



New Understanding of Viruses: They May Be Defenders, Not Attackers!

In this nine-minute video, the current theory that viruses cause illness is compared to an emerging theory of exosomes, which have the same structure and content of viruses but which are immune-system 'good guys'. That's because their function is to gather debris from inside cells that have been damaged by environmental and systemic toxins and carry it out of the cells where it can be removed from the body completely. Exosomes also notify other cells of this activity, which causes the entire body to mount a defense. During colder months, exosomes must purge more of these toxins than in warmer months, which may account for the seasonal nature of the flu. Exosomes look exactly like viruses and behave exactly like them as well. However, the old theory views their association with toxic particles as evidence they are bad, while the new theory views their association with toxic particles as evidence they are good. The debate is on, but there is a growing understanding among scientists that viruses and exosomes are one-in-the-same. -GEG