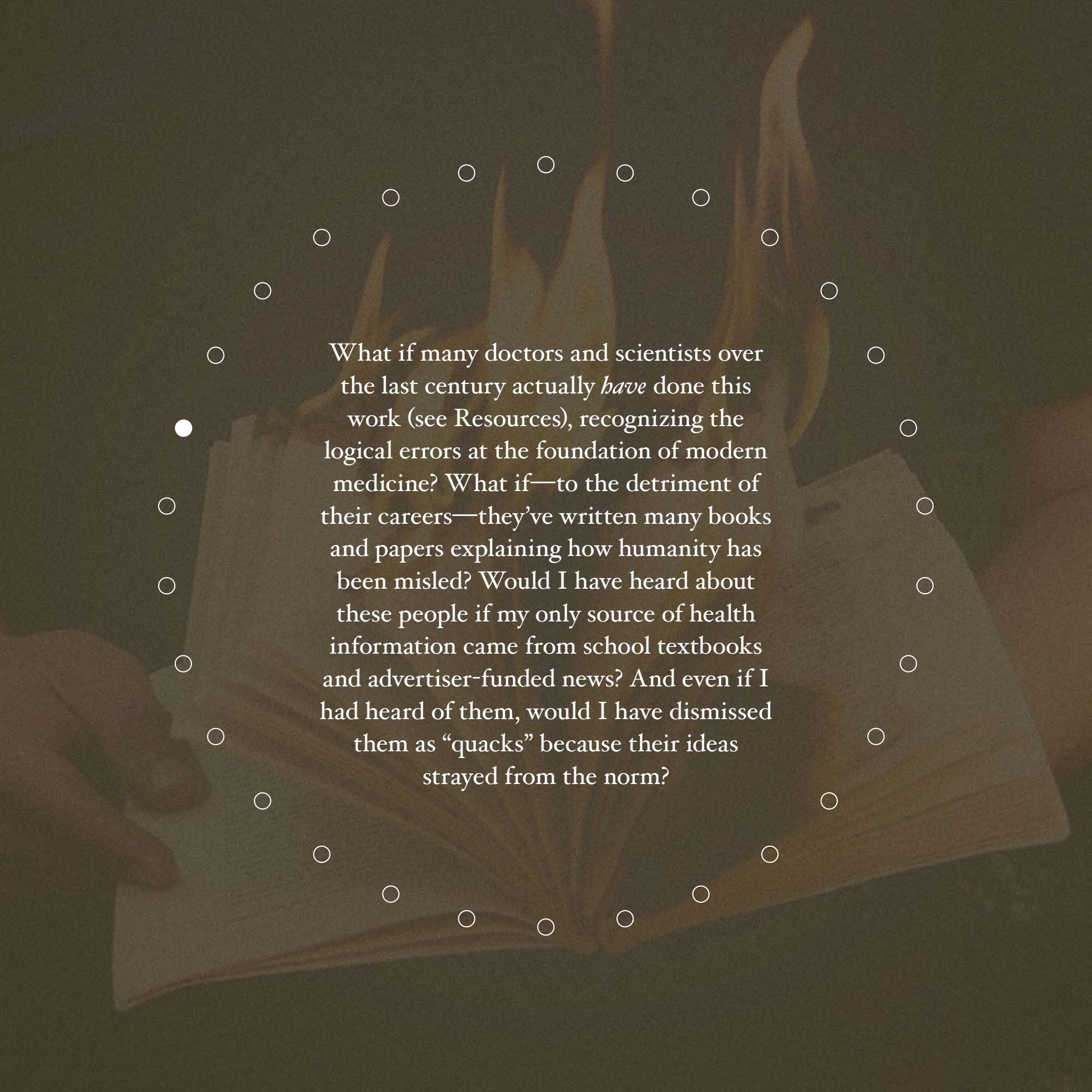
Because there are relatively few ways for my body to eliminate wastes, can the differences in severity between various respiratory ailments (referred to as colds, flus, bronchitis, pneumonia, etc.) be explained simply by differences in the amount of waste needing to be removed and how capable I am at completing this process without complication?

A photograph of three children, two girls and one boy, looking down at a book together. The image is overlaid with a grid of white circles. One circle on the left side is filled in white, while the others are hollow. The text is centered in the middle of the image.

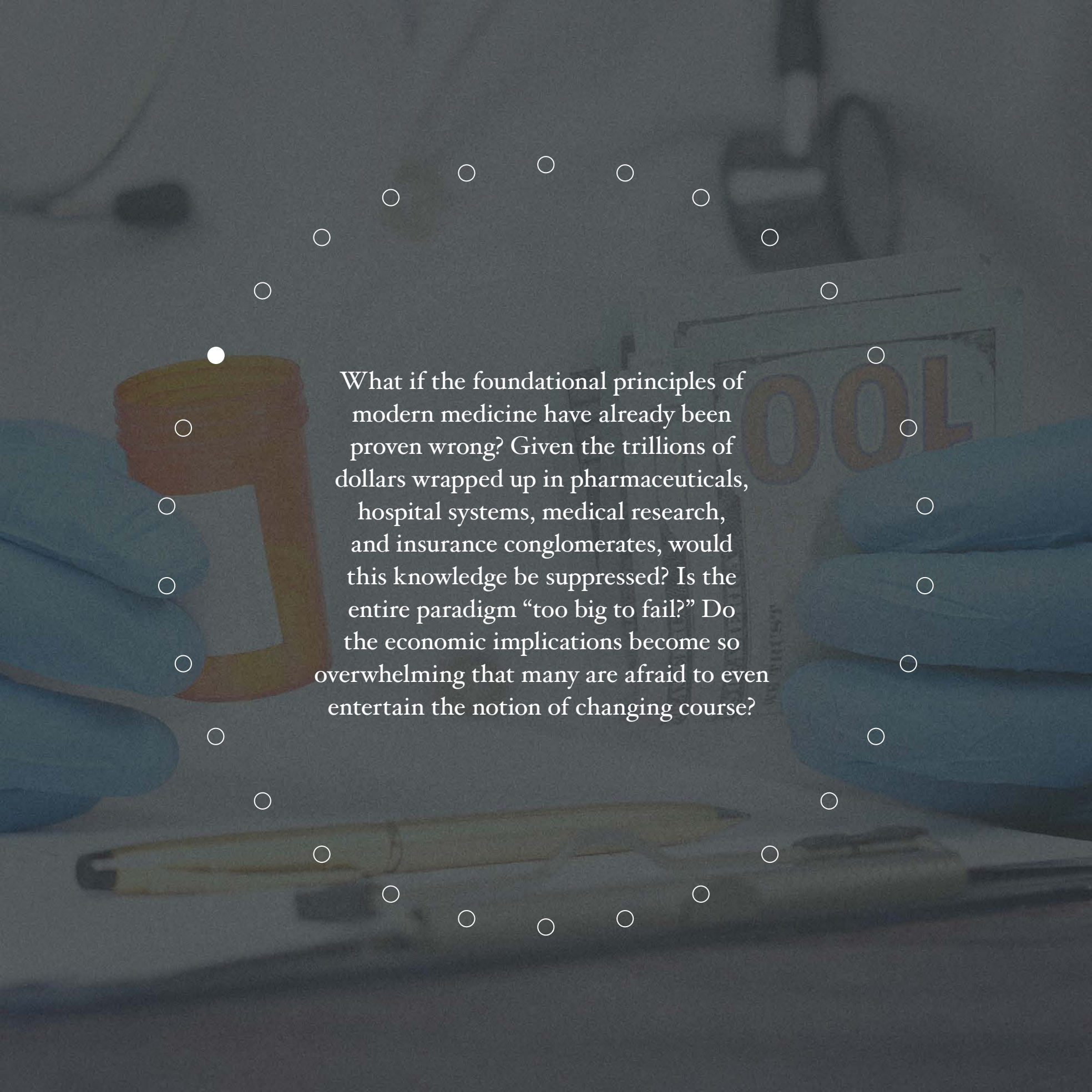
Given that virologists have never been able to find supposedly infectious virus particles in fluids taken directly from an ill person—only showing debris of unknown origin *claimed* to be viruses at the end stages of a laboratory process involving multiple inputs including toxic substances⁷—is it possible that our current concept of a virus is just a story we never outgrew, originating from an inability to explain the phenomenon of contagion?



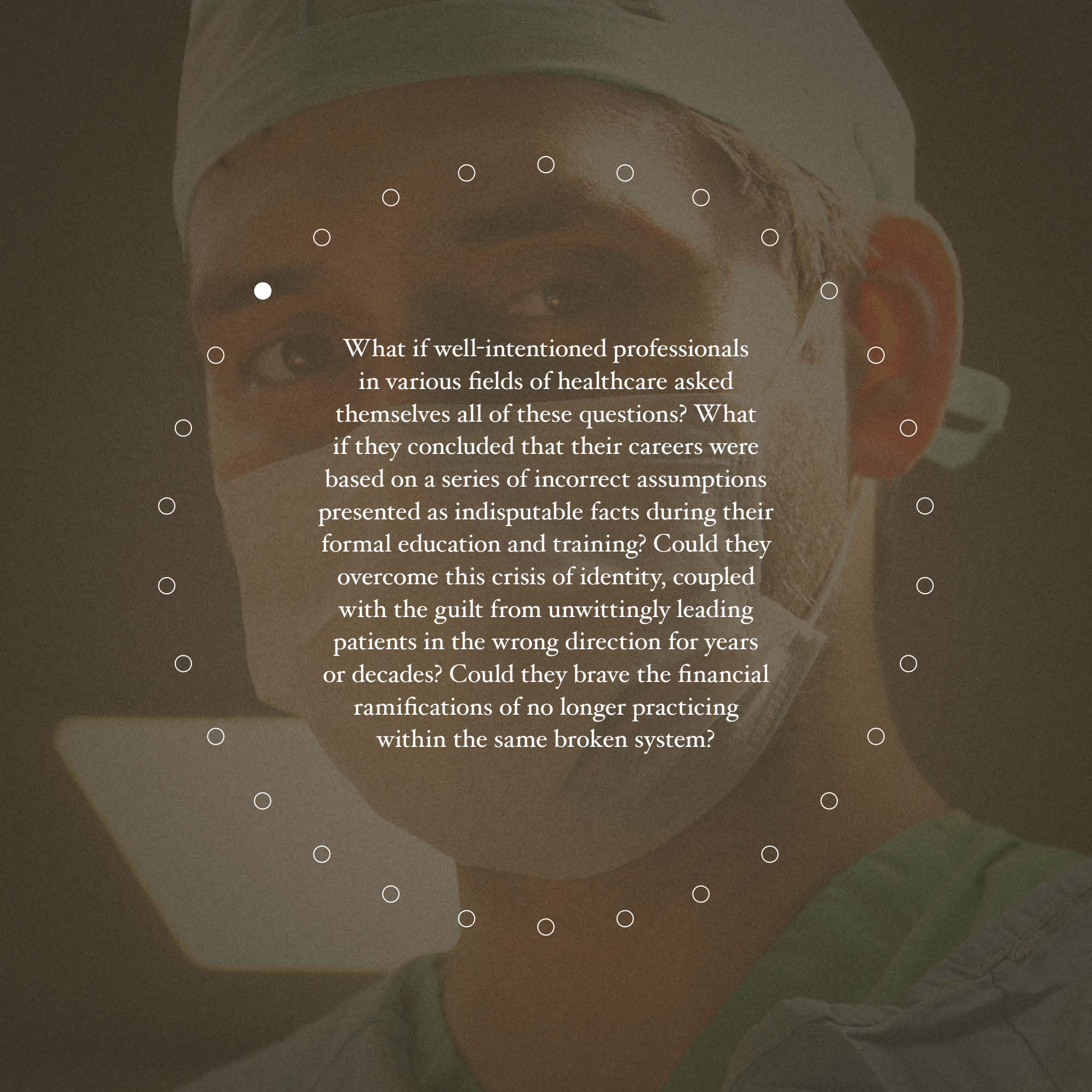
Given the various experiments from the early 1900s^{8,9} which failed to spread supposedly contagious diseases from one person to another, what if the simple answer to these failures is that they were working with the wrong foundational hypothesis? And because these studies failed at proving their hypothesis, shouldn't alternative hypotheses have been thoroughly investigated over the last 100 years?



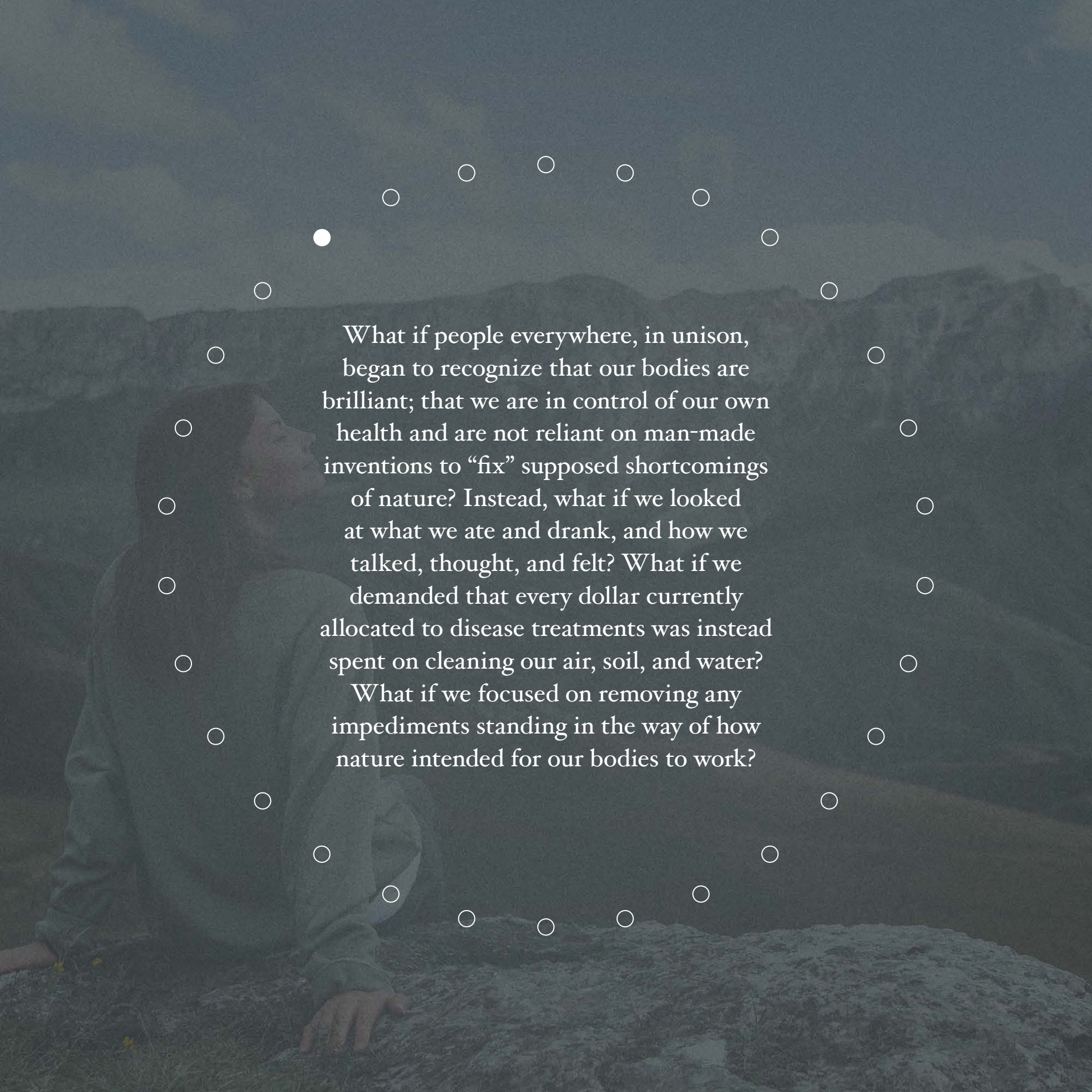
What if many doctors and scientists over the last century actually *have* done this work (see Resources), recognizing the logical errors at the foundation of modern medicine? What if—to the detriment of their careers—they’ve written many books and papers explaining how humanity has been misled? Would I have heard about these people if my only source of health information came from school textbooks and advertiser-funded news? And even if I had heard of them, would I have dismissed them as “quacks” because their ideas strayed from the norm?



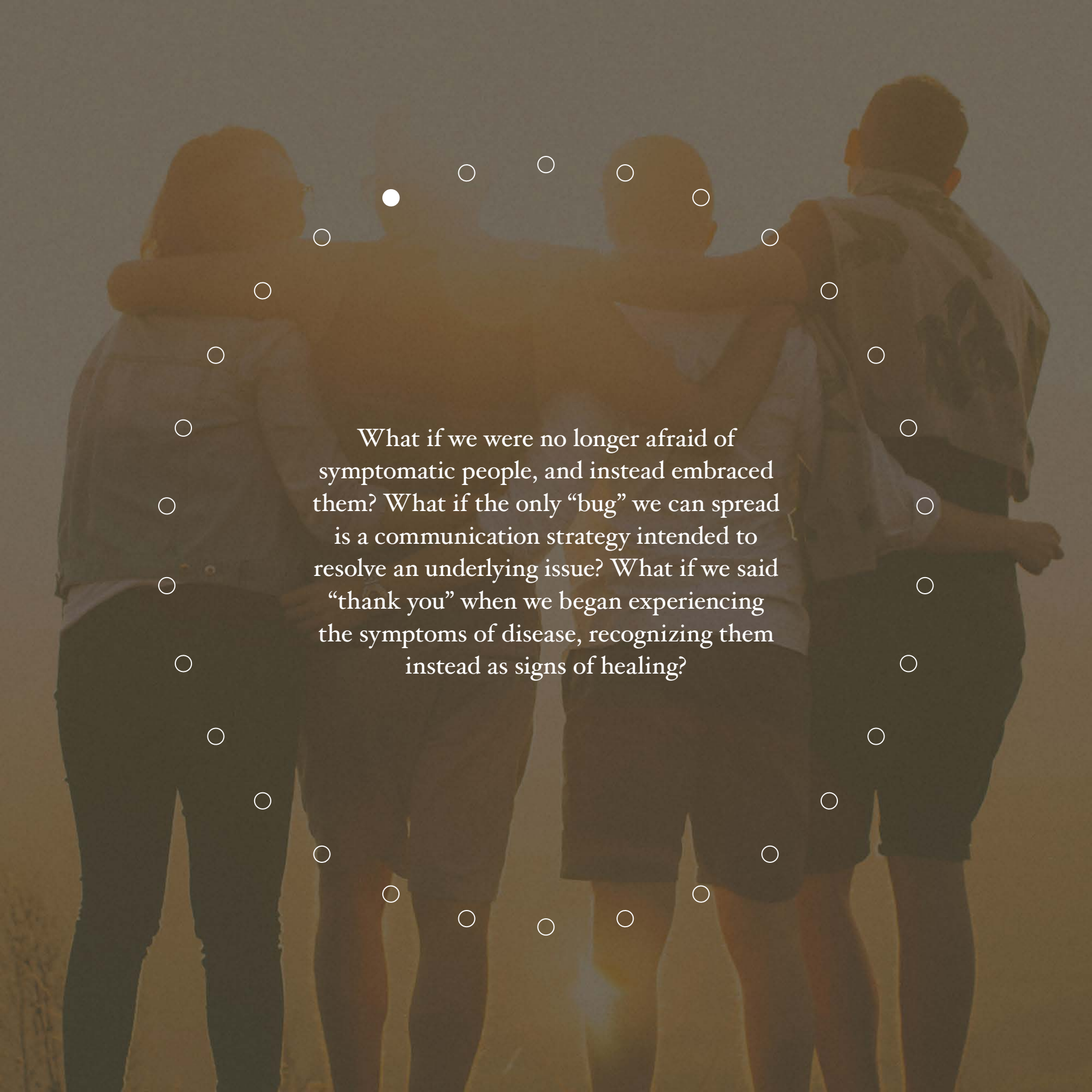
What if the foundational principles of modern medicine have already been proven wrong? Given the trillions of dollars wrapped up in pharmaceuticals, hospital systems, medical research, and insurance conglomerates, would this knowledge be suppressed? Is the entire paradigm “too big to fail?” Do the economic implications become so overwhelming that many are afraid to even entertain the notion of changing course?




What if well-intentioned professionals in various fields of healthcare asked themselves all of these questions? What if they concluded that their careers were based on a series of incorrect assumptions presented as indisputable facts during their formal education and training? Could they overcome this crisis of identity, coupled with the guilt from unwittingly leading patients in the wrong direction for years or decades? Could they brave the financial ramifications of no longer practicing within the same broken system?



What if people everywhere, in unison, began to recognize that our bodies are brilliant; that we are in control of our own health and are not reliant on man-made inventions to “fix” supposed shortcomings of nature? Instead, what if we looked at what we ate and drank, and how we talked, thought, and felt? What if we demanded that every dollar currently allocated to disease treatments was instead spent on cleaning our air, soil, and water? What if we focused on removing any impediments standing in the way of how nature intended for our bodies to work?



What if we were no longer afraid of symptomatic people, and instead embraced them? What if the only “bug” we can spread is a communication strategy intended to resolve an underlying issue? What if we said “thank you” when we began experiencing the symptoms of disease, recognizing them instead as signs of healing?

A hand is silhouetted against a sunset sky, reaching upwards. A circle of white dots, resembling stars, is arranged in a ring around the text. One dot at the top of the ring is solid white, while the others are hollow circles. The background is a soft gradient of orange, yellow, and blue.

What if my body is brilliant, and yours
is too? What would the world look like
if we all realized this together?



Written and designed by [James W.](#)

The questions in this book are by no means new, but have increasingly been brought into the public consciousness by a variety of courageous scientists, doctors, and researchers—many of whom are listed in the following pages.

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4. Gustafson, C. (2014). Alan Goldhamer, DC: Water fasting-the clinical effectiveness of rebooting your body, Integrative medicine (Encinitas, Calif.). U.S. National Library of Medicine. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4684131/>
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<https://scivisionpub.com/pdfs/consciousness-the-human-heart-and-the-global-energetic-field-environment-1529.pdf>
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Resources:

BOOKS

The Story of a Great Delusion: In a Series of Matter-of-Fact Chapters (1885)
by William White | [Download](#)

Bechamp or Pasteur?: A Lost Chapter in the History of Biology (1923)
by Ethel Douglas Hume | [Download](#)

The Poisoned Needle: Suppressed Facts About Vaccination (1957)
by Eleanora McBean

Good-Bye Germ Theory: Ending a Century of Medical Fraud (2004)
by Dr. William P. Trebing

The Field: The Quest for the Secret Force of the Universe (Updated 2008)
by Lynne McTaggart

Dissolving Illusions: Disease, Vaccines, and The Forgotten History (2013)
by Suzanne Humphries MD and Roman Bystrianyuk

What Really Makes You Ill?: Why Everything You Thought You Knew About Disease Is Wrong (2019)
by Dawn Lester and David Parker

Resources:

BOOKS (CONT.)

The Invisible Rainbow: A History of Electricity and Life (2020)

by Arthur Firstenberg

The Contagion Myth: Why Viruses (including “Coronavirus”) Are Not the Cause of Disease (2020)

by Thomas S. Cowan and Sally Fallon Morell

Virus Mania: How the Medical Industry Continually Invents Epidemics, Making Billion-Dollar Profits At Our Expense (Updated 2021)

by Torsten Engelbrecht, Dr. Claus Köhnlein, MD, Dr. Samantha Bailey, MD, and Dr. Stefano Scoglio, BSc PhD

PODCASTS

The Way Forward

thewayfwr.com/podcasts/

Terrain Theory Podcast

terraintheory.net/blogs/podcast

Resources:

PODCASTS (CONT.)

The Humanley Podcast with Daniel Roytas
humanley.com/podcast

Alfa Vedic
alfavedic.com/alfacast

Conversations with Dr. Cowan & Friends
drtomcowan.com/blogs/podcasts

ADDITIONAL WEBSITES

Samantha & Mark Bailey | drsambailey.com

Amandha Dawn Vollmer | yummy.doctor

Andrew Kaufman | andrewkaufmanmd.com

Dawn Lester & David Parker | whatreallymakesyouill.com

Mike Stone | viroLIEgy.com

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Spanish Flu: Otis Historical Archives,
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