



Hormesis: The word COVID-warriors don't want us to learn

Ted Noel, MD

June 1, 2020

On November 30, 1847, Marcus and Narcissa Whitman were among thirteen whites massacred by Cayuse Indians at Waiilatpu Mission, near present-day Walla Walla, Washington. This came about because, as the expression goes, certain facts were somewhat misunderstood.

Various tensions had arisen between the Indians and settlers, only to be made much worse when a measles epidemic broke out. About two hundred natives died of a disease that was mostly a nuisance among settlers. The Whitmans died because they were thought to have poisoned the natives with the disease.

The settlers had grown up in an environment where measles was endemic. Most people were exposed in their childhood. They got a minor illness, recovered and became immune. But when an adult with a mild case passed through Waiilatpu, the result was "COVID-19." White settlers had herd immunity that limited measles to a minor illness. Cochise Indians had none.

White settlers didn't have the "foolproof vaccine" that Pennsylvania Governor Wolf demands before re-opening his state. What they did have was a very effective lifetime of casual exposure. Since most of the public believed illnesses were just part of life, little effort was made to avoid them. Many people got sick. A few got very sick. But most recovered, and they were now immune.

There's another group that became immune, and they are people who got infected but didn't even get sick. That's right, there's a big difference between getting infected and getting sick. Jeffrey Singer MD, describes how he chanced to be tested for SARS CoV-2. To his great surprise, he had antibodies, even though he hadn't been sick for a single day since "COVID-19" entered the language. To make life more interesting, his wife was negative. He got infected, recovered, and probably didn't pass the bug on to anyone.

Dr. Singer demonstrates how immunity spreads. Most people don't get enough exposure to get sick. But even at lower exposures, they develop immunity. And this brings us to the word of the day: Hormesis.

"In the fields of biology and medicine hormesis is defined as an adaptive response of cells and organisms to a moderate (usually intermittent) stress. Examples include ischemic preconditioning, exercise, dietary energy restriction and exposures to low doses of certain phytochemicals."

On the street this might be said, “What doesn’t kill you makes you stronger.” As you might imagine, there are dozens of examples, with radiation being a real hot button. Most people are afraid x-rays might increase their risk of cancer. But multiple studies show that the low level of radiation in diagnostic x-rays may actually reduce the risk of cancer. This appears to be a result of stimulating the body’s natural defense mechanisms. If radiation breaks a DNA strand, repair enzymes fix it, and the body makes more of the enzymes to get ready for a bigger challenge. The same applies to infections. If you are exposed to low doses of virus, your body can defend against it, signaling to make more antibodies to protect against a bigger threat. This is what happened to Dr. Singer. He was exposed and infected, but the infection simply wasn’t enough to get him sick. Instead, it made him stronger by turning his immune system on.

When a person is exposed to massive numbers of virus particles, their defenses are simply overwhelmed. They are in the red zone, headed toward the bottom side of the daisies. But at smaller amounts, turning on their immune responses makes them healthier. In the sloped area, they probably won’t even get sick. They’ll just develop immunity so that massive exposures later on won’t hurt them. In the plateau area, they may or may not get sick, depending on how much virus they were exposed to. But as long as they don’t reach the red zone, they’ll recover and become immune.

Vaccination is alleged to be the way we will get herd immunity. But we haven’t been able to make vaccines for any coronaviruses. Not SARS, not MERS, and not the common cold. HIV has no vaccine, and neither does Ebola. Even our influenza vaccines are based on guesses. But we don’t die out because we develop herd immunity through casual exposure.

That’s right. It is essential to public health for large numbers of people to get exposed to low doses of SARS CoV-2. As immunity spreads, the disease will stop spreading. It will become part of the background of disease risks we live with daily. But as long as we do paranoid social distancing, trying to “prevent the spread of the disease,” we can’t develop herd immunity. All those useless masks just make us look stupid and may even increase our risk. If you’re under 60 without bad diseases, you should be back in public. Your chance of becoming seriously ill or dying from COVID-19 is almost nil.

“Hormesis” needs to be understood as the answer to the pandemic. The incalculable financial and medical damage the lockdowns are causing have done us no good. They have kept us from taking advantage of the natural defense mechanisms our Creator built into us. The lockdown is making us worse. It’s time to stop committing mass suicide.