

Plague— The Chronic Fatigue, Autism, Retrovirus and Vaccine Connection (a Book Review)

When we learn about scientists and their discoveries, we know nothing about them as people. We have no idea how they treat their peers, whether they grandstand, undercut their competition, throw their weight around, or honor the ethics of their profession.

In her book *Plague, One Scientist's Intrepid Search for the Truth about Human Viruses and Chronic Fatigue Syndrome (ME/CFS) Autism, and Other Diseases*, (co-written by Kent Heckenlively, JD), Judy Mikovits PhD, pulls back the curtain and reveals the underbelly of the scientific community and how it closes ranks to protect corporate interests. When Mikovits' made a discovery that threatened the system and the financial fabric that holds it together, her stellar career exploded. Efforts to discredit her included her being fired, arrested, and publically discredited.

At the time this fiasco came to pass, Judy Mikovits was a molecular biologist and biochemist with more than 30 years experience. She had authored approximately 50 publications. Her original professional focus was HIV and AIDS, but she had learned that there were many similarities between AIDS and myalgic encephalomyelitis (ME), also known as chronic fatigue syndrome (CFS) and chronic fatigue and immune dysfunction syndrome (CFIDS).

ME is a horrific disease, one that has been systematically minimized by the healthcare system in the United States. It was named chronic fatigue syndrome by the CDC, though the name

sounds much less serious than myalgic encephalomyelitis, the term used in Britain and elsewhere throughout much of the world. The medical community further diminished its seriousness by nicknaming it the yuppie flu. Doctors routinely dismissed patients' suffering, labeling it as malingering or hypochondria, because they were told the disease was not real. But to many, ME is a devastating, life-altering disease.

As stated in *Plague*, "Patients suffer from a devastating cascade of symptoms rendering them ghosts of the people they once were; more than half become completely disabled, a quarter permanently bed-bound. Recovery is rare. Morbidity studies have demonstrated that ME patients are as ill as end-stage AIDS sufferers, advanced cancer patients, and people dying from congestive heart failure."

The inconvenient truth Mikovits discovered as she delved into a thorough study of ME and its patients was "pervasive evidence" that a gammaretrovirus, XMRV, was present in 70% of ME patients and 4% of healthy controls. This retrovirus, a murine leukemia virus found in mice, had somehow jumped species. Mikovits presented evidence that this retrovirus was associated with ME, specific cancers, and autism. Her data indicated that 10 million Americans were infected with this latent virus (though asymptomatic) and that the vehicle that infected so much of the population was vaccines. Once she made the association between vaccines and autism, her career was over.

Plague, One Scientist's Intrepid Search for the Truth about Human Viruses and Chronic Fatigue Syndrome (ME/CFS) Autism, and Other Diseases is a highly informative read. It sounds horrible to say that the book is entertaining considering the subject matter, perhaps gripping and intriguing are better terms. This look into the personalities and politics of the scientific medical community is in and of itself an eye-opening, worthy read. The information on the handling of chronic fatigue syndrome and the similar approach to the

autism epidemic is vital information. The link with vaccines is world changing. We highly recommend the book.

Plague, One Scientist's Intrepid Search for the Truth about Human Viruses and Chronic Fatigue Syndrome (ME/CFS) Autism, and Other Diseases can be purchased at [Amazon](#), [Barnes and Noble](#), and [IndieBound](#).

Related Reading:

- [Vaccines, Retroviruses, DNA, and the Discovery That Destroyed Judy Mikovits' Career](#)
 - [Why Vaccines Do Not "Cause" Autism](#)
 - [How To Detoxify and Heal From Vaccinations – For Adults and Children](#)
 - [Doctors Against Vaccines – Hear From Those Who Have Done the Research](#)
 - [Nurses Against Vaccines](#)
 - [Celebrities Who Have Spoken Out Against Vaccines](#)
 - [Statesmen Against Mandatory Vaccines](#)
 - [Scientists Against Vaccines – Hear From Those Who Have Done the Research](#)
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The Need for Stress Reduction in Gestational Hypertension

A significant increase in blood volume (approximately 40-50%) naturally occurs during pregnancy to ensure there is an adequate blood supply to nourish the placenta, to protect the mother from going into shock during labour (due to excessive blood loss), and to provide a storage of fluids for breast milk production. This considerable increase often predisposes the pregnant mother to high blood pressure (hypertension) and

excess swelling, especially around the feet and or ankles.

Pharmaceutical and natural diuretics decrease the body's fluid volume, which may initially lower blood pressure due to a decrease in blood volume, but may reduce blood volume below the requirements for a healthy pregnancy, causing the kidneys to compensate by conserving fluids even more. This will consequently raise blood pressure once again and defy the purpose of taking diuretics in the first place. Therefore, a natural diuretic may be risky during pregnancy, especially if used concomitantly with hypertension medication. I, therefore, do not give suggestions that may significantly lower the woman's blood pressure even more, particularly if she is already on blood pressure medication for hypertension, as this may induce a hypotensive state (very low blood pressure) and pose a risk for mother and baby.

Instead, below I have made general suggestions to support stress management, optimal circulation, and blood vessel integrity.

Stress Management and Blood Pressure Regulation

- During periods of stress, the sympathetic nervous system (SNS) is activated and prompts the blood vessels to constrict. Maternal stress in any form is, therefore, a risk factor for hypertension, especially if it continues over an extended period of time. Deep breathing exercises, meditation, and gentle physical exercise are all useful ways to activate the parasympathetic nervous system (PSNS), which is associated with a healthy regulation of blood pressure. In short: when the body and mind are relaxed, muscles and capillaries relax and allow proper blood pressure regulation and blood circulation.
- Emotional support and connection with loved ones are

powerful strategies to induce a relaxed, stress-free state. She can make a daily practice of connecting with her partner for at least 10-15 minutes, with no phones or other disruptions. Over and above the cardiovascular benefits reaped from this habit, it may also ensure their foundation as a couple is strong when the little one arrives.

Promoting Circulation

- Some foods and spices are associated with improved circulation: raw ginger, sunflower seeds, olive oil, cherries, goji berries, pumpkin seeds, cinnamon, nutmeg, turmeric, and rosemary. Including these food sources regularly in meals and snacks may support circulation and also ensure the intake of a broad variety of nutrients to support the overall health of the mother and foetus.
- If she is in a state of dehydration, the kidneys may compensate by retaining body fluids. 1.5-2 litres of water per day should ensure hydration during pregnancy.
- Dry skin brushing from the feet upwards in clockwise circles is invigorating for the skin, improves overall blood circulation and prevents “pooling” of fluids in the lower legs.
- Being sedentary for extended periods of time can impair circulation, especially if she sits on hard surfaces, which may impede blood flow from the lower legs upwards. Using a footrest while sitting on a chair to lift the feet in line with the hips may improve the blood flow from the lower legs to the rest of the body.
- Gentle exercises tailored for pregnant women may be useful in stress management and also in mobilising fluids throughout her body.
- Wearing loose-fitting flat shoes will improve comfort and reduce constrictions around the feet.

Supporting Blood Vessel Integrity

- Throughout the day, pregnant women can enjoy the following drink: a cup of lukewarm water with juice of $\frac{1}{2}$ a lemon, 1 teaspoon raw unfiltered honey, and 2-3 small pieces of raw ginger. Lemon juice contains citrate and vitamin C: nutrients associated with blood pressure regulation, improved circulation, and maintenance of arterial flexibility. Raw honey tends to have a relaxing effect on the arteries and ginger acts as a “warming” food to support circulation.
- Maternal intake of omega 3 fatty acids in adequate amounts is essential for foetal development, but it also exhibits various cardio-protective properties for the mother: regulation of blood pressure, boosting circulation, reduced risk of thrombosis (blood clots), and increased arterial flexibility. A daily dose of high quality, purified fish oil supplement (with at least 1000mg EPA and DHA) is recommended during pregnancy.

About the Author:

Jeanne van Zyl is a qualified Dietary Educator (through CNELM), with a post-graduate diploma in Personalised Nutrition. She is currently studying for an M.Sc. in Personalised Nutrition through Middlesex University. Jeanne also lectures in Nutrition for the group of colleges that includes CNM (College of Naturopathic Medicine), in Europe, and CNH (College of Natural Health) in South Africa.

How Constipation Becomes

Dangerous

After nutrients are absorbed from the food we eat, undigested material and waste products form fecal waste, which is temporarily stored in the colon. When a person is constipated, the fecal waste is not expelled normally; it accumulates. Constipation can be caused by several factors. The most common are dehydration, insufficient intake of dietary fiber, and stress. Occasional constipation does not usually pose a danger to your health. However, being constipated often, or suffering from what medical practitioners call chronic constipation can lead to serious health issues.

Increase in Blood Pressure and Heart Attack

A high blood pressure reading indicates that the blood is exerting a higher than normal pressure against the blood vessels. This increased pressure can damage the walls of blood vessels, making them more susceptible to cholesterol buildup. When cholesterol builds up, plaques and blood clots may form, leading to blockages within the vessels. When blood flow to the heart is compromised, lack of oxygen supply can result in a heart attack.

There is no scientifically proven causative relationship between constipation and hypertension. However, blood pressure can increase when a person is straining to defecate, especially when the person is constipated. The association between hypertension and constipation, especially in a person with serious heart disease, can be attributed to the excessive or frequent straining, which increases the risk of heart attack. A high salt and fatty diet are some of the known causes of both hypertension and constipation.

Formation of Hemorrhoids

Hemorrhoids are large purple masses that form in the anal canal as a result of rectal vein dilation and rupturing. They can be classified as external or internal based on their location. External hemorrhoids are found outside the anal canal as grape-like protuberances covered with a layer of mucus. Internal hemorrhoids are found inside the anal canal.

When a person is often constipated, hemorrhoids can develop due to straining. As the person forcefully tries to defecate, the rectal veins begin to dilate and may rupture and bleed. Inflammation usually develops into hemorrhoids, which can be itchy and painful.

Fecal Impaction and Colon Toxicity

The colon is responsible for the last phase of digestion, which includes the reabsorption of most of the remaining fluid in the fecal waste. With constipation, fecal waste may become impacted in the *rectum* as well as the terminal or end portion of the colon, the *sigmoid*. As fecal waste remains in the rectum and sigmoid, more fluid is absorbed causing the fecal matter to harden and making it more difficult to pass. This is referred to as *fecal impaction*. The condition can cause irritation to the lining of the colon and can also lead to infection.

Fecal waste contains bacteria and waste materials from the digestive process. Constant accumulation can cause a distention and possible rupture of the colon, which is very dangerous. Infection of the colon may result in further swelling and inflammation known as *toxic megacolon* while rupture will release the waste materials and digestive bacteria into other areas of the abdomen, which is life-threatening.

Rectal Prolapse and Anal Fissures

Rectal prolapse, or the protrusion of loose rectal tissue to a point where it is seen externally outside the anus, can be a consequence of chronic constipation. It usually appears as a proboscis-like protrusion passing the anal sphincter muscles. During defecation, fecal waste is normally pushed out of the rectum and out of the anus. With constipation, fecal waste hardens which makes it relatively difficult for the stool to pass through. When constipation becomes chronic and constant straining is common, the rectum may eventually slip off from its normal position and protrude out of the anus. Oftentimes, the protrusion is temporary and goes back to normal after the bowel movement. However, in some cases, the protrusion can become permanent and may display mucosal discharge. Though not life-threatening, the condition can be embarrassing.

Anal fissures or tears in the lining of the anal canal can also be caused by excessive straining due to constipation. Normally, when a bowel movement takes place, fecal waste easily passes through as the anal sphincter muscles relax. This is because the stool is relatively soft from retaining some amount of fluid even after digestion. But as fecal waste accumulates in the sigmoid and rectum during constipation, where water is continuously reabsorbed, hardening the stool, it becomes relatively difficult for the stool to pass through. Straining to forcefully defecate can also result in tearing of the anal canal, which leads to bleeding and painful bowel movement.

Conclusion

Proper diet will certainly be important. A high fiber diet full of fresh vegetables, fruits, and whole grains promotes movement in your digestive system and increases stool bulk. Knowing how constipation can be much more dangerous in

individuals who are hypertensive, it should be prevented as much as possible. You can search for [high-fiber DASH diet recipes here](#). And of course, regular exercise and drinking at least 1 ½ quarts of water daily should also be upheld.

Related Reading:

- [Natural Remedies for Constipation – With Recipes](#)
- [Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases](#)
- [Autism, Gut Health, Obesity, the MMR Vaccine, and Andrew Wakefield](#)
- [Detox Cheap and Easy Without Fasting – Recipes Included](#)

Sources:

- [10 Causes of Blood in Stool – Thrombocyte.com](#)
 - [Can Constipation Cause Heart Attacks – ACLSCertification.com](#)
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Pulses – Beans, Peas, Lentils, Chickpeas – How to Soak, Recipes, and More

Do you avoid beans? Do you find them difficult to cook? Are they too time consuming with all the soaking? Do you buy a few cans to make chili or grab a container of hummus without ever thinking about the huge variety of bean dishes you've never tried?

Pulses are nutritious, tasty, and affordable. There are so many new recipes to choose from and a lot of classic recipes as well. Yes, there's beans and rice, baked beans, split pea

soup, bean soup, lentil stew and more. There's also pasta made from pulses and nutritious gluten free flours to use for baking and frying.

Pulses make a great addition to any diet. They are a wonderful source of protein, fiber, and nutrition. And they are delicious!

Pulses include:

- Dried peas – split and whole
- Beans – all varieties
- Lentils – multiple varieties
- Chickpeas – also called garbanzo beans

Pulses and Digestion

Do you avoid beans because they are difficult to digest? Do they give you gas? Well, you're not alone, but this, too, can change.

- You need to start with small servings and work your way up to larger servings to increase your body's natural enzymes.
- Soak your pulses, including split peas and lentils.
- Consider using added enzymes. *Beano* is a well-known example. *Beanzyme* is a vegan option.
- Many people soak their beans overnight (but don't soak lentils for more than 6 hours or they'll get soggy).

Long Soak Method

Soak beans in a glass or stainless steel bowl or pot. Use filtered water. Cover beans with at least 4 extra inches of water. (They soak up a lot of water). When you're done soaking them, drain and replace the water.

Quick Soak Method

Bring beans to a boil. Remove from heat and allow beans to soak for 1-4 hours. Drain, rinse beans, replace water, and cook.

Peas

Split peas make a quick and easy soup. For every cup split peas, add 2-4 cups or more of water. (Depending on how thick you want it and whether or not you add other vegetables.) Bring to a boil then turn it down to a simmer. Cook for 30-45 minutes – until peas are soft. You can eat it as it is, process it in a food processor or blender, or process half and recombine.

That's the basic recipe. Where you go from there is up to you. Some choose to use chicken stock or vegetable broth instead of water. Many recipes call for finely chopped onions, garlic, celery, and carrots. Some also include potatoes. You can add butter, bacon fat, or a dash of olive oil. Consider adding bay leaves, thyme, mint, pepper, marjoram, rosemary, parsley, or a combination of spices. Add salt when it is cooked.

- Meat eater? Include bacon, ham, or sausage.
- Vegetarian? Top soup bowls with shredded mozzarella and chopped tomatoes.
- Vegan? Add garlic and caramelized onions for a simple soup. Add other veggies for a more complex soup.

Garbanzo Beans

These beans have garnered quite a reputation in the last decade as hummus gained in popularity. The rather expensive store bought dip is easily made at home for a fraction of the price, and it's fun to play with.

Soak your beans overnight or use the quick soak method. Before cooking, strain the beans and rinse well.

Cover with 2-3 inches of water, bring it to a boil, and reduce to a simmer. Cook for 1-1 ½ hours. You can use a pressure cooker for faster results or a slow cooker if you have the time and patience. Check the water level and add water if needed.

You can also make hummus with raw garbanzo beans. First soak them for 24 hours. Change the water and rinse the beans at least once during that time.

Hummus

- 2 cups of cooked garbanzo beans
- ¼ cup extra virgin olive oil
- 3 TBL tahini or another nut butter (peanut, cashew, almond)
- 2-2 ½ TBL lemon juice

Add ingredients to a food processor with an S blade or a blender.

You can add whatever you want to add to make variations. Try adding any of the following:

- Cooked or raw red pepper
- Jalapeno or habanero peppers
- Orange and orange zest
- Lemon zest
- Garlic (2-3 cloves or more, cooked or raw)
- Avocado (use lime instead of lemon and add a pinch of cumin)
- Spinach or zucchini
- Artichokes
- Sundried tomatoes or oven roasted tomatoes
- Pumpkin (1 cup pumpkin puree plus a little cinnamon and cayenne)

Lentils

Like beans, there are a million recipes for lentils. You can make soups, casseroles, curries, fillings, spreads, salads, baked goods, and more. Our current favorite is a weekly creation using whatever leftover greens we have in the fridge.

Kristina's Lentil Stew Recipe

- 8 cups green lentils (you don't have to, but I prefer to soak them)
- 2 medium onions
- 3 cloves of garlic
- 3 cups roughly chopped greens (can be spinach, kale, collards, chard...whatever you like)
- 2 medium sweet potatoes, cubed
- 1 zucchini, quartered
- 1 dash garam masala
- 1/2 tsp curry powder
- 1/4 tsp cumin seed
- 1/2 tsp dried ginger
- 1 dash smoked paprika
- 1 dash chili flakes (more if you like spice!)
- 1/4 tsp dried coriander
- 6-10 whole cloves
- 5-10 bay leaves
- 1 can coconut milk
- 2 tbsps coconut oil
- 1 tbsp tomato paste
- 1 tsp apple cider vinegar
- 4-6 cups vegetable broth
- Cilantro and lime wedge to garnish

Let the oil heat in the pressure cooker (if you don't have a pressure cooker, use a large stew or stock pot) on low heat. Put the garam masala, curry powder, cumin seed, dried ginger, smoked paprika, chili flakes, and coriander in the oil to

toast them, stirring occasionally.

Add the onions and garlic after about 30 seconds. Let them simmer 2-5 minutes or until they soften.

Pour in the apple cider vinegar, coconut milk, and tomato paste. Stir. Let those combine for a minute. Turn up the heat to a medium and add in the greens, sweet potatoes, and zucchini. You can use these specific vegetables or what you have on hand or those you prefer, like carrots, other squash or something else (I do not recommend broccoli). Give the greens and other vegetables about 5 minutes to simmer and soften. If at any time in the cooking process you need more liquid, add some of the stock.

Add the lentils in on top of your mixture. Fill the pot to the top of the lentils with broth. Put the bay leaves and the cloves in a spice ball or tea strainer and add them on top.

Seal the pressure cooker, turn the heat on high, and leave the lentils to cook for roughly 12 minutes (times may vary based on your individual pressure cooker).

If you aren't using a pressure cooker, bring the whole pot to a boil then reduce to a slow simmer and let it cook for 20-30 minutes until the lentils reach the consistency you want. Serve in bowls topped with cilantro and a squeeze of lime.

The recipe itself is vegan, but you can add meat if you like or substitute chicken broth. Sausage works well with this recipe. You can also top it with some feta cheese or yogurt. Play around with your veggies and spices to see what you like best.

The end result will be a hearty, healthy, warming stew with minimal fuss and lots of flavor.

Conclusion

If you are ready to cook with pulses, you can easily find thousands of great recipes on the Internet. Don't be afraid to make them from scratch. A little planning is all it takes to save money, make the best, and avoid adding cans to the landfill. Just remember – soak well, rinse well, and start off with small servings.

Related Reading:

- [Homemade, Vegan Nut Milk Recipes and More](#)
- [Raw Hummus Recipe](#)
- [10 Vegan-Friendly Sources Of Protein](#)
- [Things Health Nuts Do With Their Food](#)

Recommended Products:

- [Digestive Enzymes](#)

Sources:

- [Eating Pulses is Easy – Pulses](#)
- [10 tips for better bean digestion; a few announcements – The Full Helping](#)