

Epigenetics from HIV to immunisation: New prospects on health and disease.

(Short summary in selection)

Understanding health and disease is only possible in understanding some main topics of evolution!

Till today we do not even know the meaning of the word “gene”, nor of “virus”, but we use these terms as if they were clearly defined and understood!

The original definition for gene is a part of DNA that is coding for a protein. It is hereditary from our parents – and more or less stable but also due to mutations. But humans harbor much more DNA (genes), that are only RNA expressing and seem to be involved in regulatory processes and in cell communication by exo- and endosomes. Some genes are very stable and others might change easily in adaption to the environment – specifically those that are involved in the immune system. Our genome is ever changing, but if the pace of living is too fast (stress) we might get ill (antibody overproduction, too many mutations).

The body permanently tests its environment (i.e. food, chemicals, microbes, vibrations) and decides to accept, neglect, adapt or to fight (Ch.Darwin). It has to distinguish self from non-self. If it fights self, autoimmunity will happen. If it fights non-self allergy might happen or the “pathogen” will be eliminated. If it fights not but should fight (non-self), an infection can take place. If the body does not eliminate old or poisonous (self) material (i.e. by apoptosis) this could lead to other diseases like cancer or liver failure.

“HIV” is not clearly defined. There are millions of genetic variants in the DNA of living creatures – including humans – which harbor those genes in their DNA. “HIV” is a byproduct of bacterial origin. Bacteria gained genetic material in the evolutionary process from bacteriophages, which are the viruses that capture bacteria. Humans and other living creatures are products of the evolutionary process of harboring microorganisms in competition and symbiosis (or as commensals). This process has never stopped and this means it is still going on. As a consequence we do not fight most microorganisms to which we have already adapted.

Genes can duplicate and mutate. This process creates new variations for the ever changing challenges in life. “HIV” genes cooperate with their own host species and fight against new invaders. They also are essential in the process of reproduction. Gene expression is regulated by body and mind (spirit) with the help of chemical agents (i.e. methyl- and acetyl groups) from outside and inside of the body (environment, food, hormones). This is what we call epigenetics, if the change becomes hereditary. Pregnancy and childhood have a deep impact on the future life of an adult. A child needs body contact to gain trust for becoming a healthy human (Eibl-Eibesfeld). Nutrition is essential for health. We need natural food in variety, but everybody is different, depending on evolution and life-style.

Explaining the concept in chemical and physical terms means, that we need energetic electrons and photons (i.e. vitamin D and sun) to create, stabilize and balance our electromagnetic field of each cell and the whole body.

What we need is the right material and program.

The program is constituted by our mind (brain, nervous system, heart), which communicates with the gut and its microbes as well as with all of the body’s cells and the genes (former microbes). All life is connected. Rhythm is fundamental to life, as all life is in vibration. The whole system has to be interpreted as holistic. The process of communication and interaction, which is unique for each creature, results in health and disease. The heart has the strongest electromagnetic field in our body. Water is essential for the cell survival. Proteins need water for their shape and interactions (reactions of enzymes). Thus drinking enough pure and good water is essential for health. Water seems to have a memory (L. Montagnier). Everything is dependent on the concentration. We have to find the right balance.

Vaccinations have an impact on our specific microbial system in our body and on our nervous system. We differ in our genes and microbes, thus we naturally react differently. Some adjuvants, like aluminum salts, booster immune reactions enforcing inflammation, which could lead to a stronger attack on structures of our “self”, thus leading to autoimmunity. In our modern economic systems we might have even extinguished (killed) too many microbes, as a consequence more chronic diseases and allergies as well as autoimmune diseases and autism have occurred. In some countries the living conditions are still poor including the supply of healthy food and pure drinking water as well as hygiene, contraception, housing and income.

Taken together we have to find our personal balance in evolution, which is represented by our electromagnetic field energy, depending on our body, mind and soul (spirit/psyche) in communication with our gene expression, microbiome and environment.

This includes a meaning for life (V. Frankl). We are responsible for ourselves but also for society.

Promotion of awareness and ethics should be more in our focus.

Our hearts and minds can help us in implementing humanity for a better health and life for all mankind!