



Flu and AIDS

By CK Wong 2005.010.06

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Introduction

Avian bird H5N1 has followed the bird migration spreading from Far East to Near East, Turkey. This string of virus is lethal. The only preventive measure is to biologically sanitize potential bird carrier by killing and burning. This string of virus starts from chicken and caused infection to human in Thailand and China. What has happened to make non-human disease become human infectious? There is a similar parallelism between this and the AIDS which started on monkeys in Africa.

In this article, based on conjecture and non-medical authority, I also discuss the false security offered by flu shot may result a pandemic of flu.

Immunology

There is a perception that virus that cause ailment in animal could not cause sickness in human being because the virus could not infect the human. This perception is fundamentally wrong. The immunology begins when doctors discovered that the milk girls got the cow scar that provided the protection from smallpox. The scar was the result of infected by the cow which they milked. If the cow smallpox does not have any effect on human then there would be no antibody created by exposing to cow smallpox.

In order to infect a host, the virus must attach itself to the protein surface of the cell. The toxin from the virus will work like a key to open the outer membrane of the cell to inject its own genetic material into the cell to replicate. If the key does not match the characteristics of the host's cell, the infection cannot happen. The host is safe.

Based on the same principle, white blood cell identifies these foreign keys and neutralize them before they could enter the living cell. If the white blood cell has never seen the virus, the neutralization either not carried out or not effective. The infected host creates the chemical that stimulates the mutation of the white blood cell to *see* the enemies and develop the key to neutralize the virus.

In the case of AIDS the white blood cells are reprogrammed. They lost the ability to recognize the foreign virus. So there is not neutralization attempt. The consequence causes the host becomes susceptible to all infection without and ability to defend.

Outburst of mutated animal disease?

Not all animal infectious viruses could cause ailment on human being but the number of species can are increasing. AIDS is the best example. While researcher still arguing on how the monkey disease could be passed on to human being but the fact is that monkey

origin disease now causing an alarming problem to the human world. The cross over is not just one but the line up is increasing.

I believe the mutation could increase. The number of virus identified is helped by the better diagnostics and post-mortem on animals. I just list a few famous viruses:

- AIDS
- Avion flu
- Swine flu
- West Nile

There could be a larger number of such virus but most of the time we do not fully appreciate animal disease. So we do not really have a full picture. It is certainly such cross over does exist for a long time. I also believe the speed of mutation will also increase.

Why does a virus mutate? There is only one reason: survival. So those viruses mutate more often and faster survive longer. Common flu is the best example. Mutation is a natural process. It is believed that it happens when the DNA replication process has error. This is the current theory. But I believe this is only one of the causes but not all. In order to create new species, the mutation has to be done systematically. The mutation is somehow recorded in the DNA and the experiment continues. In animal, the mutation experiment could compare notes with another organism when the genes from two different adults are combined during the zygote fertilization.

Before I go too far, let's come back to other causes of mutation. Two other common causes are radiation and chemical stimulation. With the ozone hole continuously enlarging, the world is increasing the radiation from the sun. But this is not the type of radiation we worry because it stops skin deep. The radiation that penetrates beneath the skin is not stopped by ozone. So there is nothing to do with the ozone layer. It has nothing to do with the nuclear generator. (People should understand that radiation leak at nuclear plant are absolutely undesirable error not design intents and must be prevented for economic reason because it causes structural deterioration and lost of efficiency.) These are the high energy cosmic radiation or the radiation from the earth. These two factors do not change much since lives began on earth.

The next factor is the chemical stimulant. The higher the toxicity causes the strong stimulation. When the industrial developed countries contracted out the high toxic manufacturing to underdeveloped countries, the chemical pollution exponentially increased in Far East where the swine flu and avion flu started to cross over the animal and human boundary.

Epidemic

The avion flu could become the Black Death of the modern age. This is partly due to the massive infection potential and partly due to the false security created by flu shot.

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In the Caucasian society, pushed by pharmaceutical companies, it becomes fashionable to take flu shots. People are continuously overlooking a well established fact that a person does not immune from flu during his/her life time. They may even have flu multiple times a year. There is absolutely no immunity from previous infection. One of the fact is that flu virus can be mutated in just a few months. The mutation can disarm the white blood cell's defense ability. I would add another conjecture that the flu virus may appear like too many variety. The body's immune system simple has enough time to identify the virus before the infection happens.

Flu short or no flu short

It becomes a standard medical advice to all young and elder to take the flu shot. Many healthy adult are taking it as their employee strongly encouraging them to reduce absentee. If flu shot can only be effective when the string of virus and the vaccine is exactly the same and the virus mutate every few months, the flu shot only could have the placebo effect. This has been reflected in a CDC study reported in [1]. The percentage of 1000 vaccinated subjects developed flu-like illness between having flu shot is 14.9% developed flu-like illness and 402 non-vaccinated subjects have 16.9% got flu-like illness. This is no clean cut of success. However, this creates a false security.

Offense

Offense is the best defense. Medical people should spend more time to understand the mechanism that causes the animal disease infecting human and creates response strategies. A holistic approach may be needed rather than the current immunology theory. It is just like combating germs with antibiotic force the germs to become superbug. Perhaps an alternative has to develop based on other non-western medicine. The theory of killing the germs may not be the only approach, rather preventing their effect could be an option. Rather than wipe the bug out of the earth, the body could develop better immune system to avoid the second wave of tuberculosis.

One thing for sure, couch potato could be a high risk yet a happy couch potato may not be too bad. Alternative preventive medicine should include psychological mean and life style.

Resources

[1] Study examines flu vaccine effectiveness, CNN, January 16, 2004.

<http://www.cnn.com/2004/HEALTH/01/15/flu.vaccine/>

[2] Cochrane review injects confusion about flu vaccine effectiveness

http://www.pharmacist.com/articles/h_ts_0920.cfm