




**DR. CASS INGRAM**

# COVID-19 REMEDY

The Real Truth Revealed



**Plus, natural medicines that destroy the COVID-19 coronavirus  
and how to protect yourself by strengthening  
your immune system**

Dr. Cass Ingram's

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# Introduction

The degree and extent of microbial diseases that strike this human race seems endless. Every century, there is some sort of plague, which decimates the human population. Worse yet, the majority of these are man-made or at least aggravated by human corruption. These infections include the well-known disastrous ones found mainly in the Western world such as those perpetrated by antibiotic resistant pathogens. It is these which are virtually entirely a result of human meddling. Today, there is a particularly compelling one, the coronavirus outbreak, which has swept the globe. Originating in China it has caused vast devastation, leading to the world to a near standstill, an unprecedented consequence. Much of humanity is in virtual self-isolation. It is eerie, in fact, apocalyptic. Yet, how could this be? How could the entire world be so suddenly be brought to its knees?

Yet, should this crisis be the sole focus? While drug resistant bacteria, TB, Lyme disease, intestinal parasites, and pathogenic molds are killing hundreds of thousands of people per day this is never emphasized. For instance, the resurgence of tuberculosis is highly threatening. It does deserve serious discussion, as does the antibiotic resistant germ epidemic. Yet, only the coronavirus pandemic is in the

news. Only its related deaths are reported, though these are surely significant as well as unprecedented.

No doubt, it is causing widespread chaos, direly so. People are senselessly dying, this is the crucial point. All of medicine has proven inconsequential. In fact, medical staff and associates are themselves at a high risk. In all, some 200 doctors and nurses, globally, have already succumbed to its virulent powers.

In the past 40 years nothing comparable has resulted in such global disruption, not even remotely so. The closest is the outbreak of H1N1, which was, once again, related to human meddling. No one knows for sure, but it is estimated that this disease resulted in world-wide some 400,000 to 600,000 fatalities. No one takes into account the ultimate perpetrators, which are greedy industrialists. A pandemic germ took these lives prematurely. Without H1N1, they would have continued to survive, some in decent health, others in a compromised state. Yet, rather than an act of God the disease arose strictly through the hands of men, in this case those responsible for industrial hog production. The virus was a mutation from vaccinations administered to factory-raised animals. More on this will be described later.

Suffice it to say that H1N1 arose from destructively-raised swine herds. These operations are only driven by the bottom line; there is no concern about animal health or the healthiness of the end product. Nor are the consequences for humans considered. Money-grubbing is the only motive, which proves disastrous. This ties directly to China's costly, destructive—and deadly—coronavirus outbreak.

Regarding the source all manner of speculation has arisen. However, overtly, the outbreak has not been blamed

on factory farming, perhaps because of a concerted cover-up. Bats were initially emphasized, perhaps because the powerful ones knew that viruses from these animals were already harvested, that they could potentially be on the loose. While this is speculation hard facts point to a more insidious source. This book will demonstrate that an industrial farming connection is certain.

The coronaviruses represent a family of pathogens that can readily infect humans. They are also a major germ category in animals, in fact, by the hundreds of species. Mostly, in medicine no one pays any attention to them, since, as a rule, they rarely cause serious diseases. Now, all modern medicine is consumed. Curiously, while China was the epicenter it is possible that it was simultaneously brewing elsewhere, in Iran, Italy, and the United States. The responsible pathogen was originally known as the Wuhan coronavirus, named after the site where it largely developed. It was quickly deemed a SARS-like coronavirus, initially SARS-CoV-2, as much of its genetics mimicked this former cause of a major outbreak. Experts have taken this further, because of its uniqueness and for political reasons, calling it COVID-19, the '19' representing the year of origin. This will be the name for which it will be known here.

When considering germs, it is the usual listing of disease-causers: staph, strep, salmonella, candida, molds, *C. difficile*, and *E. coli*. There is also the plague of *H. pylori*, a bacterium responsible for gastric and duodenal ulcers. Lyme, caused by a noxious bacteria, is a major infestation, afflicting in the United States alone up to one million people per year. These are just the new cases. The tens of millions of people chronically infected with this spirochete, whose origin is mainly tick bites, demonstrates its extent. Actually,



it is beyond count. Plus, it is destroying lives globally, and it deserves significant mention as yet another disastrous plague.

It is difficult to conquer Lyme without paying extensive focus to its pandemic nature. It is the ultimate chronic, stealth infection. Comparatively, it is easy to fight back against COVID-19, at least in terms of individual cases. It is just that most people don't realize it. Nor by any means do they know what to do.

As well, HIV/AIDS is no minor player. Hepatitis C is also virtually pandemic. A continuous menace to the human race, it kills thousands of people yearly and is a major cause of liver failure. Visiting again the drug resistant dilemma in the United States alone yearly there may be as 400,000 deaths from all the various pathogens, including food poisoning germs. That is an incredibly large number, and it gets nowhere near the mention as this novel viral outbreak or even the flu. It is strictly a man-created disaster, just like COVID-19.

Then, why is the world so fixated on this incidental category of germs? Perhaps, it has to do with the nature of its evolution. All was seemingly fine. In 2019 the flu was relatively mild. However, suddenly, people become sick from a cause unknown. Plus, it was found to rapidly spread among individuals, and it even caused fatalities in the relatively healthy and unsuspecting people. It also developed in a clear epidemic zone, where anyone could readily become infected by just being in the area. It was becoming abundantly clear that simply going into the area, like flying in on business, could lead to contraction and, thus, further the spread of the infection.

The causative agent was found to be one of the most contagious germs ever known. This is frightening to anyone.

Suddenly, people began dying who were otherwise healthy. Plus, the outbreak stalls the activity and growth of the world's second most powerful economy, virtually shutting down entire cities? No wonder the world is riveted to this.

Yet, can the mystery be easily unraveled? When viewed under an electron microscope, it is ominous, bearing what appears as if spiked rings. These spikes create a halo or crown-like appearance about the viral envelope, similar to the corona of the sun, explaining the name. Based upon a only single strand genetically of RNA the virus is an agent of stealth infection. It will duplicate itself in minutes by the billions through hijacking human genetic matter.

The spikes are necessary, as well, in order to gain access to and break through the cells. Here, they act as agents of fusion to human cell walls, an essential for their infectivity. Once they have fused and penetrated, the viruses convert the hapless cells for their own vicious needs: into a virus cell factory. Here, the pathogens can duplicate with impunity: in unfathomably high numbers. Typically, there may be a few million germs per centimeter of blood. Multiply this by all the total liters or gallons of fluid in the body, and it easy to realize how dangerous this is. The progeny overtake the body, infesting other cells through a step-by-step progression. These viruses actually invade the white blood cells, destroying them, as if by design.

Rapidly, the immune system is overwhelmed. In many individuals there is no way it can handle the viral load. The only solution is to stop this by destroying categorically the viruses. Additionally, they must be killed faster than they are able to duplicate. This can be done. Moreover, this is precisely what this book will describe. In fact, as will be shown here it is not as ominous as it seems.

This is certainly not the first coronavirus epidemic in modern times. The 2003-era SARS crisis was from a similar pathogen. The infection led to 800 fatalities—at least that is what is reported. China, the epicenter, was hit hard with tens of thousands sickened. As well, in the early 2010s in the Middle East a coronavirus epidemic struck, causing nearly 1000 deaths.

The nature of the SARS virus is well-established. A powerful infectious agent, it had a 10% to 15% fatality rate, making it far more deadly than the flu, which has about a hundredth of this aggression. Bats were determined as the likely vector, just as they are for Ebola. Apparently, it spread from them to civet rats. Chinese ferret badgers and racoon dogs, also possibly coyotes, may have acted as agents. It likely, as well, spread to pigs, where handling or eating the flesh of this animal facilitated the outbreak. All these are sold in Chinese markets, the wild animals even being illicitly served in restaurants. In one case in attempting to uncover sources for outbreaks of this disease in Canada carcasses of coyotes were found hanging in a refrigerator in a Chinese restaurant, which was as a result shuttered.

The Middle Eastern coronavirus outbreak was limited to Saudi Arabia, and also, curiously, Korea with camels being an important original reservoir for the virus. Known as Middle Eastern Respiratory Syndrome or MERS it proved to be a vicious agent with a fatality rate of up to 35%.

Even so, China is no stranger to nasty pandemics. In 1957 a bird flu from wild ducks devastated the region, killing hundreds of thousands of local residents and two million globally. The current disaster began in December of 2019 with a cluster of pneumonia cases, though some say it started earlier in the year, perhaps, September, October, or November. Regardless, it was only in December when a

significant number of doctors began sounding warnings, mainly as a result of clusters of similar illnesses they were seeing. By January, it was more than mere clusters, as hospitals became jammed with the sick representing primarily respiratory symptoms, hundreds and even thousands at a time. In some cases there was nowhere in the emergency rooms or aisles for anyone; it was wall-to-wall people suffering from coronavirus-induced respiratory symptoms plus, typically, fever and in some cases diarrhea. By this time cases were being seen in the United States, though no one realized it.

Genetic analysis revealed the virus to be highly similar to the SARS agent, with a direct association to bat viruses. It was found to be an aggressive pathogen that readily leads to serious complications. These complications include pneumonia, acute respiratory distress, kidney failure, liver failure, and death. Highly virulent, it is nothing to take lightly. It spreads by direct human contact, mainly in the typical ways. This includes exposure to secretions and respiratory droplets, often from highly close contact. Husbands are giving the disease to wives and visa versa, while other close family members and friends are contracting it from one another. Sneezing and coughing are, as indicated, primary means of spread. Yet, the virus also can cause infection as a result of contamination on surface materials, known as fomites. This could include, for instance, a spoon or fork, kitchen or other counter, door panel, door knob, toilet seat, or even a floor. The spray from a flush toilet is a source for contamination.

In case of global transmission it is essential to know precisely the presentation. Let us look at the first cases, as this is telling. According to the European Center for Disease

Prevention and Control an initial study was conducted on these patients. The majority of hospitalized victims presented with fever, cough, and muscle aches. Notably, over half suffered with severe shortness of breath, typically by eight days of the incubation. Some 10% required mechanical ventilation. In hospitalized patients the fatality rate was/is as high as 15%, showing just how treacherous is this pathogen, while also how dangerous is the untreated viral load during hospitalization. This high mortality is also a function of the fact that only the sickest people are hospitalized. As well, it may be a result of the use of experimental drugs and also steroids, which cause the virus to spread. The highly potent steroid Prednisone increases the fatality rate by enhancing viral invasion; it should never be used during infections. This is well-established. Clearly, by prescribing this doctors are experimenting with lives. So does Indocin, Motrin, and other non-steroidal antiinflammatory drugs. All are well-established immune suppressing agents. Their use in this disease serves no purpose and can only make matters worse.

Respirators, highly touted for this syndrome, are disastrous. They don't allow the lungs to work on their own, making these tissues even more vulnerable to collapse. By nature, respirators hold and encourage infection, even spread it, typically by drug resistant pathogens. Through this their use actually increases fatality rate.

While not mainly human pathogens coronaviruses are commonly found in a wide range of animals, including bats, camels, dogs, wolves, and cats. There are also human coronaviruses, which typically cause cold-like symptoms. However, as far as human-associated contact the main reservoir is pigs, which they readily infect. These animals

are heavily infested, and to a degree chickens also harbor it, while to a far lesser degree cows. In fact, the virus family first discovered in the 1950s was a perpetrator of bronchitis in farm animals. It was later cultured from human nasal cavities in those suffering from cold-like symptoms.

A major cause of the common cold, accounting for some 30% of all cases, even so, colds are associated with as many as 100 different viruses. Common symptoms include head congestion, sore throat, nasal stuffiness, coughing, sneezing, and exhaustion.

For decades this has been a standard part of Western living. “Oh, I caught a cold; I’m really run down,” people typically say. In virtually all the cases that’s all the further it goes. Virtually no one develops serious consequences, and death is exceedingly rare. Plus, there is no need for draconian treatment, including experimental vaccines. Even so, with the common cold the viruses still go into the attack mode, typically in both the winter and early spring. The main symptoms include all the standard cold-related conditions but also sore throat and tonsillitis. There may be fever, along with swollen glands, including swelling of the adenoids. As a serious pathogen this changed with the 2003 SARS epidemic, the MERS crisis in Saudi Arabia, and the recent disastrous Chinese outbreak, which is now a deadly pandemic.



## Chapter One

# The First Days

At the epicenter no one knows for sure the situation. By all assessments it began at the end of fall and the beginning of winter, as would be expected. Earlier in the year, though, there were multiple warnings by the Chinese scientific community of potential impending doom. As with the SARS outbreak once it occurred the Chinese government was hesitant to face up to the truth. Thus began a concerted coverup starting in December. One of the most clear evidences arises from the efforts of Dr. Li Wenliang, ophthalmologist at Wuhan Central Hospital. It was he who sent a message in a chat group on December 30 to fellow doctors warning of the infection. To him the outbreak was reminiscent of SARS, which he had dealt with.

On his post he wrote, “Quarantined in the emergency department.” Since it was similar to SARS he believed it could spark a global epidemic. In fact, he had stated that this was SARS returning, and, he quickly realized, *all seven cases of the dangerously ill were tied to the Wuhan market*, thought to be the main source of the outbreak.

Rapidly, the true nature of the Communist regime was revealed. The doctor’s efforts were quickly compromised as he attempted to warn colleagues. China’s autocratic



government took harsh action. He was brought to the police department for questioning. As this was happening, even prior, Wuhan health authorities were having overnight meetings about this “new SARS.” There was surely a degree of panic occurring; there were a multitude of cases, including people in serious condition. Thousands were beginning to flood the hospitals. Thus, clearly, this was far worse and more widespread by this time than is officially admitted.

There is no way high officials would have such critical meetings unless the disease had struck in a major way. Four days after he sounded the warning police compelled him to sign a letter in which he was accused of making “false statements,” which had “severely disturbed the social order.” He was even accused, along with seven others, of “spreading rumors.”

If it was thought his alarms would lead to panic, acting against this might be understood. If infected people were to mobilize and leave the area, it would have spread the contagion. However, they weren’t rumors by any means. He had published a copy of the finger-print-stamped letter on social media, showing the police document but also describing how he himself was becoming ill. He began coughing, followed rapidly by a fever. Two days later he was hospitalized.

From his bed he spoke to CNN through messaging, since he was coughing too excessively to properly speak. Direly, his greatest fear was that he would be detained for his media appearance, not for the real serious consequences, which is that he was about to die. He succumbed from a more serious consequence: multi-system organ failure, including respiratory failure. Going back to his God in peace at 3:00 a.m. despite several attempts to resuscitate him it was all to no avail. The man was a true hero, God bless him.

## **Wild animals: are they really the cause?**

How did this virus arise so aggressively, seemingly out of nowhere? The nation was seemingly ‘fine.’ People were going about their business with hardly a worry in the world. Then, suddenly, they began developing a severe cough with a fever. Upon hospitalization, they contracted pneumonia and acute respiratory distress. Meanwhile, entire families were sickened.

Certainly, exposure to wild animals is a concern. Here, it is stated, the consumption of or contact with animals, such as bats, crocodiles, ferrets, hedgehogs, mice, and salamanders, was largely responsible. Others pointed to an exotic animal, known as a pangolin, still others, wolf pups and snakes. Yet, did anyone survey the victims and determine what they ate? Did the initial outbreak cases actually consume the animals in question? Surely, a victim would have realized, after such consumption, the potential role. Did the seriously ill eat dogs, raccoons, and/or rats? This determination is far more crucial than attempting to procure wet market samples for genetic testing. The simple questions should be asked, not just where an individual may have visited but, rather, “What did you eat prior to the onset?” Or, “What had you consumed for the prior week?” Yet, the degree of exposure even without consumption is also crucial. Early victims included market workers. Regardless, careful history would have proven, right away, that is if the disease was a virulent transmission from exotic animals. The vast majority of Chinese do not eat these animals, with some local people petrified at the thought.

However, disastrously, no such deliberate scrutiny was achieved. While a number of the earliest victims were not

associated directly with the market, the earliest cluster clearly was. Yet, these other victims did frequent common markets in various other parts of the city, including the first known cases in November. What is the common element in all these food markets? Rather than wild, exotic animals it is commercially raised foods. Moreover, there is only one food that is in question: industrially-raised pork. In fact, the flesh of this animal is ubiquitous in China's food centers. In some markets there are tens of thousands of pounds hanging in stalls, usually without refrigeration. The period of time it is left out and exposed is unknown, but surely it is long enough for disease creation.

Whether wild or farmed the Chinese prefer their food warm and fresh. As a rule, they do not like frozen or refrigerated.

Even so, the wild animal trade is vile. Cages upon cages of animals are presented before buyers. Inevitably, the frightened animals defecate and urinate upon each other. Saliva contaminates the mix, as does blood. These pitiful creatures are treated roughly; limbs are broken. These are porous containers, and it all drops right through, one species upon another. This is an ideal contamination zone, ground zero for the evolution of a local, then national and then global pandemic. Even so, this is a minor part of these markets. The main animal flesh for purchase is pork.

While many researchers hold to wild animals as the source the majority of investigators deem this as insufficient. There needs to be an intermediary, they make note, a reservoir. Yet, what is it? Why will no one delve into this? A thorough history would have solved so much, eliminating speculation. If a high percentage of the early victims had eaten pork or if they had been in close contact

with the flesh—or if they had handled freshly slaughtered animals—that would have solved it. Perhaps, in the market there was direct contact with pig wastes and blood, which in the epicenter would have been unavoidable. If this was determined to be true, the case is closed.

Yet, it seems to already be confirmed. Most researchers agree that the epicenter was the so-called Wuhan wet market, at least that it was one of the main focal points. Stall owners and tradesmen were among the earliest victims and in large numbers. Here is the crucial issue. Several of those who developed the sickness and tested positive traded not in the exotic but, rather, in hog alone. There were no wild animals, bats, snakes, pangolins, or civet rats, in their stalls. This is compelling confirmation of the origin of this deadly disease.

Pigs are the perfect medium. Within them, the virus could readily mutate, becoming a human-friendly germ. Genetically, pigs and humans are highly similar. This is a far more plausible theory than a direct jump from a wild animal to a human, where the animal virus would have to adapt itself and mutate to accomplish the rapid spread.

This is not good news. Pig viruses are vicious. Their contraction can be a great danger even to strong, vigorous people. People should know from horrible cases of the common flu or moderate flu epidemics how nasty they are, and nearly all these are porcine in origin.

### **Pork-fest: Chinese New Year**

In China a number of dishes revolve around swine: cooked, partially cooked, cured, and raw. This was a special time marking the 70th anniversary of the Communist Republic. It was, as well, the symbolic Chinese lunar New Year. Known

as the Year of the Pig in celebrations, in fact, pork is prominently featured. For most people it is consumed without the slightest concern, that is few people consider that it might be toxic or loaded with germs. This was bad timing. There was simultaneously an enormous crisis involving China's pork. By November 2019 nearly half of all China's pigs had either died or had been culled. This was because of the spread of coronavirus infection, claimed to be by a pathogen known as African Swine Fever virus. However, what is rarely published is that there were also SARS-like bat viruses which were responsible. This led to a massive shortage in the local meat supply. To compensate the government released some 200,000 tons of frozen pork, beginning in December. This coincides with the outbreak of the virus.

In fact, certain Chinese are aware of the situation. They realized that diseased pork has been sold into the marketplace. With that many sick pigs this was inevitable. One low-level pork producer, who lost all her stock to coronavirus infections, said:

I'm afraid, because...this year there were a lot of sick pigs. We don't dare eat pork from the supermarket. I haven't bought it once.

Smoked or cured pork, eaten raw, adds greatly to the risks. The cured kind, a popular dish, is known as *la rou*. This could easily spread germs. A number of Chinese have been so frightful of the danger of meat that they have given up on it, going vegetarian.

In fact, there is sufficient evidence that contaminated meat is the cause. Consider what occurred in early February to a Hong Kong family. Some one half the family gathering, 19 people, became infected after following the standard

Chinese New Year's practice. This is partaking in the communal meal, known as a "hotpot." Also known as "steamboat," it involves a pot where food is being cooked while surrounded by patrons. This is an electrified device, like a wok, so it doesn't necessarily reach temperatures high enough to sterilize food, especially meat.

While it is being cooked and even before it is thoroughly done people start eating. Rapidly, these family members developed symptoms and tested positive. Let us review some of the basic ingredients of traditional types of hotpot recipes:

- calamari
- pork fillet
- chicken thighs
- beef fillet
- white fish
- king prawns
- raw ginger
- garlic cloves
- mussels
- Chinese vegetables

Added are a variety of other ingredients and also marinade components for the meat. All the patrons sit down, and the electric wok is placed in the center of the table. The stock is heated, while all guests place in the raw, marinated meat, seafood, and vegetables as it simmers. These are cooked by the various individuals without any attention to the degree of doneness, then removed and dipped in the various sauces. A true fire under the food would have at least offered some protection. With the electrified heat there are