

## On the Fear of Germs

By Dr. Derek Conte

August, 2021

Have you ever thought about how life on Earth has survived for thousands or billions of years (depending on your beliefs) before the time of penicillin (1940) and vaccines (1749), with all those “dangerous germs” floating around us? How in the world did we ever make it this far?

How did we cope with all the quintillions of microbial armies that constantly surround and invade us? And how do we continue to cope with them and resist illness 99.99% of the time or better? Before reading on, give yourself a brief moment to contemplate these questions... important questions to ask if we are to be responsible for our own lives.

Whether we were created in an instant, just as we are, or have evolved over eons, there is one constant I would like to address; the in-born greatness within us: The IMMUNE SYSTEM... it is found in all creatures, protecting them from sickness and disease, all day, every day. The immune system is innate in all of us. The immune system is also extremely adaptable and remembers your past illnesses. This is why you don't get sick from the chicken pox twice.

Ironically, “germs” are very big part of our immune system. We have within us 10x MORE foreign microbes than we have cells of our own, including bacteria, fungi, parasites and, yes, even viruses. This is called the ‘microbiome’. They number 100 trillion of 10,000 different species with 8 million genes... 300x more genes than the body they inhabit! These germs do not degrade our health, but strengthen it immensely. They work in concert with our cells for mutual benefit, in every space inside us and in every nook and cranny of our skins. If we had no such microbes on and within us our immune systems would collapse and we would die like flies in the streets.

Give a listen to this brief report from which I quote below: <https://www.npr.org/sections/health-shots/2012/06/13/154913334/finally-a-map-of-all-the-microbes-on-your-body>

[Lita Proctor, National institutes of Health (NIH)]: “The definition of a human microbiome is all the microbes that live in and on our bodies but also all the genes — all the metabolic capabilities they bring to supporting human health,”; she said. “They belong in and on our bodies; they help support our health; they help digest our food and provide many kinds of protective mechanisms for human health.”

So why are people so afraid of germs? The immune system needs daily exercise to be strong. Isolation weakens it. Why have our national health experts not educated the public on basic immunity strategies to strengthen our immune systems during this past crisis? Why have they offered only one solution to the ‘pandemic’ when there are so many inexpensive, long-proven therapies to help those who have fallen ill?

Nature is so truly remarkable. It is at once beautiful and infinitely creative and at the same time devastatingly destructive. But even after a climatic act of God like a wildfire started from a bolt of lightning, Life always bounces back, and often more vigorously than before.

What Man makes is good. What God makes is better.

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# Human Microbiome

