

# *Natural Defenses Against Bioterrorism*

## **Invisible Killers**

The fear that terrorists will turn to weapons of mass destruction is real. Even before September 11, 2001, we were reminded that our security could be compromised. In 1995 we saw it in Tokyo with the deadly nerve gas, sarin, released in a crowded Tokyo subway. Two years earlier this Japanese religious cult, Aum Shinrikyo, had ordered anthrax released from the top of a Tokyo building. The test failed. They are believed to have an arsenal of biological weapons, including anthrax and botulinum toxin. It was reported that members of this cult traveled to Zaire in an effort to obtain the Ebola virus.

Have we already forgotten about what happened in The Dalles, Oregon, some years ago? *Salmonella typhimurium* was used by the Rajneeshee religious cult to contaminate restaurant salad bars and a city water-supply tank. About 751 people were poisoned during a one-month period. In Washington, DC, a petri dish labeled anthrax was delivered to the mailroom of the B'nai Brith. This time it was a hoax. Is it likely that we will experience a biological attack in the future? It doesn't seem to be a matter of "if" it will happen, but "when." Biological agents that are most likely to be threats are anthrax, smallpox, botulism, and the plague.

Germ warfare is certainly not a pleasant subject to think about or to dwell upon, but can we afford to behave like ostriches and bury our heads in the sand? Our lives may depend on being informed. In 1994, a Presidential Executive Order declaring a national emergency was issued. It was extended in 1997 because of the belief that terrorist strike teams are already in this country or making plans to be here with biological agents in hand. Several well-documented books on the subject of germ warfare research have appeared in print.

Financial pressures in the U.S. medical system leave hospitals and other healthcare providers ill-prepared to handle a health crisis stemming from a biological or chemical attack or a large epidemic. Experts also noted that healthcare facilities in local communities are already overwhelmed. During a bioterrorism attack, probably the first place people would go would be to their local hospital emergency room expecting a diagnosis and treatment.

About 80 percent of this country's public health workers lack adequate education and training and would not be prepared to respond to an attack. Physicians may be aware of bioterrorism, but few of them have been part of any local plans of preparedness. Is your city preparing itself for bioterrorism? In most communities the people you would need to depend on will be unprepared for a bioterrorist strike of any scale.

### **Anthrax**

Anthrax is a naturally occurring bacterium found in domesticated animals. It is not spread from person to person, but can still be deadly. According to the CDC, the greatest risk of anthrax transmission is from biological warfare. Anthrax is considered one of the most likely biological warfare agents because of its ability to be transmitted by the respiratory route, the high mortality after inhaling anthrax, and the greater stability of its spores compared with other potential biological warfare agents.

Anthrax can be produced as dry spores. If it were released by airplane, the aerosol cloud would be colorless, odorless, and invisible. Anthrax spores are very small and can get indoors to infect people, as well as those out of doors. If there was just a little wind, a single container with 2 pounds of powdered anthrax dropped from a plane could sicken many people if dropped over a highly populated area.

### **Mycoplasma: A Disease Agent Weaponized**

According to Donald W. Scott, MA, MSc, and President of The Common Cause Medical Research Foundation in Ontario, Canada, several strains of Mycoplasma have been "engineered" to become more dangerous. Most of the 200 species of Mycoplasma are innocuous and do not harm us; only four or five cause disease.

It was derived from biological warfare research starting in 1942 and resulted in the creation of more deadly and infectious forms of *Mycoplasma*. They "weaponized" it, which means they made it more contagious and more effective.

### **Gulf War Germs**

It is estimated that somewhere between 50,000 and 100,000 Gulf War veterans and their close family members became ill since that war ended. There is also a high incident of unusual deaths among that population. Many of these men were healthy enough to pass their military physical exams, but

died of congestive heart failure at unusually early ages. The suspected organism is *Mycoplasma fermentans (incognitus)* and *Mycoplasma penetrans*. It seems that the *incognitus* strain was being used as an agent of biological warfare.

### **Smallpox**

Smallpox is probably the ultimate weapon since people would continue to be infectious for months or years and transmit it to others. Smallpox is considered one of the highest-risk potential agents for bioterrorism. You might ask, why use smallpox? During the 1970s, the United Nations conducted a decade of vaccine programs and by 1980 had eradicated small pox worldwide. No one in the future would have any immunity to smallpox because there was not any need to be vaccinated.

### **Are Chemtrails Delivering Danger?**

There is suspicion by some people that discolored skies are being polluted by jets spraying chemical aerosols. What is being suspected is that people are becoming increasingly ill and their immune system is being compromised from such ecological tampering.

During the summer of 1994, a gel substance was dropped on the tiny town of Oakville, Washington, near the pacific coast. People in town came down with flu and pneumonia-like symptoms. Some people were hospitalized and remained ill for months. Pets and barnyard animals died. The gel material was tested to find a modified version of *Pseudomonas fluorescens* along with human blood cells. This bacterium is cited in many military papers as an experimental biowarfare agent. Even the television program, *Unsolved Mysteries*, aired the story on national television in May 1997. In 1999, a CBS affiliate covered the story again.

After several chemtrail spray episodes on the small town of Sallisaw, Oklahoma, a web-like material was found to contain a mutant of *E. coli*, *Salmonella* and anthrax. A Sallisaw resident reported on the Internet that the entire town was made extremely ill by the spraying and that the town now has epidemic rates of both lupus and cancer.

### **A Wakeup Call**

In the wake of the terrorist attacks on New York City and the Pentagon, Secretary of Health and Human Services Tommy Thompson reported that the dispatch of vaccine and other drugs represents the first time the

government has mobilized the country's emergency pharmaceutical stockpile, a cache of medicines and supplies stored at eight secret sites around the nation.

But it is important to have some survival supplies on hand. It could be hours or days before help could come. Hopefully, we will no longer be unprepared for a national disaster no matter where it comes from. In my book, "Natural Defenses Against Bioterrorism," I list some alternatives to traditional medications such as homeopathic and herbal remedies, as well as supplements, that could be used to counteract bioterrorism if it ever lands on our doorstep.

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