

Are Viruses The Cause Or Effect Of Disease, Or Are They Even Real?

By John O'Sullivan, principia-scientific.com, 12 June 2021

As COVID19 is shown not to be an infectious and deadly viral pathogen, key flaws in the pandemic's accepted scientific narrative are being addressed. If a virus cannot be proven to cause disease then does it exist?

According to a seemingly non-controversial statement in Wikipedia a virus is:

"... a submicroscopic infectious agent that replicates only inside the living cells of an organism. Viruses infect all types of life forms, from animals and plants to microorganisms, including bacteria and archaea."

There is wide scientific consensus that a virus is neither living or dead, but is an agent that requires a living cell to replicate, and it will cause infection and disease. Indeed, the peer-reviewed medical literature affirms that a virus is often referred to as a "parasite." [1]

But during this insane pandemic dissenting researchers have come to the fore to argue that in empirical science no such 'deadly virus' has been reproduced in a laboratory. Freedom of Information (FOIA) requests to governments further show that none will claim they can demonstrate in the lab that SARS-CoV-2 is the causative agent of infection.

For example, [‘UK’s Govt Office For Science Admits No Proof Of Isolated ‘COVID-19 Virus’](#)’, [‘The Non-Existent Virus; And The Implications’](#), [‘Even CDC Now Admits No ‘Gold Standard’ Of COVID19 Virus Isolate’](#),

Last year Principia Scientific International was the world's first independent science association to declare there was [no LAB proof of COVID19](#). Our expert in this field, Dr Saeed Qureshi, was at the forefront of calling out the fraud.

So, is virology in a mess over this? We share with readers some of our concerns on the key issues.

Crucially, as a science association strongly supportive of empiricism and the traditional scientific method (as extolled by [Karl Popper](#)) we question why modern medicine seems to have abandoned the standard measure of proving the existence of a disease – Koch's postulates.

To our way of thinking Koch's postulates appears to have been abandoned during the current pandemic. Not lost on us is the worrisome lack of post mortems being performed on so called victims of COVID19.

Even at the height of the Spanish Flu epidemic of 1918 evidence gathering via pathology was key. But now pathology is being bypassed in what seems a rush to accept an unproven panacea – mass vaccination with experimental gene therapy (mRNA).

When post mortems are carried out on supposed ‘COVID19 victims’ the results prove no such cause of death, as we showed in ‘ [Top Pathologist: ‘NO ONE Has Died From The Coronavirus!’](#)’

The A high-profile European pathologist, Dr. Stoian Alexov called the World Health Organization (WHO) a “criminal medical organization” for creating worldwide fear and chaos without providing objectively verifiable proof of a pandemic.

[Dr. Alexov, Bulgarian Pathology Association \(BPA\) president](#) added that with no hard evidence to prove the existence of any deadly virus *it is “impossible” to create a vaccine against it.*

Meanwhile, in the UK speaking to the [Daily Record](#) Scotland’s most eminent pathologist, Tony Busuttill, emeritus professor of forensic medicine at [Edinburgh University](#), said:

“Without Post-Mortems, We Can’t Really Say For Sure What Has Gone On And Why The Patient Has Died And If We Are To Combat The New Virus, We First Have To Understand Its Effects.”

In these dark days we lament the sweeping abandonment of the scientific method of replication and of demonstrating a cause and effect, as government ‘experts’ seemingly rush to chop and change medical policies on the fly and where *‘the cure is worse than the disease’* becomes our ultimate nightmare.

The problems inherent in nations efficaciously tackling a pandemic and providing a coordinated medical response have been known to science since 1918 at the height of the Spanish Influenza epidemic and yet the medical science establishment prefers not to acknowledge this because to do so would likely invalidate a major cornerstone of allopathic germ theory.

Yet even [New Scientist](#) admits that:

“Medical And Scientific Experts Now Agree That Bacteria, Not Influenza Viruses, Were The Greatest Cause Of Death During The 1918 Flu Pandemic.” [2]

On this issue, have a read of ‘[The Truth About The 1918 ‘Viral Influenza’ Pandemic.](#)’

Germ Theory views the human body as an uninfected biological system that must be defended against external attack. For over a century, Big Pharma has made big bucks from selling us potions to fend off ‘infections’ while denying the reality that a healthy immune system is the body’s own defense against disease (i.e prevention is better than cure).

As a seasoned professional science writer I have spent over a decade working with scientists to expose the lies about man-made global warming. That nonsense was premised on the false hypothesis, conceived in the minds of second rate academics, that a benign trace atmospheric

gas, carbon dioxide – *one of nature's best cooling gases* and widely used in industry as a refrigerant – somehow ‘traps heat’ and dangerously warms our planet.

Thankfully, a significant number of honest, empirical scientists have since abandoned that nonsense.

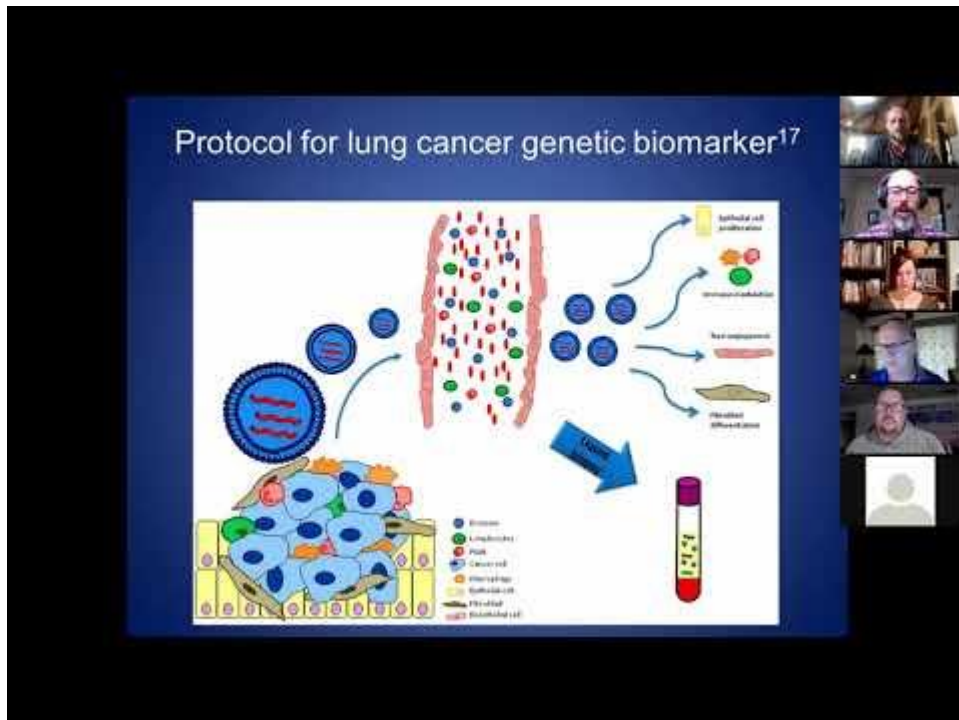
But correcting such entrenched misunderstandings can take decades of dedicated skeptical analysis and cold, hard critical reasoning to overturn a deeply-held visceral belief, a false scientific notion.

As such, just as with the false greenhouse gas theory of supposed CO2 warming, so with the consensus about virus theory which is now being methodically overturned despite the best efforts of corrupt politicians and corporations.

It is becoming harder for germ theory zealots to persuasively argue against the proposition that if a virus cannot be proven to be the agent for the transmission of disease, then the entire rationale for lockdowns, social distancing and mask wearing to ward off infection should be consigned to history as an almighty public policy misstep based on junk science.

Among the most strident and highly qualified medical experts leading the paradigm shift is Dr. Andrew Kaufman whose research shows COVID-19 is an exosome which exists normally in our lung cell fluid. Dr Kaufman is a medical doctor, graduated in molecular Biology from Massachusetts Institute of Technology and involved in cancer medication and in medical data collection with the New York Health department and the CDC, then later specialized in psychiatry.

An excellent discussion by Kaufmann and medical colleagues on the issues is in this video:



In his presentation Dr Kaufmann correctly asserts that *the COVID19 virus (Sars-Cov-2) has never been isolated*. This is borne out by the numerous freedom of information (FOIA) requests to leading western governments who all admit their scientists possess no ‘gold standard’ isolate of the virus.

Of course, this is devastating to the claims of the pandemic fear-mongers because Dr Kaufmann goes on to explain how the ubiquitous PCR test used to ‘detect’ the virus is less than useful and was never designed as a diagnostic tool.

For well over a year we have endured the insanity of doctors using flawed PCR tests and erroneously ‘detecting’ a virus that is not proven to exist in science which then is used to justify a ‘vaccine’ not tailored to defeat a virus that has not been isolated! Circular insanity, if you will.

My success as a skeptic writer on the man-made global warming narrative has guided my research into this fascinating subject and the potential ramifications for the survival of humanity are no less dire.

Therefore the \$64,000 question to governments and Big Pharma is: Wouldn’t you have to sequence the virus (obtain a ‘gold standard’ isolate) before you can make a PCR test for it and then a vaccine to effectively fight it?

Of course, no bribed/blackmailed/coerced quack, politician or mainstream media ‘journalist’ will ever come out to seriously answer this question and encourage open and honest debate.

But any good skeptic would want to uncover evidence antithetical to the points that Dr Kaufman raised, like an actual experiment that shows through the scientific method, that viruses are contagious pathogens spread from one person to another. Dr Kaufmann et al assert no such empirical science exists.

Though what other colleagues and myself at Principia Scientific International have found is that the PCR test may be the root of a mass deception because if it is run through too many cycles (25+) it will simply begin to tell you that almost any tiny remnants of RNA will create a false positive for COVID19.

This is why some fruits, goats, tap water, Coca-Cola and eventually ANYTHING are testing to be PCR *positive* but are false positives from a flawed test protocol (see: [Some Fruit And A Goat Now Test COVID-19 Positive](#)).

In our wider discussions on germ theory we asked such questions as: How does Polio spread if not by virus? Why has Smallpox been eradicated? In answer, we deduced that a key factor in modern disease eradication has been vast improvements in sanitation, infrastructure and hygiene. <http://www.whale.to/vaccines/decline1.html>

“The decline in infectious diseases in developed countries had nothing to do with vaccinations, but with the decline in poverty and hunger.”—[Dr Buchwald, M.D.](#)

“Up to 90% of the total decline in the death rate of children between 1860-1965 because of whooping cough, scarlet fever, diphtheria, and measles occurred before the introduction of immunisations and antibiotics.”—[Dr Archie Kalokerinos, M.D.](#)

Many such doctors and researchers have found that polio was caused by lead, mercury, and/or other types of chemical pollution, and then unscrupulous bad actors falsely blamed such poisoning on a virus so to avoid responsibility, as well as to fill the bank accounts of big pharma.

By doing your own research you will also uncover that the same type of misleading hypocrisy has been repeated for many other conditions which were more likely due to toxic pollution, but falsely blamed on viruses. <https://theinfectiousmyth.com/polio-timeline.html>

The thrust of what Dr Kaufmann and germ theory skeptics are saying is that while the COVID 19 pandemic has certainly put huge focus on detecting corona particles, *they are not the CAUSE, they are the RESULT of disease.*

They argue that the so-called current outbreak could be a mix of things including another unidentified influenza instead of the hype over a *new corona virus particle.*

Yet, even a non-scientist can simply examine the excess mortality data for the past 18 months and contrast and compare the data with death rates for the last 20 or 30 years and see for themselves that there is NOTHING unusual happening.

Death rates are, in fact, currently LOWER in many regions than in previous years. This is [‘Why We Must Question The COVID 19 Mortality Statistics.’](#)

Senior Principia Scientific International scientist, Dr Saeed Qureshi addresses this issue in his article [‘Did COVID Cause ‘Excess Deaths?’](#) where he shows, inter alia, that CDC numbers for excess deaths in 2020 show a 0.14% increase in the expected annual death numbers, well within normal variation. If anything [‘Covid-19 Vaccines Lead To New Infections And Mortality’](#)

Are Viruses Really Exosomes?

Have you heard of the emerging theory of what viruses might be: exosomes?

Are you absolutely certain that COVID-19 is contagious?

How confident are you in the results from the test?

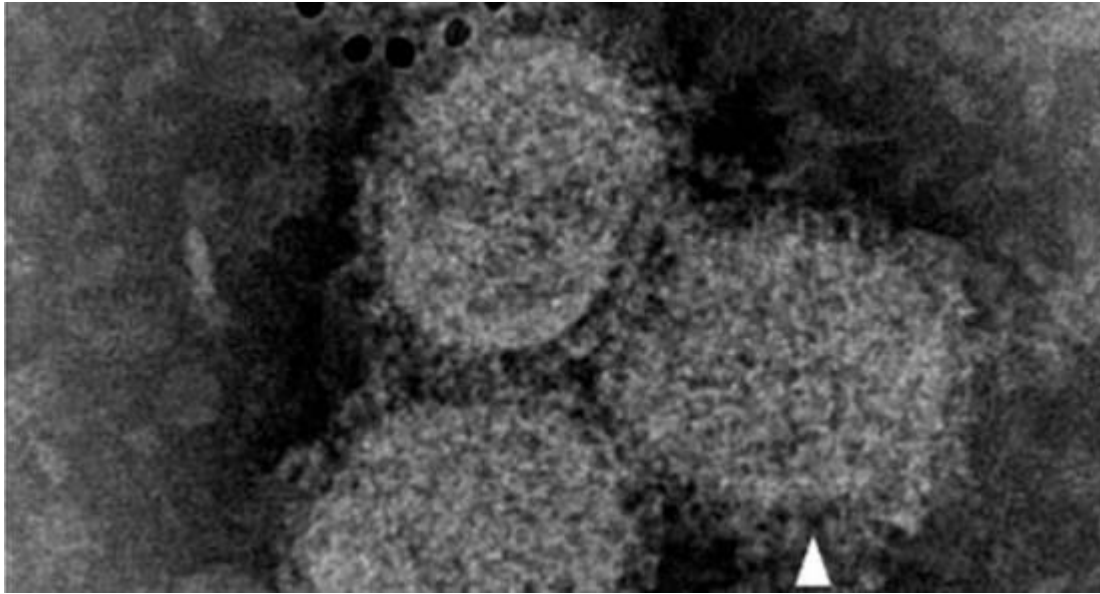
Most of the case studies come from this paper by David Crowe, where he has all of his citations at the end: <https://theinfectiousmyth.com/book/Co...>

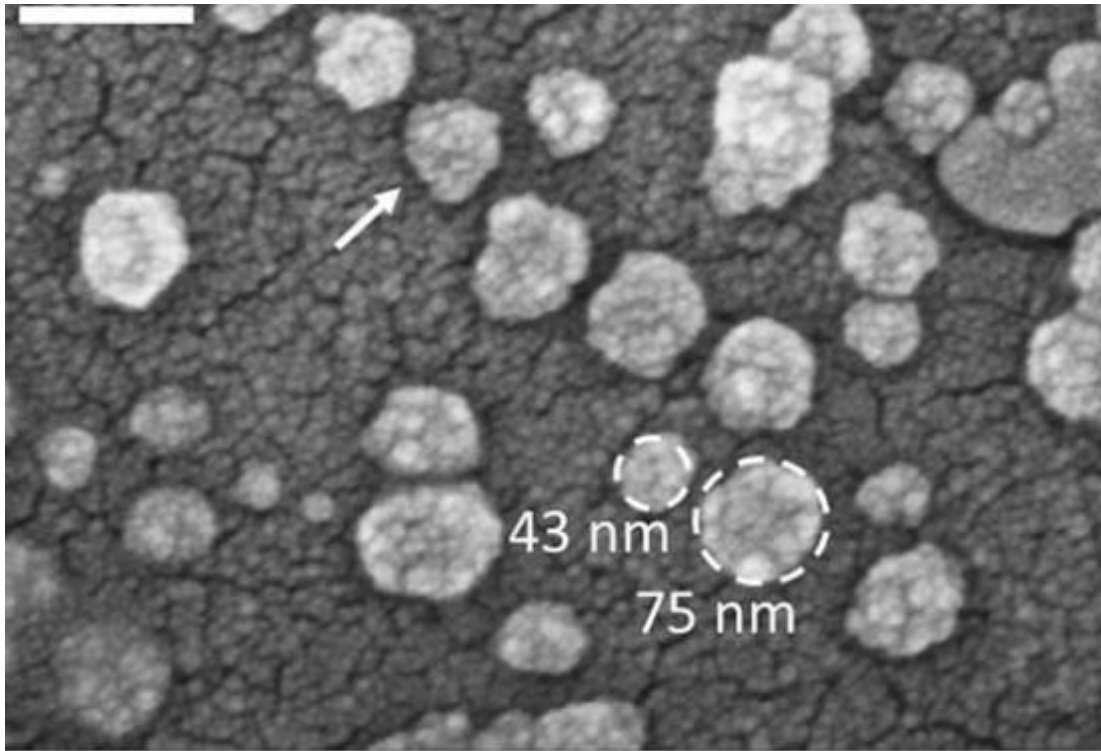
Look hard enough and you will see qualified scientists saying that exosomes are often indistinguishable from viruses. Exosomes are the same size as viruses (0.1 microns)—they do

vary a little – but are mostly similar. They are secreted by cells and are extracellular vesicles that transport messages between cells to inform each other when they are in danger. [3]

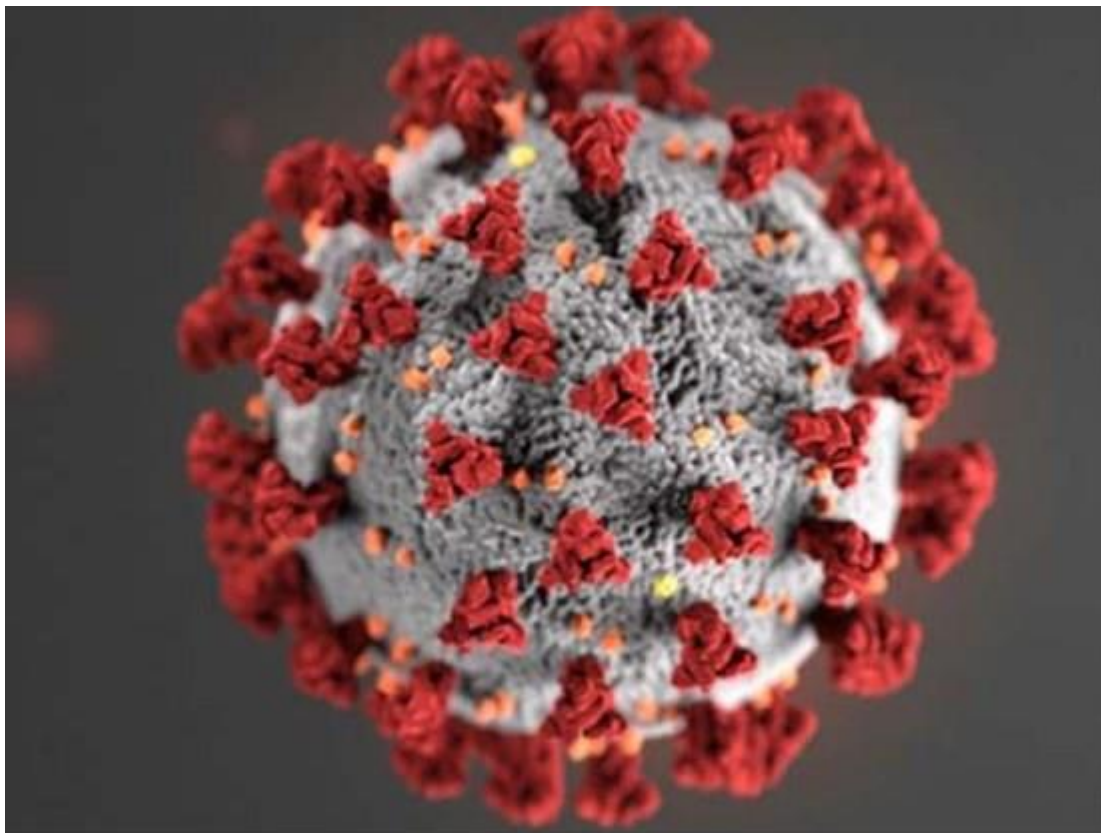
Do Your Eyes Deceive You?

Look at the images below. Are they images of viruses or exosomes? Would you know the difference or do you rely on a government ‘expert’ to help you out?





which of the above are exosomes, which are viruses



This is NOT a virus, it is a computer simulation

Dr. Stefan Lanka, virologist and molecular biologist, is mostly known internationally as an “AIDS dissident” (and maybe “gentechology dissident”) who has been questioning the very existence of “HIV” since 1994. He is a controversial figure vilified by the mainstream media (often a sign a ‘white hat’ is over the target exposing evil).

Although we used a Wikipedia quote at the top of this article it is worth noting that Wikipedia has banned Stephan Lanka’s page. Indeed, it also refuses to permit any entry for Principia Scientific International despite our 7,000+ STEM members and being a bona fide science association for over a decade.

For more than a year Wikipedia redirected ‘Lanka’ searches to a page on “HIV/AIDS denialism”. Now it redirects to some quack named David Bardens. To our way of thinking, this is pretty good evidence that the establishment fears Dr. Lanka. For your edification do check out the Wikipedia list of **“germ theory denialists”** and verify the qualifications of those cited: https://en.wikipedia.org/wiki/List_of_germ_theory_denialists

Dr. Lanka is certainly a thorn in the side of consensus thinkers and signaled a possible paradigm shift away from germ theory when he made his almost “legendary” [Zenger’s interview](#):

“So, For A Long Time I Studied Virology, From The End To The Beginning, From The Beginning To The End, To Be Absolutely Sure That There Was No Such Thing As HIV. And It Was Easy For Me To Be Sure About This Because I Realized That The Whole Group Of Viruses To Which HIV Is Said To Belong, The Retroviruses – As Well As Other Viruses Which Are Claimed To Be Very Dangerous – In Fact Do Not Exist At All.”

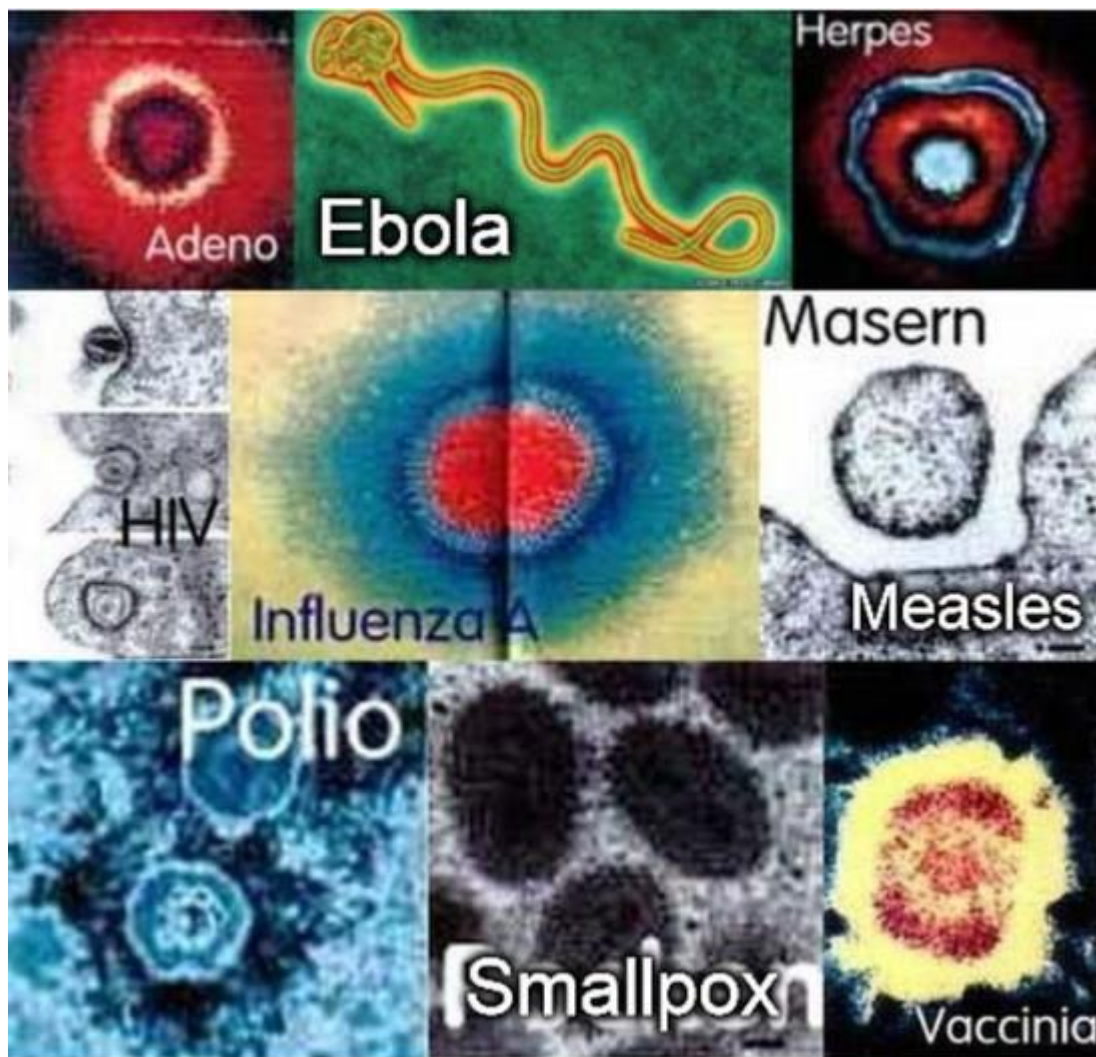
Dr Lanka and others have suggested that one of the keys to facilitate a mass deception about viruses was via the technology of the electron microscope which has radically affected modern medicine over the past 60 years. It is substantially thanks to electron microscopy that virology has been so persuasive. But all may not be as as it seems!

Questioning the iconic images of viruses we see splashed all over the media and in medical journals, Dr Lanka said:

“All These Photos Have In Common That They, Respectively The Authors, Can’T Claim That They Represent A Virus, As Long As They Do Not Also Provide The Original Publications Which Describe How And What From The Virus Has Been Isolated. Such Original Publications Are Cited Nowhere.

Indeed, In The Entire Scientific Medical Literature There’S Not Even One Publication, Where The Fulfillment Of Koch’S First Postulate Is Even Claimed For Such Viruses. This Means That There Is No Proof That The Viruses Held Responsible For These Diseases Have

Been Isolated From Humans Afflicted By Them. Nevertheless, This Is Precisely What They Publicly Claim.”



It may yet be proven that vaccines *per se* may not be the solution to disease eradication because it may be shown that immunity does not come from antibodies. Antibodies are regulating agents. They are merely white blood cells that regulate infection, and thus, the healing process. Viruses may thus be shown to be simply part of the healing phase.

As explained at www.vaccinationinformationnetwork.com we should be skeptical of these images because:

1. Many of the photos are colored. This is proof enough, that they are the (art)work of designers, because electron microscopic photos always appear in black and white.
2. The images of the so called HIV-, measles (Masern)- and smallpox (Pocken) viruses clearly show, as the image descriptions partly already indicate, that these are cells wherein the viruses can allegedly be found. Thus, nothing has been isolated. The photos actually show cells and typical endogenous particles in them. These structures are well known and serve the intra- and inter-cellular transport. Unlike viruses of the

same kind – which are consistently the same size and same shape – they differ in size and shape and therefore can't have been isolated.

3. In the case of the influenza- herpes-, vaccinia-, polio-, adeno- and ebola-viruses each photo shows only a single particle; nobody claims that they're isolated particles, let alone particles that have been isolated from humans.

These particles are partially the cellular particles mentioned above (#2) resp. typical artifacts which means: structures that accrue after inappropriate fixing and drying of the probes, while being prepared for the electron microscope.

1. The “isolated” polio viruses are artificial particles, generated by suction of an indifferent mass through a very fine filter into a vacuum. Its structure (no characteristic structures) differ clearly from the ones of the “viruses” in the cells. Here the information is essential that a biochemical characterization of those “isolated” viruses, although “isolation” is claimed, has never been published anywhere nor has anybody even claimed such a characterization.
2. The photo of the hepatitis B “viruses” does not show isolated structures, but – as the image title already says, an agglutinate. This is the scientific/medical term for proteins from the blood that are clumped together, as is typical for coagulations. Typically, round and also crystal structures accrue – depending on the condition of the blood sample – as a consequence .

“In summary, it must be said that these photos are an attempt of fraud committed by the researchers and medical scientists involved, as far as they assert that these structures are viruses or even isolated viruses. To what extent the involved journalists and authors of textbooks have contributed to this fraud knowingly or only out of gross negligence, I don't know. Everyone who starts researching the medical literature, will quickly encounter statements and references that Koch's first postulate can't be fulfilled (i.e. Großgebauer: Eine kurze Geschichte der Mikroben, 1997 [“A short history of the microbes”]; editor: Verlag für angewandte Wissenschaft). How these authors who claim the existence of viruses could overlook that, remains a riddle.” [4]

Pro-vaccine advocates will obviously try to discredit Dr Lanka's analyses, mostly because it undermines much of what we think we know about AIDS. However, Lanka has proven his mettle already by winning a benchmark court case in Germany, which seems to validate his science (image below).

JANUARY 27, 2017 by DAVE MIHALOVIC

Biologist Proves Measles Isn't A Virus, Wins Supreme Court Case Against Doctor

In a recent ruling, judges at the German Federal Supreme Court (BGH) confirmed that the measles virus does not exist. Furthermore, there is not a single scientific study in the world which could prove the existence of the virus in any scientific literature. This raises the question of what was actually injected into millions over the past few decades.



In the informative video below Dr. Thomas Cowan discusses Virology with Dr. Stefan Lanka:

If the above video was of interest, check out the video below with the excellent [Catherine Austin Fitts](#) wherein Dr. Thomas Cowan suggests alternatives to the “germ theory” of disease and depicts Louis Pasteur, the leading proponent of germ theory, as a fraud.

[Jeff Green](#) is another emerging writer and researcher in this field and he tells us:

“People tell me all the time that they’ve gotten sick from their loved one, or they caught this virus or that virus from their loved one. I tell them that is what I term the ‘Illusion of Viral Activity’. This is because viruses and bacteria are cyclical in nature, occurring at the same time in the majority of the population each year. This happens because the body, on a cyclical basis, dumps mass stored toxins after a certain accumulation occurs over a period of time.” [5]

Like Dr Kaufmann Jeff Green points to the seasonality of so many mass ‘infections’ which occur every year; sometimes milder, sometimes stronger.

Kaufmann, Green et al. argue that seasonal variations in temperature and climate bring about the necessary signals for our bodies to begin a cyclical cleansing processes.

“When you have households that live together, they almost always eat the same foods, drink the same water, and breathe the same air; sharing identical habits. It is common for them to have similar detoxification times, therefore they will experience cold or flu around the same time. This does not mean viruses are contagious. Viruses and bacteria are not contagious. No virus is, “ says Green. [id.]

Where thinkers like Green and Kaufmann differ is regarding the difference between exosomes and viruses. Kaufmann goes as far as to say viruses may not even exist. Green believes they do.

Though critics of germ theory often do agree as to why we have a flu season—because changes in humidity, lack of sunlight in winter brings about bodily changes at the cellular level. ‘Flu season’ may therefore have to be re-named as **‘Low Vitamin D season.’**

It is perfectly conceivable that bacteria (or virus) become manifest in winter in order to disassemble and break toxins down to be excreted from the body—via skin, mucus, respiratory system, and bowels. Coughing, sneezing, high fever symptoms associated with influenza may be all part of the body’s detox process. Many of us simply happen to detox at the same time seasonally and/or at times of extreme stress.

People have long bought into an illusion and believe influenza is contagious—that is the nature of mankind; they’re easily self-deceived by coincidences.

As Green tells us, health is rife with such mis-observations because it cannot be directly seen. Therefore, the answer is not obvious at first and is a complex puzzle for those that do not understand the nature of the body.

In reality it is no different than bears coming out of hibernation, or trees blossoming at the same time. Most do not all come out on the same day, but they gradually do so one after the other. In short, we should learn to focus on building a strong immune system and be wary of snake oil salesmen in Big Pharma foisting on us unproven potions for mythical diseases when the real cure is prevention through proper nutrition, avoiding stress and a healthy lifestyle.

Rest assured, this won’t be the last word on this evolving story. Many bad actors hold key positions in authority and are invested in maintaining the status quo. Only by concerted wider public action will the fraud be fully revealed and the masses awakened.

References:

[1] <https://www.ncbi.nlm.nih.gov/books/NBK21523/>

[2] <https://www.newscientist.com/article/dn14458-bacteria-were-the-real-killers-in-1918-flu-pandemic/>

[3] <https://virusesarenotcontagious.com/exosomes-vs-viruses/>

[4] <https://www.vaccinationinformationnetwork.com/dr-stefan-lanka-debunks-pictures-of-isolated-viruses/>

[5] <https://virusesarenotcontagious.com/exosomes-vs-viruses/>

Read more by Jeff Green at virusesarenotcontagious.com

More by Dr Andrew Kaufmann at thebigvirushoax.com

More by Dr Stefan Lanka: Lanka's papers on the virus misconception:

[The Virus Misconception — Measles As an Example Part I](#)

[The Virus Misconception — Measles As an Example Part II](#)

[How Dead Are Virus Anyway? All Claims of Virus Existence Refuted](#)

[The Causes of Corona Crisis Are Clearly Identified — Virologists Who Claim Disease-Causing Viruses Are Science Fraudsters and Must Be Prosecuted](#)

About John O'Sullivan *John is CEO and co-founder (with [Dr Tim Ball](#)) of Principia Scientific International (PSI). [John](#) is a seasoned science writer and legal analyst who assisted Dr Ball in [defeating](#) world leading climate expert, Michael 'hockey stick' Mann in the '[science trial of the century](#)'. O'Sullivan is credited as the visionary who formed the original 'Slayers' group of scientists in 2010 who then collaborated in creating the world's first full-volume [debunk of the greenhouse gas theory](#) plus their new [follow-up book](#).*